

# Fairfield-Suisun Unified Nutrition Services

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## Quarterly Publication

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## DID YOU KNOW?

New year, new happenings!  
Welcome to 2012 Fairfield-Suisun Unified!

**Stuffed Baby Peppers** were taste tested at Cordelia Hills by the 3<sup>rd</sup> graders. They liked them so much that we put them on their menu in November! They were also shown how to make the peppers along with other nutrition lessons.

**Sweet Potato Fries** were taste tested by the 5<sup>th</sup> graders at Tolenas. They were taught about the nutrition differences between sweet potatoes and regular potatoes.

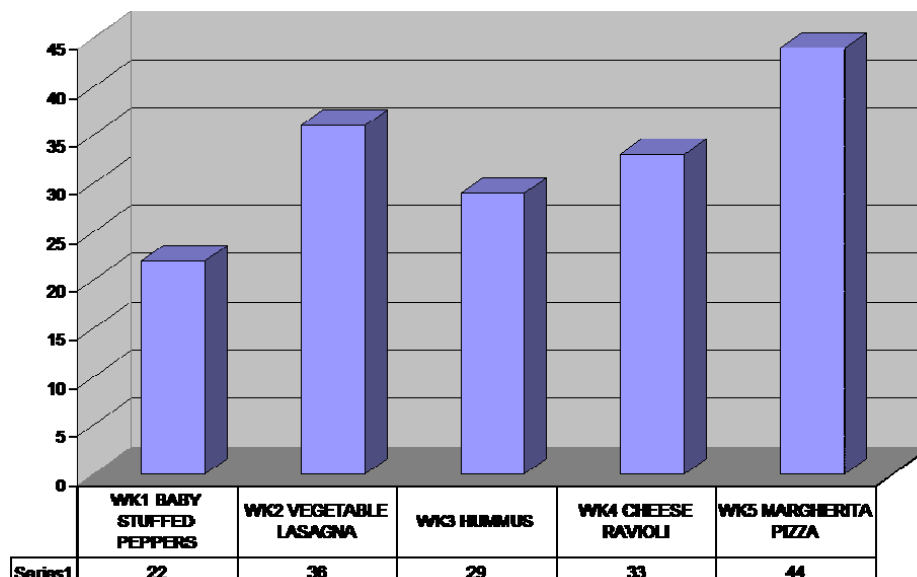
**Plant Based Diet** study was done at Suisun Valley In October to see if students would choose healthier vegetarian options over

entrees containing meat. Some of the options were vegetarian lasagna and hummus & veggie wrap. This project was intended to encourage students to make healthier choices. Below are the results, which were so good that we continue to offer a meatless option every Monday!

**New Icons** have started to show up on your school menus and on the serving line. With more and more students eating vegetarian diets, we wanted to be able to identify our vegetarian menu items. Vegetarian entrées may contain dairy or egg but will not include meat proteins.



**SUISUN VALLEY ELEMENTARY SCHOOL  
PLANT-BASED DIET PROJECT  
% OF STUDENTS CHOOSING VEGETARIAN ENTREES  
OCT 2011**



# Fairfield-Suisun Unified Nutrition Services

## COMING SOON!

On February 23<sup>rd</sup>, our team, Sassy Ladies, is competing with other districts on their culinary skills at American Canyon High School. GO



**SASSY LADIES!**

In March Cleo Gordon Elementary will participate in a fruit tree planting project. Brought to us by the Common Vision Organization, a group of fruit tree planters and environmentalists, will come to Fairfield for a day-long orchard planting and presentation on the environment. We are excited for this fun and educational opportunity! For more information on this organization and this project go to: <http://commonvision.org/>



**sodexo**

Making every day a better day

# Fairfield-Suisun Unified Nutrition Services



**Recognizing the fact that nutrition is a very important part of good education and student success, Sodexo recently adopted the Student Well Being Initiative**

**Student Well-Being:** A state of health and success nurtured through an awareness of choices in nutrition, achievement, environment, community and activity.

