



RUSD

RIVERSIDE UNIFIED
SCHOOL DISTRICT



Nutrition Services

Special Programs

Model Program for Farm to School Salad Bars

Scratch Cooking

Nutrition Education and Obesity Prevention (NEOP)/CalFresh

Breakfast Styles

Supper (Hearty Pac) after school program

Seamless Summer Feeding Option

Virtual Student Meal Distribution

Food Hub

City of Riverside Contract

Farmers Market Salad Bar

- ❖ 18 years (since 2005)
- ❖ 100% of Produce is California grown
- ❖ 60% of Produce is grown in Riverside and surrounding communities



Plant Based Protein



Scratch Cooking

Serve students minimally processed, locally grown, and sustainable foods



Breakfast Styles

- Breakfast in the Classroom
- Traditional breakfast
- Second Chance breakfast
- Grab and Go breakfast

Source: January 7, 2010 memorandum from Jack O'Connell to County and District Superintendents and Charter School Administrators



Supper (Hearty Pac) After School Program

- One in five children in the U.S. lives in a household struggling with hunger and may not have enough healthy food to grow and learn after school
- A quarter of low-income parents worry their kids do not have enough to eat between lunch and breakfast the next day

Summer Feeds Program

Yearly average 95,122 Meals Served

21 Serving Sites

- Parks
- Libraries
- Community Centers



Serving ALL children and youth 18 year-old and younger

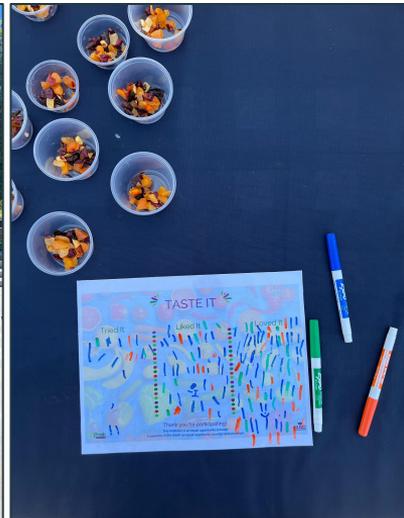




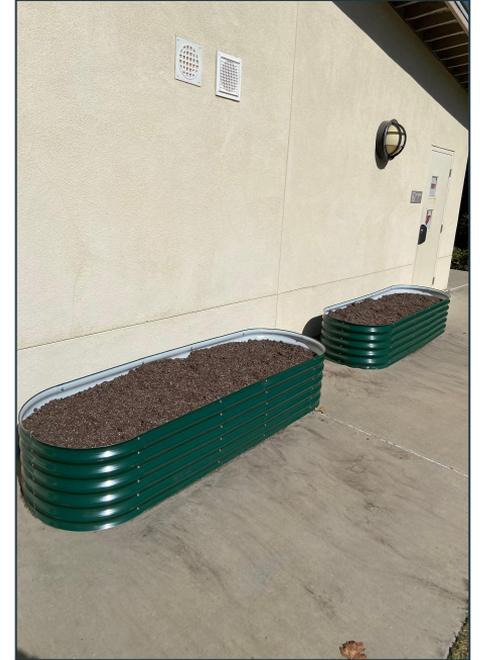
Focus Areas for TK-12th Grade Students

- Nutrition Education
- Active Living - Physical Activities
- Summer Enrichment activities
- Farm to Summer week





School Gardens



Newsletters & Menus

December 2023

Traditional Elementary Menu
Adams, Alcott, Beatty, Bryant, Castle View, Franklin, Fremont, Hawthorne, Highgrove, Highland, Jefferson, Kennedy, Lake Mathews Liberty, Longfellow, Madison, Magnolia, Mark Twain, Monroe, Mt. View, Pachappa, Rivera, Taft, Victoria, Washington

HARVEST OF THE MONTH
ORANGES
Oranges are a good source of fiber, vitamin C, folate, calcium and potassium.

There are over 400 varieties of oranges. Each variety is unique in their level of sweetness, tartness and juiciness.

