



Delivering on Student Well-Being

Forest Grove S.D.
Nutrition Services
Volume 3
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Parent Academy Teaches Parents Fast & Healthy Cooking



Wednesday, February 12th Child Nutrition Services hosted one of the Monthly Parent Academy Classes offered by Forest Grove School District at Harvey Clarke Elementary. Approximately 20 parents attended the 2-hour class lead by Sodexo Executive Chef, Delores Tesky, and Operations Manager and Registered Dietitian, Stacie Reiter where participants learned about healthy week-night meal preparation, proper and practical food safety tips, proper knife



skills, and food storage techniques. Then participants got a chance to roll up their sleeves and get in the kitchen and actually cook with Chef Delores. Allowing them to show case some the skills they just learned. The group split into teams and all pitched in to help prepare our healthy recipe, Mango Curry Chicken Stir-Fry.



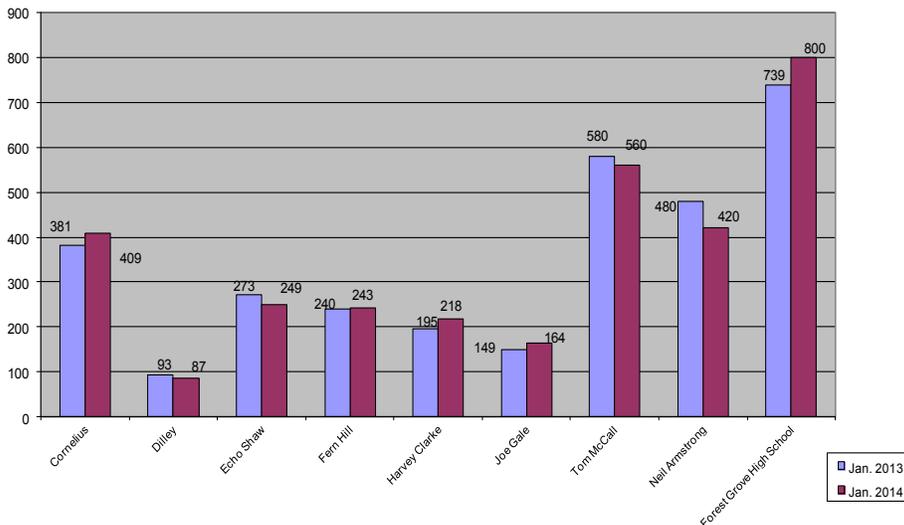
Some parents chopped vegetables, while others prepared rice, and yet another group prepared a side salad. When the meal was complete, the children in day-care met their parents in the cafeteria for tasting and sharing.



Meal Comparison Information: 2013-2014

Data shows lunch meal counts up slightly from 2013

Forest Grove School District - Lunch Meal Comparison January 2013 vs. 2014



ODE Donates Fresh Pacific Northwest Pears!!

Forest Grove School District was fortunate enough to receive 8 cases of Fresh PNW Bosc Pears. The donation aimed at highlighting the impact of the pear crop in Oregon as it's the #1 tree fruit crop in the state as well as the state fruit! These pears were grown in Washington, and distributed through a Hood River distributor. Below is a picture of a couple students at Echo Shaw enjoying their Fresh PNW Pear at lunch!



Child Nutrition Department Joins 3,000 World-Wide To Take Read Across America Pledge

On Monday, March 3rd in honor of Dr. Seuss's birthday, the child nutrition department celebrated Read Across America Day by pledging to read to elementary school students while they enjoyed breakfast. Program Director, Fran Scott read to students at Joseph Gale Elementary and Operations Manager, Stacie Reiter read to students at Echo Shaw Elementary. Both read the book, *Cat in the Hat*, one of the most popular Dr. Seuss books world-wide., and provided math and word-search educational activities for the students to complete during breakfast as well! The child nutrition department then donated bi-lingual copies of the book to all of the elementary schools in the district to add to their libraries

To continue the celebration at lunch, the elementary kitchens served *Cat in the Hat* waf-



files for lunch that day. The recipe included waffles, strawberries, and a dollop of whipped cream on top. At Cornelius Elementary school, local firefighters came to lunch to read *Cat in the Hat* to students. We have challenged the rest of FGSD administration staff to join us in next year's pledge for the opportunity to have readers at all the elementary schools.

CLC Dinner Program Underway!

Update: In January's newsletter we discussed the soon to start After-school Dinner Programs at Tom McCall West and Forest Grove High School.

After much anticipation, preparation, and training these programs began on Monday, February 3rd. Though the first week was short due to our winter storm, overall the program has seen enormous success!

In the month of February we served over 3,700 dinner meals to students of Forest Grove School District!



March is National Nutrition Month: Enjoy the Taste of Eating Right

Consumer research confirms taste tops nutrition as the main reason why one food is purchased or consumed over another. While social, emotional, and health factors also play a role, the foods people enjoy are likely the ones they eat most. This year's key message for NNM is to focus on how to combine taste and nutrition to create healthy meals that follow Dietary Guideline recommendations.

In Forest Grove, our focus during National Nutrition Month is exposing students to a rainbow of colors, particularly in our fruit and vegetable offerings. The first week of March showcased RED produce, week 2 showcases ORANGE produce, and week 3 showcases GREEN produce. During the month of March we encourage all students to try many colors of fruits and veggies to ensure they are getting all of the vital nutrients they need to fuel their day!

