



## RUSD F.E.E.D.S

Yes, it promises to be another fun filled, happy summer with our **Food for Every child to Eat During Summer Program**. This year we've expanded the barbecue lunches from our original eight park sites from last summer, to ten more of the city's parks and six of our school sites. There are flyers and posters and post cards everywhere advertising this program. We have car magnet signs, yard signs and banners inviting the community to participate. But you know, nothing works as well as "good ole word of mouth." So tell everyone you know about the great summer going on in Riverside. Remember, "Hunger doesn't take a vacation - and neither do we!"

### February

Roxana Alshalaldehy  
Diana Anderson  
Marissa Atilano  
Nancy Avila  
Alicia Cardenas  
Teddy Cardoza  
Susan Castro  
Virginia Ferris  
Twjuan Fonseca  
Gabriel Garcia  
Myra Garcia  
Lucia Luna  
Sylvia Mares  
Paola Mata  
Jenny Mosqueda  
Santa Clara Ortiz  
Cecilia Rios  
Jeanne Norma Rios  
Fabiola Sierra

## WOW Update

### 100% Health Inspections Scores

Beatty Central Highgrove  
Lake Mathews Miller  
Pachappa Twain

### March

Racinda Beresford  
Sylvia Guzman  
Angie Muro  
Sandra Ramirez  
Joann Jimenez  
Maria Velasquez

### April

Mary Brown  
Twjuan Fonseca  
Gail Grimsley  
Jolynn Henry  
Joann Jimenez  
Jennifer Lauzon  
Norma Reyna  
Kirsten Roloson  
Clara Sanchez  
George Valencia  
Maria Velasquez  
*Lake Mathews Staff*

### Upcoming Events:

- End of School - June 3rd
- RUSD F.E.E.D.S. Begins - June 6th
- Independence Day - July 4th
- First Day of School - August 29th

## Welcome New Staff

Please welcome the following new employees to our Nutrition Services family. Look for them when you visit their sites and wish them much success with us. We're certainly excited to have them and anticipate great things from them.

Silvina Rodriguez - Chemawa Mervat Haddad - Jefferson Jacqueline Guerrero - Poly  
Arnell Love - Castle View Maha Beshay - Sierra Jeanne Gallegos - Sierra  
Antonio Camacho - Harrison Heather Haley - Highgrove  
Mercedes Anzo - Fremont Kimberly Richardson - Beatty  
Kathryn Maybee - Kennedy Mary Brown - Miller  
Naomi Greenwood - Administration



### Spotlight On . . . *Adleit Asi and Priscilla Friend*

Change is in the air and with all the growing we've been doing, it was time to set additional management in place. With new school sites and programs it was necessary to add a third Operations Manager position to our staff. Adleit Asi will now step aside from her duties as our Registered Dietician to fill those shoes.

Since the expansion of the Farmer's Market Salad Bar is complete and running smoothly, the Salad Bar Supervisor position has been eliminated and Priscilla Friend is now the Field Operations Supervisor. She will be providing training for employees in cafeteria operations and computer skills, along with overseeing the salad bar program. Congratulations to both of these ladies.

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Riverside Unified School District - Nutrition Services

The Flywheel



## Are You Physically Fit?

For varying reasons, the interest in physical fitness has

undergone a renaissance in the last several years.

Many leaders and organizations have urged us to improve our physical fitness level to improve our health as well as to control the prevalence of chronic disease. Human bodies demand constant exercise and energy expenditure for survival; however due to our sedentary lifestyle there has been a decline in levels of physical activity.

The society we live in today impacts our lifestyles tremendously,

due to advanced technology, which demands little or even no movement. Our health is paying the price of this in the form of “diseases of civilization” including widespread obesity, heart diseases, hypertension, diabetes, and cancer.

To stay healthy and control these chronic diseases, healthy eating habits and physical activities should be a part of our daily lifestyle. Exercise can help people maintain a healthy weight and can delay or prevent diabetes, some cancers and heart problems. People who are active typically live longer lives and feel better.

According to the Surgeon General of the United States, most adults need at least 30 minutes of moderate physical activity, at least five days per week. Walking is one of the best exercises and is easy to do. To obtain optimal benefit,

10,000 steps must be reached within a day. In addition, mowing the lawn, dancing, swimming for recreation or bicycling, stretching and weight training can also strengthen your body and improve your fitness level.

## The Healthy Dose

A physically active lifestyle goes far beyond reducing the prevalence of obesity. It includes some other benefits such as stimulating the immune system to fight diseases, reduces risk of heart disease and blood pressure, reduces the risk of developing diabetes and colon cancer, strengthens bones, reduces stress and anxiety, increases self-esteem, and helps with weight management.

Adopt a physically active lifestyle with healthy eating habits to have a better quality of life now, and in your future.

