



Canby School District
Volume XXV
March
2019

Delivering on Student Well-Being

SODEXO
QUALITY OF LIFE SERVICES

Improve Quality of Life: No Distractions Behind the Wheel

Text messaging and talking on a cell phone while driving are classified as distracted driving. Avoid these two potentially deadly distractions while driving. How can we avoid distractions while on the road? Turn phone off; plan the trip in advance; take turns driving with a co-pilot over long distances to avoid fatigue; pull over when fatigued or need to use phone; play music at safe level! Remember that performing all tasks safely will lead to better Quality of Life for all.

So Happy App, Alexa Now Active!



So Happy... the new app that tells you what's on the menu today in your school's cafeteria. Check out the menu items—including calories, nutritional information and allergens. There's also a step counter and the option to offer feedback.



So Happy

AVAILABLE AS A FREE DOWNLOAD ON THE APP STORE & GOOGLE PLAY.
Search "So Happy"



So Happy

NEVER WONDER WHAT'S FOR LUNCH AGAIN!

Use your Amazon Alexa device to access the So Happy app for up-to-date information.

IT'S EASY TO USE!

ANY DAY OF THE WEEK, SIMPLY ASK ALEXA:

"Alexa, ask So Happy what's for lunch today?"



ALEXA WILL RESPOND:

"Today for lunch is a Hearty Garden Salad, Chicken Tacos, Cheeseburger and Supreme Pizza."

SETTING UP AN ALEXA SO HAPPY ACCOUNT IS EASY!

- Step #1 - To add a student, simply say:
- Step #2 - Alexa will then ask you the name of the student, the district and the school.
- Step #3 - Alexa will ask you to confirm your choices.
- Step #4 - Once your school is set up, Alexa will read the menu.

"Alexa, ask So Happy to add a student."

Enhance Positive School Community Relations: Future Chefs 2019

Sodexo's Future Chefs challenge encourages better eating by actively involving students in good nutrition. Students participating in the program represent 1,300 Sodexo-served elementary schools in 261 school districts and 30 states. Sodexo is committed to taking measurable sustainable actions that ensure a brighter future in the areas of health and wellness, environmental stewardship and community development. The Future Chefs program is one of the many ways Sodexo shares its health and well-being expertise with clients, customers and communities. This will be Canby's fifth year participating and we are so excited to continue this engaging annual event.



This year's theme is **Fiesta Fit: Healthy Mexican Recipes**. Students from around the district in grades 3rd through 5th submitted their favorite healthy Mexican recipes for a chance to participate in the live event! We received a total of **fifty five** recipe submissions that were reviewed by district nurses, nutrition staff and registered dietitians. After careful deliberation we selected our final twelve candidates!

The final twelve are: **Kelly Garrett, Addy Thorstenson, Kara Leder, Lucy Mayfield, Rohen Zuniga, Serenity Lamp, Vanessa Esquivel, Emma Delzer, Giovanni Sanchez-Ramirez, Bahiyyih Walch Maddin, Abigail Ibarra Mercado & Collin Neilson!** These twelve students will join us at Canby High School for the showdown on March 15, 2019!

After the live event, the winning recipe from our district will be entered into the national competition. Last year, Julissa Rocha from Lawton, Oklahoma, was voted national winner. Two years ago, Canby's own Madi Bigej was voted national winner!

Our staff enjoys the opportunity to spend time with the students in the kitchen helping put their visions onto the plate. While we can't have spectators behind the service lines due to safety issues—judging begins at 12 pm & we welcome spectators to see all of these students hard work.



My name is Galina Dobson and I am the Director of Nutrition Services for the Canby School District. I am a proud Washington State University Alumni with a degree in Hospitality Business Management. I love working for Sodexo and supporting their values. I am passionate about supporting the Canby Nutrition Services Team in our pursuit of enriching the lives of our student body, staff and community.

Feel free to reach out to me with any questions! My phone number is 503-263-7140 ext. 3480 and my email is dobsong@canby.k12.or.us

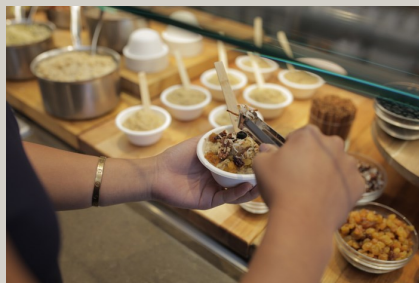
Improve Student Well-Being: New Menu

Our mission is to be a leader in supporting student engagement and improving Quality of Life for the entire School community. By focusing on Quality of Life services, we reinforce the overall experience of a student's educational journey, which in turn improves our partners' effectiveness and performance.

To impact Quality of Life, we put each student's experience at the core of our work. Sodexo's Quality of Life services impact students through their whole experience. Our focus on student well-being at every step of the way supports their overall success.

In spirit of that, we continually evaluate our processes to ensure we are best serving our students. We watch participation on specific menu items and solicit feedback to ensure we are serving students options they want.

We asked, we listened and now we are adding new menu items to our rotation! At breakfast we are adding a build your own oatmeal bowl, apple fruit strudel, fresh made pizza bagels and fresh baked banana muffin tops! Then at lunch we are adding a Chicken & Cheese "tot-cho's" and homemade munchables!



