

PLUMAS LAKE FOOD SERVICES DEPARTMENT

WELLNESS COMMITTEE

We have our FIRST Wellness Committee Goal!

How does your garden grow?

Our first Wellness Committee of the year was held at Rio Del Oro Elementary School on January 22nd.

Though the group was small, there were some great ideas! One idea in particular came out as a favorite, and will be our first Wellness Committee project!

We have a great resource at our schools—raised bed gardens! Even better, each garden is fed water by a drip system. That means our plants will

keep growing, even if we forget the watering can.

Gardening is a great way to see math and science in action. But the learning doesn't stop at photosynthesis. Garden harvest taste tests are a great way to introduce new vocabulary, can be the subject of poetry, and more! Our hope is to get kids excited about our school gardens and share our harvest with our school cafeterias. How about some tasty

tacos with fresh picked cilantro from our school garden? Or ripe cherry tomatoes to top off a salad? Sounds like a recipe for success! What would you like to see grow at your school? We'd love to hear from you! Email us, or give us a call! Check out the rest of this newsletter to see a wish list from our Wellness Committee on behalf of our garden beds.

Staff Spotlight

We're happy to introduce Ms. Gen S. to our District. Well, actually, Ms. Gen has been with our school district for 15 years! She runs the Riverside Meadows Intermediate School kitchen with an assistant. Riverside

serves breakfast, "Nutrition Break" (second chance at breakfast for all those hungry growing kids!), and lunch. Ms. Gen is especially good at coordinating with the office staff when there are changes to the daily

schedule, like an assembly or a change to a field trip schedule. Ms. Gen is always active with her family and enjoys doing crafts and knitting.



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SPECIAL POINTS OF INTEREST:

- Contact us! Food Service contact information
- Farm to Fork in action with Farm to School
- Tasty Tots Sweet Potato Recipe



Our serving lines have both Hot and Cold serving carts.

Build a Better Plate

We believe breakfast is better with fresh fruits and milk.

We like a colorful Choice Bar at lunch, and are thrilled to see student's lunch trays loaded with salad, dippin' vegetable sticks and fresh fruit. Our Kitchen Team is always working to help students Build a Better Plate. Here's some ideas we use:

1. Focus on Fruit! At breakfast, every student who purchases a meal must take at least one

1/2 cup serving of fruit.

We aim to always have at least two fruit options available.

2. Fill up With Veggies! Lunch trays have 5 compartments that help to keep food from touching. This helps even the pickiest of eaters to be encouraged to try a bite of everything on our Choice Bar.
3. Encourage Milk! We know not everyone goes

ga-ga for that bright white beverage, but we do want to encourage students to try. We also keep Fat Free chocolate milk in stock for students (only 3 grams more sugar per serving than the regular!).

We encourage students to load their plate at the Choice Bar, and come back to tell us what they like (or don't like!).

Connect with the Cafeteria

HELP US CONNECT

WITH YOU—SEND US

YOUR EMAIL

ADDRESS

DIRECTLY!

We know life is busy. With all the things to balance, it's easy to overlook your student's cafeteria account. Let us help you out. We send a weekly email reminder when your student's account is overdrawn by \$5.00 or more. It's quick, confidential, and we can get other exciting email updates to you as well. If you've never received an email update, call us to be sure we have the most updated information.

You can always call the Food Services Department to check your student's account balance, or monitor it online for free with www.MySchoolBucks.com. MySchoolBucks also offers an option to receive emails when your student has a low balance, but is not yet overdrawn.

Need help setting up email reminders? Just give us a call! (530) 743-4428 ext 213



Fruit at the Tri-L Mandarin Ranch in Oroville, CA. PLESD purchases both mandarins and navel oranges from Tri-L.

