

SPRING 2021 | ISSUE NO. 3
GOLETA UNION SCHOOL DISTRICT
FOOD SERVICES MAGAZINE

dish.



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

EDITOR'S NOTE



Hello there! For those of you who don't yet know me, my name is Kim and I am the dietitian behind the meals at Goleta Union School District. I know the past year has been challenging for us all and especially for parents! As a mamma myself, I know, the struggle is real.

Our hope is that you would lean on us in the food realm. My amazing staff and I continue to work hard to make nutritious meals your kiddos will enjoy (& they are free for kids this year!). It brings us so much joy to be able to serve & nourish the children in our community.

I thank you for the opportunity to serve your families and look forward to seeing your sweet kids (hopefully in-person) soon!

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 on-call and range from
10:30am - 1:30PM*

*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?!



PHOTOS BY SARA PRINCE

While many things have changed over the past year, our food philosophy has not. Despite the challenges the pandemic has thrown us, we continue to prioritize fresh ingredients and scratch-made recipes whenever possible.

We use whole wheat flour in our muffins and every grain we offer is 100% whole grain rich! We are still making sauces from scratch, even sneaking in extra veggies where we can. Our famous mac and cheese sauce is made with carrots and our marinara sauce has 5 different types of vegetables!

We are also continuing to develop new recipes for our return to in-person learning, because we know exposure to new foods encourages adventurous eaters!

Flexibility in school nutrition programs during the pandemic has allowed us to continue to offer FREE breakfast and lunch to all children 18 and under, so don't forget to swing by one of our distribution sites - see page 9 for details.

*I know once
people get
connected to real
food, they never
change back.*

- ALICE WATERS



Black Bean Brownies

Ingredients:

- 2 cans black beans, drained and rinsed
- 1/2 c. rolled oats
- 2 Tbsp. cocoa powder
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/4 c. honey
- 2 Tbsp. granulated sugar
- 1/4 c. vegetable oil
- 2 tsp. vanilla extract
- 1/2 c. semi-sweet chocolate chips

Directions:

1. Preheat oven to 350°F.
2. Combine all ingredients except for chocolate chips in a food processor and blend until completely smooth.
3. Transfer to a bowl and stir in chocolate chips.
4. Pour into a greased 9 x 13 pan and top with any extra chocolate chips.
5. Bake at 350°F for 15-18 minutes.
6. Let cool for 10 minutes before trying to cut.

Pro tip - if they still seem a bit soft after baking, place them in the fridge overnight to firm up!



Something spicy this way comes...



We here at GUSD Central Kitchen are all about introducing kids to new flavors and cuisines. What better way to encourage adventurous eaters?! With a return to in-person learning (hopefully!) around the corner, we thought it was time to roll out a new menu item, and based on the results of our recent Instagram poll, the winner is...Chicken Curry! The sauce for this flavorful dish will be scratch-made in our kitchen and tame enough to be kid-friendly.

Next Chicken Curry Bowl Day...

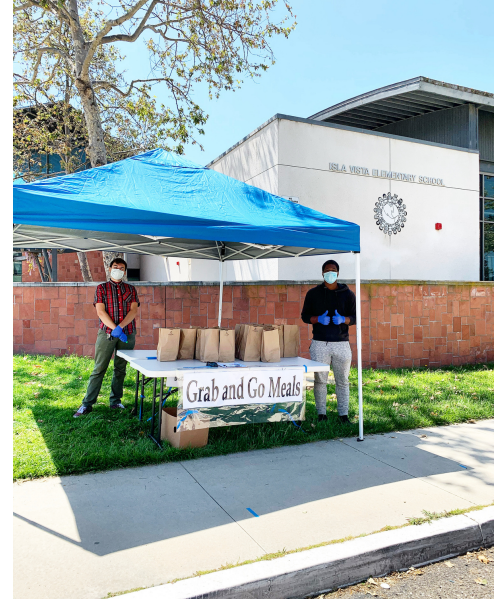
APRIL 1ST

meet our team



at the GUSD central kitchen...

...distribution sites,



& our community partners!



Healthy at *Home*



Over the past year, we've all been spending A LOT more time at home in an effort to prevent the spread of coronavirus. Stay-at-home orders and the extended need for virtual learning has led to not only an increase in screen time and decreased active time for our kids, but has also changed the way many of them are eating due to boredom and unlimited food access. This combination, if left unchecked, has the potential to affect their long-term health.

