



Bellville Independent School District
School Nutrition

What's Cookin'?

A School Nutrition Newsletter

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Message from the Director

April F. Conner

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What's going on in the BISD School Nutrition Department? All three Elementary schools have been enrolled as USDA "Team Nutrition" schools so that we can GO FOR THE GOLD! The Nutrition Department will be applying for the Healthier US School Challenge gold award! This is a voluntary certification process in which schools taking the challenge must meet specific criteria, in addition to the already strict USDA guidelines for healthy school meals. Only elementary schools may apply for the award and currently there are very few school districts that have received the award in Texas. Some of the menu criteria include offering a raw fruit or vegetable everyday, and a whole grain food every day; dried beans or peas must be offered once a week, and five different vegetables must be offered in a week. In addition to the food requirements, the schools must show that they are providing nutrition education to students, as well as, providing opportunities for physical education. Elementary schools must be feeding 70% of the students enrolled in the school. So far, BISD School Nutrition is meeting the criteria. We will be forming a committee to review the application packet and applying prior to the end of the year. Achieving the gold award status will show that BISD is committed to making permanent changes toward healthier school meals and carrying this to the classroom by promoting healthy eating and physical activity. Already, we have seen an increase in students selecting the fresh fruit that is offered. For more information regarding this award visit www.healthierus.gov.



The New Look of BISD School Nutrition

I hope by now you have had time to come in and join us for lunch and see what a great job the nutrition department is doing! The staff have new uniform shirts that are bright and colorful and look great! The Junior High has a new look as well. The new serving lines were installed over the fair holidays, and with a little paint, it looks like a brand new kitchen! Stay tuned for more great things from BISD School Nutrition such as the November 20th Nutrition Olympics with O'Bryant Intermediate. They will "compete" in melon weight lifting, strawberry relays, grapefruit shot put and more! There will also be a taste testing booth set up with fruits and vegetables for the students to try. Another new look of school nutrition is the plastic milk bottles. The kids love to drink milk from the plastic bottles. We are seeing less waste and the kids are actually purchasing extra milk!



Before JH serving area.



After JH serving area.

Children and Healthy Choices



Recently there have been many questions about the students choosing (or not) items in the serving lines and how it appears the students are not eating or choosing a healthy meal. With the implementation of a program called Offer versus Serve, the students can choose what they want and eat what they take. Trash cans are no longer benefiting from the pounds of food tossed away. School Nutrition is providing many healthful food choices, which the children are encouraged to try. Everyday, there are choices of fresh and canned fruits, two to three different vegetables and whole grains. We have confidence that the students will be able to learn to make decisions on what they would like to eat. Instead of feeding the trash cans, we see the children actually eating the foods they have chosen. With time and education of students and staff, the children will begin to choose more of the healthy options that are offered and actually consume them.

Field Trips

If your class is going on a field trip, please let your cafeteria manager know as soon as possible. We order bread and milk two weeks in advance and groceries one week in advance, this can cause wasted food when we don't know about a planned field trip. Please help us to order correctly and avoid wasting food. Also, the students should be aware that the food service department must offer sack lunches when field trips are planned. Children who participate in the meal program must have access to meals. We are happy to



provide a nutritious sack lunch for the students. Lunches will consist of a sandwich, fruit, pickle, pretzels, and milk. Milk can be frozen or coolers can be provided so it will be available for the students.



How Did I Get Food Poisoning???

