



# Wellness Newsletter

SPRING NEWSLETTER 2011

## 2010 Dietary Guidelines for Americans

Chris Faro, District Manager

The first "Dietary Guidelines for Americans" was published in 1980 as a joint effort between the US Department of Agriculture and the Department of Health & Human Services. Mandated by Congress to be updated every 5 years, the Dietary Guidelines is a publication that reflects emerging science in diet and health and addresses the impact of diet on chronic disease. It

is the document that forms the basis for Federal policy in food, educational and informational programs.

In the most current version, "2010 Dietary Guidelines for Americans", the major focuses are weight reduction, the identification of types of foods & nutrients that people should either increase or decrease intake of, and food safety. It touches on such topics as understanding that weight loss and gain is simply function of calories consumed verses calories expended, the effects of the high sodium intake in the typical American diet on health, and the need for Americans to consume more whole grains and fresh fruits & vegetables.

Since your school lunch program is a Federally funded program, the "Dietary Guidelines" play a major role in how the USDA expects school lunch programs to be run. To bring school lunch programs in line with the current "Dietary Guidelines", the USDA is currently looking at the best ways to implement some very major changes, including:

- Reducing the allowable amount of sodium in foods offered in school food service programs
- Requiring the use of whole grains in the school lunch program



- Creating minimum weekly requirements for dark green and orange vegetables
- Creating minimum weekly requirements for beans and bean products
- Limiting the amount of starchy vegetables (such as potatoes and corn) that can be served

Fresh Picks Café already follows guidelines that comply with the strictest enforcement of current USDA guidelines, often surpassing current expectations for nutritional quality. We will be working closely with the USDA and it's representatives in the coming months to take the nutritional quality of school lunch even further, while finding ways to keep student interest in the school food service program high. The USDA is currently accepting public comment on proposed changes to school food service programs. For more information on the USDA's "Proposed Rules" and to offer comment on them, please visit <http://www.fns.usda.gov/cnd/lunch/>. For a copy of the "2010 Dietary Guidelines for Americans" please visit <http://www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm>.

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# The “4” Do’s for Safe Food *Mike Lewis,*

*Manager, Operations Support Services*

The new “2010 Dietary Guidelines for Americans” puts a strong emphasis on food safety, starting with the farm where the food is grown and going all the way to where it is served, whether it be in a restaurant, cafeteria or home.



**Here’s some industry standard tips you can use at home:**

**Clean:** Start with clean equipment and surfaces. Cutting boards, knives, utensils and countertops should be clean and disinfected with a bleach solution ( ¾ teaspoon per quart of warm water) or purchased cleaning cloth prior to each use. Make sure this process is repeated before working with a different food. Wash your hands before handling any food, wet them, add soap and rub thoroughly for 20 seconds then rinse and dry with a clean towel.



**Separate:** Keep raw meats and poultry away from Ready to Eat foods like produce. Use zip lock storage bags or storage containers to keep the juices away from the other foods. Consider using a separate cutting board for raw meats to prevent cross contamination to other foods that may not be cooked. Always clean and sanitize

any item that has been used for raw meats. Cutting boards, storage containers, knives need to be cleaned and sanitized after each use. Never use a marinade use for raw meat on the cooked product unless it has been boiled.

**Cook:** Cooking to the right temperature is the only way to serve safe food to your family. Consider purchasing a food thermometer from you local cooking store. These will help insure that the food has reached the safe temperature to kill any bacteria that may be present. Below are some of the common cooking temperatures for different foods.



- Ground Beef 155F*
- Poultry/Stuffed Meat or Seafood 165F*
- Pork or Beef Roasts, Seafood (fish, shellfish etc.) 145F*
- Leftovers 165F*

**Chill:** Cooked food needs to be cooled promptly and properly as soon as possible. Break down larger quantities into smaller units to facilitate cooling. Never place large pots of soups, stews or such in a refrigerator, the center will never cool quickly enough to prevent bacteria growth. Refrigerators should be set to run between 38F and 40F to maximize shelf life of refrigerated foods.



# FitFUTURE

Strategies for  
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## 20 Healthy 100 Calorie Snacks

by Jennifer Kerr, MS, RD, CDN

**N**utrition experts find themselves split on the issue of commercially prepared "100-Calorie Snacks". While some argue that having pre-portioned snacks is convenient, and helps adults and children enjoy a treat while controlling portion size; the other side of the issue points to the low-nutrient value of these snacks and the wastefulness of

the packaging. Another complaint is that despite the conveniently pre-portioned packages, many people report eating multiple servings anyway.

While it is certainly fine to enjoy treats in moderation, we must remember what it means to eat an overall healthy diet.

Good nutrition is not just about the number or calories, but the quality of those calories. In other words, to eat well you must consider food choice (quality) as well as portion control (quantity) the great majority of the time.

