



RUSD

DISTRITO ESCOLAR
UNIFICADO DE RIVERSIDE



**Servicios de
Nutrición**

Programas especiales

Programa modelo de Granja a las Barras de ensalada en las escuelas

Cocinar desde cero

Educación de nutrición y prevención de la obesidad (NEOP)/*CalFresh*

Desayuno en el salón

Programa de cena (*Hearty Pac*) después de clases

Opción continua de alimentos en verano

Distribución de alimentos para los alumnos de escuela virtual

Centro de alimentos

Contrato con la ciudad de Riverside

Barra de ensalada de mercado agrícola

- ❖ 18 años (desde 2005)
- ❖ 100 % de las verduras se cultivan en California
- ❖ 60 % de las verduras se cultivan en Riverside y las comunidades del alrededor



Proteína basada en plantas



Cocinar desde cero

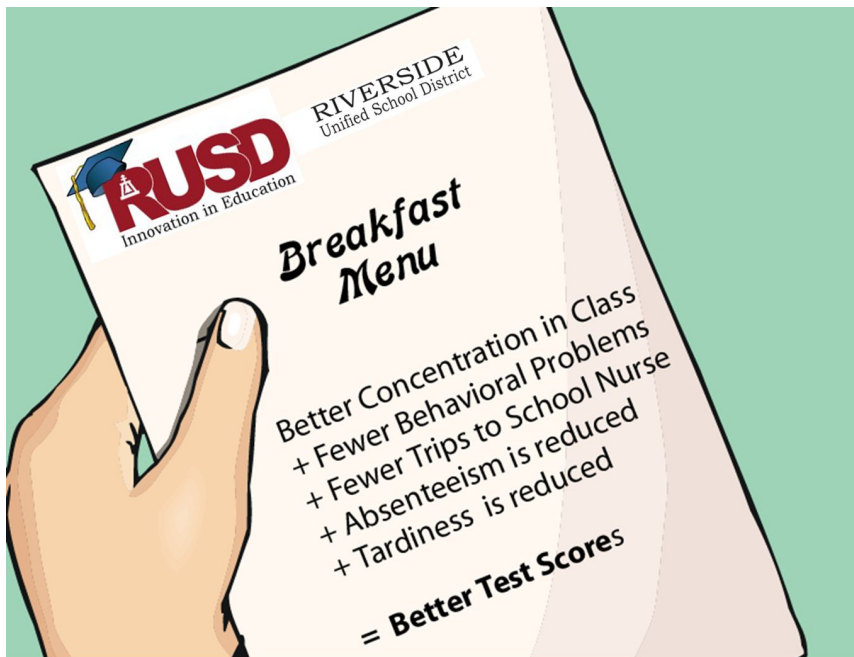
- La CDE otorgó 4.25 millones de dólares
- Los fondos se usaron para comprar equipo y actualizar la infraestructura de la cocina y para ofrecer capacitación al personal.
- Servirles a los alumnos alimentos procesados mínimamente, cultivados localmente y sostenibles



Desayuno en el salón de clase

- El desayuno enriquece el logro académico y de la salud.
- Modelos de desayuno alterno aumentan la participación (BIC, fuera de la cafetería, después de sonar el timbre).
- El desayuno en el salón cuenta como tiempo de instrucción.

Fuente: 7 de enero de 2010 memorandum from Jack O'Connell to County and District Superintendents and Charter School Administrators



Programa de cena (Hearty Pac) después de clases

- Uno de cinco niños en los EE.UU. vive en un hogar que enfrenta hambre y tal vez no tenga suficiente comida saludable para crecer y aprender en la escuela.
- A un cuarto de los padres con bajos ingresos les preocupa que sus hijos no tengan suficiente para comer entre el almuerzo y el desayuno al siguiente día.

Programa Summer Feeds

Un promedio anual de 95,122

comidas servidas

21 Sitios de servicio

- Parques
- Bibliotecas
- Centros comunitarios

Sirve a TODOS los niños y jóvenes de 18 años y menor





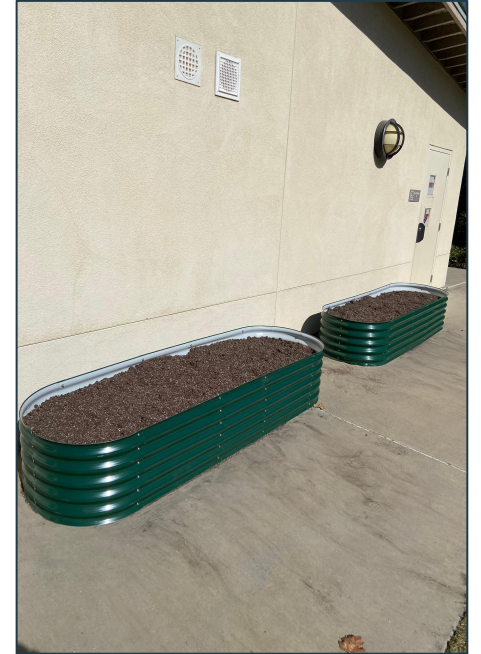
Áreas de enfoque para los alumnos de grados TK-12

