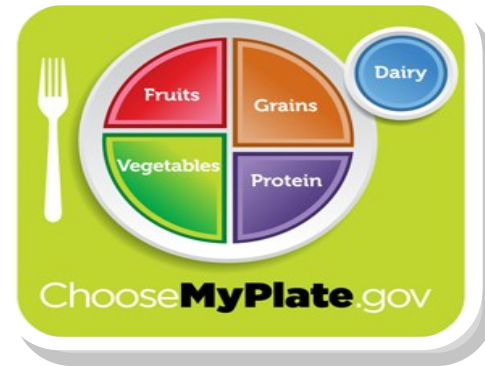


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Choose MyPlate

In June 2011, MyPlate replaced MyPyramid. MyPlate is based on the Dietary Guidelines for Americans, 2010, which was released by the USDA, January 31, 2011. It's the federal government's evidence based nutritional guidance to promote health, reduce the risk of chronic diseases and reduce the prevalence of overweight and obesity through improved nutrition and physical activity.



10 Tips to a great plate from choosemyplate.gov

1 balance calories
Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less
Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions
Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often
Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables
Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk
They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains
To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often
Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods
Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



10 drink water instead of sugary drinks
Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

Farm Fresh Focus in October — Apples!

Chris Faro, District Manager



The Apple Festival event in your school's cafeteria this October is being held to celebrate National Apple Month and the proud New England tradition of local family farms. To help your children celebrate the season have your own Apple Festival Day!

Start your Apple Festival Day with a trip to a local orchard. There are many PYO (Pick Your Own) apple orchards across New England. A great place on the web to find information about different orchards in your area is All About Apples (<http://www.allaboutapples.com>). This website has information about apple varieties, apple recipes and apple nutrition as well as an interactive map with contact information for over 2,000 orchards across all 50 states!

At the apple orchard, you can enjoy a day filled with activities for the whole family. A lot of apple orchards are family farms that grow many types of crops in addition to apples and have all kinds of activities, which makes them a great place to spend a family outing. Some activities

offered at various orchards are corn mazes, playgrounds and petting zoos. Many orchards will also have events like hayrides and weekend festivals. Many orchards make their own cider, and some offer demonstrations of the tools and processes used to make cider.

Once you've arrived home, you and your family can spend time together cooking, canning or just eating your apples! Websites like All Recipes (<http://allrecipes.com>) have loads of delicious recipes to help use your apples, and a visit to a website like canning-recipes.com (<http://canning-recipes.com>) can help you learn how to can and preserve your apples.

Here's some information on some of the varieties you will find at local orchards:

Macoun Sweet and aromatic, Macouns are excellent for snacking, in salads and for sauce. With bright red skin and juicy white flesh, they make an attractive apple on a cheese plate.

McIntosh A classic bright red apple with green undertones, juicy, crisp Macintoshes tend to break down when cooked. They are delicious eaten out of hand or in sauce, and are best paired with Golden Delicious or other apples in pies and other baked goods.

Jonagold A blend of Jonathan and Golden Delicious apples, Jonagolds have a tangy-sweet flavor. With a yellow-green base and a blush stripe, is excellent both for eating fresh and for cooking.

Gala A crisp, sweet apple with a mild flavor, Galas have yellow-orange skin with red striping. They're best for salads, eating out-of-hand, and applesauce.

Cortland are juicy and slightly tart, with bright red skin and snowy white flesh. They are a terrific baking apple: use in pies, cobblers and crisps. When sliced, Cortlands are a welcome addition to fruit and cheese plates, as the flesh doesn't brown and discolor quickly.



Farm Fresh Focus

Local Sweet Corn & Apples

Each Month Fresh Picks Café

Focuses on a particular vegetable or fruit.

A certain date is selected to do a taste testing so that students can be introduced to fresh, local, produce.

It is then offered on the menu on a selected day, and also different times during the month, using it in other recipes!

For October Apple Fest, the week of October 24th, our school Cafeterias will offer a taste test using different kinds of Local Apples.

Then each day, these are used in different recipes!

Promotion Materials are used for the veggie or fruit such as fun facts, nutritional information, posters, etc.

