



# Wellness Committee

Plumas Lake Food Services Department

Vol. 1 Issue 5

## Student Art—Supporting the Community

Riverside Meadows Intermediate students have a great opportunity to learn artistic skills and fundamentals from Mrs. Katrina Subhkaram. The class was working with acrylic paints, learning about horizons, blending, layers, and interpretation of art on April 23<sup>rd</sup>.



*Student Art—Working with a Reference.*

Finished art work can be found at an upcoming Plumas Lake Education Foundation event – A Night of Art! Details will be available soon from the friendly folks at PLEF.

Students work on their pieces individually, but frequently lean to their neighbors offering words of encouragement and positive comments on the paintings. Some paintings featured beach scenes, lighthouses, florals, farm still life, and “really dark stuff” like shadowy tree silhouettes and the infamous Loch Ness Monster.

Each student started with a photograph or print as a reference. They studied with

Mrs. Subhkaram, viewing classic paintings and identifying the warm and cool colors in a painting, and interpreting the themes of artwork. Mrs. Subhkaram encouraged students to keep their reference photos handy, saying “Even the best artists have something to work with.”

We were lucky enough to be able to feature some of the “works in progress” for this article! Check out some sneak-peeks in this newsletter, and be sure to stay tuned for details on the upcoming Night of Art hosted by the PLEF!

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Download and read the [Wellness Policy](#) by visiting the District website and checking out the Wellness Committee page under the Food Services Department tab!

## Staff Spotlight

Ms. Maria works in the Rio Elementary School kitchen doing all sorts of wonderful tasks. Did you know she started making croutons for the school kitchens? She toasts them up fresh from the heels of the

whole-wheat bread we use to make tasty sandwiches. Pretty innovative! You can find more of Ms. Maria’s culinary creations on Fridays, when she whips up specialty pizzas for students and staff to enjoy. One of the tastiest has been a chicken and vegetable combo featuring sea-

soned diced chicken, diced peppers, tomatoes, onions and mushrooms. A slice is practically a meal by itself! Maria enjoys gardening and is a member of the PLESD Wellness Committee.



*Specialty Chicken Pizza hot from the oven!*

## Something Yummy This Way Comes: Fiesta Wraps

–From Team Nutrition Recipes for Healthy Kids

### What you need:

¼ Cup dry Quinoa

2 ¼ Cups Canned Low-Sodium Black Beans – Drained and rinsed

¼ Cup Fresh Red Bell Pepper – Seeded and diced

¼ Cup Fresh Red Onion – Peeled and diced

½ Cup Fresh carrots – Peeled and shredded

¼ Cup Reduced-Fat White Cheddar Cheese – Shredded

1 tsp. Chili Powder

1 ¼ tsp Ground Cumin

1 ¼ tsp Fresh Lime Juice

6 Whole-Wheat Tortillas (6" Diameter)

1 TBSP Vegetable Oil

Tools: Fine Mesh Strainer, Small Pot and Cover, Large Mixing Bowl, Cheese Grater, Baking Sheet

### What You Do:

- ⇒ Preheat the oven to 325°
- ⇒ Rinse Quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and ¼ Cup water in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and

a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork and set aside.. A rice cooker may be used with the same quantity of quinoa and water.

- ⇒ Place black beans in a large mixing bowl. Lightly mash beans by squeezing them using gloved hands (at least 50% of the beans should appear whole). Be careful not to over-mash beans.
- ⇒ To make filling, add to the mashed beans the quinoa, red peppers, red onions, carrots, cheese, chili powder, cumin, and lime juice.
- ⇒ For each wrap, place ½ Cup filling on the bottom half of a tortilla and roll in the form of a burrito. The wrap may also be folded in half like a taco.
- ⇒ Brush filled wraps lightly with vegetable oil and place on a baking sheet. Bake for 10 minutes at 325° F. Wraps will be lightly brown. Serve hot.



*Farm Still Life—Corn Stalk*



*Student Art—Horizons and Layers*



*A sample of Abstract Art with Acrylic Paints.*



*Student Art—Shading with Warm and Cool colors.*

## Fiesta Wraps: Review and Ideas

Here's what our Test Kitchen had to say!

