

WINTER 2020 | ISSUE NO. 2
GOLETA UNION SCHOOL DISTRICT
FOOD SERVICES MAGAZINE

dish.



ALL ABOUT GOLETA SCHOOL FOOD AND TIPS ON HEALTHY EATING FOR YOUR FAMILY

Nice to meet you!

Happy Holiday season to you all. If you didn't know, I'm the mama behind the school meals at Goleta Union School District. My amazing staff and I work hard to make nutritious meals that your students will enjoy. Our philosophy is simple -nourishing our students so they can learn best.

Our hope is to build healthy habits with our students through making homemade food and exposing them to as many fruits and vegetables as possible. Please see page 3 for more information about our school meals.

We offer nutrition education in the classroom and central kitchen tours (I hope to meet some of you!) to help reinforce the messages of health and wellness being shared at home.

As a dietitian and mom myself, I wouldn't serve anything to your kids I wouldn't serve my own kids. It is a privilege to be able to serve your little ones and I thank you for the opportunity.

WITH LOVE,

kim leung



PARENTS!

WE NEED HELP IN THE SCHOOL CAFETERIAS

We need on-call food service substitutes!

\$16.54 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*

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! Did you know our food program has been featured in magazines and the local newspaper in the Independent?



PHOTOS BY SARA PRINCE



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 **five 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!

goleta school food



only



make



good



food



Let food be thy medicine and medicine be thy food.

Hippocrates

Chocolate Zucchini Muffins

Ingredients:

1/4 tsp baking powder	1 1/2 cup zucchini, grated
3/4 tsp baking soda	2 eggs
1/4 tsp ground cinnamon	1 cup chocolate chips
1 3/4 oz cocoa	1 tsp vanilla extract
2 1/3 oz flour, pastry, whole wheat	1/2 cup vegetable oil
2 1/4 oz flour, all purpose, wheat	
1/4 tsp salt	
1 cup granulated sugar	

Directions:

1. Combine dry ingredients together in a bowl.
2. Add wet ingredients (besides chocolate chips and zucchini) to dry ingredients.
3. Add zucchini when all ingredients are blended. Then mix in chocolate chips.
4. Bake in 325 degree Fahrenheit oven for 20-25 minutes.
5. Cool and serve or store frozen.

Pro tip - microwave for 30 seconds and eat with frozen yogurt for a healthier dessert option!



garbanzo bean blondie

PHOTOS BY SARA PRINCE



We've done it again! Spinning desserts into a healthy alternative. On blondie cookie day, every child has the option to include a garbanzo bean blondie with their already amazing meal (containing lean proteins, whole grains, low-fat or nonfat milk, unlimited vegetables, and unlimited fruits). Our blondies look like chocolate chip cookies, kids won't even know it contains garbanzo beans. A cookie full of fiber and protein? Sign me up!

next blondie day...

JANUARY 28TH

TREAT YOURSELF

to a healthier party!

Tis a time for many holiday parties as family, friends, and coworkers gather together to eat and celebrate. These parties can be a challenge to healthy eating as cookies, pies, chips, dips, and other treats are presented at the table.

If you are **hosting a party**, these simple tips can help keep you and your guests healthy!

- Use two egg whites in place of one whole egg can reduce cholesterol.
- Use low-sodium, fat-free chicken broth in mashed potatoes to add flavor and cut back on added butter/margarine.
- Substitute applesauce for oils in muffins and quick breads.
- For dips, sauces and pie toppings, use fat free yogurt in place of sour cream and whipped topping.
- Sliced almonds make a delicious crunchy topping in place of fried onions.

If you are a guest at a dinner party or other gathering, consider these tips.

- Continue to eat whole grains, fruits, and lean protein throughout the day. Don't skip meals to indulge later.
- Eat your veggies first and drink plenty of water.
- Bring something healthy to the party.
- Don't rush to eat. Socialize and settle into the festivities before you take a bite!
- Move the socializing away from the buffet or appetizer trays. This helps to minimize unconscious nibbling.

