



Morrow County  
School District  
September/October  
2019

## Improve Quality of Life: Fire Hazards

Washing and drying clothes is a normal part of our routine. It is crucial to keep your clothes dryer in proper working condition and avoid bad habits to maintain the safety of your home by avoiding a potentially tragic house fire. A few tips: keep the area around your dryer free of flammable items, clean the lint filter before and after each load of laundry, do not overload the dryer & ensure the air exhaust vent is unrestricted!



## Free & Reduced Priced Meals



**If your household qualified for meal benefits last year, please ensure you've requalified for the 2019-20 school year!**

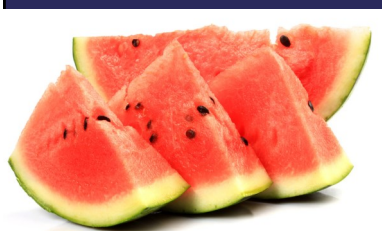
Applications must be renewed each year. While there is a short period of carryover eligibility, it will expire on **10/16/19**. Please complete the annual Family Application for Free or Reduced Meals now to receive benefits for the new school year. **After 10/16/19, students without updated applications or other**

**qualifiers, will change to paid meal status and have to pay for meals.** This does not include students at Sam Boardman, Windy River, Morrow Ed, AC Houghton & Irrigon Elementary who are on CEP (Community Eligibility Provision) free meals.

Remember that **all** personal information stays within our department and remains completely confidential. Updated applications are available online: <https://morrow.k12.or.us/food-services>, Or download a copy from <https://morrowcountysd.sodexomyway.com>, meal assistance. You can also get an application from any school in Morrow County School District. For any other questions or concerns regarding Free and Reduced Meal benefits, please call **Marikza or Kim at 541-676-5705 Ext. 2766**.

## Nutrition Corner: Fresh Local Picks:

Each month we feature fresh and local picks weekly in the cafeterias during meal service. In August and September the fresh local pick included Watermelon and Kiwi Berries. October is featuring Local whole pears and Aichele's strawberries out of Stanfield.



# SoHappy: Menu & Nutrition App

We take our student's special dietary needs very seriously. Please contact the food services office to discuss your student's special needs.

We also encourage the use of So Happy, an easy-to-use menu and nutrition app that displays all ingredients and allergens in

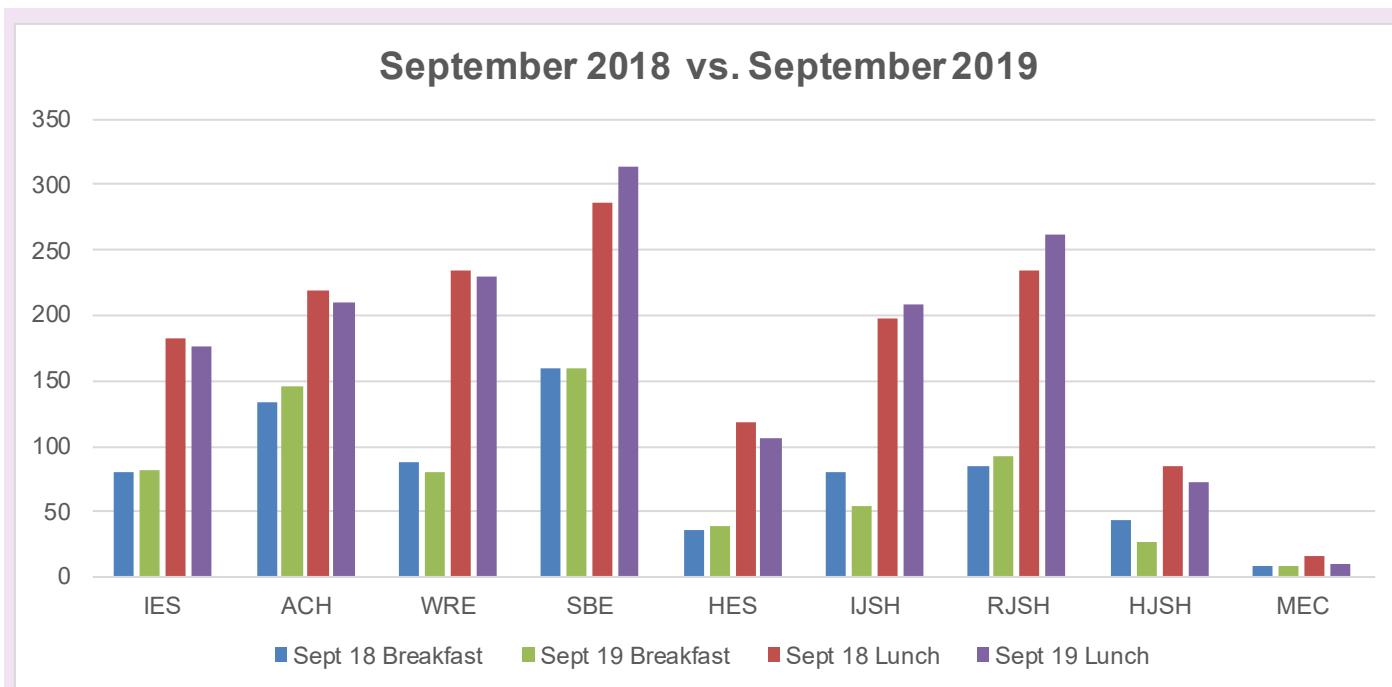
every meal served in our school cafeterias!

There are parent and student versions available plus the ability to view multiple schools for multi-student households!

The app is available as a FREE download on the App Store & Google Play. Simply search "So Happy" & download it today!