Food safety is a hot topic, especially when dealing with the holidays where parties and gatherings have abundant food available, set out on tables, for all to indulge in, for HOURS. Foodborne disease can be caused directly by infection such as, Norwalk type viruses, Salmonella, E. coli, and Campylobacter. Some foodborne illness is caused by toxins in food produced by a microbe. The bacteria Staphylococcus Aureus can grow in some foods that produces intense vomiting. The rare and deadly disease botulism comes from when the bacteria Clostridium Botulinum grows and produces paralytic toxins in foods. These toxins can produce illness even when the bacteria have been killed from cooking. Foodborne illness can also be passed from one infected person to several. Shigella, Hepatitis A, and Norwalk virus can be passed from the unwashed hands of an infected food handler. Botulism is usually onset within 4-36 hours after eating the toxin and symptoms can be severe and deadly. Symptoms may include, double vision, slurred speech, and inability to swallow. Most cases of botulism, though rare, come from home processed canned foods not being heated to the correct temperature. Campylobacter appears 2-5 days after eating affected poultry, meat, or unpasteurized milk. Symptoms usually include diarrhea, abdominal cramping and fever and lasts for 7-10 days. E.Coli comes from infected beef and generally appears 2-5 days after eating. Symptoms include diarrhea and abdominal cramps and lasts 5-10 days. Usually fever is not present. Listeriosis is found in soft cheese, hot

dogs, deli meats, and some seafood. Listeria are resistant to heat and usually grow at refrigerated temperatures. The symptoms usually appear within 7-30 days after eating though most cases are reported after 48-72 hours. Fever, headache, nausea and vomiting are symptoms of Listeriosis and usually affects pregnant women, elderly and infants. Clostridium perfringens is most common in meats, stuffing and gravy. General onset is 8-12 hours after ingesting and symptoms include abdominal pain and diarrhea and sometimes vomiting. Salmonella is found in raw poultry, eggs, milk and other dairy products. Symptoms of diarrhea and nausea are short lived at 24 hours or less and usually appear 8-12 hours after eating. Foods like potato salad, poultry and milk can be contaminated with Shigellosis when a human carrier is preparing food after using the bathroom and failing to wash their hands. Onset is usually 1-7 days. Norwalk is an extremely common foodborne illness and can be passed through food from one infected person to the next. Usually symptoms of nausea, vomiting, diarrhea and abdominal pain appear 24-28 hours after exposure and may last 24-60 hours. Fever and headache are often associated with the Norwalk type virus.

You will be glad to know that BISD school nutrition has two state health inspections a year, required by TDA, and one or more people are Food Safety Certified. Staff also take and record temperatures of all food products.

All of the kitchens had a recent health inspection and all kitchens received a 100!

Turkey Tips

What is the best way to thaw my turkey?

The best practice for thawing whole turkey is in the refrigerator, in cold water or in the microwave. Never thaw a turkey on the counter at room temperature. The outside will thaw faster than the center and will be left in the “danger zone” for too long allowing for growth of bacteria. Plan ahead, you should allow 24 hours for every 4-5 pounds for proper thawing in the refrigerator.

I am planning on frying a turkey, what size turkey is best for frying?

Smaller turkeys, 8-10 pounds are best for frying. A 12-15 pound turkey is the largest that can be successfully deep fried. For more on deep frying turkey, visit www.eatturkey.com.

How reliable is the pop up timer in the turkey?

Pop up timers are reliable within 1-2 degrees F if accurately placed in a food; however, checking the internal temperature with a conventional thermometer is strongly recommended.

What temperature should my turkey be when it is done?

Turkey should be 180 degrees in the deepest part of the thigh. Expect to cook a 8-12 pound turkey for 2.75-3 hours. If the turkey is stuffed allow more time to cook and ensure the stuffing reaches an internal temperature of 165 degrees.

How long can I keep leftover turkey in the refrigerator?

Leftover turkey can be kept safely in the refrigerator for 3-4 days. If frozen, leftover turkey can be kept for 3-4 months.

My Grandma leaves the leftovers out on the counter all day for snacking. Is it still safe to eat?

Bacteria can multiply quickly in favorable temperatures. Bacteria grow rapidly in temperatures between 40-140 degrees Fahrenheit doubling in number in as little as 20 minutes. Some will produce toxins that cannot be destroyed by reheating. Even though it may look and smell as delicious as at the first meal, it is best to discard leftovers sitting in the danger zone for more than two hours.

What does “Fresh” or “Frozen” mean on a turkey label?

The term “fresh” may only be placed on raw poultry that has never been below 26 degrees. Poultry held at 0 or below must be labeled “frozen” or “previously frozen.” No specific labeling is required on poultry between 0-26 degrees.

