

THE MONTHLY FEED - MARCH 2023

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NUTRITION SERVICES

Lincoln County School District

School Meals Gardens Food Pantry



Teamwork makes the Dream Work

Last month, the Nutrition Service Staff met with the Administrator of Equitable & Healthy Schools, Sandy Mummey, HELP Coordinator, Woody Crobar, and representatives from each area of the District that included HELP, HSA and Service Coordinators in a District Wide collaboration on all things food.

With active participation from all, we discussed resources and community partners in each area, best practices to meet our District Wellness Policy, and worked to replenish our school site food pantries. We also brainstormed how to increase participation in our already established food programs to better serve our students, something that CNP Manager, Jamie Nicholson and HELP Coordinator, Woody Crobar discussed earlier this year as an easy fix to many of the food insecurity problems our students face daily.

Don't forget, all registered students are eligible for FREE Breakfast and Lunch daily. Need additional resources? Reach out to your local school Service Coordinators directly, or contact Nutrition Services at (541) 336-2156.



MEET THE CREW



Meet Sherry, Trish, Stuart, Danielle, & Linda (not pictured) supporting the Irish spirit, using the Crestview Kitchen as its base and serving meals in the small but mighty satellite kitchen at the Waldport campus. Breakfast and Lunch are available daily with a full salad bar.

Hot off the Press



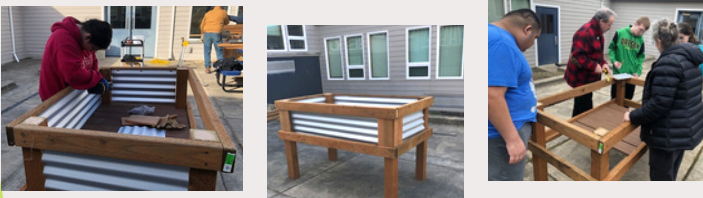
Patty Graves, Sodexo General Manager, showing off staff t-shirts with the new Nutrition Services logo that includes our School Garden and Food Pantry! Staff received these March 3rd for Employee Appreciation!

WHAT'S GROWING ON?

-LCSD SCHOOL GARDENS-

ECEL Program expands accessible gardening at NHS

The ECEL students at NHS have been working hard to build an ADA accessible garden area in the courtyard on the west campus. Traditional gardening can be difficult for those with mobility issues. The courtyard provides a smooth surface for students to safely navigate the garden space. Perfectly sized raised beds can be comfortably reached from a standing or sitting position. Each class in the ECEL program will be responsible for building and planting a bed. We are so excited to see this space transformed into a beautiful and productive garden.



FRESH FRUIT AND VEGETABLE PROGRAM (FFVP)



The Fresh Fruit and Vegetable Program (FFVP) is an important tool in our effort to combat childhood obesity. The program has been successful in introducing Elementary School Children (K-8) to a variety of produce that they otherwise might not have the opportunity to sample. This month's menu includes: Cantaloupe, Papaya, Mushrooms, Kiwi, Grapes, Roasted Brussel Sprouts, Grapefruit & Lemonade Apples.

DID YOU KNOW?

Pink Lemonade Apples, also known as Mountain Rose Apples are among the most unique you'll see. Sweet and tart, its flavor is reminiscent of pink lemonade.



Hydroponic Towers Stretch the Reach of the School Garden Program

What could be better than fresh herbs and greens in the middle of winter? How about herbs grown right in your classroom? Winter weather makes accessing fresh local herbs like basil impossible in our outdoor school gardens. West County Schools now have 8 towers that are capable of growing greens, tomatoes, peppers, and herbs for school meals year round. Hydroponic systems use 70-90% less water than outdoor gardens and the food grows up to 40% faster because of ideal indoor conditions. They are also beautiful and bring gardening indoors to be enjoyed by the students during the cold, dark months of winter.



Help us celebrate National Breakfast Week, MARCH 6th-10th.
What is your favorite breakfast meal?

Event Reminder

Don't forget Future Chef is right around the corner. We had 60 applications submitted, and have narrowed it down to 20 finalists, the most we have ever had!
COME SHOW YOUR SUPPORT
Newport Middle School
March 18th 9am to 2pm



Want to be part of an amazing team?
Full-time Kitchen Lead position
available in Waldport! Go to
us.sodexo.com or call (541) 336-2156.