Some of Our Farm Partners include:

Vermont: The Walker Farm, Lilac Ridge Farm, The Dutton Farm, The Miller Farm, Four Corners Farm, Green Mountain Orchards, Harlow Orchards, Grafton Cheese, Gleason Grains, Champlain Orchards, Maple Meadow Farms, True North Granola

NH: Giles Farm and Orchard, Brookdale Farm, Heron Pond Farm, Barker's Farm, Picnic Rock Farm, Greenleaf Farm, Emery Farm, Zacks Farm

National Food Safety Education Month

Michael Lewis, Manager of Operations Support Services

Each September Café Services is a proud participant of the National Restaurant Associations Food Safety Education Month. It is a series of weekly training sessions focused on a different yearly topic. This is our 8th year participating and this year's focus is: "Food Safety Thrives when you Focus on Five".

The five areas of focus are:

Purchasing our Food From Approved Safe Sources

Cleaning and Sanitizing Correctly

Preventing Cross Contamination

Avoiding Time & Temperature Abuse

Practicing Good Personal Hygiene

Our employees will spend time looking at the factors that affect each area and how they relate to their own facility. As always our goal is to provide you with a safe dining experience.

Things you may not know that Café Services already does:

- All of our vendors go through an approval process to insure they are up to date with current food safety standards.
- We work with Ecolab, the industry leader in commercial foodservice cleaning supplies and systems.



- Every month we spend time reviewing food safety procedures and studying new ideas in keeping the food we serve you safe. Separating raw foods from cooked foods, proper cooking time and temperatures, proper storage procedures and temperatures, and what we can do personally with our hygiene practices to help keep you safe are some of the topics.
- The National Restaurant Associations ServSafe Food Safety Training Certification Program is the industry standard for foodservice employees. All supervisor level personnel and up are required to have a current certification in effect. This coupled with our in-house training help create an educated and empowered work force.



Great Fall Recipes



Ingredients:

2 pounds of your favorite local potatoes
Cut into 1- inch pieces
1/3 cup olive oil
3 garlic cloves sliced thin
1/4 cup grated Parmigiano-Reggiano
1/2 tsp salt
1/2 tsp pepper
1 pound Kale, stems & center ribs
Removed. Slice leaves very thin,
slicing crosswise

Roasted Potato and Wilted Kale Salad— a revised recipe from Gourmet — Serves 8 –12 as a side

Dressing Ingredients:

1/4 cup well stirred tahini
2 tbsp water
3 tbsp fresh lemon juice
1 clove garlic, minced

Dressing Directions:

Puree tahini, water, lemon
juice, minced garlic, and a
pinch of salt and pepper in
a blender until smooth. If
too thick add a bit of
water. SET ASIDE

Directions:

Preheat oven to 450 degrees F with rack in upper third
Scrub potatoes, then dry
Cut potatoes into 1-inch pieces (not any larger or they might
be too hard.)
Toss potatoes with the oil, salt, and pepper in a bowl.
Transfer to a parchment line cookie sheet, and spread evenly
Roast for 10 minutes
Stir in sliced garlic and roast 10 minutes more. Sprinkle with
cheese and roast until cheese is melted, 5-6 minutes
Transfer to large bowl (use all drippings) and toss kale with
Hot potatoes w/ garlic, then toss with tahini sauce.
Accompany with lemon wedges if desired.

Semi Homemade Pumpkin Banana Pecan Bread Makes One 9x5 inch Loaf Pan

Ingredients:

One Box Pillsbury
Pumpkin Quick Bread
3 Very Ripe Bananas
1/4 Cup Water
3 Tbsp Crisco Oil
2 Eggs
1 Cup Pecans Roughly
Chopped
3 Tbsp Butter

Note:

The water is reduced from 1 cup
on the directions, to 1/4 cup so
that the batter will not be too
soupy because of the addition of
bananas.

Directions:

Preheat oven to 375 degrees F
Follow directions on box using the Quick Bread recipe
In electric mixer mashed bananas until smooth
Add eggs, one at a time until well incorporated
Add oil
Add water
Melt butter on medium low in small saucepan
Add pecans, coating well, and cook for 2-3 minutes to bring out their flavor
Cool slightly
Add to pumpkin bread mixture, folding in gently
Bake 40-50 minutes in upper third of oven
Cool 20 minutes. Loosen edges with knife or metal spatula

**This is marvelous. I like to experiment, and had some very ripe bananas sitting on the
counter, and some pecans that were in my pantry, and Voila. Enjoy! Mickey**

