



Canby School District
Volume XXIV
January & February
2020

Delivering on Student Well-Being

Improve Quality of Life: Inclement Weather

Winter weather means freezing temperatures, snowstorms, icy roads and slippery sidewalks. Now is the time to think about what to do when ice and snow hits.



For school schedule changes families can be notified via: Facebook, Twitter, or Flash/Email/Text Alerts. The district website has information on signing up for each method. The district website also provides a lot of other helpful information regarding snow routes for busses, afterschool activity changes and more!

Some helpful preventative steps to take at the home: clean out the gutters, disconnect/drain outside hoses, make sure furniture isn't blocking heating vents, keep cabinet doors open to allow warm air to circulate around pipes during cold spells!

When driving, remember it is important to remove ice and snow from your vehicle, keep windows clear by running the defroster, use extra caution on in shady areas and on bridges as they can hide icy patches and maybe most importantly, always reduce your speed (leave extra time to reach your destination)!



Improve Environmental Impact: Proper Recycling

Choosing to recycle is an important first step in improving your impact on the environment. Once you start you may know items like cardboard, metal cans and paper are commonly accepted by local curbside programs. But, did you know items like plastic bags, electronics and batteries can NEVER go in the curbside recycling bin? What about gift wrap/bags or bubble wrap? The best intentions, without proper knowledge, will not lead to success.



In order to help clear up some of common mistakes and answer their frequently asked questions, the Environmental Protection Agency (EPA) created a helpful website. On the website you can find answers to curbside recycling items versus drop off items and much more.

Visit [How Do I Recycle?](#) to take the second, most important, step in recycling.

Improve Satisfaction: Parent & Student Surveys

Sodexo is continually looking for ways to better serve our community. We appreciate the opportunity to assist students, staff and households with creating healthy habits!

While we can get a lot of great information from consumer trends and national surveys, there is nothing like the

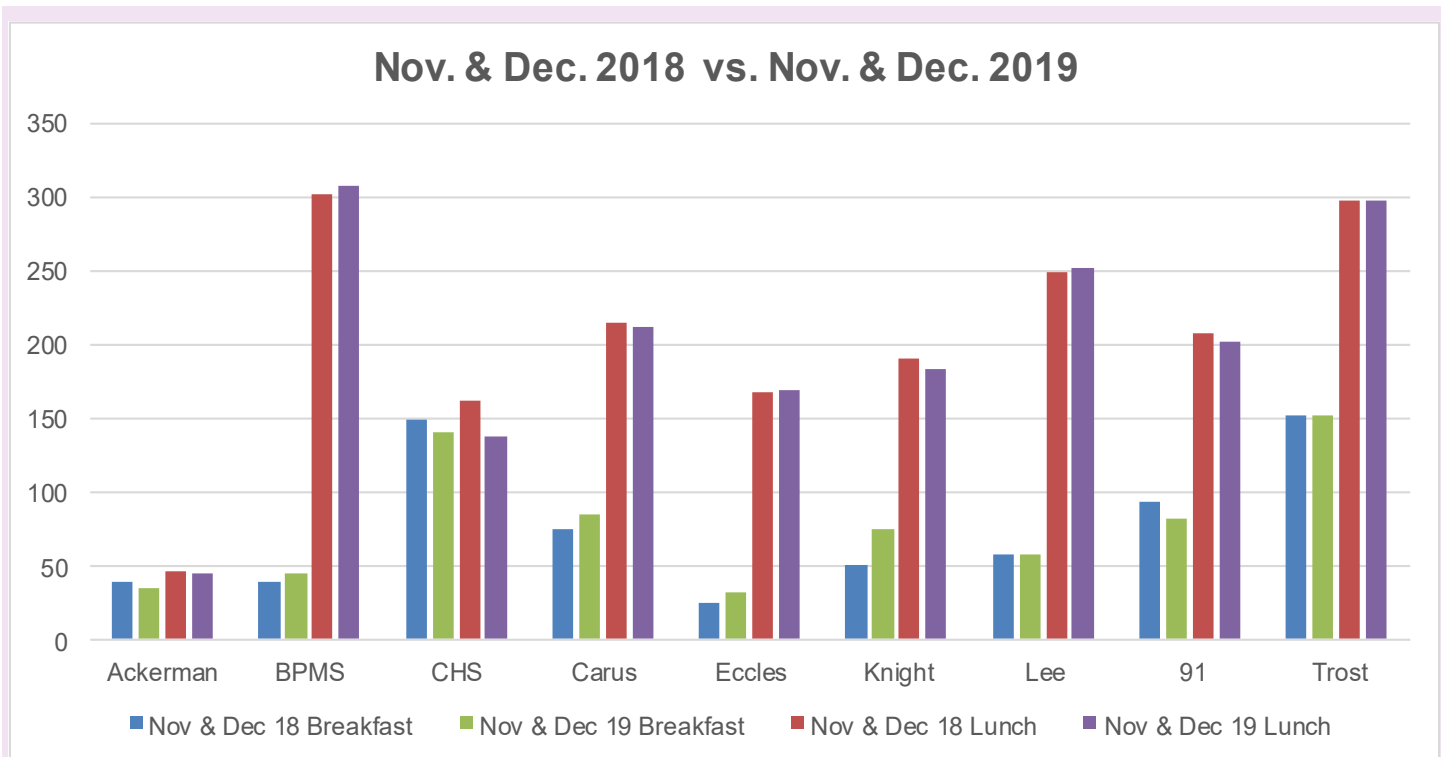
feedback from our own customers!