**Key Areas of Student Well-Being:** Sodexo believes that there are five key areas that have the greatest impact on Student Well-Being. It is in these areas where our programs, services and strategic industry partnership are focused. These areas include:

**Nutrition:** Age-specific menus at breakfast and lunch, nutrition education.

**Achievement:** Healthy habits programs, menu messages, staff training.

**Community:** Backpack program, summer feeding, Read for the Record, support for local farmers, STOP Hunger scholarships.

**Environment;** Smaller carbon footprint, green cleaning, less water/energy/waste.

**Activity:** Tween and teen wellness messages, healthy tips from sports celebrities, organized wellness activities, educational materials.

**Benefits of Sodexo's Student Well-Being Efforts:**

- Better educated students in the areas of health and wellness.
- An enhanced portfolio of programs and services that are clearly aligned with the key areas of Student Well-Being, and that best meet the unique needs of your students and community.
- Additional support through Sodexo's strategic partnerships with leading national health and wellness organizations to ensure the most comprehensive programs and services for your students.
- A heightened emphasis on the key areas of Student Well-Being that matter most to your students and that will have the greatest impact on their health and success.

## 5 Reasons Why School Breakfast Works!

Eating a healthy breakfast helps students...

- 1 Perform better in school.
- 2 Stay focused in class.
- 3 Be on time and in tune.
- 4 Maintain a healthy weight.
- 5 Eat a healthier diet.

**BREAKFAST:  
IT WORKS!**

**Breakfast**  
As the leading provider of Quality of Life Services, Sodexo is committed to making healthy breakfast options available for every child who would benefit from morning meals.



## Out with the Pyramid in with the Plate

On June 2, 2011 the USDA announced they replaced the food pyramid icon with *MyPlate*. *MyPlate* is a new generation icon with the intent to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them do that by going to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). The new *MyPlate* icon emphasizes the fruit, vegetable, grains, protein and dairy food groups. Here's how you can get started:

- Make half your plate Fruits and Vegetables
- Make half your grains Whole Grains
- Switch to Fat Free or 1% Milk

Designing your plate the balanced way helps you focus on foods that fill you up, that are rich in nutrients and contain fewer calories. You actually end up eating more for fewer calories. It's so easy! You can eat a meal the balanced way whether you are at home, in school or in a restaurant. Just remember 50% fruits and vegetables, 25% wholesome grains and 25% lean protein.



# Fairfield-Suisun Unified Nutrition Services



Fairfield-Suisun Unified Student Nutrition Services:

## CONTACT US

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## Recipes to use your Fresh Picks

### Apricot Muffins

Yield: 12 muffins

#### Ingredients

- 1 cup chopped dried apricots
- 1 cup boiling water
- 2 cups all-purpose flour
- 3/4 cup white sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup applesauce
- 1 cup buttermilk
- 1/4 cup egg

#### Directions

1. Preheat the oven to 400 degrees F (200 degrees C). Line a 12 cup muffin pan with paper muffin cups. Place apricots into a small bowl, and pour the boiling water over them. Let stand for 5 minutes.
2. In a medium bowl stir together the flour, sugar, baking soda and salt. In a separate bowl, whisk together the applesauce, buttermilk and egg substitute. Pour the wet ingredients into the dry ingredients, and stir until just blended. It is okay for the batter to have some lumps. Drain water from apricots, and mix them into the batter. Spoon into the prepared muffin cups.
3. Bake for 15 minutes in the preheated oven, or until the top springs back when lightly pressed. Cool in the pan over a wire rack.

#### Nutrition Facts:

Per serving: 180 calories, 0.52 g fat, 230 mg sodium, 1 g fiber

### Crispy Romaine & Cauliflower Salad

12- 1 cup servings

#### Ingredients

- 1/2 cup reduced-fat or non-fat mayonnaise
- 4 tablespoons cider vinegar
- 2 small shallots, finely chopped
- 1/2 teaspoon freshly ground pepper
- 6 cups chopped cauliflower florets, (about 1 large head)
- 4 cups chopped heart of romaine
- 2 tart-sweet red apples, chopped

#### Directions

1. Whisk mayonnaise, vinegar, shallot, and pepper in a large bowl until smooth.
2. Add cauliflower, romaine and apples; toss to coat.

#### Nutrition Facts:

Per serving: 60 calories, 2 g fat, 0 sat fat, 65 mg sodium, 2 g fiber