## Were You There?

Did you come to the Employees’ End of the Year Picnic? If you missed it, here’s a recap —

This year’s picnic moved to Villlegas Park, which offered a more intimate setting. There was plenty of parking, a playground for the kids, basketball court, and lots of huge trees that provided excellent shade. George Valencia’s staff was on hand early to get everything delivered and set up for our party.

Chef Ryan and Gail Grimsley headed up the planning and staffing for a tasty menu and speedy serving line. And the boss’ secret BBQ sauce was *“the bomb!”*

There were certificates awarded for perfect attendance, 100% health inspection scores, special recognitions for sites from the county health department, WOWser honorees, and two “Above and Beyond” recipients, Claudia Castillo and Evelyn Lopez.

Bicycles, back packs, gift certificates, sports gear, and outdoor equipment are just a few of the items raffled away. And then there was that wonderful 50/50 prize. It was a beautiful day all around. A great end to another great year.

## FMSB Here --- and Around the World

We are now coming to the close of the 6<sup>th</sup> year of our internationally recognized Farmers’ Market Salad Bar Program. As we press forward in our great endeavor to feed students in Riverside Unified we gain more recognition as a model for Farm to School salad bars across not only the nation, but the world. We always have requests for

visits from other school districts. Recently, we welcomed visitors from Val Verde Unified and Hemet Unified, and visitors again from Japan. These districts are looking to demonstrate the same healthier meal choices for students in their districts.

Look for our motto on new salad bar banners this coming school year – “Locally Grown - Nationally Known - Global Reach.” Also, our department is launching a new

Elementary Calendar Menu that will show not only the daily breakfast and lunch menus, but the salad bar promotional for each month and information about all the programs in Nutrition Services.

I would like to thank all of our 29 Farmer’s Market Salad Bar Schools for your hard work, creativity and love that you put into our program. Your hard work is noticed! Have a restful summer. See you in August!

## Ask the Chef



**Hello all!** I hope you enjoyed the last article. I have been asked a lot lately how you know what knife to use and how do you keep them sharp? Knives are the most important tool in the kitchen. When you do any food production select a knife that will allow you to do your job in the most efficient and safest way. Properly maintained knives are as important as your own fingers and are actually and quite literally an extension of your hand.

Several established rules are always used when handling knives in a professional work place. These rules can also serve you well at home. Handle knives with respect; you can damage them if handled carelessly. Keep knives sharp. The right technique for sharpening and honing makes all the difference in the world. A dull knife is more dangerous than a sharp one. Always use safe handling procedures when using a knife. There are standards and rules that must be remembered when handling knives. When passing a knife at a work station, place the knife down with the handle facing your co-worker. When carrying a knife from one station to another in the kitchen hold the knife straight down at your side with the sharp edge facing behind you. Speak out and let others know you are carrying a sharp object. Then lay it down on the work surface. Never cover a knife with a towel. And never try to catch a falling knife!!!!

There are 5 different parts to a knife that are important to know. The first is the **Blade**. Blades have three parts to them that include the tip, spine and cutting edge. Knife blades are generally made from high carbon steel. Stainless steel and carbon steel are also used. Carbon steel holds a better edge than stainless and high carbon, but the latter sharpens faster. Stainless is much stronger than carbon, and will not rust or discolor; it will hold its edge longer. Carbon blades will discolor when acid from foods come in contact with it. They will also break easily because the metal is brittle. High carbon blades are forged from a single sheet of metal and you also get the advantages of carbon and stainless. It keeps its edge longer and is very strong.

**Tangs** are the part of the blade that goes into the handle, and are at times as long as the blade itself. Knives used for heavy work like cleavers and chef knives have a continuous tang for added strength. Blades with a half, rat tail or partial tang are not as

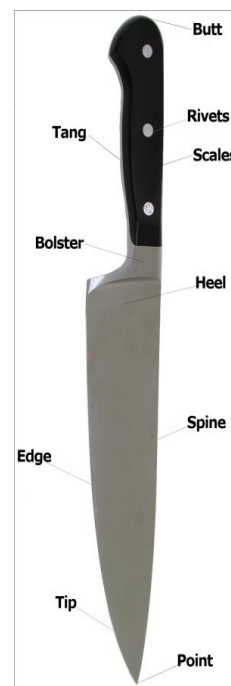
strong. Handles are generally made from plastic or a hard wood. Rose wood is the best because it is very hard and has a fine tight grain. Sometimes plastic is injected into wood and helps it from cracking, and hold up well to water and detergents.

**Rivets** are generally 3 metal inserts and they hold the handle to the Tang. The **Bolster** has 2 parts, the collar, heel or shank, and is where the blade meets the handle. Its purpose is to balance the knife and to keep your hand from slipping. A collar looks like a bolster but is a separate piece attached to handle. Knives with a collar come apart very easy and I do not recommend using them.

