

Wellness Committee

KITCHEN CONNECTION—5 VEGETABLE GROUPS

Did you know we organize our veggies into 5 groups? We make sure students have all 5 groups offered to them throughout the week. The groups are very “user-friendly” and can be a great tool and conversation-starter when meal planning at home, or visiting the grocery store.

First, we have a Dark Green Vegetable group. Veggies like broccoli and spinach are both found in this group. As a challenge, try mixing Chard into your salads at home, or add Bok Choy to home-made chicken noodle soup!

The second group is made up of Red and Orange Vegetables. Tomatoes (yes, even though it’s a fruit) and carrots are obviously red and orange. Don’t forget about other popular veggies in this group like Sweet Potatoes and Acorn Squash. A quarter of an Acorn Squash is hearty and delicious when drizzled with a touch of honey and baked at 350° for about 45 minutes!

Group three is home to Beans, Peas and Legumes. This group is extra nifty. Beans and Peas can be a great vegetable side-dish, or stand-alone as plant-protein. Pinto and Kidney Beans are familiar to most people, but don’t forget to try Garbanzo Beans and Lentils. Blend Garbanzo Beans with a little olive oil and some tasty seasonings for an easy hummus dip this weekend. For a bonus, serve Red and Orange Vegetable sticks to dip!

Starchy Vegetables make up group four. This is where you’ll find White Potatoes and Corn. Starchy Veggies are commonly the star of a big breakfast and show up as Hash Browns, Country Potatoes or Home Fries. Some other Starchy Veggie options include Water Chestnuts and Green Peas. Add Green Peas to a salad mix or rice one night this week for a pop of color.

The fifth and final group sounds scary – Other Vegetables. Don’t worry! There are lots of tasty options here, and none are mysterious. Green Beans, Garlic and Eggplant are all put into the Other group. Brussels Sprouts are delicious when baked with a bit of Garlic and some diced Onions. And Snow Peas are a crunchy surprise to any salad or noodle dish.

For a longer list of the vegetables in each group, visit our website at <http://www.plusd.org/Departments/Food-Services/Parents-Corner/index.html> Try making your own at-home veggie mix and let us know what combinations are your favorites.



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SPECIAL POINTS OF INTEREST

- Try a new veggie from each of the 5 vegetable groups listed to the left!
- Fresh fruit and yogurt parfaits are great breakfast options!
- Check out the upcoming community event “Run Plumas Lake”!



Rio Del Oro Kitchen Team

Left to Right: Ms. Amanda, Ms. Maria, Ms. Anita C.

STAFF SPOT-LIGHT

Ms. Anita C. has been with our school District since 2007 and works in the Rio Del Oro Kitchen. You'll find Ms. Anita at the cash register station helping students pick out tasty options from the Choice Bar. On an average day, Ms. Anita helps more than 80 students select a nutritious breakfast and more than 200 students pick out great lunch options. Ms. Anita likes spending time with her family and Strawberry Swirl cake.



CONTACT THE KITCHEN

Have a question? Have a compliment? Let us know!

We're here to help!

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RECIPE: SOMETHING YUMMY THIS WAY COMES

Yogurt and Fresh Fruit Parfait

This is a delicious way to start the day, a bright afternoon snack, and a wonderful party snack! Make several on a relaxed weekend morning for an easy breakfast option. As a reminder, you should discard leftovers after a maximum of 7 days in the fridge!

Here's What You Need:

Bowls or cups – clear serving dishes are cool because you can see the layers. You can find clear cups and bowls at most Dollar Stores.

½ cup fresh diced pineapple

4-6 ounces plain or vanilla Greek Yogurt

Optional – your favorite granola, cereal, or leftover crunched-up home-made cookies

Here's What You Do:

In the bowl, lay the ingredients on top of each other.

¼ cup fruit

2-4 ounces of yogurt

¼ cup of fruit

Remaining yogurt

Optional: Sprinkle a small handful of topping on the yogurt right before you're ready to eat. *Hint* Toppings can get soggy if left on for too long. If you're making them ahead of time, skip the topping and opt for your favorite granola or cereal bar.



As a bonus, save the pineapple top and follow these instructions to grow your own pineapple! <http://www.dole-plantation.com/Growing>

GARDEN PROJECT: MAKE YOUR OWN GERMINATION CHAMBER

A Germination Chamber sounds fancy, but can be a great kid-friendly weekend project. The idea is to create a warm, moist space for seeds to sprout and start growing roots. You can use a Germination Chamber to sprout all sorts of seeds. We recommend quick-sprouting seeds to help keep your student interested in the project from seed to harvest.

Here's what you'll need:

- ⇒ A "Chamber" – We used empty plastic salad mix containers, but anything that closes is a good option. Other ideas are a 2-liter plastic bottle or plastic storage containers that have lost their lids (you can rubber-band plastic wrap over the top to "close" it). You can even use a plastic gallon sized zipper bag, just be careful to keep it upright!
- ⇒ Soil – you can use soil from your back yard or a potting mix you purchase at the store. Most Dollar Stores have small bags of potting soil in stock. You'll want enough to fill whatever container you have picked.
- ⇒ Seeds – Radishes and lettuce are great for younger students. The seeds sprout and grow quickly and keep kids engaged. Basil and other kitchen herbs are great, too – students can later harvest their hard work and use it for cooking at home!
- ⇒ Water – Because all plants need it!
- ⇒ A marker to write what you've planted. You can also use popsicle sticks as small garden labels.

