

WINTER 2023 | ISSUE NO.7
GOLETA UNION SCHOOL DISTRICT
FOOD SERVICES MAGAZINE

dish.



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

A MESSAGE FROM THE FOOD CREW

Brrrrr! What a cold winter it has been in sunny Santa Barbara. We've been trying to keep warm by the ovens as we whip up delicious foods for our favorite customers.

Believe it or not, each year we spend the winter months planning for next school year. We're busy gathering sales data to identify the most and least popular foods. This year, we conducted a student satisfaction survey where grades 2-5 told us what they love (and don't love) for breakfast and lunch. We received great ideas and helpful feedback for planning.


In addition to analyzing this information, we are excited to resume taste testing with students! We will be visiting classrooms across the district to test new products and recipes. Our goal for next school year is to give GUSD a student-driven menu, full of flavor and variety.

Stay tuned!

Hannah Carroll

Director, Food Services





The Power of CITRUS FRUIT

Article Written by University of Arizona Dietetic Intern, Sheyenne Kirchoff

Citrus Fruit's Impact on Iron Absorption

Iron supports healthy energy levels by transporting oxygen we inhale to cells in our body. Iron deficiency is common in the United States due to diets low in iron and low iron bioavailability in foods.

Bioavailability of a vitamin or mineral is the amount of substance that enters the bloodstream to be absorbed, and take effect. When we consume iron with food, specific anti-nutrients block iron absorption. Other nutrients such as vitamin C increase iron absorption.

One way to increase iron availability is to pair iron-rich foods with high vitamin C foods, such as citrus fruits. Specifically, research suggests that rather than increasing daily vitamin C intake, consuming vitamin C at the same time as iron increases iron absorption.

Iron-Rich Foods

Fruits & Vegetables

- Dark green vegetables
- Dried fruit
- Citrus fruits
- Sweet potato
- Squash
- Tomatoes

Legumes & Grains

- Beans
- Peas
- Legumes
- Whole grains
- Fortified cereal and bread
- Soy products

Animal Products

- Poultry
- Beef
- Seafood
- Eggs
- Pork
- Sheep

Nuts & Seeds

- Pistachios
- Hazelnuts
- Pine nuts
- Almonds
- Flaxseeds
- Walnuts

CITRUS DRESSING



Ingredients

- 2 tablespoons orange juice, plus zest of $\frac{1}{2}$ orange
- 1 tablespoon lemon juice
- $\frac{1}{2}$ tablespoon Dijon mustard
- $\frac{1}{2}$ teaspoon maple syrup
- $\frac{1}{4}$ teaspoon kosher salt
- Fresh ground black pepper
- $\frac{1}{2}$ cup olive oil



DIRECTIONS

- Zest the orange. In a medium bowl, mix the orange juice, orange zest, lemon juice, mustard, maple syrup, salt and a grind of fresh black pepper.
- Gradually whisk in the olive oil 1 tablespoon at a time (8 tablespoons total), until creamy and emulsified. If desired, season with additional salt. Store refrigerated for up to 1 week; bring to room temperature prior to serving.

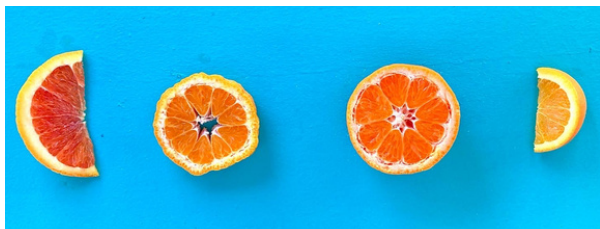


For more recipes

GALPIN FARMS

Reedley, California

Each winter, we look forward to seeing our friends at Galpin Farms, when they personally deliver our citrus fruits. Their harvest includes a variety of citruses, such as Cara Caras, Golden Nuggets, Tangos, Satsuma Mandarins and Naval Oranges.



