



What's News This Quarter . . .

- **Salad Bar First**

Elementary Schools change direction to have the best of both lunch worlds

- **Start the Day R.I.G.H.T.**

36 schools benefit from AASA Grant to promote participation for breakfast

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Riverside Unified School District - Nutrition Services

The Flywheel



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WOW-zers for September/October

Administration Norma Reyna and Kirsten Roloson

Bonds Joann Jimenez

CK/Warehouse Cesar Jaimes and Joe Romero

Fremont Yvonne Rodriguez

Harrison Josie Ronquillo

Hyatt Kelle Beckham

Jefferson Regina White, Mervat Haddad, and Sandy Brattain

Kennedy Kathy Maybee
Poly Dora Aleman, Charlotte Hynes and Lidoina Juarez

Ramona Rosa Zaragosa, Sylvia Mares and Debbie Taylor

Woodcrest Denise Gastelum

Start the Day R.I.G.H.T.

The Riverside Unified School District was one of only four districts in the nation awarded funding from a multi-million dollar grant that aims to increase the numbers of students who participate in federal breakfast programs.

RUSD received \$400,000 from a breakfast initiative spearheaded by the American Association of School Administrators and funded by the Walmart Foundation. RUSD plans to use grant dollars to ensure that all students are starting their day RIGHT...which stands for Riverside Is Getting Healthy Together.

Innovative programs to increase breakfast participation already are being piloted at three RUSD schools - Bryant, Pachappa and Madison Elementary Schools. Additional schools will be brought on board gradually.

Pilot schools are using the grant funding to make breakfast more accessible and exciting. Students are greeted by their Principals and teachers with delicious and nutritious grab and go breakfasts, greetings from their Principals and fun stickers.

Additional plans include adding second-chance breakfasts later in the morning and offering

universal feeding programs at many schools so that every child can eat a healthy breakfast to start their day.

The results have been astounding with one school seeing a 350 percent increase in breakfast participation.

"Every child deserves to start their school day prepared to do their very best without worrying about hunger," noted Director of Nutrition Services Rodney Taylor. "This grant is helping us to make sure that happens."

Although schools do offer free and reduced breakfasts to students who qualify, many families do not realize that meal programs include breakfast as well as lunch, Taylor said. That's a situation that is not unique to Riverside.

"Across the country, more than 19 million children qualify to receive free or reduced-price lunch at school, but less than half of them get breakfast at school—even though programs exist to feed them," said AASA executive director Daniel A. Domenech in announcing the grant.

"We are grateful to AASA and the Walmart Foundation for providing the means to help us

promote the importance of breakfast in our schools," added RUSD Superintendent Rick Miller. "Far too many children come to school hungry, which makes it hard for them to focus on learning. This grant is helping us to do more with resources we already have so that we can help our students to be successful in school."

Additional organizations supporting the program are the National School Boards Association's Council of Urban Boards of Education (CUBE), the National PTA, the National Alliance of Black School Educators (NABSE), the Association of Latino Administrators and Superintendents (ALAS), the Food Research and Action Center (FRAC), and state child hunger state advocacy groups. Experts in food service and nutrition and in program development will be available to assist the participating districts. Program evaluation results will be shared with the Walmart Foundation. Project findings and lessons learned will be disseminated to a wide range of stakeholders.



The Healthy Dose

You Are Truly What You Eat

In the small village of Tomville, there lived a farmer named Tom. One day as Tom was harvesting his crop of tomatoes he became hungry, so he decided it would be an excellent time to eat the slice of tomato that he had cut earlier. As he examined his snack, preparing to take a bite, he realized that it resembled the heart. Inspired by his discovery, Farmer Tom became Doctor Tom, Heart Surgeon of Tomville, from that day forward.



Tomatoes have many health benefits, many of which have been attributed to their high lycopene content. Lycopene is part of the carotenoid family of phytochemicals that acts as an antioxidant to reduce free radicals and has been shown to have anti-inflammatory effects in the body. Additionally, lycopene may protect against the development of cancer and cardiovascular diseases.

THE BEAT OF LIFE:

The human heart beats 100,000 times a day, 35 million times a year and an average of over 2.5 billion times in our lifetime. Our hearts

circulate 6 quarts of blood throughout the body three times every minute and this blood travels approximately 12,000 miles in one day. Even at rest the heart muscle will work twice as hard as a muscle in a person's leg while sprinting. As you can see, the heart, unseen and too often uncared for, is a vital and hard-working part of our body.