Orange juice is sweet and refreshing, but it is higher in sugar and lower in fiber than a whole orange, so it is less filling. Choose juice that is 100% juice with no added sugar.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast and lunch are offered to all students at NO COST!		Notes: Non-fat and low-fat milk will be offered with meals. Menus is subject to change due to availability of products, food allergies and other considerations.		
4 Cinnamon Rollin Burger Cream Cheese Pear	5 Dannon Yogurt Spinach Pinacol Cranberries	6 Assorted Cereal String Cheese Apple Slices	Blueberry Muffin Bananas	1 Mini Confetti Pancakes Apple
Bean & Cheese Burrito Carrot Sticks Apple	Orange Chicken with Rice Broccoli Pear	Pizza Hut @ Kennedy Galaxy Pepporoni or Cheese Pizza Side Salad with Shredded Carrots Kiwi	Hawaiian Meatballs Dinner Roll Coleslaw Pineapple Tidbits	BBQ @ Madison Hamburger Carrots and Celery Frosty Fruit Cup
11 Fun Dulce Cranberries	12 Assorted Cereal Graham Crackers Fresh Fruit	13 Mini Banana Muffin Dannon Yogurt Apple Slices	14 Cereal String Cheese Bananas	8 Chicken Party on Blisout Sandwich Fruit Juice
Taco Nada Refried Beans Apple	Roasted Chicken Tortilla Fiesta Corn Orange Wedges	Pizza Hut @ Lake Mathews Pepporoni or Cheese Pizzas Side Salad with Shredded Carrots Frosty Fruit Cup	Lasagna Roll Up with Marinara, Spinach Salad, Kiwi Winter Cookie	BBQ @ Longfellow Hot Dog Potato Wedges Orange Wedges
18 Cera String Cheese Robins	19 Granola Yogurt Apple Slices	20 Fun Dulce Bananas	21 Mini Confetti Pancakes Fruit Juice	15 Apple Empanada Apples
Winter Wonderland Chicken Nuggets Cucumber & Cherry Tomato Salad Pear	Corn Dogs Coleslaw Oranges	Pizza Hut @ Liberty Galaxy Pepporoni or Cheese Pizza Side Salad with Shredded Carrots Kiwi	Chicken or Cheese Tamales Cool Beans Frosty Fruit Cup	BBQ @ Liberty Cheeseburger Tater Tot Pear
				22 Assorted Cereal Jungle Crackers Applesauce Cup Turkey and Cheese Deli Grinder or PB&J Unstables Cranberries Bunny Carrots

Winter Recess December 25th - January 8th
Happy Holidays and Happy New Year!
School Resumes January 9th

Funded by USDA SNAP, an equal opportunity provider and employer

December 2023 THE NUTRITION CONNECTION

Winter season is here which can mean more time spent indoors, allowing infections to pass from one person to another. Regular **handwashing** is important to help prevent the spread of germs and foodborne illnesses. According to the CDC, proper handwashing can protect 1 in 3 children from getting sick with diarrhea and 1 in 5 children from catching the cold or flu. **Be sure to remind students to wash their hands at school and in their homes.**

NUTRITION EDUCATION

Handwashing Tips

Key Times to Wash Your Hands:

- After using the bathroom
- Before, during, and after preparing food
- After blowing your nose, coughing, or sneezing
- Before eating food

Wash your hands with soap and water for at least 20 seconds!

DECEMBER KEY DATES

- December 25th- January 8th 2024 Winter Recess (All facilities closed)
- December 25th- Christmas Day

IMPORTANT NEWS!

Due to a national food shortage, students will be receiving an alternate milk package with school meals temporarily.

For more information, [click here](#)

DIG INTO YOUR GARDENING SKILLS!

We are excited to have installed new garden beds at John F. Kennedy Elementary school. They have partnered up with the HEARTS after school program to help them maintain their garden, all while encouraging youth engagement.

Resources and supplies we provide to get you started:

- Gardening supplies and seeds
- Gardening and nutrition education
- Referral to UC Master Gardener volunteers

INTERESTED IN HAVING A GARDEN BED AT YOUR SCHOOL?

Contact Cynthia De Santiago at cdesantiago@riversideunified.org (951) 352-6740 Ext. 83822

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The Nutrition Connection

Help your Students make healthy food and activity choices with our FREE resources!