ANTHONY & LISA GALPIN

The Galpin family grows all of their produce pesticide and chemical free. The fruit is as fresh as it gets- packed only one day before delivery to our Central Kitchen. The farm crew brings each box up into the tree when they harvest, so that every piece of fruit is only touched one time. They strive to maintain a zero waste farm that uses every bit of excess fruit. If a fruit hits the ground- it goes to the animals or into Lisa's homemade pies.



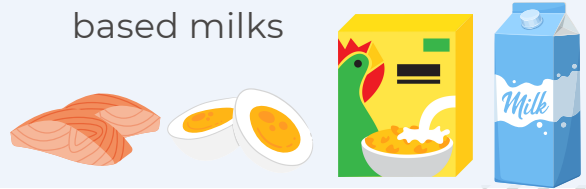
WINTER & VITAMIN D

WHAT IS VITAMIN D?

Vitamin D is a fat-soluble vitamin- a necessary nutrient that maintains muscle, teeth, and bone health and requires fat to be absorbed! This vitamin also aids in calcium and phosphate absorption in our bodies. A stronger immune system, improved muscle function, and brain cell activity is supported by vit. D's anti-inflammatory & neuroprotective qualities.

SOURCES

- beef liver
- egg yolks
- oily fish (sardines, salmon, mackerel)
- fortified foods/drinks- breakfast cereals & plant-based milks



HOW MUCH DO WE NEED?

RDA
(Recommended Dietary Allowance):

Adults > 19 years: 600IU
(15 mcg)/day

Adults >70 years: 800 IU
(20 mcg/day)



WHY THE SUNSHINE VITAMIN?

You may have heard Vit. D referred as the "sunshine vitamin" that is because this nutrient may also be produced by your skin when exposed to the sun. Your body can meet your recommended Vit. D needs just 10 mins in the sun a few times/week!

However, it may be challenging during the autumn/winter seasons- therefore it may be helpful to obtain it from diet or a supplement.

Disclaimer: contact your physician before taking any supplements

6 WAYS TO STAY ACTIVE IN THE COLDER SEASONS

During the autumn/winter months, it can be more challenging to engage in physical activity, but trying to do any movement for at least 30 mins daily can make a difference! Studies have shown that physical activity improves physical, mental, and cardiovascular health. You do not need the latest equipment or memberships to start- all you need is yourself and motivation. Follow the tips below to help you get some ideas on how you stay active all winter long!

01

Utilize resources online

Watching YouTube videos, using fitness apps/social media/ virtual classes.



02

Using a standing/walking desk

May improve blood circulation, posture, and burn calories!



03

Layer up and take a scenic walk on sunny days!



04

Join a gym/recreational activities

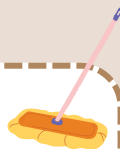
Participate in low-impact exercises like cycling, yoga, or swimming!



05

Chores

Housework like vacuuming, washing dishes, sweeping, etc. also count as a form of physical activity!



06

Volunteer

Help the community by joining food banks, charity walks/runs, cleaning up the community, etc



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5556592/>

eat more, waste less

How we work to reduce food waste -

Goleta Union School District understands the importance of reducing food waste and has implemented procedures to do so. Before the school day begins, food service staff are already in the kitchen preparing lunch meals for the day. The quantity of food prepared is based on a standard estimate of how much food will be needed for the day. Since the number of students who order school lunch varies daily, teachers start their morning by asking their students who will be ordering school lunch. This number is sent to the district's central kitchen. If less students than planned report that they will be ordering school lunch, food service staff will send less food to the school cafeteria. Extra food will be frozen or refrigerated until next time these foods are on the menu. Without implementation of this procedure, a higher quantity of extra food would be discarded from schools.

OTHER EFFORTS



FOOD SCRAP
COMPOSTING



EDUCATION
FOR STUDENTS



REUSABLE TRAYS
& RECYCLED
PAPER PRODUCTS

LIMITING WASTE AT GOLETA UNION SCHOOL DISTRICT

WHAT IS SUSTAINABILITY?

