



Nutrition Services Newsletter

Volume 2, Issue 1

Fullerton School District

Sept 2009

Did You Know?

Our leftover food items are donated to the Second Harvest Food Bank. Nutrition Services has been participating in this program for six years.

The Second Harvest truck comes to the Nutrition Center to pick up food every day and distributes it to the needy. ❖

Assistance Is Available Year-Round

Applications for Free and Reduced-Price Meals are available and accepted at any time during the school year.

Apply at the Nutrition Services office 8:30 a.m. to 11:00 a.m. and 1:00 p.m. to 3:30 p.m. each day school is in session.

You may also pick up an application at the District Office from the receptionist or call 714-447-7435 to request an application be mailed to your home. ❖

Nutrition Services is a proud participant in the National School Lunch Program (NSLP).

For additional information, please see our webpage.

Total Applications processed last school year:
6,906

Total applications processed to date: 1,110

Nutrition Services Support Staff

Lisa Saldivar, Director 714-447-7435
Amanda Colon, Assistant Director 714-447-7437
Eduardo Gonzalez, Central Kitchen Supervisor 714-447-7437
Debbie Hjorth, Senior Secretary 714-447-7435
Anna Fantin, Danny Valecruz, & Alice Wang, Accounting 714-447-7436
❖



New Coffee for Fullerton School District

Starting in August, Nutrition Services will be using an organic fair trade coffee for catering. We will stock an Organic Fair Trade French Roast and a House Blend Decaf to launch our new partnership with Green Mountain Coffee Company.

Why fair trade coffee? Fair trade coffee provides coffee farmers with a fair price for their harvest with a guaranteed minimum, which means they can invest in their crops, communities, and their future. Fair trade means a better life for the farmers and better coffee for you.

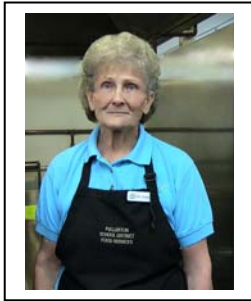
Coffee is the second largest traded commodity in the world, and trading prices fluctuate wildly. Farmers never know how much they will be paid for their beans. With a fair trade price farmers can afford to feed their families and keep their children in school.

Coffees with fair trade certification also promote sustainable farming practices and support community development.

Green Mountain Coffee Company is also a green company. Their goal is to “create a truly inspired coffee that’s environmentally sound, socially just, and undeniably delicious.”

Nutrition Services

Dedicated Employee Spotlight



Martha Craig
Food Service Assistant I

Martha has worked for the Fullerton School District for 13 years. She currently works at Raymond School and has worked at Rolling Hills School. Martha's birthday is October 16th. Mexican food is her favorite cuisine. Her favorite vacation spot is Hawaii and favorite thing about working for the District is the kids!



Mary Fiore
Food Service Assistant I

Mary has worked for the District for 30 years and currently works at the Nutrition Center and Parks Junior High School. Mary also worked at Woodcrest School for 20 years and at Commonwealth School prior to that. Mary's birthday is August 1st. Her favorite food is spaghetti & meatballs. Her favorite vacation spot is Italy. When asked what the best thing is about her job, Mary said "I love to work with my boss!"



Kenney Jeffrey
Transporter

Kenney has worked for the Fullerton School District for 22 years. He was born on May 22nd, and his favorite food is whatever is put in front of him. Kenney's favorite vacation spot is the Grand Canyon. When asked what he liked best about working for Nutrition Services, he said, "I'm here for the food!". Kenney can be seen throughout the District. Say "hi" to him next time you see him!

New Coffee For Fullerton School District Continued

At least five percent of their pre-tax profit is donated to community and environmental projects. They also donate to more than 1,200 non-profit organizations each year and allow their employees to take up to 6.5 paid work days to contribute to their community.

Green Mountain Coffee is focused on protecting the environment and building a demand for sustainable products. They recycle leftover coffee grounds and have been doing so since 1983. They also have developed dioxin-free coffee filters and many other biodegradable coffee products such as the coffee cups we will now be using here at Fullerton School District.

We look forward to providing our staff, faculty, and administrators with a phenomenal cup of coffee this school year. Also keep your eyes open for seasonal coffees such as Pumpkin Spice, Eggnog, and Island Coconut. They are all Fair Trade Organic coffees available for a limited time.

Culinary Taste Experience at Laguna Road Elementary



On February 3, 2009, Laguna Road School students and invited guests enjoyed an A-Z Salad Bar offered by Nutrition Services as part of the Healthy Heart Week Celebration.

Twenty-six food items were offered representing each letter of the alphabet. The items were arranged alphabetically in the lunch line.

School sites may request the A – Z Salad Bar for special events by contacting the Nutrition Center.

Non-Sufficient Check Procedure and Policy

The Fullerton School District has an agreement with eCollect of Ohio to handle non-sufficient checks (NSF checks) which are also known as “bounced” checks. The District’s policy regarding NSF checks is available in the Student Handbook sent home with each student at the beginning of the school year and is also available on the District’s webpage.

The cost for using this collection service is paid by the person writing the check. The \$25 charge per NSF check is charged to the person’s checking account electronically as allowed by California Civil Code Section 1719 and Federal Reserve Board Check 21 Act.