## Performance: Average Daily Participation



In the chart above the data compares the average daily participation (ADP) during the months of September 2018 compared to September 2019. September is usually a slow month in meals served and this year was no different. There is a 4% decline in breakfast participation and a 1% increase in lunch participation.

In order to increase breakfast and lunch participation we are planning to engage our students in some survey's (at all levels) to see how we can better meet their wants.







## Promote Team Success: All State Retreat 2019

The Oregon Department of Education dedicates the second Friday of every October as a non-student contact day to provide time for school districts to develop their staff! Sodexo always takes the opportunity to host a retreat focused on growing our nutrition services team members.

General managers of Sodexo schools accounts spent September planning this years' retreat to be fun and educational with time to troubleshoot, network and connect. This year, the professional development retreat was held on the coast, at Newport Middle School!

The day kicked off with a guest speaker who discussed the Magic Kingdom that is the cafeteria! Then a mystery box cooking competition; breakfast and lunch promotions, record management and inventory training; and a vendor fair! We wrapped up the day with a (slightly competitive) raffle basket auction to raise funds for Sodexo's STOP Hunger foundation!

This year Jamie Richmond, Lisa Day, and Kim Putman represented Morrow County School District. Overall it was a great training with a lot of new information and growth!



# Improve Quality of Life: Dietician's Corner

*Welcome to the dietician's corner! In every newsletter Sodexo's West Region registered dietitian and core menu planner, Stacie Reiter, will be sharing nutrition tips and helpful information!*

The holiday season is quickly approaching and with it comes all kinds of tasty treats and traditions. Stay on track this year by offering some different, but still fun, treats this year! Some ideas kids will enjoy, and you'll feel good about offering might include:

- Whole-grain cheddar flavored crackers
- Fruit snacks or fruit-leather made with 100% fruit or fruit juice
- Animal-shaped graham crackers
- Mini fruit cups or juice boxes
- Non-food prizes like pencils or stickers



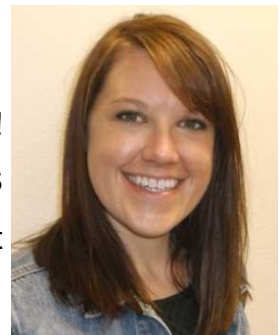
## **What about all of those fun & festive parties? Don't get side tracked by the potluck!**

Seven tips to avoid over-doing it at your next party:

1. Go for the protein and vegetable dishes first so you don't fill up on empty calories from sweets or candy.
2. Don't arrive on an empty stomach. Have an apple, some nuts, or other high-fiber snack on the way over or just before leaving.
3. Use a smaller plate in the buffet line. Less room on the plate means you're less likely to over-eat.
4. When it comes to picking a dessert, be picky! Eat what you love, leave what you don't.
5. Bring a healthy dish you enjoy so you know there's at least one healthy option available. Kale salad might sound like a boring pot luck dish, but if you love it share it, others will be happy there's a healthy option too!
6. Socialize! Don't congregate around the food table, mingle and have conversation away from the treats so you're less likely to mindlessly munch!
7. Stay hydrated! Drink water throughout the day and during the gathering.

See you next time!

Stacie Reiter, RDN, SNS  
Registered Dietitian & School Nutrition Specialist





# Promote Student Well-Being



We are excited to introduce some new & exciting promotions in our Clubhouse cafeterias during the 2019-20 school year! This year we've added One Day Fun Day Events to our menus!

What exactly **is** a One Day Fun Day? These days are an opportunity for us to host a celebration or highlight special events, recipes and even holidays with a special daily menu.

So far we have celebrated National Cheese Pizza and Cheeseburger Days. In October we are celebrating National Sausage and Pasta Pronto Days. Students are then able to create an entrée entirely of their preference and partake in a fun event at the same time!

We are looking forward to additional One Day Fun Day Events throughout the year like Pizza Party, Super Salad Day, Pasta Pronto and more!

Take a look at our monthly menus to find out when our next One Day Fun Day Event is scheduled!

**Remember:** you can find our menus online at <https://morrowcountysd.sodexomyway.com> !



My name is Kim Putman and I am the Director of Nutrition Services for the Morrow County School District. I love working for Sodexo and Morrow County School District and supporting their values. I am passionate about supporting the Morrow County Nutrition Services Team in our pursuit of enriching the lives of our student body, staff and community.

Feel free to reach out to me with any questions! My phone number is 541-481-2526 Ext. 2726 and my email is [kim.putman@morrow.k12.or.us](mailto:kim.putman@morrow.k12.or.us).

## Meet our Food Services Team

On Thursday, August 22, Food Services had an all day training to prep our cooks for the upcoming school year. Topics covered were Food and Physical Safety, Meal presentation with Chef Delores, computer training on sites we utilize for inventory, nutrition production, and ordering; we reviewed promotions, federal rules and regulations and training required such as Civil Rights and nutrition training.

Food Services has some changes in staff this year. Crystal Hussey accepted the position of Head Cook at Irrigon Jr/Sr High with Carmelita Morrison as the new assistant Cook. Jamie Richmond is a



new Head Cook at Irrigon Elementary. In our Nutrition Office Marikza Escobedo is our new Food Program Coordinator which includes Free & Reduced Applications. All returning staff are: Heppner Elementary - Jackie Alleman; Heppner Jr/Sr-Lori McCabe; AC Houghton-Lisa Day, Teri Krogh; Windy River- Myrtle Conlon; Riverside Jr/ Sr- Misty Bellamy, Shannon Severns and Sam Boardman-Misty Johansen and Barb Griffin-Tobie. We are all excited to serve you during the 2019-2020 school year!