- The Wraps tasted great! We made ours flat, like a quesadilla, and grilled it in a medium frying pan. I renamed our dinner "Flat Wraps." This also made dipping easier!
- Mashing the beans is a GREAT job for small helping hands. Have multiple Junior Chefs? No problem, divide the beans into small plastic bowls. You can even reserve half the beans in the can to add after the mashing has finished. Then your Junior Chefs can have a blast, and you'll still be able to tell there are beans in the recipe!
- Mixing is another job that was great for small hands. It's also a great time to talk about how important hand washing is. Lead by example! Avoid cross-

*We customized our wraps by adding about 2 tablespoons of our favorite topping inside the wrap.*

contamination with more complex dishes by getting into the habit of washing your hands between every task.

- It's already warm – almost 90 degrees! I don't like heating up my house with the oven if I can fire up the grill and enjoy some time outside with the family. I grilled our "Flat-Wraps" on the stove over medium heat for about 5 minutes, flipping halfway through. I'd also recommend using the grill and some heavy duty aluminum foil for an outdoor dinner.
- I used a cheese grater to "shred" my cheese and carrots. You can also buy pre-grated cheese and carrots. For a bonus, I used carrots from my backyard garden. It only took one small carrot,

about 7 inches long, to yield a ½ cup of shreds.

- I added diced chicken to one Flat-Wrap, and diced mushrooms to another wrap. Each tasted great! Customize yours by having everyone add small amounts of their favorite toppings inside the wrap.
- I picked up a jar of mango-habanero salsa and a bit of fat-free sour cream to dip our Flat Wraps. They're tasty by themselves, and even better when topped! Fresh diced tomatoes, shredded lettuce, avocados and corn salsa were all suggested as well.



*Student Art—Horizons and Lines, Shading*

## Farm Fresh

Local family farms and farmer's markets are great ways to pick out your family's fresh produce! Most farmer's markets run from late spring through early fall. There are some great resources for locating farmer's markets, Community Supported Agriculture farms. Visit the USDA website, [www.usdalocalfooddirectories.com](http://www.usdalocalfooddirectories.com), and check out some local resources. Be

warned, some of the information may be out of date. Remember, farmer's markets can change location, dates, and times year to year, so always call the market manager to confirm before packing the family up for a fun-filled Saturday morning.



*Don't forget to bring your own bags and baskets to load up your finds!*

## Student Garden, Community Garden

—Riverside Meadows hosts a “grazing garden” for students to explore

Mrs. Slaughter has a green thumb. So do the students in her elective class. For the past 5 years or so, Mrs. Slaughter has been hosting a garden in the Riverside Meadows raised beds. Students and staff are encouraged to graze through the garden, harvesting cherry tomatoes to nibble and fresh herbs to dress up their lunches.

The garden is home to plants that have been donated by Lincoln Home Depot, Eisley Nursery in Auburn and (new this year) Pacific Star Gardens in Woodland. This year the gardens got new soil, a grape trellis, tomato cages and an iron plant hanger. “Just wait,” Mrs. Slaughter says. “It looks small right now but it gets bigger and really fills in.”

Students enrolled in Mrs. Slaughter’s elective courses get the most garden time. In the fall, the students pull out the previous year’s plants and clear the space. Some years a winter garden is planted, some years the beds sit fallow for a season. The elective class in the spring plants a variety of vegetables and herbs. In the early years, students were hesitant to pick the produce, but Mrs. Slaughter encourages everyone to explore and enjoy the garden. The entire garden is done organically with no pesticides sprayed on the plants. Mrs. Slaughter wants to be sure everything is



*Seedlings waiting to be transplanted.*



*A student-constructed trellis for a grape vine.*

“I just want them to get their hands dirty”

“The more pride they fell, the more they will respect it.”



*Basil, tomatoes and cucumbers—oh my!*

ready to be eaten as soon as it is harvested. Now, the students and staff freely harvest the garden. Some varieties of tomatoes will be ready right as school lets out for the summer, but most of the harvesting by students is done at the start of the school year. The school janitors from Rio Del Oro and Cobblestone visit the garden through the summer too!

