

# THE MONTHLY FEED - MARCH 2024

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## NUTRITION SERVICES

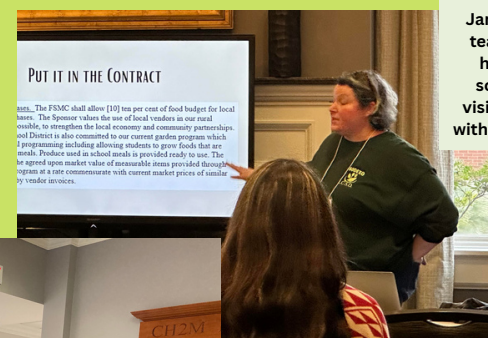
Lincoln County School District  
School Meals • Gardens • Food Pantry



## 2024 FARM TO SCHOOL CONFERENCE



LCS D  
Teachers  
Derek  
Robinson  
(TOHS), Ruth  
Sanders (SCE)  
& Corrina  
Hargett (NHS)  
taking a break  
in the trees.  
LCS D is lucky  
to have such  
passionate  
teachers!



Jamie Nicholson  
teaching others  
how to turn a  
school garden  
vision into reality  
with the LCS D story

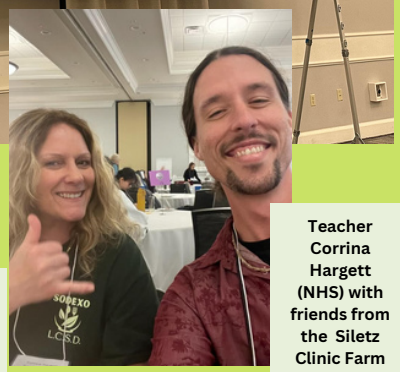


Teacher  
Chris Martin  
(NMS)  
showing  
classroom  
management  
tools in the  
School  
Garden with  
fun ideas  
kids love.

The unique  
collaboration of  
• Teachers  
• Garden  
• Nutrition  
• Contract  
Services  
Our model is a  
winner!



Rebecca Smith  
and Sara Gibson  
learning about  
Indigenous Food  
Traditions



Teacher  
Corrina  
Hargett  
(NHS) with  
friends from  
the Siletz  
Clinic Farm

## TASTE THE RAINBOW!

Did you know we are required to offer a variety of fruits and vegetables to students?

Did you know students can take as many fruits and vegetables as they want with their free breakfast or lunch?

The most vibrantly colored fruits and vegetables are the richest in vitamins, minerals, fiber and antioxidants. Check out our salad bars to see what your favorite color tastes like!

## DO YOU NEED A MEAL ACCOMMODATION?

Do you have a food allergy or dietary restriction that prevents you from eating school meals? We might be able to help. See your school office for accommodations forms or contact Nutrition Services if you have questions.

## WHAT'S GROWING ON? -LCSD SCHOOL GARDENS-

The students at NMS had a visit from a team of nursing school students from OCCC. The health professionals gave a presentation to 6th, 7th, and 8th grade classes on all the amazing health benefits of gardening and eating fresh healthy foods. The presentation goes hand in hand with the NMS school garden program where students grow fresh veggies for their school meals. The nursing students left the students with their own packet of seeds to grow at home. Thank you OCCC Nursing Program for inspiring our students with your knowledge!



## Well Done!

On February 21st, Sodexo Food Service participated in its annual Eco Sure Safety Audit. A third party inspector looks at the overall health and safety of our kitchens, choosing two sites to inspect in person.

**Sam Case Elementary**  
Health & Safety-100%  
Food Safety-98%

**Waldport High School**  
Health & Safety-100%  
Food Safety-97%

Want to be part of an amazing team?  
Go to [us.sodexo.com](https://us.sodexo.com) or call (541) 336-2156.



## 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: Star Fruit, Blood Oranges, Nectarines, Ruby Red Grapefruit, Tri-Color Cauliflower, and Brussel Sprouts.

### DID YOU KNOW?

The star fruit tree comes from Sri Lanka and Southwest Asia and gets its name from its shape.



## joke of the month

**I don't tell jokes about pizza because they are too cheesy.**

### Reminder-Save The Date!

April 10, 2024

Location & Time TBD

Come learn about USDA/ODE guidelines and restrictions, and give input on the Nutrition Services programs offered in Lincoln County Schools. We are always trying to make things better for our students!

Email Jamie at  
[jamie.nicholson@lincoln.k12.or.us](mailto:jamie.nicholson@lincoln.k12.or.us)  
if you are interested in participating!