- Educación de nutrición
- Vida activa - Actividades físicas
- Actividades de enriquecimiento en el verano
- Semana de granja hasta el verano





Jardines escolares



Boletines y menús

December

Traditional Elementary Menu
Adams, Alcott, Beatty, Bryant, Castle View, Franklin, Fremont, Hawthorne, Highgrove, Highland, Jefferson, Kennedy, Lake Mathews Liberty, Longfellow, Madison, Magnolia, Mark Twain, Monroe, Mt. View, Pachappa, Rivera, Taft, Victoria, Washington

HARVEST OF THE MONTH
ORANGES
Oranges are a good source of fiber, vitamin C, folate, calcium and potassium.

There are over 400 varieties of oranges. Each variety is unique in their level of sweetness, tartness and juiciness.

Orange juice is sweet and refreshing, but it is higher in sugar and lower in fiber than a whole orange, so it is less filling. Choose juice that is 100% juice with no added sugar.

2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast and lunch are offered to all students at NO COST! 4 Cinnamon Rollin Burger Cream Cheese Pear Bean & Cheese Burrito Carrot Sticks Apple	5 Dannon Yogurt Grapefruit Cranberries Orange Chicken with Rice Broccoli Pear	Notes: Non-fat and low-fat milk will be offered with meals. Menu is subject to change due to availability of products, food allergies and other considerations. Contains Pork 6 Assorted Cereal String Cheese Apple Slices Pizza Hut @ Kennedy Galaxy Pepporoni or Cheese Pizza Side Salad with Shredded Carrots Kiwi	7 Blueberry Muffin Banana Hawaiian Meatballs Dinner Roll Cole Slaw Pineapple Tidbits Winter Cookie	1 Mini Confetti Pancakes Apple BBQ @ Madisen Hamburger Carrots and Celery Frosty Fruit Cup
11 Fun Dulce Cranberries Taco Nada Refried Beans Apple	12 Assorted Cereal Graham Crackers Fresh Fruit Roasted Chicken Tortilla Fries Corn Orange Wedges	13 Mini Banana Muffin Dannon Yogurt Apple Slices Pizza Hut @ Lake Mathews Pepporoni or Cheese Pizzas Side Salad with Shredded Carrots Frosty Fruit Cup	14 Cereal String Cheese Banana Lasagna Roll Up with Marinara, Spinach Salad, Kiwi Winter Cookie	15 Apple Empanada Apples BBQ @ Liberty Cheeseburger Tater Tot Pear
18 Cereza String Cheese Raisins Winter Wonderland Chicken Nuggets Cakeslaw & Cherry Tomato Salad Pear	19 Granola Yogurt Apple Slices Corn Dogs Cakeslaw Oranges	20 Fun Dulce Banana Pizza Hut @ Liberty Galaxy Pepporoni or Cheese Pizza Side Salad with Shredded Carrots Kiwi	21 Mini Confetti Pancakes Fruit Juice Chicken or Cheese Tamales Cool Beans Frosty Fruit Cup	22 Assorted Cereal Jungle Crackers Applejuice Cup Turkey and Cheese Deli Grinder or BBQ Unstuffed Cranberries Bunny Carrots

Winter Recess December 25th - January 8th
Happy Holidays and Happy New Year!
School Resumes January 9th

December THE NUTRITION CONNECTION 2023

Winter season is here which can mean more time spent indoors, allowing infections to pass from one person to another. Regular **handwashing** is important to help prevent the spread of germs and foodborne illnesses. According to the CDC, proper handwashing can protect 1 in 3 children from getting sick with diarrhea and 1 in 5 children from catching the cold or flu. **Be sure to remind students to wash their hands at school and in their homes.**

NUTRITION EDUCATION

Handwashing Tips

Key Times to Wash Your Hands:

- After using the bathroom
- Before, during, and after preparing food
- After blowing your nose, coughing, or sneezing
- Before eating food

Wash your hands with soap and water for at least 20 seconds!

DECEMBER KEY DATES

- December 25th- January 8th 2024
Winter Recess (All facilities closed)
- December 25th- Christmas Day

IMPORTANT NEWS!

Due to a national food shortage, students will be receiving an alternate milk package with school meals temporarily.

For more information, [click here](#)

DIG INTO YOUR GARDENING SKILLS!

We are excited to have installed new garden beds at John F. Kennedy Elementary school. They have partnered up with the HEARTS after school program to help them maintain their garden, all while encouraging youth engagement.