Here's what you do:

- ⇒ Rinse out your Chamber.
- ⇒ If you're using a plastic bottle, make sure the cap is screwed on tight and turn it sideways. Carefully cut three sides of a rectangle out of one side. This makes a flap that you can open to put soil and seeds inside, and later pull your seedlings out of.
- ⇒ Fill your chamber 1/3 to 1/2 way full with your soil. This is the area your seeds will grow their roots. Be sure to leave room for the seedlings to grow above the soil line, too!
- ⇒ Sprinkle your seeds over the soil. Use your finger or a pencil to press the seeds slightly into the ground. Use your pinkie and push the seeds into the soil until your fingernail is covered, or use the eraser end of a pencil and push seeds in until the eraser is all the way covered.
- ⇒ Gently sprinkle a bit more soil in the Chamber to fill in the seed holes. Gently pat the soil down just a bit.
- ⇒ Water the chamber until the soil is all wet. You can write what you planted directly on your chamber, or on plant labels and mark what seeds were planted. It also helps to write the day you seeded your chamber on plant labels.
- ⇒ Cover or close your Chamber and place in a good spot in your home. Some good spots could be your student's desk, a clear spot on a kitchen counter, or in the laundry room.
- ⇒ Check back every day! Help your student keep a log of any changes they see each day.

Once your seedlings are reaching to the top of your Chamber, you can transplant them into a garden or container outside!



ACCOUNT MANAGEMENT TOOLS

Surprises can be a fun and exciting way to start a birthday party, or can be an unexpected bill from the cafeteria. Bills are the less fun surprise, but here are some tips to help avoid a negative balance with your student's cafeteria account!

Talk with your student. Establish when they can, or cannot buy school meals. If you have special restrictions, call the Food Services Manager to get extra tools.

Check Online. Use the [MySchoolBucks](#) online portal to view your student's transactions, check their balance, and make online payments. It's free to view and monitor your accounts, but there is a fee to use the online payment option.

Introduce yourself. Our Kitchen Team is full of friendly folks who are more than happy to help!

Make sure we have the best way to get in touch with you. We send out email reminders every week, but we need your email address!

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!

Community events!

- ◆ Thursday, March 19th: Board Meeting
- ◆ Thursday, March 26th: Wellness Committee Meeting.
- ◆ Saturday, April 25th: Plumas Lake Education Foundation "Run Plumas Lake" Race



Student art work. Kiwi Still-Life. October, 2014—Riverside Meadows Intermediate School

WELLNESS COMMITTEE

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

Wellness@plusd.org



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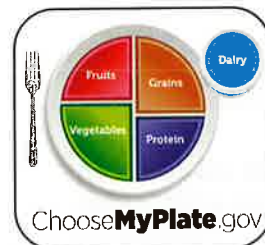
Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

10 tips

Nutrition
Education Series

focus on fruits

10 tips to help you eat more fruits



Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

1 keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 think about taste

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe.



3 think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

4 don't forget the fiber

Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.



5 be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.

6 include fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.



7 try fruit at lunch

At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

8 experiment with fruit at dinner, too

At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.

9 snack on fruits

Dried fruits make great snacks. They are easy to carry and store well.



10 keep fruits safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.



enfóquese en las frutas



10 consejos para ayudarlo a comer más frutas

El consumo de frutas brinda beneficios de salud. Las personas que comen más frutas y vegetales como parte de una dieta saludable integral tienen menos riesgos de presentar algunas enfermedades crónicas. Las frutas proveen nutrientes importantes para la salud, como el potasio, la fibra, la vitamina C y el ácido fólico. La mayoría de las frutas son naturalmente bajas en grasa, sodio y calorías. Ninguna de ellas contiene colesterol. Todas las frutas o los jugos de fruta 100% naturales forman parte del grupo de frutas. Las frutas pueden ser frescas, enlatadas, congeladas o secas, y pueden consumirse enteras, cortadas o en puré.

1 manténgalas a la vista
Tenga un tazón de frutas enteras sobre la mesa, el mostrador de la cocina o en el refrigerador.



2 piense en el sabor
Compre frutas frescas de temporada cuando sean menos costosas y estén maduras. Agregue frutas para endulzar una receta.

3 piense en la variedad
Compre frutas secas, congeladas o enlatadas (en agua o 100% jugo), así como frutas frescas para tener siempre cantidades disponibles a mano.



4 no olvide la fibra
Elija principalmente frutas enteras o cortadas en lugar de jugos, por los beneficios que la fibra le ofrece.



5 dé el buen ejemplo
Dé buen ejemplo a los niños al consumir frutas todos los días con las comidas o como bocadillos.

6 incluya frutas en el desayuno
En el desayuno, agregue bananas, duraznos o fresas a su cereal; agregue arándanos a sus panqueques; tome jugo de naranja o toronja 100% natural. O bien, pruebe fruta mezclada con yogur descremado o bajo en grasa.



7 coma frutas con el almuerzo
Para el almuerzo, llévese una mandarina, banana o uvas, o elija frutas de un bar de ensaladas. Las frutas en contenedores individuales, como duraznos o puré de manzana, son fáciles y prácticas.

8 pruebe frutas en la cena también
En la cena, agregue trocitos de piña a la ensalada de repollo, o incluya pedazos de naranja, arándanos secos o uvas en una ensalada mixta.

9 coma frutas como bocadillos
Las frutas secas son excelentes bocadillos. Son fáciles de llevar y se conservan bien.



10 lave bien las frutas
Lave las frutas antes de prepararlas o comerlas. Frote las frutas bajo agua corriente limpia para quitarles la suciedad y los microorganismos de la superficie. Después de enjuagarlas, séquelas con una toalla de cocina limpia.