If the check remains uncollectible, it may be turned over to a collection agency for further action. **No notice will be sent to the person issuing the NSF check before the collection process begins.**

Nutrition Services accepts payments by cash or check at the school sites and online by credit card at www.myschoolbucks.com. Note that payments may take up to 48 hours to be credited to students’ lunch accounts. ❖

Culinary Taste Experience Continued

Students especially loved the kiwi and grapes and trying quince and nopales for the first time.

Here is a list of all the items used to complete the alphabet buffet:

Apple	Jicama Sticks	Sunflower Seeds
Broccoli	Kiwi	Tomato (Cherry)
Cheese Sticks	Leeks	UVA Grapes
Daikon	Mini Muffins	Vegetable Mix
Egg Salad	Nopales	Watercress
Fruit Sticks	Olives	X-Cut Carrots
Grapefruit	Pretzels	Yogurt
Honeydew	Quince	Zucchini Coins
Iceberg Lettuce	Raisins	

DEPARTMENT INFORMATION

APPLICATIONS FOR FREE AND REDUCED-PRICE MEALS

PLACE: NUTRITION SERVICES OFFICE
389 WEST TRUSLOW AVENUE
FULLERTON, CA 92832

TIME: 8:30 A.M. TO 11:00 A.M. AND 1:00 P.M. TO 3:30 P.M.
EACH DAY SCHOOLS ARE IN SESSION

Applications for Free and Reduced-Price Meals are accepted and processed throughout the school year.

STUDENT ACCOUNT BALANCES

PLACE: SCHOOL OFFICE LOCATIONS

Reports are available each week in each school office where parents/guardians may check their accounts.

MAKE PAYMENTS ON STUDENT’S LUNCH ACCOUNT

PLACE: SCHOOL OFFICE LOCATIONS

Pay by cash or check using the prepaid meal envelopes.
OR

ONLINE AT: WWW.MYSCHOOLBUCKS.COM

by credit card. Payments made online are credited to students’ accounts a minimum of 48 hours after payments are accepted.

PLACING CATERING MENU ORDERS

EMAIL: NUTRITION_CENTER@FSD.K12.CA.US
PHONE: 714-447-7437

FOOD ALLERGIES*

PHONE: 714-447-7437

Forms are available at school offices and on the Nutrition Services webpage and in the Forms Library.

*Physician’s signature is required

CHILD CARE & PRESCHOOL APPLICATIONS

PLACE: CHILD CARE OFFICE
1401 W. VALENCIA DRIVE
FULLERTON, CA 92833❖
PHONE: 714-447-7858

Applications for Free and Reduced-Price Meals are accepted and processed by the Child Care & Preschool Office for students participating in those programs. ❖

Staying Green

In February, Nutrition Services stopped printing school menus. Menus can be viewed and downloaded on the District’s webpage www.fsd.k12.ca.us under “General Information”. Menus are also posted in all kitchens and school offices. ❖

Richman School Healthy Food Taste Test



On March 12th forty students at Richman Elementary School were chosen to participate in a taste test of healthy food items.

Students were asked to rate which foods they liked best and to provide input of items currently on the menu.

Some items included were Kix cereal, reduced-sugar Cocoa Puffs cereal, low-fat blueberry muffins, whole grain blueberry muffins, sweet potatoes, and chicken sausage.

Nutrition Services always searches for new healthier choices to add to the menu. Getting opinions from students assists us in this effort.

Richman's Healthy Food Taste Test was a great collaborative effort between Nutrition Services and Richman School.

The goal was to further encourage healthy eating habits while exposing children to new food items. We greatly appreciate the efforts of Principal Estella Grimm, Mr. Koerth and all the teachers who worked to make this event possible.


The most popular items included a chicken-beef burger which will be added to the lunch menu next school year. Other popular items included sweet potato fries and whole grain blueberry muffins. ❖

Answers to Word Scramble:
 BONES, BROCCOLI, BURRITO, CALCIUM, CHEESE, TORTILLAS,
 FAT FREE, FOOD, HEALTHY, MACARONI, MILK, NUTRITION,
 PIZZA, SPINACH, YOGURT

Catering Specials


The Nutrition Services Department prepares food daily upon request and delivers to school sites, the District Office, and satellite offices within the District. ❖

UNSCRAMBLE THE WORDS



Welcome to the Word Scramble game. Simply unscramble the scrambled words. Good luck!

NESBO					
LOICRCOB					
RUTBIRO					
CACMULI					
SEECEH					
RLOTSTALI					
TFA REFE					
FDOO					
LYTHAEH					
COIMAARN					
LIAMK					
TINNIRTOU					
ZIZPA					
HICNAPS					
TYGOUR					



National Institutes of Health/Department of Health and Human Services
<http://www.nichd.nih.gov/milk/kidsteens.cfm>

Tips for Parents*

Make physical activity fun. Fun activities can be anything your child enjoys, either structured or non-structured. Activities can range from team sports or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, playground activities or free-time play.

Instead of watching television after dinner, encourage your child to find fun activities to do on their own or with friends and family, such as walking, playing chase or riding bikes.

Be safe! Always provide protective equipment such as helmets, wrist pads or knee pads and ensure that activity is age-appropriate. ❖

*Source: Centers for Disease Control and Prevention, "Making Physical Activity a Part of a Child's Life" available at www.cdc.gov/physicalactivity/everyone/getactive/children.html