



## Community

Sodexo is very excited to announce a new partnership with the company Back to the Roots. Back to Roots is a small company set on a mission to Undo Food™ through urban farming. They're focus is on fun, delicious, sustainable Ready to Grow and Ready to Eat Products.

This program gets students hands-on with their food while learning about the Kingdom Fungi. Our partnership began with a purchase of easy-to-use kits for the district. Each kit grows organic oyster mushrooms right out of the box in just **TEN** days.

These kits can grow mushrooms during any season and is great coupled with curriculum which makes science tangible and fun for students.

We just received our order in the nutrition services office and we will be handing out our new kits to the schools throughout February and hopefully see some

mushrooms being incorporated into students diets as they begin to grow before their eyes!



An example of the mushroom kits

For more information visit: [www.backtotheroots.com](http://www.backtotheroots.com)

## Achievement

Sodexo is always looking forward to new ways to improve the quality of life of those whom we serve. At Eccles Elementary School the Parent Teacher Association recently restarted their after school program for their Chess Club. We have been working with the parent coordinator to offer a snack to those students involved in this enrichment program.

These students meet every Thursday after school and this snack keeps their brains fueled for a good afternoon of Chess!

## What's New?

During January there was a change in leadership within the nutrition services department and we welcomed a new Director of Nutrition Services! My name is Galina Dobson and I am so thrilled to be a partner in the Canby School District. There is a great team out in each of the schools who work so hard to feed their students each and every day and I am here to help guide them and continue to grow the program to meet the needs of the district.

My door, email and phone lines are always open to answer any questions at all! Please feel free to reach out! (See back page for contact details)

# Nutrition

This month as district we focused on our Garden Bars as a way to increase the type of quality nutrition our students are receiving. We decided as a whole to bring in a new “Fresh Pick of the Month” for the students.

We based this decision off of what was in season as well as an item the students had been showing an interest in. Our choice? **SPINACH!**

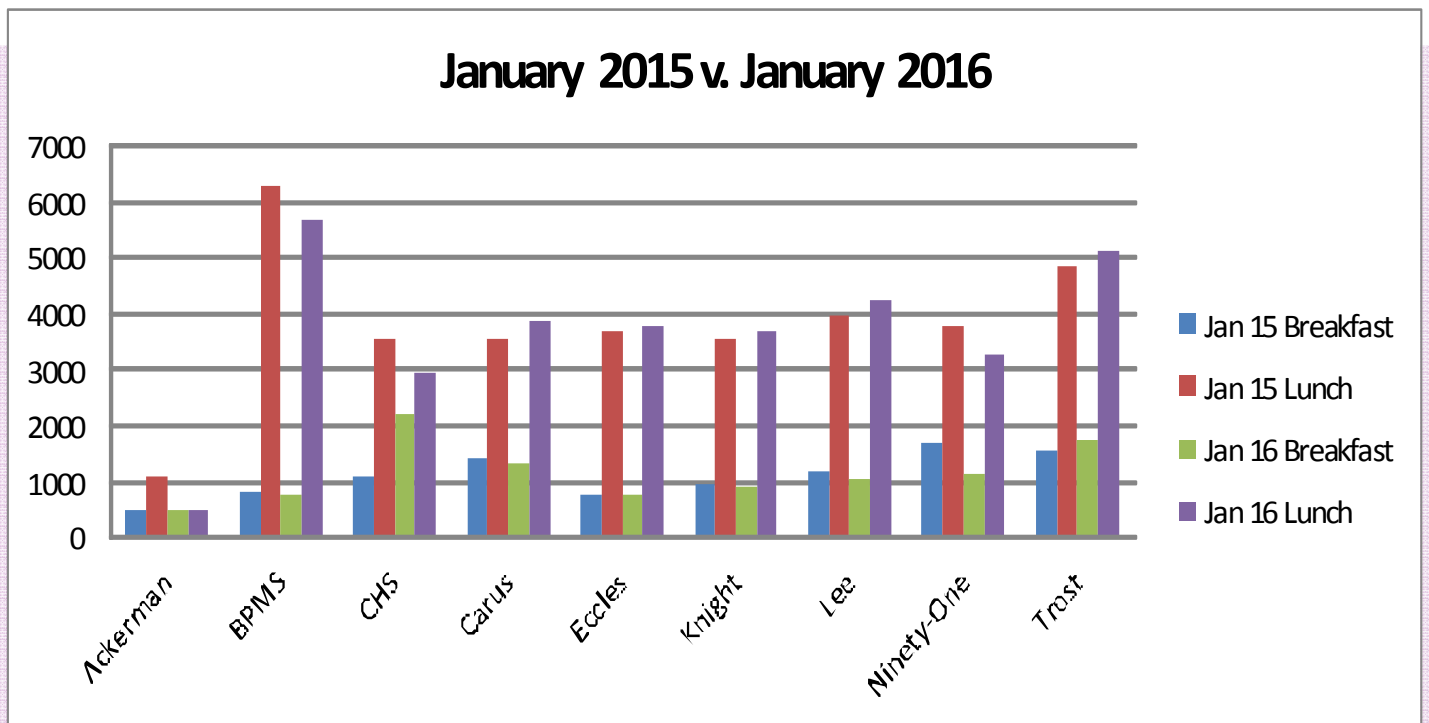
We offered this in a variety of ways to the students including ala carte, as a salad mix and as a caesar salad. It went over very well at all levels of schools.