This year the students came up with the ideas for what to plant. The garden boasts slicing tomatoes, cherry tomatoes, at least three varieties of basil, zucchini, cucumbers, at least two colors of bell peppers, cilantro, oregano, chives and a single honeydew melon plant. “We’ll see if we get any melons!” Mrs. Slaughter says. A grape vine is set to be added soon, as well as some flowers in a specially painted up-cycled tire planter.

Future dreams for the garden include shade structures, more tomato cages, possibly painting the garden beds (they’re grey cement right now), even a greenhouse. With the addition of a greenhouse, Mrs. Slaughter hopes to see a gardening club established. Plant sales would be a great fundraiser for the school!

## Hand Washing: Not Just For Preparing Food!

Washing hands is a basic when working with toddlers who are learning to use the restroom on their own.

The simple steps are easy to memorize, and sometime, are easy to overlook when busy!

Washing hands doesn't just help keep dirt out of your food. This simple act helps cut down on sharing and spreading germs and bacteria.

The PLESD team helps students by providing access to warm running water, soap, and sturdy paper towels to dry hands. But we need your help!

Use these simple steps to help your students remember the best way to wash hands.

### 1. Wet Hands and Arms.

Use running water as hot as you can comfortably stand it. While it may be

cooler for smaller students, adults typically can use water at least 100° F.

2. Apply Soap. Apply enough to build up a good lather. This is usually the step smaller students like best. You can make it fun by providing different colored soap, or soap in a fun dispenser.

3. Scrub hands and arms vigorously. There's no need to dive in the sink! But scrub at least one hand-width above your elbow. Scrub for 10-15 seconds and clean under your fingernails.

4. Rinse hands and arms thoroughly. Use warm running water, and be sure to check the palms and backs of hands for small children.

5. Dry hands and arms. We use single-use paper towels. At home you may use a reusable dish- or tea-

towel, but be aware that bacteria and germs can live on the damp surface after you've put the towel back.

Here's two extra tips!

⇒ Pick a favorite song or chorus to a song about 10-15 seconds long and transform that into the "Hand-Washing Song." Whenever the song comes belting out of the closed bathroom door, you'll know germs are on their way down the drain!

⇒ Water is good, soap is good, but they work best as a team. Remind your students that "Soap makes the germs slippery, and the water washes them away."



Student Art—Art in Progress

*Using a nail brush can leave germs and bacteria behind on the brush. If your house uses a nail brush, run it through the dishwasher regularly to keep it as clean as possible!*



Student Art—Beach Pier

Have a question?  
Have a compliment?  
Let us know! We're  
here to help!

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(530) 749-0690 ext. 160

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(530) 743-1271 ext. 228



Win this snuggly  
friend!

Students who purchase a  
school breakfast during the  
week of May 18-22nd will get a  
ticket entry to our raffle give-  
away of these festive friends!

4 chances to win at each  
school!

Check out your cafeteria for  
more details!

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](http://www.plUSD.org)

[Wellness@plUSD.org](mailto:Wellness@plUSD.org)

Pencil us in! The next Wellness Com-  
mittee meeting is Thursday, May 28th  
at 6:00 pm in the Rio Del Oro Element-  
ary Library.



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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](mailto: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).



A sample lunch from Rio Del Oro

## Calendar of Events

**Wednesday, May 6th**—Rio  
Del Oro Talent Show, 6:00  
pm

**Friday, May 8th** —  
Cobblestone Casino Night,  
6:00 pm

**Thursday, May 14th** —  
Board Workshop, 6:00pm at  
Riverside Meadows

**Thursday, May 21st**—  
Board Meeting, 6:00 pm at  
Riverside Meadows

**Thursday, May 28th**—  
Wellness Committee meeting:  
6:00 pm at the Rio Del Oro  
Elementary School Library

# 10 tips

Nutrition  
Education Series

# with protein foods, variety is key



## 10 tips for choosing protein

**Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources.** We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces\* of protein foods each day.