Ready for a NAP? Don't blame the bird!

While turkey often receives the blame, recent reports indicate the carbohydrate rich meal may increase the number of tryptophans in the brain causing the sleepy feeling.

DID YOU KNOW?

When Neil Armstrong and Edwin Aldrin sat down to eat their first meal on the moon, the packets contained roasted turkey and all of the trimmings.

The costume that Big Bird wears on Sesame Street is said to be made out of turkey feathers.

In 2004, about 264 million turkeys were raised. It is estimated that 46 million of those turkeys were eaten at Thanksgiving, 22 million at Christmas and 19 million at Easter.

Turkeys have up to 3500 feathers when they reach maturity.

Domesticated turkeys cannot fly, only wild turkeys and not very far. They can run up to 20 mph.

A hen is ready for the market at 14 weeks while a tom is ready at 18 weeks.

Hens are processed and usually sold as whole birds while toms are processed and used for deli meats, sausage, franks, cutlets and tenderloins.

Toms and hens only differ in size but are equally as tender.

HAPPY SAFE THANKSGIVING!

Recipe Corner

Skillet Apple Cake Submitted by: Twylia Tompkins

1 1/2 c all purpose flour
1 tsp baking soda
1 tsp salt
1 c sugar
3/4 c salad oil
1/2 c buttermilk
1 egg slightly beaten
2 apples peeled and sliced
1 tsp vanilla
1 c chopped pecans

Sift together dry ingredients. Add oil, buttermilk, egg, apples, vanilla and pecans. Mix well.
Pour into lightly greased 9" or 10" iron skillet. Bake at 350 degrees for 40-50 minutes. Serve warm with butter or whipped topping.

Upside-down Pizza Submitted by April Conner

1-1.5 pounds of ground turkey breast
1 small package of sliced turkey pepperoni (cut in quarters)
1 14oz jar spaghetti sauce
1 small chopped onion
2 cups shredded mozzarella cheese
1 canned pizza dough (Pillsbury)
Parmesan cheese

Preheat oven to 400 degrees. In a large skillet, brown turkey meat until it is no longer pink. Drain if needed. Add spaghetti sauce, onion, and sliced pepperoni and cover for 10 minutes. Remove from heat and pour into a 9 x 13 baking dish. Top with mozzarella cheese. Open the canned dough and spread evenly over the pizza mixture. Bake uncovered for 20 minutes or until the dough is browned. Serve sprinkled with parmesan.

Nutrition Olympics

Where: Playground at Central Office

When: November 20, 2007

Time: 10:30am

Who: 4th and 5th grade

Come join us for a morning of fun while the 4th and 5th grade "compete" in melon weightlifting, strawberry relays, grapefruit shot put and more! All students will leave with prizes and gold medals!

Come sample the produce at the taste testing booth.

10 Holiday Survival Tips www.foodandhealth.com

1. Eat a light, healthy snack such as soup, cereal or fruit before parties. This will help you curb hunger and make better choices.
2. Limit alcohol. Enjoy one beverage if you must then switch to diet soda or soda water with lime.
3. Bring a low-fat holiday dish to the party.
4. Keep minimal baked goods on hand. Only bake enough to give away or use for one festivity. Remember not to sample the batter! Raw eggs can cause foodborne illness!
5. Try to eat a large salad before most meals. Eat vegetables first so you eat less of the meat and breads.
6. Substitute Splenda in baked dishes or cut the sugar by half.
7. Make a goal with a friend to lose 5 pounds or to maintain weight during the holidays. Support buddies are great!
8. Remember the holidays are actually only THREE days during this time. It's the other days of no exercise and excess calories to keep an eye on.
9. Try not to break your exercise routine during the holidays—include the family in a fitness walk or other event.
10. Celebrate and focus on what the holidays are really about—spending time with family and friends. Pick a time to visit that doesn't revolve around a meal time.

HAPPY HOLIDAYS EVERYONE!

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