Heart disease is the leading cause of death for both men and women in the United States. Some conditions and lifestyle choices put people at higher risk for developing heart disease. These risk factors include obesity, hypertension, diabetes, metabolic syndrome, stress, tobacco use, excessive alcohol use, menopause, age and ethnicity, with people of African American and Asian descent being at higher risk. Diet also plays an important role. Diets high in saturated fat and cholesterol raise blood cholesterol levels and promote atherosclerosis while diets high in sodium cause raised blood pressure. The heart is truly the beat of life and is important for us to take care of through healthy lifestyle choices. Though the heart may be unseen to the naked eye, it is beating loudly on the inside.

FOOD FOR THE HEART:

Omega-3 fatty acids have been shown to have positive effects within the body by reducing inflammation and improving heart health. Fish, such as salmon and tuna, flaxseed oil and walnuts are all good sources of omega-3s that are beneficial to the heart. Nuts, particularly almonds, walnuts, and pistachios, have also been studied and shown to help lower LDL, or "Bad" Cholesterol. Nuts and plant oils contain plant sterols and stanols (phytosterols) that compete with dietary cholesterol for absorption. Grapefruit, oranges, and dark leafy vegetables have fiber which can help in lowering cholesterol as well.

RECOMMENDATION:

Enjoy eating a variety of colorful foods, but be mindful of processed foods, sodas, desserts, and foods high in fat. A heart-healthy diet is high in fruits, vegetables and whole grains, low in saturated fat, cholesterol and sodium, and includes moderate amounts of lean protein, dairy and healthy fats. This diet can help control high blood pressure and lower cholesterol and lipid levels.

For the next flywheel, can you think of a food that resembles the Pancreas?

Salad Bar First (AKA SB1)

The nationally recognized Farmers' Market Salad Bars have taken a new direction. We have launched an innovative meal program for elementary students at our Farmers' Market Salad Bars.

On December 6, 2011 we began **Salad**

Bar First. The students get the best of both lunch worlds. It's a program designed to

encourage healthy eating habits by bringing the salad

bar to the forefront in Elementary schools. Students visit the salad bar first where they can choose fresh fruits, vegetables and proteins for their lunch plate. Then they move on to receive a hot entrée from the serving line.

By providing both the salad bar and the hot line for lunch, children no longer have to make a choice between the

two, but will benefit from both. Unfortunately, because of the salad bar location set ups in the multi-purpose rooms, seven schools will not be able to participate in the "SB 1" program.

Our intent is to increase daily access to a variety of fruits and vegetables. Our children learn to make decisions that carry over outside of school, providing a platform for a lifetime of healthy eating choices.

"Children no longer have to make a choice between the two, but will benefit from both."



Holiday Leftovers

What to Do With the Turkey and Ham!!

With the holidays now here, we are blessed to spend this time with family and friends. It is always fun to prepare all the family recipes. Whether you have turkey, ham, roast beef, or steak, they can be transformed into delicious dishes to feed your family for the rest of Christmas vacation. And you don't have to turn to plain turkey sandwiches! These Christmas leftover recipes are easy, delicious, and inventive. Adding proteins like diced turkey, ham, beef, and smoked salmon to salads, is a quick way to also utilize leftovers. My favorite is to make soups. Paired with warm crusty bread, there are an endless variety of soups that can also be made with leftover vegetables and meats from your holiday feast. Here are a few recipes I think you will like. **Keep on cooking!**

Christmas offers lots of opportunities for wonderful leftover recipes.

Turkey and Rice Soup

- 2 tablespoons butter
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 (10-ounce) package frozen brown rice
- 3 cups chopped cooked turkey or chicken
- 4 cups chicken broth
- 1 (16-ounce) jar Alfredo sauce
- 1/2 cup milk
- 1/3 cup lemon juice
- 2 tablespoons cornstarch
- 2 tablespoons chopped flat-leaf parsley

Method: In large saucepan, melt butter over medium heat. Add onion and garlic; cook, stirring occasionally, until tender, about 5-6 minutes. Meanwhile, cook rice as directed on package.

When onion is tender, add rice and turkey to skillet; cook and stir 2-3 minutes. Add broth and Alfredo sauce. Add milk to Alfredo sauce jar, close jar tightly and shake; add this mixture to the soup. Bring to a simmer.

In small bowl, mix lemon juice and cornstarch; add to soup in pan. Bring to a simmer again; simmer 2-3 minutes until soup is thickened. Garnish with parsley and serve immediately. Serves 4-6



There are an endless variety of soups that can be made with leftovers.

