

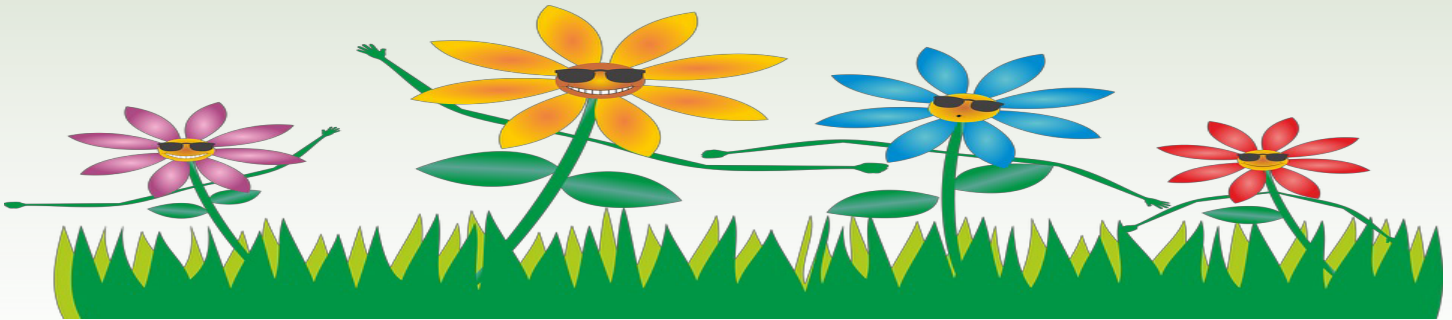
PAUSD Student Nutrition Services Newsletter

February-March 2019

Summertime and Summer School is Around the Corner

For many kids, summertime means food, friends and fun. For families who count on school breakfast and lunch, however, the summer months can be stressful and family food budgets have to be stretched even further. Free summer meals, funded by the USDA, are available to kids and teens ages 18 and younger at summer meals sites across CA.

Many summer meals sites offer fun learning and recreational activities so kids and teens can eat a healthy meal while staying active and being with friends. Sites are also registered with the USDA and are held at safe local places like schools, churches and community centers.



No cost or enrollment required. Open to all children under 18. School's Out Summer Fun ! for POWERUP ! Find a site near you!
Call: 1-866-348-6479 Visit: www.fns.usda.gov/summerfoodrocks Text: "Summer Meals" to 97779

USDA | Food and Nutrition Service | USDA is an equal opportunity employer and provider.

Annual Future Chef Competition

While healthy eating can be a challenge for kids and parents, elementary school students from PAUSD will use their creativity and culinary skills to make healthy, "Fiesta Fit" Mexican recipes as part of Student Nutrition Services and Sodexo's 2019 Future Chefs Competition held at the JLS Cafetorium on March 7th., from 3:30pm-5:30pm.

The national initiative, in its ninth year, was created to get students thinking about making healthy food choices while also encouraging them to get active and creative in the kitchen. All elementary students in PAUSD are encouraged to submit recipes in this fun and educational challenge. Recipe submission forms are available at each elementary school office and in the lunch room. The submission deadline is Friday, February 8th.

Winning recipes are chosen from each school and the finalists prepare and present their creations in the district-wide contest which will be judged on originality, taste, ease of presentation, kid friendliness and use of healthy ingredients, and zero waste.

The PAUSD Grand Prize Winner will be considered for a regional finalist award, and the selected regional finalists will vie to become one of five national finalists competing for the public's vote on a special Future Chefs YouTube channel.

The Future Chefs program is one of the many ways Student Nutrition Services Department and Sodexo shares its health and well-being initiatives with customers and communities we serve.
Let the competition begin!!



A-Z Salad Bars and Tasting Days

Tasting Days and A-Z Salad Bars return in March! The famous A-Z Salad Bar features fruits and vegetables representing every letter of the alphabet. Students that purchase hot lunch on their A-Z Salad Bar day will be able to select seasonal, local and, in some cases, district grown fruits and vegetables. Last year the A-Z Salad Bar featured Kale for the letter K which was grown at the PAUSD SRC garden.

The March menu will feature the names of the schools and days for the sites selected.

Tastings Days feature local chefs which work directly with students in mini assembly style groups. Chefs teach students about preparation, taste and the students get to taste and experience different items and flavors. District parent, Rebecca Scholl introduced Tasting Days to PAUSD many years ago and it is now a student favorite!!

Look for more information in the coming days at your school site concerning chefs and times.



City of Palo Alto Single Use Plastic Utensil Ban



To protect local waterways and oceans from plastic pollution, reduce litter, and encourage Zero Waste, the City of Palo Alto is creating a Food ware Packaging Reduction Plan. As the first step, the City is considering banning plastic straws, utensils, stirrers, and other single-use plastic items.

Items affected:

Plastic utensils, straws, stirrers, drink plugs, and other small plastic food ware items.

Who is affected:

All food service establishments will be affected. This includes restaurants, bars, delis, grocery stores, food trucks, hotels, convenience stores —anyone serving food in Palo Alto.

What is required:

- Use only reusable or compostable utensils, straws, stirrers, drink plugs, and other small plastic food ware items.

Compostable items must be acceptable in the City's compost collection program. **Detailed list of acceptable materials**

Offer these disposable items (i.e., the compostable items) only upon request or via a self-serve station.

The Student Nutrition Department is currently sourcing compostable utensils and portion cups to comply with the potential passage of the City of Palo Alto's Ordinance.