### Here are 20 ideas for healthy do-it-yourself 100-calorie snacks that require no compromise:

**1** 1 large celery stalk with 2 Tbsp. nut butter

**2** 1 cup raw veggies with  $\frac{1}{4}$  cup fat-free ranch dressing

**3** 28 grapes

**4**  $\frac{1}{2}$  cup unsweetened applesauce with a slice of toast cut in sticks for dipping

**5** 10 cashews

**6** 1 mozzarella string cheese with 2 wheat crackers



**7** 6-8 oz. cup of low-fat yogurt

**8** 2 Tbsp. hummus and 12 grape tomatoes

**9**  $\frac{1}{2}$  cup plain oatmeal with  $\frac{1}{4}$  cup fresh berries

**10** 1 medium banana

**11**  $\frac{1}{2}$  cup 1% cottage cheese with 5 strawberries

**12** 1 cup mango chunks

**13** 8 corn tortilla chips with  $\frac{1}{4}$  cup salsa



**14**  $\frac{1}{2}$  apple with 2 tsp. nut butter

**15** 12 almonds

**16** 1 cup blueberries

**17** 6 wheat crackers with 2 tsp. almond butter

**18** 1 medium apple with  $\frac{1}{2}$  oz. cheddar cheese

**19** 3 Tbsp. raisins

**20** 7 baby carrots with 2 tsp. nut butter



Brought to you by your School Food Service Department

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## The Chef's Corner - Mickey Jones, Corporate Resource Director

The following is a wonderful recipe using local Hood Cottage Cheese which we are featuring in April for our Farm Fresh Focus. This recipe serves 8 so is a great recipe for home cooking. For our schools it can easily be resized to fit the amount of servings needed. Served as an entrée, each serving provides 2oz meat/meat alternate needed to meet State regulations. It also provides one bread serving and 1/4 cup of vegetables. Enjoy!

### Cheese & Spinach Lasagna

#### 8 Servings — Ingredients

Cottage Cheese 2% low fat 4 cups (32oz)  
Eggs 2 large  
Spinach Frozen Chopped, squeezed to remove excess moisture 2 pkg (10 oz)  
Marinara Sauce 4.5 cups  
Lasagna Noodles - no boil noodles 8oz (12 noodles)  
Mozzarella Cheese part skim 3/4 cups  
Parmesan Cheese 3/4 cup  
Italian Seasoning 1 tsp  
Salt 1/2 tsp  
Pepper 1/2 tsp  
Granulated Garlic 1/4 tsp

#### Instructions:

Preheat conventional oven to 375 degrees (325 degrees for convection).  
In mixing bowl beat eggs, then add the cottage cheese, parmesan cheese, all dry seasonings, and mix well. Fold in squeezed spinach and mix to combine, then set aside.  
Place 1 1/2 cups marinara sauce on bottom of glass baking dish (9x13), top with 4 lasagna noodles, then 1/3<sup>rd</sup> cheese mixture, spreading evenly.  
Repeat twice more, with final topping being the cheese mixture, then 3/4 cup shredded mozzarella cheese.  
Tent with foil and bake for 35 minutes. Uncover and continue baking for 15 minutes.  
Let cool slightly (to set) before serving.  
Serves 8

## Fresh Picks Café's Farm to School Efforts Keep Growing and Growing...

*Chris Faro, District Manager*

Last year, Fresh Picks Café partnered with the Windham Farm and Food Network to grow and process hundreds of pounds of locally grown vegetables for a few of our Vermont schools. It's a local effort that is growing into a full scale movement for this fall.

This fall we will be expanding our partnership with Windham Farm and Food Network to provide large shipments of Vermont grown produce to all of our schools in Vermont – produce that will be prepared and flash frozen within hours of harvest, ready for our students to enjoy all winter long. We have also completed our first growing contract with Champlain Orchards, who will grow, and cellar Vermont

grown potatoes and onions to provide to all our Vermont and Grafton County NH schools though out the school year. Our relationship with New Hampshire Institute of Agriculture and Forestry continues, as we gear up to buy produce from their farmers and reach out to assist them in their project to save Tuttle's Farm in Dover, NH. We have also organized a group of active parents in Middlebury, VT who are going to partner with a local farm to help harvest and freeze vegetables for schools in their town. We're close to having the same type of group in Vergennes, VT. If you are a farmer or a community member who would like to participate in your school's

Farm to School initiative, or know someone who would, contact your Food Service Director. We are always looking for new partners to help bring the freshest local products to our students.



1E Commons Drive, Unit 25

P.O. Box 1069

Londonderry, NH 03053

Phone: 603-437-0200

Fax: 603-434-5962

[www.cafeservices.com](http://www.cafeservices.com)