Girls On The Run

In November, Polytechnic High School held a 5k movement called **Girls on the Run**. At the event, the girls were kept hydrated with fruit infused **spa water** provided by RUSD Nutrition Services. The girls were also given **delicious oranges** that were donated from **Alba's Nursery** our local farmer. Girls on the Run is an organization that teaches young girls important life skills and involves them in fun activities like this 5K marathon. **WAY TO GO GIRLS!**

To learn more about the organization, [click here](#).

WINTER Key Dates

12/25-1/8- Winter Break
January 15th- Martin Luther King Day
February 16th- Lincoln's Day Observed
February 19th- Presidents Day Observed
March 4th-8th- School Breakfast Week
March is National Nutrition Month!

Harvest of the Month

Broccoli

Broccoli is a cool seasonal crop that is packed with vitamin C, vitamin K, and folate. It can be eaten in many different ways. Enjoy it fresh with a side of hummus or eat it steamed as a side dish. Try to eat broccoli uncooked as much as possible to receive the most nutrients and health benefits!

Wellness Tips

Ideas for indoor physical activity:

- Read standing up
- Go indoor ice skating
- Yoga or pilates
- Zumba

Winter Recipe Ideas

- Easy Turkey Skillet Dinner
- Black Bean and Vegetable Quesadillas
- Herbed Rice with Chicken and Beans
- Slow Cooker Salsa Chicken
- Slow Cooker Barley and Lentil Soup

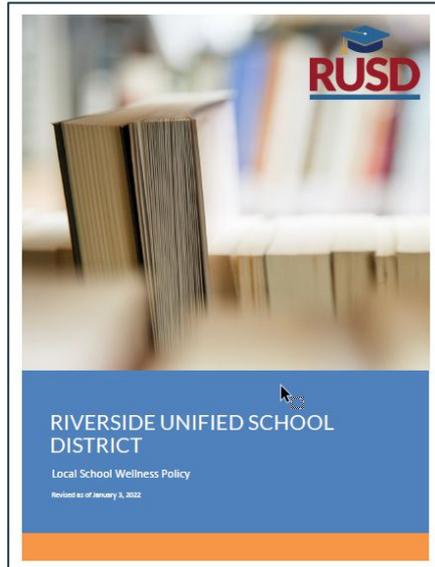
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Local School Wellness Policy

Community Connection

- Meetings
- Setting Goals
- Development
- Implementation
- Review
- Update



Riverside Unified School District Celebration Guide

Rewards Students Love (non-food items)

*Celebration items must comply with Smart Snack Guidelines

Please view the RUSD Wellness Policy for more information
Funded by USDA SNAP, an equal opportunity provider and employer

NUTRITION POLICY GUIDELINES

LOCAL SCHOOL WELLNESS PLAN

This policy outlines Riverside Unified School District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Local schools are to promote and implement the recommended guidelines below to optimize students' overall health.

GUIDELINES

BEVERAGE	FOOD
Plain Water	A food item may be offered if it is a fruit, non fried vegetable, dairy food, grain, cheese (allowable protein food), or whole grain item.
Non-Dairy Milk	
Low-Fat Milk	
Veggie Juice	
Fruit Juice - No added sugar	

IDEAS

SNACK	CELEBRATION
Fruit and Veggies	Focus on FUN over FOOD
Low-Fat Dip	• Potluck
Applesauce	• Show a Movie
Granola	• Class Music
Popcorn	• Games
Fruit Parfaits	• Staff vs Students Activity
Low-Fat Cheese	• Spirit Day

FUNDRAISERS

Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

NON-FOOD REWARD IDEAS

- Fun Friday
- Arts and Crafts
- Sit by friends
- Extra Credit
- Free time at the end of class

Please view the RUSD Wellness Policy for additional information.
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Riverside USD Food HUB

City of Riverside Food Resilience Contract (2022)

- Low Income Senior Apartment Food Assistance
- Food Pantry Fresh Produce Assistance
- Riverside Parks Food Box Program

Farm to School Grant

- To promote fresh fruit and vegetables
- Promote nutrition education
- Supporting minority local farmers



CITY OF
RIVERSIDE

Community Engagement



Grow Riverside
Summerfest
Farm Visits
Taste Testing with Students
Nutrition Services Food Festival



Nutrition Services Goals 2023-2024



Continue serving high quality meals to all students



Increase community involvement



Increase participation in the meal program

Q&A

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Thank you