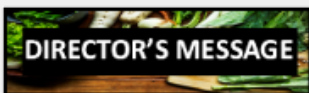




CHILD NUTRITION
DECEMBER 2023
NEWSLETTER



Happy Fall!

We had our first Wellness Committee zoom meeting, this past November 16, 2023 . We discussed a lot of important topics. If you missed the meeting here is the recorded link:

The central kitchen is hard at work continuing to increase scratch cooking items. This coming month we are testing some new recipes: chilled pasta salad & a chicken noodle soup. Menu items will be featured on the elementary lunch menus as well as offered as a special at the JH & HS sites.

On November 14th, we served Tomato Basil Soup for the first time. It looked delicious. We served almost 2,000 bowls of soup that day! Along with the soup, we served a special item called the "Un-Cookie." Below we give some great information about these items. We would love to hear feedback from students and parents.

Chef B', Director



Whole grain Confetti *"Un-Cookie"*:

Made locally, in San Luis Obispo County, in a nut-free facility. It contains less sodium, fat and sugar. Has no artificial coloring for sprinkles and is dairy free.





Mindful Eating: Think Before You Bite!

The holiday season is a time for family, friends, and food. But with all the delicious treats and festive meals, it can be easy to overindulge and make unhealthy choices. Mindful eating is a practice that can help you enjoy your favorite holiday foods without overdoing it. Did you know that it takes about 20 minutes for the gut to communicate the feeling of fullness or satiety to the brain. This is because the gut has to send signals to the brain through a number of different pathways, including the vagus nerve and hormones. The 20-minute delay between eating and feeling full is why it is so easy to overeat. By the time the brain receives the signal of fullness, we may have already eaten more than we need. This is why it is important to eat slowly and mindfully, and to pay attention to our body's natural hunger and fullness cues.

What is mindful eating?

Mindful eating is paying attention to the present moment and your body's signals as you eat. It's about slowing down, savoring your food, and making conscious choices about what and how much you eat.

Here are a few tips for practicing mindful eating during the holidays:

- **Slow down and savor your food. Take a few minutes to really enjoy the taste, texture, and aroma of your food. Put your fork down between bites and savor each mouthful.**
- **Separate food from technology. Turn off your phone and TV, and sit down at a table with your family or friends.**
- **Choose nutrient-rich foods. Focus on eating fruits, vegetables, whole grains, and lean protein. These foods will help you feel satisfied and give you the energy you need to enjoy the holidays.**
- **Listen to your body. Eat until you're comfortably full, not stuffed.**
- **Be kind to yourself. If you overeat, don't feel guilty. Just start fresh the next day.**

Mindful eating is not about perfection. It's about being present and paying attention to your body's needs. By practicing mindful eating, you can enjoy the holidays without guilt or overeating.

Happy holidays!

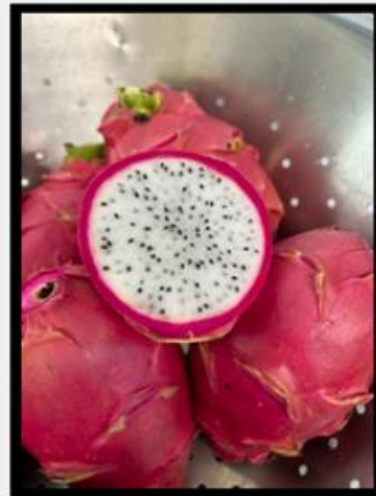
Dmitriy Tsoy, Registered Dietician / Nutrition Coordinator

Harvest of the Month

At the school sites we had fresh and local Dragon Fruit and Kiwi to offer to the students!!

The name "dragon fruit" comes from its appearance, as its outer skin resembles scales and the flowers sometimes look like flames. Here are some fun and interesting facts about dragon fruit that you might not know:

Dragon fruit is packed with Vitamin C, which helps us stay healthy and fight off colds. It has lots of fiber, which helps our tummies feel good and our bodies digest food. The tiny black seeds inside are edible and give a crunchy texture. They 're full of healthy fats that are good for us.



Did you know? Kiwi contains more vitamin C than an orange and is also a great source of vitamin K, vitamin E, and fiber, helping you stay strong and healthy. Eating kiwi can help keep your heart healthy and your skin glowing. It's a delicious way to stay strong and full of energy! Stay Healthy with Kiwi!



Roasted Baby Carrots



No holiday meal is complete without a variety of tempting side dishes. If you're looking for a side dish that is both easy to make and sure to please everyone at the table, then roasted baby carrots are the perfect choice. No matter what you serve them with, roasted baby carrots are sure to be a hit at your next holiday gathering.

YIELDS:
4 serving(s)

Ingredients
PREP TIME:
5 mins

Directions
TOTAL TIME: 35 mins
CAL/SERV: 221

Source:<https://www.delish.com/>

Ingredients:

1/4 c. balsamic vinegar
1/4 c. extra-virgin olive oil
2 tbsp. maple syrup
1/2 tsp. crushed red pepper flakes
1 1/2 lb. baby carrots
Kosher salt Freshly ground black pepper
Freshly chopped parsley, for serving

Directions:

Step 1: Preheat the oven to 400°. In a large bowl, combine vinegar, oil, syrup, and red pepper flakes. Add carrots, season with salt and pepper and toss to coat. Place carrots on a large baking sheet, being sure not to overcrowd.

Step 2: Roast until carrots are fork-tender and slightly charred, 30 minutes.

Step 3: Garnish with parsley to serve.

LINKS & IMPORTANT INFORMATION

<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.orcuttschools.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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