This year we'll be launching a new satisfaction survey for all elementary students, secondary students and even at parent level! We are excited for the insights this survey will provide and the opportunities to improve.

Keep an eye out for more information including a launch timeframe and methods of taking the survey!



Performance: Average Daily Participation



In the chart above the data compares the average daily participation (ADP) during the months of November and December 2018 compared to November and December 2019. As holiday plans ramp up, attendance can be lower during these months. We work to provide fun promotions like holiday feasts, One Day Fun Days and breakfast for lunch on National Maple Syrup day!

Year-over-year during these two months the district saw a 3% decrease in breakfast participation but a 5% lunch increase. We are encouraged but these numbers and will continue to innovate our promotions and menu items to continue serving our community!



Improve Quality of Life: Dietician's Corner

Welcome to the dietician's corner! In every newsletter Sodexo's West Region registered dietitian and core menu planner, Stacie Reiter, will be sharing nutrition tips and helpful information!

The new year is upon us and that often comes with a desire to lose weight, eat healthier, or feel better....one important way to focus on those is with proper healthy habits. If you're looking to create a healthy lifestyle focus on the Dietary Guidelines for Americans recommendations.

"The 2015-2020 Dietary Guidelines provide guidance for choosing a healthy diet and focus on preventing the diet-related chronic diseases that continue to affect our population." They include: follow a healthy eating pattern across the lifespan; focus on variety, nutrient density, and amount; limit calories from added sugars and saturated fats and reduce sodium intake; shift to healthier food and beverage choices; support healthy eating patterns for all. The key recommendations include:



1. Consume a healthy eating pattern that accounts for all food and beverages within an appropriate calorie level;
 - A variety of vegetables including dark green, red, and orange, legumes (beans and peas), starch and others; Fruits, especially whole fruits; Grains, at least half of which are whole grains; Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or calcium fortified soy beverages; A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes, and nuts, seeds, and soy products; Oils
 - Limit: saturated & trans fats and sugar to <10% of calories, sodium to >2300 mg/day, alcohol (if consumed: up to one drink/day for women and two drinks/day for men)
2. Meet the Physical Activity Guidelines for Americans
 - Reduce time spent on sedentary activities
 - Adults: for substantial health benefits perform at least 2 hours and 30 minutes of moderate intensity or 1 hour and 15 minutes vigorous intensity physical activity per week;
 - Children (aged 6-17): should participate in at least 60 minutes of physical activity a day

Healthy habits make you feel better mentally and physically, helps to maintain your weight and reduces your risk of chronic diseases!

See you next time!
Stacie Reiter, RDN, SNS
Registered Dietitian & School Nutrition Specialist



My name is Zara Khan and I am the Director of Nutrition Services for the Canby School District. I am a proud Oregon State University Alumni with a degree in Nutrition & Food Service Management. I love working for Sodexo and supporting their values and goals. 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 zara.khan@canby.k12.or.us

Fresh Pick of the Month

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!

Promote Student Well-Being: Future Chefs

Sodexo's "Future Chefs National Challenge" is celebrating its 10 year anniversary of as a fun and rewarding recipe contest! As in years passed, we will be awarding student recognition and prizes on a local, regional and national level, with an online YouTube® voting process determining a national winner!



This years theme is **Reimagine Your Favorite School Lunch Meal!**

First through fifth grade students from around the district can submit their favorite recipe reimaged for a chance to participate in the live event on **March 13, 2020!**

During the main competition, participants will receive bonus points for using the following special ingredients: plant based proteins (crumbles, burgers, nuggets, etc.), fish, leafy greens (kale, mustard collard, swiss chard), dried fruit and sweet potato!

After the main competition, the winning recipe will be entered into the regional competition. There are five regional recipe winners who then move onto to the national competition! Last year, Addie Borgmann, from Omaha, was the national winner. Her recipe in the Mexican themed contest was "Mini Mexi Meatball Boats." Her recipe outperformed competing recipes from all around the U.S. to secure the spot as national winner!

Now in its tenth year, the Sodexo Future Chefs program encourages better eating by actively involving students in good nutrition. Students participating in the program represent 1,300 Sodexo-served elementary schools in 256 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.



Keep an eye out for more information on how to submit recipes, locations & more!