We are excited it was received so well by the students because spinach is a dense superfood that provides tons of fiber, protein and vitamins A, C, E, K & B6. Look in our next newsletter for the Fresh Pick of the Month for February!



Raw Spinach

## Performance: Average Daily Participation

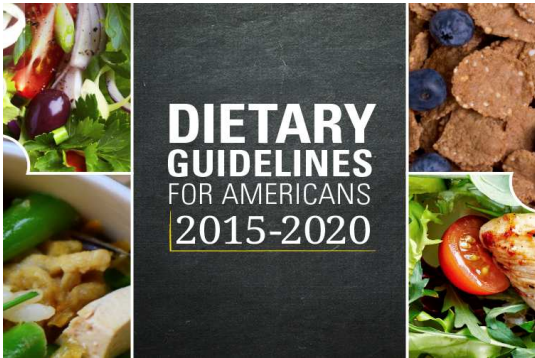


In the chart above are the comparisons in meal counts between last January and this January. As displayed, nearly every school is showing an increase in their lunch and breakfast meals served. This is an exciting trend to see as we have been working hard on bringing in foods that the students not only love but that will enrich their diet nutritionally!

## Development & Training

This time of year is a great time to revisit the standards of the National School Lunch Program and the School Breakfast program for the staff who work so hard to serve the Canby students healthy and delicious foods on a daily basis.

At this time we are revisiting ways to convey to the students how important it is to eat a variety of healthy, colorful foods every



Updated Dietary Guidelines for Americans

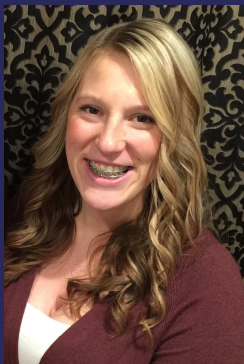
day. As a team we are discussing what the students seem to favor the most and how to incorporate those items more into our menu.

The National School Lunch program assists the programs it funds with providing nutritionally balanced, low-cost or even free lunches to millions of students

each school day. All of our staff know the meal pattern and nutrition standards required by the latest Dietary Guidelines for Americans which increases the availability of fruits, vegetables and whole grains in the school menu.

The Canby School District Nutrition team is currently revisiting the dietary specifications set for the limits for the students and how it varies between K-5, 6-8 and 9-12.

As the nutritional service workers we strive to be the most up to date on all information pertaining to school meals.



My name is Galina Dobson and I am the Director of Nutrition Services for the Canby School District. I am a proud Washington State Cougar Alumni with a degree in Hospitality Business Management. I love working for Sodexo and I am thrilled for the opportunity to work with the great nutrition services team to continue to enrich the lives of the Canby student body.

Questions? My phone number is 503-266-6742 ext. 3480 or email me at [dobsong@canby.k12.or.us](mailto:dobsong@canby.k12.or.us)

## Upcoming Events

Coming up in February we have developed a new recipe for the students to try! We will be trying Sriracha Ranch as a sauce for chicken nuggets with our elementary students.