Please know one or two (or a few) bites of Grandma's homemade pecan crumble isn't going to make or break it. If you can steer clear of the pies, do it! However, if that is all that you are thinking about, eat a piece so you can focus on catching up with Grandma and others instead of thinking about pie all night.



3 ways for a healthier holiday!

1. Create new holiday traditions that take the focus off food and back onto each other. Here are some ideas:

- family hike
- 5k walk/run
- volunteer together
- family walk at the park
- board/card games
- wreath decorating or other crafts
- family holiday scavenger hunt
- book exchange
- plant exchange
- donate toys or clothing
- write letters to Santa
- make a meal for someone
- do something kind for your neighbor!
- have your child start an 'I Am Thankful' list. Have him add one thing he is thankful for each day. You can turn this into a decoration by having him write it on a paper Christmas tree or snowflake that you then hang across the fireplace or some other area.

2. Get creative at home! Cold weather can be another barrier to making it to the gym. So why not try working out in the comfort of your home? There are many YouTube workout videos. Involve the entire family, even 15 minutes is better than none! Do a fun physical activity while you wait for the food to cook! Hey, even cleaning the house counts as physical activity!

3. Change little habits because even those small habits can make a big impact.

- Take the stairs instead of the elevator
- Park farther away to increase steps
- Walk the mall before you shop
- Say yes to every opportunity to be active
- Take a 5 minute walk every hour
- go to the park with your kids

Good luck and have a happy and healthy holiday season!



thank you berry much.

AN OPEN LETTER TO ALL PARENTS

Thank you.

Thank you for the work you do as parents off the clock. From the unseen middle of the night wakings, to the dirty dishes and laundry. From grocery runs and making dinner to packing lunch and doing drop offs/pick ups. From picking up toys and birthday planning to all the things in between.

For all the times you modeled good behavior, healthy eating, and mindfulness. And all the times you gave yourself grace when you didn't.

The work you do at home impacts our community. That time you were kind to a stranger? Your son and daughter sees that. They practice that same action in school.

They say it takes a village. You're part of that, and we thank you for the hard work you do at home to help build our community. Let's raise kind humans together.

“

*The work you do
at home impacts
our community.
Thank you!*

”



life happens.

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**WHAT YOU
DO
EVERY DAY
MATTERS
MORE THAN
WHAT YOU
DO
ONCE IN A
WHILE**

GRETCHEN RUBIN



HEALTHY DOESN'T HAVE TO BE

perfect

What is healthy eating anyway? My child will NOT eat a green anything. How am I supposed to make a healthy dinner every single night? Who has time to cook?

There isn't a one size fits all and I'm here to say, **healthy doesn't have to be perfect.**

Some days might mean drive-thru, and other days might mean home-cooked meals. Some days may look like chicken nuggets (with steamed broccoli & oranges) and some days might be a quinoa salad with avocado, arugula, and lemon dressing.

Hide veggies in your sauces, smoothies, recipes. Or don't hide them, make them attractive through plating techniques. Combine nutrition education by letting children pick the fruits and vegetables at the grocery store or take them to a farm.

Maybe you're exhausted or had a rough week. Do take-out or drive-thru. Get grilled instead of fried, omit fries, add veggies or fruits to the kids meal, substitute juice for water.

On the go and need snacks? Dried fruit, freeze-dried fruit, nuts, whole fruits, pretzels, muffins, trail mix are some great options.

Healthy doesn't have to be all or nothing. There is balance. What you did yesterday doesn't have to dictate what you do today. Each day is new. You have an opportunity to start again. Give yourself grace, give your kids grace.

Healthy doesn't have to be perfect. And neither do you.



Breaking Unhealthy Food Habits

Teaching healthy habits to our children may take more time, but it is worth the investment. Here are 3 tips to help our children develop skills to live long healthy lives!