Sustainable practices involve the limitation of waste products, for example, limiting plastic waste, paper waste, and the use of toxic cleaning products. Limiting waste is important for the environment and health of living species, including our own. When waste enters landfills, soil and water becomes contaminated, leading to air pollution. The most well known air pollutant is called greenhouse gasses which traps heat from the sun into earth's atmosphere, leading to climate change. The majority of air pollution comes from the combustion of fossil fuels derived from coal diesel fuel, gasoline, oil, and natural gasses. The use of cooking equipment, cars, and city lights are a few ways humans use fossil fuels for energy.



WHY DOES IT MATTER?

Climate change leads to unlivable environments for plant and animal species due to heat waves and rising sea level. Some animals cannot thrive in higher climates, or may be directly impacted by natural disasters. For example, droughts, floods and hurricanes impact plants and animals, including humans. If greenhouse gas emissions continue to rise at its current rate, it is estimated that one-third of animal and plant species around the world will become extinct by 2050. When it comes to human health, natural disasters and landfills can lead to contamination of soil and water, increasing the risk of foodborne illness. Natural disasters also have an impact on mental health due to trauma and injury. Aside from climate change, air pollution particles increase the risk of respiratory and cardiovascular disease and related events, such as asthma, heart attack, and stroke.

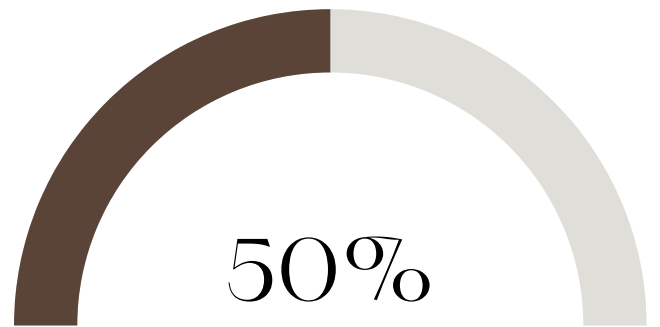
Waste Reduction Progress

The Goleta Union school district understands the importance of sustainability for the health of the environment. During Covid-19, the school district temporarily reduced many sustainable practices in order to prioritize social distancing protocols. During Covid-19, school meals were pre-packaged for quicker service, to allow for cohorts of students to get through the line, without co-mingling with other groups or classes. Now that social distancing measures have relaxed, the district is back to using reusable trays, rather than packaging all food. Currently, the schools only use disposable trays on Fridays due to the influx of students who typically order school lunch on this day of the week. Anytime the district needs to use paper products, such as for soup or chili, they use products that are compostable and made from recycled material.

HOW MUCH HAVE WE REDUCED OUR PAPER AND PLASTIC USE SINCE SCHOOL YEAR 2021-2022?



REDUCTION
IN PAPER



REDUCTION
IN PLASTIC

SURVEY RESULTS ARE IN!

We conducted a student survey to see what our students love (and don't love) about school breakfast and lunch. We're excited to use their feedback to plan the menu for school year 2023-2024.

OUR STUDENTS SAID...



KEEP THE...

PIZZA
NACHOS
TACOS
CHICKEN N' WAFFLES
BREAKFAST FOR LUNCH
HAMBURGER
GRILLED CHEESE
ORANGE CHICKEN
CORN DOG

MUFFINS
PANCAKES
YOGURT & GRANOLA
SMOOTHIES
CEREAL



LESS OF THE...

PORK BBQ
SLOPPY JOE
BBQ CHICKEN
SANDWICH'
CHICKEN CURRY
TURKEY POT PIE
CHILI
TERIYAKI CHICKEN

OATMEAL
PARFAIT
PROTEIN PACK



PLEASE ADD...

CHEESEY BREADSTICKS
CHICKEN ALFREDO
BREADED RAVIOLI
CALZONES
VEGETABLE LASAGNA
HOT DOGS
TAMALES

FRENCH TOAST
BREAKFAST PIZZA
SCRAMBLED EGGS
NUTRIGRAIN BAR
BUNNY GRAHAMS



@gusdfood

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