Types of knives used in the kitchen come in a wide array and fit a specific function or job when used. As you use your knives, you will know what knife is for what job.

The **French Knife** or **Chef Knife** is the all-purpose knife and is the work horse of knives and is found in any well equipped kitchen. The chef knife is 8 to 12 inches long and is used for chopping, slicing and mincing. The **Utility Knife** is a smaller French knife and is 5 to 8 inches long. A **Paring Knife** is a small knife used for paring and trimming vegetables; it is 2 to 4 inches long. A **Boning Knife** blade is thinner and shorter than a chef knife and is used for separating meat from bone. It is generally 6 inches long and has a rigid blade. A **Filleting Knife** is used for filleting fish. It has the same shape as a boning knife but is thin and very flexible. The **Slicer** is used for slicing meats and fish such as salmon. It can have a rigid or flexible tapered point. Some have a fluted edge. This allows air to come between the blade and meat for an even slice. **Cleavers** are heavy, wide rectangular blades, and cut through bone and connective tissue. The **Tourne Knife** is similar to a paring knife in size and length, but has a curved blade. It is used for specialty cuts on vegetables. The curved blade makes the Tourne cut easier.

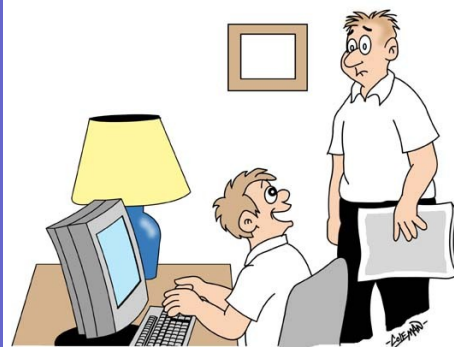
Sharpening and honing knives are the key to knives working properly. A sharp knife is safer because it slices easily. You give blades an edge on a stone and you hone blades with steel. With stones, the degree of coarseness is important. Always use the coarsest surface first dragging the blade at a 20- degree angle several times on both sides. Then move to the finer surface stone. Stones may be moistened with water or Mineral oil. Stones with a fine grit are used for boning knives and other tools that need a very sharp edge. **Steels** should be



used after using a stone. Steels come with many different surfaces such as glass, ceramic and diamond impregnated surfaces. Steel should also be used between sharpening. Steel helps align the blade and helps keep an edge on your blade. You also use a 20- degree angle and hold the steel straight up resting the blade on it to start. Always give yourself plenty of room to work. Draw the blade along the entire surface in the same direction. Draw the blade several times, about 5 strokes on both sides using very light pressure.

I hope this helps you know a little more about knives. If anyone would like a demonstration to help you maintain your own knife collection at home feel free to contact me or come down to the Central Kitchen and I can show you how. Talk to you soon. **Keep on Cooking!**

## Kidz Korner



"I DON'T NEED TO DO MY HOMEWORK. I OUTSOURCED IT TO A KID IN CHINA."

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***“Come Let Us Show You WOW”***

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**“The Flywheel”**

- building a stronger organization one turn at a time!

The Nutrition Services Department is comprised of food and nutrition professionals that are dedicated to students' health and well being. We support their ability to learn by promoting good nutrition and proper life-long healthy eating habits.

**We're on the Web**

**[www.rusd.k12.ca.us/ourdistrict/nutritionservices](http://www.rusd.k12.ca.us/ourdistrict/nutritionservices)**

***From the Director's Chair*** ***By Rodney K. Taylor***

Can you believe it? Another school year is about to come to an end, and once again we've had an outstanding school year.

Because of your hard work and dedication to the students and staff of RUSD, we continue to build upon our “nationally recognized” meal program. “WOW!” is still the operative response whenever I have the opportunity to talk about your work, and the services we provide.

I must take this opportunity to say “thank you” to each and every one of you, because without the “love” you give to our students and staff which is expressed in your daily efforts to make this the best nutrition program possible, this would be just a job. But, for us it's more than a job, it's truly an adventure, and as we continue to explore new ways of providing outstanding service, the “Flywheel's” momentum is getting ever stronger.

Let me remind you why we dedicated ourselves to building such a great program. If you remember, our children are still under attack. Overweight/obesity is still a major crisis in America, and our children live under the threat of being the first generation in our nation's history, of not out-living their parents. Experts tell us that 1 in 3 children born in the year 2000 or later will possibly contract diabetes in their lifetime.

So you see, we must continue to fight to provide the most healthful nutrition program in our collective power if we are to reverse this trend. We have to do so with a sense of urgency because our children's lives are at stake. Again I ask, “What wouldn't you do for your child?” We have the awesome responsibility for 43,000 students, and failure is not an option.

You, my friends, are remarkable! I love working with you. You've met every challenge, removed every obstacle; you serve our children well.

Thank You, for the opportunity to be a part of such a great team.