

WINTER/SPRING 2019 | ISSUE NO. 1
GOLETA UNION SCHOOL DISTRICT
FOOD SERVICES MAGAZINE

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ALL ABOUT GOLETA SCHOOL FOOD AND TIPS ON HEALTHY HABITS

PARENTS!

WE NEED HELP IN THE SCHOOL CAFETERIAS

We need on-call food service substitutes!

\$15.91 an hour

*Hours are varied and ranges from
6:45AM - 9AM and/or 11AM - 2:45PM*

*Please contact Kim Leung, RDN Food
Services Director at 805-681-1200 ext
2255 or kleung@goleta.k12.ca.us if
interested or for more info*



Meet the Dietitian

WHOSE FEEDING YOUR KIDS

Hello there. My name is Kim and I (with the help of my amazing staff) am the one who is feeding your little ones. As a registered dietitian and mama myself, I am passionate about good and nutritious food.

It's a tough job to be a parent and to make sure they are getting everything they need to be successful, including healthy meals (especially with those picky eaters!). I hope I can help ease your life a little by helping in the meal department.

We are on a mission to make school meals an easy alternative for busy parents. You can trust that the food we serve is healthy and filled with good nutrients (see page 4 for more information).

From one parent to another, I wouldn't serve anything to your kids I wouldn't serve mine. It is a privilege to be able to serve your kids and I thank you for that opportunity. We are always looking for healthy kid-friendly recipes (and help in the kitchens), so please don't hesitate to reach out.

WITH LOVE,

kim leung



We All Scream for Black Beans!



A healthier dessert than ice cream and regular brownies! On brownie day, every child has the option to include a black bean brownie with their already amazing meal (containing lean proteins, whole grains, low-fat or nonfat milk, unlimited vegetables, and unlimited fruits. Our brownies contain over 60% black beans, which means it has fiber and protein!

Next Brownie Day...

FEBRUARY 26TH



What's in the School Lunch?!

Our kid friendly foods are made with health in mind. We focus on **fresh ingredients**, emphasizing from scratch, **homemade** wholesome healthy meals. We use whole-wheat flour in our muffins and every grain is **100% whole grain rich**. Our sandwich breads are **freshly baked** and our sauces are made **from scratch**. We came up with a homemade BBQ sauce because we couldn't find one without high fructose corn syrup!

We know nutrition is not nutrition if it doesn't enter our children's bodies, so **we often hide veggies in our sauces**. Our nacho cheese sauce is made with carrots and our marinara has 5 different types of vegetables.

We try to expose our students to new foods like kale because we know **learning extends beyond the classroom**. School lunch is changing, and hopefully that means one less packed lunch for you!

6 Ways to Sneak Veggies into Your Child's Tummy

Here are some tips and tricks to incorporate more vegetables into everyday home meals for you and your kids



It can be a challenge to get our little ones to try new things especially those new vegetables! Below are a few ways you can introduce more veggies into their diet, which are so important for their development, wellness and growth!

1. Add spinach, dark leafy greens, or avocado to a smoothie!
2. Include pumpkin or butternut squash to pancakes or muffins.
3. Turn vegetables in baked fries or chips (try zucchini, sweet potato or eggplant).
4. Add spinach, mushrooms, broccoli, and onions into lasagna or any pasta dish.
5. Combine zucchini noodles with standard noodles the next time you serve spaghetti.
6. Next time you are having soup for dinner add in some extra diced veggies.

Honey Sesame Kale

GIVE THIS DELICIOUS, KID FRIENDLY RECIPE A TRY AT HOME. IT'S A HIT AT ALL OF OUR SCHOOLS!

Ingredients:

- 1-2 pounds of fresh kale
- 1 tbsp garlic, raw
- 2 tbsp ginger root, raw
- 2 tbsp lemon juice
- 1/4 cup + 2 tbsp sesame oil
- 1/4 cup honey

Directions:

1. Wash kale thoroughly and chop as desired
2. Take remaining ingredients to making dressing and place in a blender on high until blended smooth (makes 1.25 cups of dressing)
3. Dress kale as desired with dressing



life happens.

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MEAL BENEFITS VALID FOR 1 SCHOOL YEAR.
YOU MUST RE-APPLY EACH YEAR.



Have a Picky Eater? Read This.

BY A MOM WHO KNOWS

It may seem like your child will want grilled cheese for 5 days straight and then decide they hate it. Maybe they will only eat a certain color and refuse anything that is green or yellow. Maybe it's a texture they really can't stand (nothing soft, or nothing crunchy).

It can be frustrating. As a registered dietitian and mom myself, I will admit, I give my 2 year old ice cream and chips. Everyday? No, but it's important to give ourselves some grace and on those difficult days? Eat that ice cream with them.

Ellyn Satter is a leader in the area of picky eating and how to best encourage our little's to try new foods. I've outlined some recommendations from her and other tips that may be useful on the next few pages.

The first rule of thumb is that it is a parent's responsibility to provide food, and the **child's decision to eat it**. Pressuring kids to eat, or punishing them if they don't, can make them actively dislike foods they may otherwise like.

Kids look up to us in how they act and treat others. They also look to us on what to eat. If they see you eat it, they may be more interested! You can't make your kids eat what you don't want to eat!

Find what your child loves, and hide those veggies in the recipe. This means greens in smoothies or veggies in sauces and baked goods!

It's most important to remember that we are all human and what works for one family may not work for yours. Try one or two tips and **give yourself grace**. You got this!