### 1 vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

### 2 choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.



### 3 make meat and poultry lean or low fat

Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

### 4 have an egg

One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

### 5 eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.



### 6 nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

### 7 keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

### 8 make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



### 9 think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a "petite" size steak.

### 10 check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

\* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

# 10 consejos

Serie de educación en nutrición

# en lo que concierne a las proteínas, la variedad es la clave

## 10 consejos para elegir proteínas



La proteína de los alimentos provienen de fuentes tanto animales (carne, aves, mariscos y huevos) como de plantas (frijoles, guisantes, productos de soja, nueces y semillas). Todos necesitamos proteína; pero la mayoría de los estadounidenses comen cantidades suficientes, y algunos de ellos más de lo que necesitan. ¿Cuánto es suficiente? La mayoría de las personas de 9 años de edad y mayores deben comer de 5 a 7 onzas\* de comidas con proteína cada día.

**1** varíe sus fuentes de proteína  
Consuma variedad de alimentos del grupo de proteínas por semana. Pruebe platos preparados con legumbres, nueces, soja, pescados y mariscos.

**2** coma pescados y mariscos dos veces por semana  
Coma pescado o mariscos en lugar de carne de res o aves dos veces por semana. Elija pescados y mariscos variados. Incluya opciones más ricas en aceite y más bajas en mercurio, como salmón, trucha y arenque.



**3** elija carnes de res y aves magras o con bajo contenido de grasa  
Elija cortes de carne con bajo contenido de grasa, como paleta y lomo, y carne molida por lo menos 90% magra. Recorte o escurra la grasa de las carnes y quiteles el pellejo a las carnes de ave.

**4** coma huevos  
En promedio, comer un huevo al día no aumenta el riesgo de enfermedad cardíaca, así que incluya huevos en sus opciones para la semana. Sólo la yema de huevo contiene colesterol y grasas saturadas, de manera que puede comer tanta clara de huevo como desee.

**5** coma proteínas de fuentes vegetales con más frecuencia  
Pruebe legumbres (frijoles rojos, rosados, negros o blancos, arvejas, garbanzos, puré de garbanzos), productos de soja (tofú, tempeh, hamburguesas vegetarianas), nueces y semillas. Son naturalmente bajas en grasas saturadas y tienen alto contenido de fibra.



**6** nueces y semillas  
Elija nueces o semillas sin sal como bocadillos y agréguelas a las ensaladas o a platos principales en lugar de carne de res o aves. Las nueces y semillas son fuentes concentradas de calorías, de manera que coma porciones más pequeñas para mantener las calorías bajo control.

**7** hágalas sabrosas y sanas  
Pruebe carnes a la plancha, parrilla, rostizadas u horneadas; estos métodos no agregan grasa. Algunas carnes magras necesitan ser cocidas lentamente y con líquido para que queden tiernas. Evite empanar las carnes de res o aves, ya que eso agrega calorías.

**8** prepárese un sándwich saludable  
Prepare sándwiches de pavo, rosbif, tuna o salmón enlatados, o bien mantequilla de cacahuete (maní). Muchos embutidos, como la salchicha ahumada regular o el salame, tienen alto contenido de grasa y sodio. Cómalas como antojitos ocasionales únicamente.



**9** piense en menos al comer porciones de carne  
Saboree el gusto que desee, pero en cantidades más pequeñas. Prepare o pida una hamburguesa más pequeña o filetes tipo "miñón."

**10** verifique el contenido de sodio  
Verifique la etiqueta de datos de nutrición para limitar el sodio. A muchas comidas enlatadas, entre ellas los frijoles y las carnes, se les agrega sal. Muchas carnes procesadas, como el jamón, las salchichas y los fiambres o embutidos, tienen alto contenido de sodio. Algunos cortes de pollo, pavo y cerdo se marinan en soluciones de sal para agregarles sabor y ternura.

\* ¿Qué cuenta como una onza de proteína? 1 onza de carne de res o ave magra, pescado o mariscos; 1 huevo; ¼ taza de frijoles o guisantes cocidos; ½ onza de nueces o semillas o 1 cucharada de mantequilla de cacahuete (maní).