Farm Fresh with Farm to School In Action

Our cafeterias have just finished featuring some delicious farm-to-school fruit from Tri-L Mandarin Ranch in Oroville, California. Students have expressed how much they like the juicy kid-friendly mandarins we have been serving for breakfast and lunch. Farmer Lou hand-delivered all our mandarins to each school this year. Mandarins are usually in season between November and February each year. This year, the trees wrapped up a little early. But no worries, our tasty vitamin-C packed fruit will be back again next year!

From Our Kitchen to Yours— “Tasty Tots” from Recipes for Healthy Kids

Here’s a tasty way to slide sweet potatoes and chickpeas onto your plate tonight.

What you need:

- ⇒ 5 cups fresh sweet potatoes, peeled, coarsely shredded
- ⇒ 2 1/3 cups canned low-sodium chickpeas 1/2 cup fresh green onions, finely chopped
- ⇒ 2 TBSP vegetable oil
- ⇒ 1/2 tsp salt
- ⇒ 1/2 tsp granulated garlic
- ⇒ 1/4 tsp ground black pepper
- ⇒ 1/2 tsp onion powder
- ⇒ 1/2 tsp ground cinnamon

What you do:

- 1) Preheat the oven to 350°F
- 2) Place shredded potatoes on a large baking pan sprayed with a nonstick cooking spray. Bake at 350°F for 20 minutes or until slightly tender. Do not overcook. Remove from oven. Increase oven temperature to 400°F.
- 3) In a food processor or blender, puree chickpeas with their liquid until smooth.
- 4) In a medium mixing bowl combine shredded sweet potatoes, pureed chickpeas, green onions, vegetable oil and spices. Cover and refrigerate 40-45 minutes. This makes the tots easier to form.
- 5) Spray a large baking sheet with nonstick cooking spray. Using a cookie scoop or spoon, roll 36 tots into balls. Place about 1 inch apart of baking sheet. Lightly flatten the tops of the tots with a spoon or fork. Bake at 400°F for about 10-12 minutes or until lightly brown. Serve hot!

How Does Your Garden Grow

Our gardens are already at the schools, they just need some T.C.L. from helpful hands.

Even the smallest donation can make the biggest difference.

Here’s how you can help us grow:

Volunteer Time

-Spend an hour helping us pull out weeds, put in new top soil, seed and transplant.

We’ll schedule a day for our Garden Introduction 101. Email us to sign up! Wellness@plusd.org

Volunteer Money

-We’ll need to purchase materials—including seeds, transplants, top soil, gloves, garden signs, and more.

Most items will be available at low

costs. We’ll make sure to stretch your dollars as far as possible.

Volunteer Resources

-Everything you donate, we won’t have to buy! Are there some unused garden tools around your house?

We’d love to put them to work! Do you have an awesome tomato variety you want to share? Great, share with us!

Bring your donations to the front office of your school site! Be sure to write your name on your donation so we can recognize you for your contribution!

YOU HELP US
SUCCEED, SO COME
HELP US SEED!



What would you like to see at your school’s garden?

Here's a Way to Wellness!

Plumas Lake Education Foundation is hosting the annual Run Plumas Lake event on April 25th, 2015.

[Register online!](#)

Join us for our next meeting!

Thursday, February 26th 6:00 pm

Cobblestone Elementary Library



We're committed to being Well, are you?

Are you interested in being part of our community's wellness? Our Wellness Committee is always open!

Check out some of the ways you can be involved with the Wellness Committee by visiting our website online!

www.plusd.org

Need a Refund?

We can help! However, our kitchen cashiers cannot issue refunds from their drawer. If you need a refund, follow these simple steps:

1. Contact Food Services Manager, [April Mackill](#) and make your request.
2. A check will be issued and mailed to your mailing address! It's that easy!

USDA



Student art work. Farm to School theme. Oct. 2014, Riverside Meadows.

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to

request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish)..

10 tips

Nutrition
Education Series

salt and sodium

10 tips to help you cut back



It's clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

1 think fresh

Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

2 enjoy home-prepared foods

Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

3 fill up on veggies and fruits—they are naturally low in sodium

Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.