In an effort to discourage all-day grazing, try to schedule regular meal and snack times. For school-age kids, this means 3 main meals and 1-2 snacks each day. To help ensure your child is eating a balanced diet, try to include foods from each food group – fruits, vegetables, protein, grains, and dairy. A good rule of thumb is to include at least 3 food groups at each meal and 2 at each snack (see page 10 for tips on smart snacking).

If you're struggling with accessing healthy foods during the pandemic, don't forget about our **FREE MEAL** distributions available for **anyone 18 and under**, Monday-Friday 11:30 am-1 pm at the following locations:

Isla Vista Elementary
6875 El Colegio Rd, Goleta, CA 93117

El Camino Elementary
5020 San Simeon Dr, Santa Barbara, CA 93111

La Patera Elementary
555 N La Patera Ln, Goleta, CA 93117

Ellwood Elementary
7686 Hollister Ave, Goleta, CA 93117

Kellogg Elementary
475 Cambridge Dr, Goleta, CA 93117

Brandon Elementary
195 Brandon Dr, Goleta, CA 93117

Foothill Elementary
711 Ribera Dr, Goleta, CA 93111

Hollister Elementary
4950 Anita Lane, Santa Barbara, CA 93111

Mountain View Elementary
5465 Queen Ann Lane, Santa Barbara, CA 93111

9 tips for smart snacking



1. Stock healthy foods at home. This may seem like a no-brainer, but if your pantry and fridge are full of good-for-you foods, that's what your kids are going to eat!

2. Start with fruits and vegetables. Most kids aren't getting enough of these nutrition powerhouses, so snacks are a great way to work them in.

3. Pair fruits and vegetables with protein. Try some sliced cucumbers with hummus, apple slices with nut butter, yogurt with berries, string cheese and a tangerine, or carrots with a yogurt ranch dip. Pairing foods with protein will help kids feel fuller, longer.

4. Save time by prepping your vegetables. Wash and slice your vegetables ahead of time for a quick grab-and-go snack. Serve with your child's favorite dip.

5. Make healthier options visible and easy to reach. Keep fresh fruit out on the counter and store prepped vegetables and low-fat yogurt and cheese in clear containers on a low shelf in the fridge.

6. Opt for whole grains. Whole grains are high in fiber and help kids feel full. Whole grain cereals, crackers, granola, and popcorn are great options.

7. Make your own trail mix. Many store-bought mixes are high in sodium and added sweets. Try mixing your own with a couple kinds of nuts, some dried fruit, and maybe some dried cereal.

8. Limit snacks with added sugars. A sweet treat every once in a while is fine, but watch out for sneaky added sugars in snacks like breakfast cereals, flavored yogurts, and granola bars.

9. Create a meal and snack schedule. If you find your kids are grazing all day, it may be helpful for them to know when to expect their next meal. Try posting a schedule on the fridge or near the pantry.

Fostering Family Wellness

For many of us, the pandemic has taken a toll on our social, emotional, and mental well-being. Here are some steps you can take to help your child cope in uncertain times:

01

Recognize and address fear, stress and behavior changes

Children might worry about getting sick with COVID-19, and about their loved ones getting sick, too. Excessive worry or sadness, unhealthy eating or sleeping habits, and difficulty with attention and concentration are some signs of stress in children. Adults can take steps to provide stability and support to help children cope.

02

Teach and reinforce everyday preventive actions

There are actions we can take to prevent getting sick and slow the spread of COVID-19. Be a good role model— if adults wash their hands often, stay at least 6 feet apart from others, and wear their mask in public spaces to help protect themselves and others, then children are more likely to do the same.

03

Help keep children healthy

Schedule well-child and immunizations visits for children. Seek continuity in mental and occupational health care. Help children to eat healthy and drink water – instead of sugar sweetened beverages – for strong teeth. Encourage children to play outdoors— it's great for physical and mental health, and can help children stay healthy and focused.

04

Help children stay socially connected

Reach out to friends and family via phone or video chats. Write cards or letters to family members they may not be able to visit. Schools may have tips and guidelines to help support social and emotional needs of children.

Adapted from CDC "COVID-19 Parental Resources Kit"



Don't miss our Spring Giveaway!

MONDAY, MARCH 22ND • 11:30 AM - 1:00 PM

GUSD is partnering up with the Santa Barbara Food Bank & UCSB Dining to provide nutrition and food access during Spring Break! This is **FREE** for any child 18 years old or younger. Follow us on Instagram @gusdfood for more info!*

Pick up at the following location only:

Goleta School District Office

401 N Fairview Avenue

Goleta, CA 93117

*Please come in your car! Some items are heavy.



@gusdfood

Follow us on Instagram!