1. Don't restrict food. The more you restrict a certain food, the more tempting it will be for children. Forbidding certain foods can lead to behavioral problems such as tantrums and sneaking food. Food shouldn't be labeled as "good" or "bad," nor should it be restricted. Ask them how eating "fun" or "play" foods such as desserts makes them feel physically and emotionally. Talk to them about how it feels to eat too much and how they can eat a satisfying amount without feeling uncomfortable. Following Ellyn Satter's rule, parents decide *what, when, and where* to eat. Children decide *how much* to eat.

2. Make healthy food EASY. Be sure to have plenty of healthful alternatives available. Wash and cut fresh fruits and vegetables into pieces ahead of time; then, place them within easy reach in the refrigerator. Chips and other unhealthy items are *convenient*, so we need to make the fruits and vegetables just as convenient. Try fruits and vegetables pre-sliced or cut in fun shapes.

3. Let them learn to like healthy. A carrot may not be as exciting as a cookie — at first. But take heart, stick with the plan and celebrate small victories as you make gradual changes. Eating is a learned behavior and just as kids learn how to ride a bike by falling numerous times, they learn how to eat by trying new foods at least 15 times. If they don't like it, no problem. Don't force it, but try again. As you make a commitment to healthier eating, you'll reap some great benefits — both now and in the future. Setting up children for a lifelong habit of a healthy relationship with food will help them live a more productive and enjoyable life.

Adapted from Academy of Nutrition and Dietetics "Kids eat right" blog.

Holiday Veggie Treats for Kids!

From healthy dips to fun veggie treats, here are some great ideas for a healthier holiday for kids from @kids.eat.in.color

Holiday veggie shapes

- Olive penguins with carrot feet and cream cheese coat
- Snow pea tree with carrot star and pretzel trunk
- grape, banana, strawberry Grinch
- strawberry and banana candy canes
- banana snowmen
- green and red bell pepper trees with carrot star and pretzel trunk



Dipping sauces

Ranch

1/2 cup plain whole yogurt
1/2 - 1 tsp Trader Joe's Onion Salt

Cumin Taco

1/2 cup plain whole yogurt
1/4 - 1/2 tsp cumin powder
1/4 tsp chili powder
Dash of salt

Cinnamon Vanilla Swirl

1/2 cup plain whole yogurt
1/2 tsp cinnamon
1/4 tsp vanilla extract
1 tsp honey

Honey Vanilla

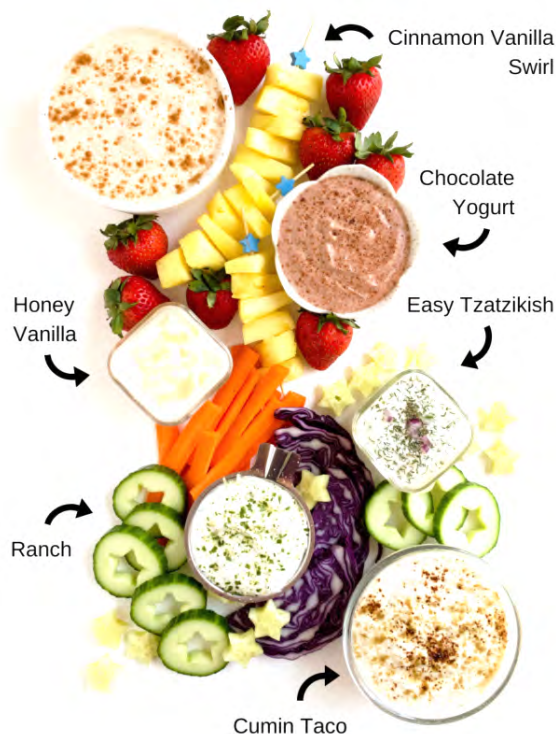
1/2 cup plain whole yogurt
1/2 tsp vanilla extract
1 tsp honey

Chocolate Yogurt

1/2 cup plain whole yogurt
1 - 1.5 tsp cacao powder
1/2 Tbs honey

Easy Tzatzikish

1/2 cup plain whole yogurt
1/4 cup shredded cucumber
1 tsp diced red onion
2 dashes of salt
1/4 tsp dried dill





@gusdfood

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