Aioli Spinach, Turkey and Ham Sandwich

- 1 Tbsp. olive oil
- 4 garlic cloves
- 2/3 cup mayonnaise
- 2 Tbsp. minced green onion
- 1/2 cup frozen chopped spinach, thawed and well drained
- 1 Tbsp. lemon juice
- Crusty whole grain bread or hoagie buns
- Fresh baby spinach leaves
- Havarti cheese slices
- Sliced tomatoes
- Cooked sliced deli turkey breast 2oz
- Cooked Spiral cut Ham 10z

Method: In small microwave-safe bowl, combine olive oil and garlic. Microwave on high power for 30 seconds; remove and stir. Microwave for 10-15 seconds longer or until garlic is very fragrant and starts to brown. Cool for 10 minutes, and then finely chop.

Add mayonnaise, onion, spinach, and lemon juice and mix well. Make sandwiches with this spread and remaining ingredients. Makes about 8 sandwiches.



Beef and Spinach Salad

- 2 medium grapefruits
- 1-1/2 lb. cooked thinly sliced roast beef, cut into strips
- 5 cups baby spinach leaves
- 1-1/2 cups sliced celery
- 1/3 cup oil
- 1/3 cup grapefruit juice
- 1/2 cup chopped green onions
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1/4 cup toasted pine nuts

Method: Cut one grapefruit in half and squeeze 1/3 cup juice for the dressing; set aside. Cut remaining grapefruit half and whole grapefruit into sections and set aside.

In small bowl, combine oil, reserved 1/3 cup grapefruit juice, green onions, and salt and pepper and beat with wire whisk to combine. In large bowl, combine grapefruit, beef, spinach and celery. Pour dressing over and gently toss to combine. Serve immediately. Makes 6 servings.

Riverside Unified School District Nutrition Services

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“Come Let Us Show You WOW”

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The Nutrition Services Department is comprised of food and nutrition professionals that are dedicated to students' health and well being. We support their ability to learn by promoting good nutrition and proper life-long healthy eating habits.

“The Flywheel” - building a stronger organization
one turn at a time!

We're on the Web

<http://www.rusdlink.org/page/123>

From the Director's Chair

“WOW!” Time Flies, and “We're Still Having Fun”

Although I must tell you we got off to a less than stellar start for our program. Oh, we performed well enough, but what I thought would be a very simple systematic change that would provide our children with even greater access to fresh fruits and vegetables at lunch created confusion, and at times frustration.

I still don't quite understand the problem to be honest with you, but I heard everyone loud and clear. So, we took steps to fix the problem by stepping up our plans, which originally called for us to pilot “Salad Bar First” (SB1) for 1 year at Pachappa Elementary School. What we noticed right away was that SB1 was simple to implement and solved the problem caused by the move to fresh fruits and vegetables only at lunch. It went so well as a matter of fact, we expanded SB1 to 21 additional elementary schools.

So what is SB1? I'm glad you asked, SB1 is based on the works of Dr. Brian Wansink, an assistant professor of Applied Economics and Management at Cornell

University who did a study on how behavioral economics can help to improve diet quality. This study uses behavioral economics, food marketing, and psychology to identify possible options for improving the diets and health of our children. In his study, Dr. Wansink found that placing healthier options first in a service line encourages people to select more of these items.

So by having our students select farm fresh fruits and vegetables first and by having our staff encourage them to do so, they will learn to make better choices that will ultimately have a positive influence on their lifelong eating behavior. It was also found that our children are more likely to eat foods that they select as opposed to foods that are simply served to them.

Salad Bar First brings the best Nutrition Services has to offer to all students choosing to eat a school lunch. Students will no longer have to choose between a hot lunch and the salad bar.

They can have both! Students will eat under their current eligibility; they will put their ID number into the point of sale and then proceed to the salad bar. At the salad bar they can choose their fruit(s), and vegetable(s), and then proceed to the traditional service line for their hot entrée. If they do not want a hot entrée they will be asked to choose a protein from the salad bar. Now, how cool is that?

And if that isn't enough, you saw on our cover page that Riverside Unified School District was one of only four districts in the nation awarded funding from a multi-million dollar grant that aims to increase the numbers of students who participate in federal breakfast programs.

Stay Tuned! On Tuesday, January 10, 2012, we're throwing a “Pajama Party” to kick-off the expansion of the Start the Day R.I.G.H.T. breakfast program.

“WOW!” What a way to start the New Year!