

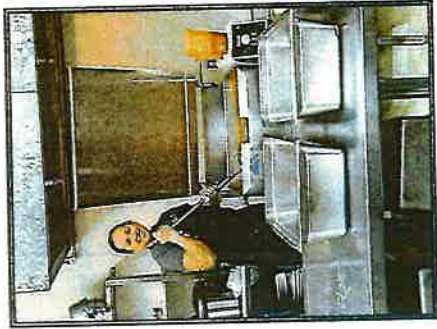


CHILD NUTRITION · **NOVEMBER 2023** · NEWSLETTER

DIRECTOR'S MESSAGE:

Happy Fall!

We welcome the fall with our New Chili Scratch- Made recipe from our Central Kitchen for the elementary schools on October, 24th! Our Central Kitchen Sr. Cooks made over 2,000+ servings in our 3 large b-aisers skillets. Along with the chili we served corn bread muffins, the students were excited!! It was a success and we served 2,016 elementary students.



Total meals served for the month of October (22 days):

38,360 Breakfasts (before school, 2nd chance & nutrition break) lunches
63,144 lunches

9,357 suppers (Campus connection/E.L.O.P)

105,861 meals served = average **4,811** meals prepared and served daily!!

Last school year for the month of October (21 days):

20,908 breakfasts

56,415 lunches

7,559 Suppers

Meet Dmitriy Tsoy - Nutrition Coordinator and Registered Dietician:

With a passion for school nutrition and a commitment to the well-being of our students, Dmitriy is here to ensure that children have the fuel they need to succeed, grow, and thrive in the academic environment. His journey in the field of nutrition has been both rewarding and diverse. Dmitriy's extensive experience in clinical and community nutrition, as well as foodservice management brings a well-rounded perspective to our school's nutrition efforts. He holds a degree in Nutrition and Food and has had the privilege of working in various healthcare and community settings, where he has witnessed the profound impact of good nutrition on overall health and wellbeing.

Certificates:

Registered Dietitian Nutritionist, CDR

Certificate of Training in Obesity for Pediatrics and Adults, CDR

ServSafe® Food Protection Manager

ServSafe® Instructor. Registered ServSafe® Proctor

Experience & Education:

Community Dietitian., Community Health Centers of the Central Coast

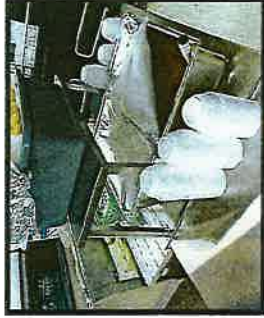
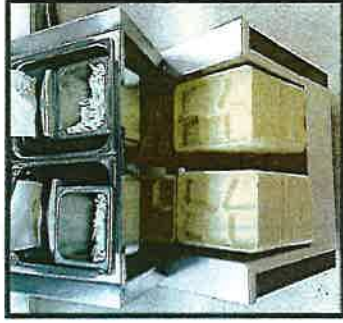
Foodservice Manager, Bon Appétit Management Company

Dietetic Internship, California Department of State Hospitals - Patton

Bachelor of Science in Nutrition and Food (Dietetics), California State University, Sacramento

KITCHEN - NEWS

At our Elementary school sites we have finally received our long awaited serving carts and utensil & tray carts, that we had on order for many months. We are progressing forward to making the elementary cafeteria's more inviting and professional for all of our student's.



FAMILY FRIENDLY RECIPES



Peanut Butter Banana Roll-Ups:

Ingredients:

- 2 large flour tortillas (burrito-sized)
- 1/2 cup creamy peanut butter
- 2 ripe bananas
- 2 tablespoons honey (optional)
- A sprinkle of cinnamon (optional)

Instructions:

Spread Peanut Butter: Lay out the flour tortillas on a clean surface or plate. Spread a layer of peanut butter on each tortilla.

Slice Bananas: Have your kids help slice the ripe bananas into thin rounds. They can use a plastic knife or a butter knife with supervision.

Assemble the Rolls: Place the banana slices evenly over the peanut butter on each tortilla. If you'd like, drizzle a little honey over the bananas for extra sweetness. You can also sprinkle a pinch of cinnamon for added flavor.

Roll the Tortillas: Roll up the tortillas with the banana and peanut butter inside, making sure they are rolled tightly. You can secure the ends with a toothpick if needed.

Serve: Slice the rolled tortillas into bite-sized pieces or leave them whole, depending on your child's preference. Easy to pack for on the go!



What is SB1383???

SB1383 is a new law in Santa Barbara County that requires businesses to donate surplus food to food recovery organizations, such as a food bank. In its essence, SB1383 is tasking businesses to reduce the amount of edible food that may end up in landfills.

Through a partnership with the SB County Food Bank, Orcutt Schools is working to reduce the amount of food that ends up in the trash, by providing perfectly edible foods to our neighbors across the county.

One of my great hopes for Orcutt School district is that we can get to a point where our trash output is minimal, especially for our Child Nutrition Department. As a chef, I am privy to the amount of trash a food service operation produces, so how do we fix it here at our school sites?

I have been working the past two years on switching our paper supplies like straws, trays, cups, etc., to compostable or recyclable products. The cost is a bit higher for these products but I believe the end return is worth the cost.

What are Share Carts???

Due to the increase of meals across the district, we have been ordering a lot more fresh produce. A lot of times though, a child must take fruit due to USDA requirements, this means that if the child does not want a fruit, it will most likely end up in the trash. We at Child Nutrition have implemented a share cart system. we have used it with great success at Lakeview, Orcutt Junior High and Orcutt Academy High School. We place share carts outside in the common areas where kids eat and in the cafeterias. A student may place any unwanted

fruits and vegetables as well as other packaged foods in the cart, then we leave it out for the duration of the break time. If a student is still hungry after they've had lunch, they are welcome to any items that are in the share carts.

At the end of service, we remove the carts, toss out any items that may be damaged, clean all leftover fruits and vegetables and re use them for the next meal service. We have decided to now implement the share carts across the district, in hopes that we will be able to conserve more resources, order less produce while still providing healthy meals to our students and preventing unwanted foods from going into the trash, we will also donate as much as we can to the food bank.

I would truly appreciate parental and teacher support in encouraging our students to make use of the share carts, and helping the Child Nutrition Department in our mission to reduce waste, and take better care of our schools and the environment.

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LINKS & IMPORTANT INFORMATION

Parents & Staff are invited to:

The Wellness Meeting

held as a Zoom
on November 17th, Friday at 1:30 pm.

<https://orcutoffschools.zoom.us/j/85880082193>

This event will be recorded and posted on <https://www.orcutoffschools.net/child-nutrition/>

<https://www.mymealtime.com/>

Since the Child Nutrition Department has gone "cashless" at the school sites, parents will need to either make an online deposit or bring cash/check to the Child Nutrition Office behind the Technology/Enrollment building. Get the app for easy accessibility.



<https://www.myschoolmenus.com/instance/797/district/792>

All breakfast, lunch and afterschool menus are posted. Menu items are subject to change, as necessary, so please check daily. Get the app for easy accessibility.



CONTACT INFORMATION



<https://www.orcutoffschools.net/child-nutrition/>

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1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

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