Student Well-Being is our positioning. It drives our actions, differentiates us in the marketplace and defines how we make every day a better day for the students, partners and communities we serve.

National Nutrition Month AND National School Breakfast Week! Celebrate with Free Breakfast!

March is National Nutrition Month. It's a time to remind us that how, when, why and where we eat is just as important as what we



eat. With our busy lives, people tend to eat out of habit and rarely savor the experience of the food being consumed. Making sure to enjoy the sight, sounds, memories and interactions associated with eating are essential to developing an overall healthy eating plan.

This is important for children as they are growing and creating the foundation for a future of healthy eating! We should be encouraging them to sit down to a healthy breakfast, whether at home or in school!

The week of March 4th-8th is also National School Breakfast week! We'll be celebrating the joy of healthy eating and the importance of a good start to the day with FREE BREAKFAST for all students all week long!

Come join us and try some of our delicious new options and classic favorites while participating in fun activities!



Nutrition Corner

During these cooler months leafy green vegetables are a wonderful way to add color & taste to your families diet!

Leafy greens are packed with vitamins, minerals and fiber while remaining low in calories.

The health benefits associated with leafy greens includes reduced risk of obesity, heart disease, high blood pressure & mental decline.

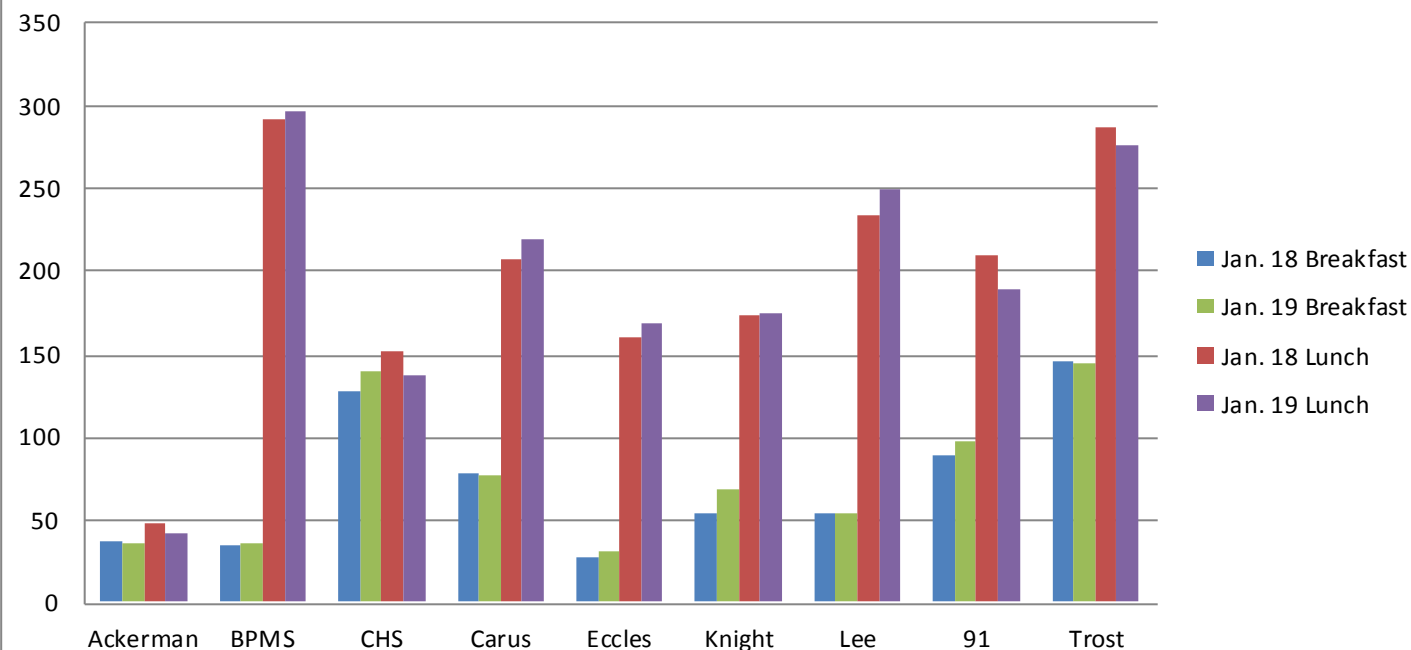
Leafy greens like kale, chard and collard greens are all in season in the great PNW during this time.



Greens can be a great base to a hearty main dish or a flavorful side to spice up your table.

Performance: Meals Average Daily Participation

January 2018 vs. January 2019



The data above displays the average daily participation (ADP) in school meals across the district for January 2018 compared to January 2019. Our focus on breakfast participation has paid off and we've seen an increase of 5% in those meals year over year!

Coming up in March we have new menu items & promotions planned that we hope will help us serve even more students! We'll be celebrating the Dr. Seuss's Birthday, National School Breakfast Week March (with **FREE BREAKFAST for all students**), Pi Day & more! We've also added a local chili & oatmeal bars to our menu!