This is part of our “Foods You Love” promotion and we will be providing some educational materials for the students throughout the week we feature it

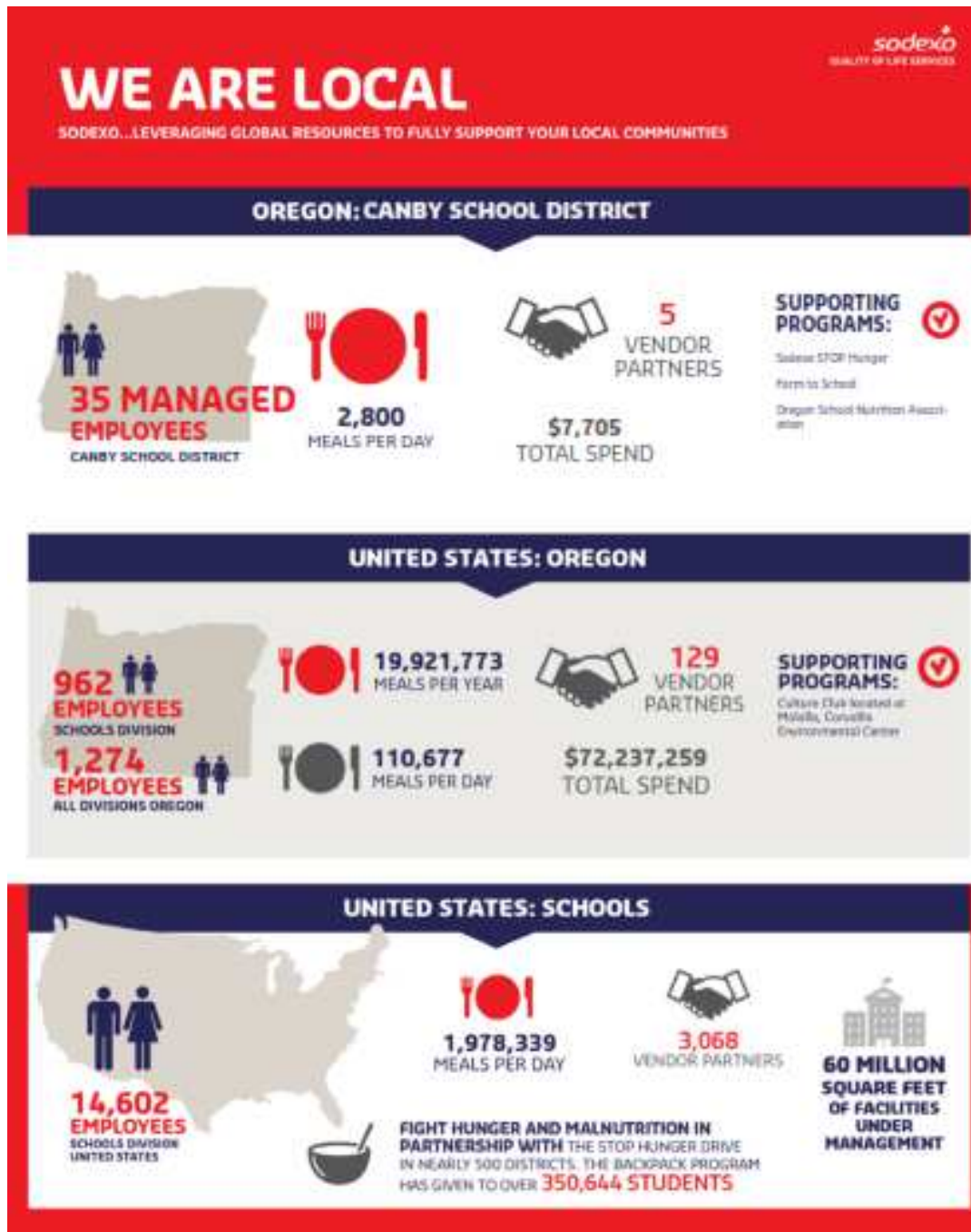
Sriracha is a type of hot sauce made from the paste of chili peppers, distilled vinegar, garlic, sugar and salt. It was first produced in Eastern Thailand and our promotions will be focused on educating the students on some fun Thai words and foods.

There are many recipes that Sriracha can be incorporated in to and it is a great addition to any family favorite—just a few drops really enhances the flavors of any dish!

Red chili in Sriracha production



# Community Connection & Sustainability



Sodexo has been working this school year to partner more closely with the communities in which we do business. Here in Canby we have a renewed focus on purchasing more foods from local vendors and farms. Through the Oregon Department of Education Farm to School Grant, so far we have contributed an additional \$7,705 back to our Oregon community. We are excited to continue working through this program and see what new products we can bring in next year!