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Silverware vs Plastic Sporks—And the Winner Is?

Especially our elementary school children have a challenging time using the current disposable plastic sporks. The reusable plastic spoons and forks used in some of the schools get sometimes thrown away, since they get confused with disposable plastic flatware. Plastic is not environ-



mentally friendly and breaks easier, thus adding to replacement costs and more plastic waste in our landfills. 4J NS has been sourcing good quality, cost effective stainless steel flatware (forks and spoons), which is going to replace their plastic counterparts school-by-school over the course of the 2014-15 school year.



Please contact Keith Fiedler at fiedler_k@4j.lane.edu, if you would like to see any resources added.

Nutrition Education Resources

Extended and updated nutrition education resources for students, parents, and educators are now available on the 4J NS website under <http://www.4j.lane.edu/nutrition/nutritioneducationresources/>

Innovative Scratch Cooking—Our Veggie Burgers

Finding veggie burgers that kids of all ages love, that are made from whole foods without artificial additives, meet current nutrition guidelines, and are cost effective is no easy feat. So, Patty Rigsby from 4J NS Production and Catering Services created a winning recipe for 4J. These black bean-sweet potato

veggie patties are made from scratch in our production and catering kitchen, flash frozen, and then delivered to our schools' nutrition services departments. Give these delightful veggie patties a try the next time they are offered at a 4J school cafeteria near you.



Patty Rigsby, 4J NS Prod. & Catering Serv.

Ingredients: Black Beans, Sweet Potatoes, Tomato Paste, Rolled Oats, Soy Sauce, Chili Powder, Ground Cumin, Salt, Pepper, Garlic Powder

New Swim Benefit

4J approved Free & Reduced Meal Program students will now receive 50% off admission for recreation swimming at Echo Hollow, Sheldon and Amazon Pools during the 2014-15 school year. Please contact Diann Rosenberg at 4J NS for additional details—

(541) 790-7653 or by e-mail at rosenberg_d@4j.lane.edu

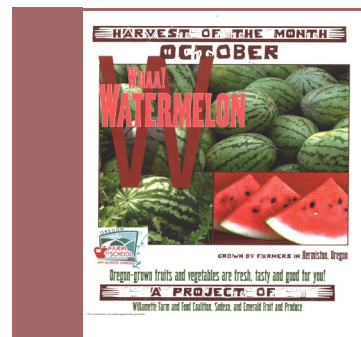


Featured Local Produce

There's a reason watermelon is a staple at picnics and cookouts. It's tasty and refreshing! But it's also made up of about 91 percent water and is a source of lycopene. At 46 calories per cup, watermelon offers 20



percent of your daily intake of vitamin C and 17 percent vitamin A. But that's not all. Watermelon contains dietary fiber for digestive health as well as potassium, a mineral that helps keep muscles and the nervous system working properly and blood pressure capped.





Find Complete Nutrition Information Soon at <http://4j.nutrislice.com/> or Download the **Nutrislice Mobile APP** for On the Go Info

Nutrislice: 4J Nutrition Info Coming to a Mobile Device Near You Soon

Complete Nutrition Information On The Go

In our search for a nutrition information system that is accessible, easily understandable, relevant, and sustainable, Nutrislice has delivered the answers. Nutrislice communicates the innovative and progressive changes taking place at our schools' cafeterias, while providing valuable information to effectively counteract childhood obesity and to help children and their parents with special nutritional needs. Being able to access their school's menu on their favorite device gets kids excited about eating healthy foods.

In addition to crucial nutrition facts, parents and students can have

immediate access to enticing, real-life menu photos, informative menu descriptions, ingredients listings, and allergen information on their iPhones/iPads, Android devices, desktops or laptops. The built-in rating feature provides immediate and invaluable feedback to 4J Nutrition Services for further menu development and increased customer satisfaction.

By providing this easy access to nutrition information, we are empowering students and parents to make healthier choices and to become part of shaping the future offerings of 4J NS. Access to 4J NS menus and nutrition information via Nutrislice is coming soon this fall.

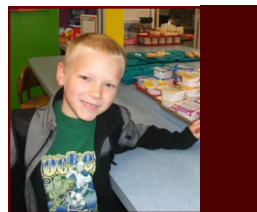


Harvest Lunch Success

Edison Pilot Project

Food Service at Edison can only continue to chart new territory with the steady commitment from 4J. Staff and supervisors are working hard to make sure the pilot program continues to succeed and thrive. Edison NS celebrated Harvest Lunch, honored the 1st grade Souper Heroes, and welcomed the victorious Toucans back from Jog-a-Thon. Yet, the current equipment limitations pose challenges for the staff. Throughout the fall, 4J and Edison NS will continue to analyze how to best support the needs of the Edison Pilot Project in order to improve and streamline the program, so it can develop into a sustainable model for nutritional excellence and maximum student appeal for district-wide adoption. Chef

Ray expresses his vision, "I hope to continually introduce new healthy and exciting items, while still providing some items that kids will find familiar. My latest idea is to build a menu item called Toucan Tofu. It will be a very colorful and tasty tofu dish. Then, with supportive teachers, we could have an art project to draw or create the Tofu Toucan."



Novel Dishes at Chef Ray's Kitchen/Edison NS

- Homemade potato soup made from Oregon grown red potatoes
- Hand rolled bean and cheese burritos with pinto beans, rice, and cheddar cheese
- Local white bean and veggie burgers
- Chicken fajita quesadillas in whole wheat tortillas served with fresh salsa
- Spinach and tomato quiche with roasted potatoes

Nutrition Safety Tip

Perishable foods should not be left out of refrigeration for more than two hours — but four out of five kids say they don't have access to a refrigerator at school. Help keep your child's lunch safe by packing it in an insulated lunch bag or lunch box, and including an ice pack or frozen beverage container. Also, remember to start each day fresh by making sure your child's lunch box or lunch bag is washed with warm soapy water after each use. Consider substituting perishables with shelf-stable foods such as trail mix, granola bars, bagels, carrot and celery sticks, whole fruit, single-serve sugar-free applesauce, cans of tuna.

Edison parents and students can provide their feedback by accessing this survey — <https://www.surveymonkey.com/s/DSTTPZQ>

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Visit us at : <http://www.4j.lane.edu/nutrition/>