7 tips for picky eaters

1. Family style. Share a meal together as a family as often as you can. This means no media distractions like TV or cell phones at mealtimes. Use this time to model healthy eating. Serve one meal for the whole family and resist the urge to make a special meal!

2. Food fights. If your toddler refuses a meal, avoid fussing over it. It's good for children to learn to listen to their bodies and use hunger as a guide. If they ate a big breakfast or lunch, for example, they may not be interested in eating much the rest of the day.

3. Break from bribes. Tempting as it may be, try not to bribe your children with treats for eating other foods. This can make the "prize" food even more exciting, and the food you want them to try an unpleasant chore.

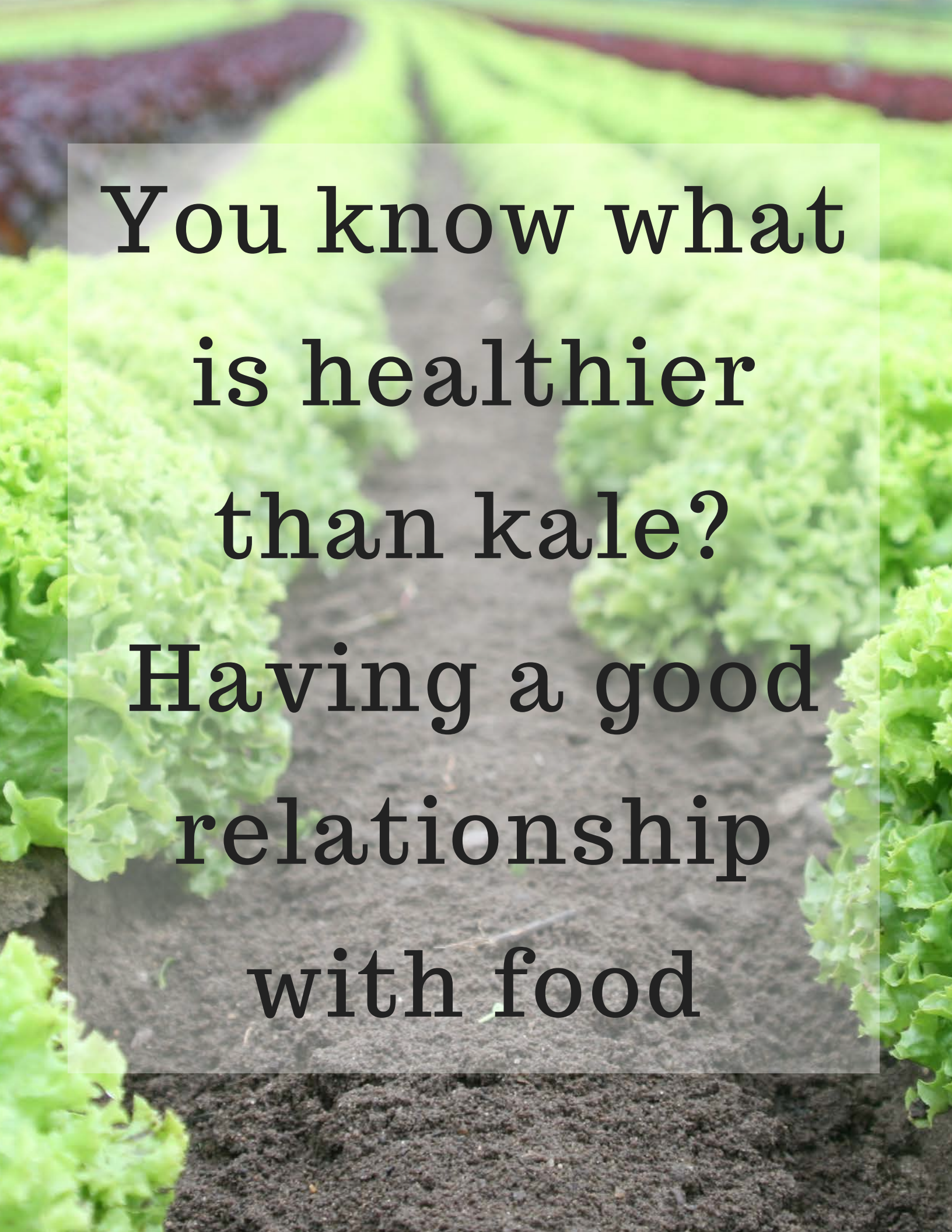
4. Try, try again. Just because a child refuses a food once, don't give up. Keep offering new foods and those your child didn't like before. It can take as many as 10 or more times tasting a food before a toddler's taste buds accept it. Feed those new foods when they are really hungry or as the first item during dinner time.

5. Make food fun. Toddlers are especially open to trying foods arranged in eye-catching, creative ways. Make foods look irresistible by arranging them in fun, colorful shapes kids can recognize. Kids this age also tend to enjoy any food involving a dip.

6. Involve kids in meal planning. Let your child pick which fruit and vegetable to make for dinner or during visits to the grocery store or farmer's market. Read kid-friendly cookbooks together and let your child pick out new recipes to try.

7. Use "food bridges". Once a food is accepted, use "food bridges" to introduce other foods with similar color, flavor and texture to help expand variety in what your child will eat. If your child likes pumpkin pie, for example, try mashed sweet potatoes and then mashed carrots.

Adapted from Healthychildren.org



**You know what
is healthier
than kale?**

**Having a good
relationship
with food**



@gusdfood

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