



OUHSD Nutrition Services  
Fresh Local Healthy

# OUHSD Nutrition Services Newsletter

## October 2017

# Harvest of the Month

Network for a Healthy California



Nutrition Facts	
Serving Size: 1 cup green leaf lettuce, shredded (36g)	
Calories 5	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	2%
Sugars 0g	
Protein 0g	
Vitamin A 53%	Calcium 1%
Vitamin C 11%	Iron 2%

**SALAD GREENS**

### Health and Learning Success Go Hand-In-Hand

With California's bountiful summer harvest, it is a great time to demonstrate how students can eat a variety of colorful fruits and vegetables every day as part of a healthy, nutrient-rich diet. Research shows that school-based nutrition education promoting healthful eating and physical activity can improve academic performance. *Harvest of the Month* supports academic content standards to give students the chance to explore, taste, and learn about the importance of eating fruits and vegetables. It can support students in making healthy food choices.

### Exploring California Salad Greens: Taste Testing

What You Will Need (per group of 3-4 students):

- 1 cup each of several varieties of washed California grown salad greens\*
- Printed Nutrition Facts labels\*\* for each variety
- Dry erase board and markers

\*See *Home Grown Facts* (page 3) for varieties.

\*\*Download labels from [www.harvestofthemonth.com](http://www.harvestofthemonth.com).

Activity:

- Make separate rows on board for each salad green variety. Label columns: appearance, texture, smell, sound, and flavor.
- Observe and taste the first variety and discuss its characteristics within group.
- Write sensory descriptions in appropriate column; repeat for each variety.
- Compare and contrast the Nutrition Facts labels for each variety.
- Take a poll to find out students' favorite variety. Share results with school nutrition staff.

For more ideas, reference:

*School Foodservice Guide – Successful Implementation Models for Increased Fruit and Vegetable Consumption*, Produce for Better Health Foundation, 2005, pp. 39-42.

### Cooking in Class: Caesar Salad Wrap

Makes 24 tastes at 1/4 slice each

Ingredients:

- 1 head romaine lettuce, torn into bite-size pieces
- 4 tomatoes, chopped
- 2 tablespoons green onion, chopped
- 6 tablespoons reduced fat Caesar salad dressing
- 2 tablespoons Parmesan cheese
- 6 (10-inch) fat free flour tortillas
- Small plates or napkins

- In a large bowl, combine all ingredients, except flour tortillas.
- Place equal amounts of salad mixture in each tortilla.
- Roll up tortillas and slice into quarters. Serve on plates.

Hint: You may need to prepare in two batches.

Nutrition information per serving:

Calories 62, Carbohydrate 14 g, Dietary Fiber 1 g, Protein 3 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 191 mg

Source: *Network for a Healthy California*, 2011.

For more ideas, reference:

*Kids Cook Farm-Fresh Food*, CDE, 2002.



## Farm to School

This month, we began purchasing **organic lettuce and carrots** from an amazing local farm.

**The Abundant Table's** entire business is supporting schools, farmers markets, and their CSA program. The farm is run by women, they pay their workers a living wage, and they grow everything organically and sustainably.

October is National Farm to School Month!

Complete menu: [oxnardhigh.healtheliving.net](http://oxnardhigh.healtheliving.net)





# Harvest of the Month

## Lettuce



VUSD Artist: Alexa I.

### Crisp Salad with Apples & Cheddar

**Salad Ingredients:**

- 8 cups romaine lettuce, chopped
- 2 cups Fuji apple, medium diced
- 3/4 cup cheddar cheese, shredded
- 1/2 cup sunflower seeds

**Dressing:**

- 1/2 cup fresh lemon juice
- 3/4 teaspoon garlic, minced
- 3 tablespoons oil
- 3 tablespoons grated parmesan cheese
- Pinch of salt and pepper

**Directions:**

Combine lettuce, apple, and 1/2 cup cheddar in a large bowl. Whisk together the lemon juice, garlic, parmesan cheese, salt and pepper. In a slow steady stream, whisk the oil into the dressing mixture to emulsify. Add the dressing to the salad. Toss well. Sprinkle sunflower seeds and remaining 1/4 cup cheddar cheese on top of salad. Serve and enjoy!

**Yield:** Ten 1- cup servings

**Nutrition Facts:** 109 Calories, 8.6 g Fat, 72 mg Sodium, 125 mg, Potassium, 5.3 g Carbohydrate, 1.1 g Fiber, 3.4 g Protein, Vitamin A 1% DV, Vitamin C 16% DV, Calcium 8% DV, Iron 8% DV



Find this recipe in your cafeteria

EVERY THURSDAY

to celebrate #CATHURSDAY

### SNAC CORNER

OHS Student Nutrition Advisory Council had the first club meeting and officer elections in October. The Annual “Healthy Students, Happy Schools” event came to OHS on Oct. 12<sup>th</sup> with over 200 students sampling new menu items.

Farm to School (F2S) Blender Bike route: F2S Blender Bike visited CIHS, PHS, RMHS, and OHS Back to School Nights in September!

Please let us know how we can better serve you:  
<https://goo.gl/forms/im6n3strunrdjeyp1>