4 choose dairy and protein foods that are lower in sodium

Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

5 adjust your taste buds

Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.



6 skip the salt

Skip adding salt when cooking. Keep salt off the kitchen counter *and* the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

7 read the label

Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

8 ask for low-sodium foods when you eat out

Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.

9 pay attention to condiments

Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

10 boost your potassium intake

Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

la sal y el sodio

10 consejos para ayudarlo a reducirlos



Está claro que a los estadounidenses les gusta la sal, pero la sal influye en la presión arterial alta. Todos, incluso los niños, debemos reducir el consumo de sodio a menos de 2,300 miligramos al día. Los adultos de 51 años de edad y mayores, las personas de ascendencia afroamericana de cualquier edad y con presión arterial alta, diabetes o enfermedad renal crónica deben reducir el consumo de sodio a 1,500 mg al día.

1 piense en alimentos frescos
La mayor parte del sodio que consumen los estadounidenses proviene de alimentos procesados. Coma alimentos procesados con menos frecuencia y en porciones pequeñas, especialmente alimentos con queso como pizzas, carnes procesadas como tocino, chorizo, salchichas y embutidos, así como alimentos listos para comer como chili, ravioli y sopas enlatadas. Por lo general, los alimentos frescos tienen menos sodio.

2 disfrute alimentos preparados en casa
Cocine en casa con más frecuencia, donde puede controlar los ingredientes de sus comidas. Preparar sus propios alimentos le permite limitar la cantidad de sal.

3 lléñese de vegetales y frutas, son naturalmente bajas en sodio
Coma cantidades abundantes de vegetales y frutas, frescas o congeladas. Coma una fruta o vegetal con cada comida.

4 elija productos lácteos y proteínas con el contenido más bajo de sodio
Elija leche o yogur descremados o con bajo contenido de grasa más frecuentemente que queso, que contiene más sodio. Elija carne de res, cerdo, aves, pescados y mariscos frescos, en lugar de los procesados con sal. Los embutidos, salchichas y productos enlatados, tienen un alto contenido de sodio. Elija nueces y semillas sin sal.

5 ajuste su paladar
Reduzca la sal que consume gradualmente, y preste atención al sabor natural de varios alimentos. Con el tiempo, su gusto por la sal se reducirá.



6 no añada sal
Deje de añadir sal al cocinar. No deje saleros en el mostrador de la cocina o en la mesa. Use especias, hierbas, ajo, vinagre o jugo de limón para sazonar los alimentos, o use condimentos libres de sal. Pruebe pimienta negra o roja, albahaca, curry, jengibre o romero.

7 lea las etiquetas
Lea las etiquetas de datos de nutrición y la lista de ingredientes para encontrar alimentos envasados y enlatados con menos sodio. Busque alimentos con etiquetas que dicen "bajo en sodio", "sodio reducido" o "sin sal adicional" ("low sodium," "reduced sodium," o "without added salt").

8 cuando coma en restaurantes, pida comidas con bajo contenido de sodio
Si lo solicita, algunos restaurantes prepararán comidas con menos sodio y servirán las salsas y los aderezos para ensalada por separado, para que usted pueda usar menos.

9 preste atención a los condimentos
Alimentos como salsa de soja, salsa de tomate ("catsup"), pepinillos, aceitunas, aderezos para ensaladas y paquetes de sazonador, tienen alto contenido de sodio. Elija salsa de soja y tomate con bajo contenido de sodio. Coma palillos de zanahoria o apio en lugar de aceitunas o pepinillos. Use únicamente parte de los paquetes de sazonador en lugar del paquete completo.

10 aumente su consumo de potasio
Elija alimentos ricos en potasio que pueden ayudar a reducirle la presión arterial. El potasio se encuentra en vegetales y frutas como papas, hojas de nabo, jugo y salsa de tomate, camotes, frijoles (blancos, lima, rojos) y plátanos. Otras fuentes de potasio incluyen yogur, ostras, "halibut," jugo de naranja y leche.