Resources and supplies we provide to get you started:

- Gardening supplies and seeds
- Gardening and nutrition education
- Referral to UC Master Gardener volunteers

INTERESTED IN HAVING A GARDEN BED AT YOUR SCHOOL?

Contact Cynthia De Santiago at cdesantiago@riversideunified.org (951) 352-6740 Ext. 83822

The Nutrition Connection

Help your Students make healthy food and activity choices with our FREE resources!

Girls On The Run

In November, Polytechnic High School held a 5k movement called **Girls on the Run**. At the event, the girls were kept hydrated with fruit infused **spa water** provided by RUSD Nutrition Services. The girls were also given **delicious oranges** that were donated from **Alba's Nursery** our local farmer. Girls on the Run is an organization that teaches young girls important life skills and involves them in fun activities like this 5K marathon. **WAY TO GO GIRLS!**

To learn more about the organization, [click here](#).

WINTER Key Dates

12/25-1/8- Winter Break
 January 15th- Martin Luther King Day
 February 16th- Lincoln's Day Observed
 February 19th- Presidents Day Observed
 March 4th-8th- School Breakfast Week
 March is National Nutrition Month!

Harvest of the Month

Broccoli

Broccoli is a cool seasonal crop that is packed with vitamin C, vitamin K, and folate. It can be eaten in many different ways. Enjoy it fresh with a side of hummus or eat it steamed as a side dish. Try to eat broccoli uncooked as much as possible to receive the most nutrients and health benefits!

Wellness Tips

Ideas for indoor physical activity:

- Read standing up
- Go indoor ice skating
- Yoga or pilates
- Zumba

Winter Recipe Ideas

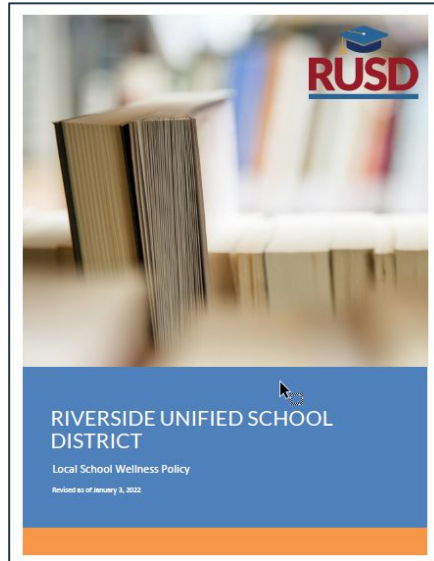
- Easy Turkey Skillet Dinner
- Black Bean and Vegetable Quesadillas
- Herbed Rice with Chicken and Beans
- Slow Cooker Salsa Chicken
- Slow Cooker Barley and Lentil Soup

RUSD Unified School District
 Funded by USDA SNAP, an equal opportunity provider and employer.

Política local para el bienestar escolar

Conexión comunitaria

- Reuniones
- Fijar metas
- Desarrollo
- Implementación
- Repaso
- Actualizar



NUTRITION POLICY GUIDELINES	
LOCAL SCHOOL WELLNESS PLAN	
This policy outlines Riverside Unified School District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Local schools are to promote and implement the recommended guidelines below to optimize students' overall health.	
GUIDELINES	
BEVERAGE	FOOD
Plain Water Non-Dairy Milk Low-Fat Milk Veggie Juice Fruit Juice - No added sugar	A food item may be offered if it is a fruit, non fried vegetable, dairy food, grain, cheese (allowable protein food), or whole grain item.
IDEAS	
SNACK	CELEBRATION
Fruit and Veggies Low-Fat Dip Applesauce Granola Popcorn Fruit Parfaits Low-Fat Cheese	Focus on FUN over FOOD Potluck Show a Movie Class Music Games Staff vs Students Activity Spirit Day
FUNDRAISERS	NON-FOOD REWARD IDEAS
Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.	Fun Friday Arts and Crafts Sit by friends Extra Credit Free time at the end of class
Please view the RUSD Wellness Policy for additional information. Funded by USDA SNAP, an equal opportunity provider and employer.	

Centro de alimentos del RUSD

Contrato de resiliencia con la Ciudad de Riverside (2022)

- Ayuda con alimentos en los departamentos con personas de tercera edad de bajos ingresos
- Ayuda con verduras y fruta de la despensa de alimentos
- Programa de caja de alimentos de los parques de Riverside



Subvención de granja a las escuelas

- Para promover las frutas y verduras frescas
- Promover la educación de la nutrición
- Apoya a los granjeros locales minoritarios



Compromiso comunitario



Grow Riverside
Summerfest
Visitas a las granjas
Degustación con los alumnos
Festival de alimentos en Servicios de
Nutrición



Metas de Servicios de Nutrición 2023-2024



Continuar sirviendo comidas de alta calidad a todos los alumnos



Aumentar el compromiso comunitario



Aumentar la participación en el programa de alimentos

Preguntas y respuestas

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Gracias