

LUNCH: Push is on for better, tastier food in schools

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purchasing food at the cafeteria since November, when Angelena Bosco started full time. She believes that is due to the positive attitude in the kitchen.

“Kids wave now and have a good feeling about coming in (to the cafeteria),” says Bosco. “We would love to have more students eat hot lunch and are constantly asking ourselves how can we get more students to come in? What can we improve upon?”

There is a common theme throughout all three kitchens in the district — positive energy.

Angelena Bosco loves working with the kids at the elementary school. Cafeteria staff even set up a program that allows for two or three students from third and fourth grade to come in and help at lunchtime. Students that participate choose to miss their lunch recess to volunteer in the kitchen and they are having so much fun they keep coming back.

“They love to serve during the lunches because they

get to see their friends,” says Bosco.

“We laugh a lot,” says Lisa Lawrence, who works alongside Bosco at the elementary school. “It’s a toss-up for my favorite part of the job between spending time with the kids every day and having such great co-workers to work with. My only regret is that I didn’t do this while my kids were in school.”

At the high school, Rood loves to share new food with the students.

“There was a senior a few years back that had never had a kiwi,” says Rood. “I cut it up and encouraged him to try it, he came back and said it was the best thing he ever tasted.”

As spring comes around Rood is especially looking forward to using her living wall in the cafeteria. A contribution from the Sisters Science Club a few years back, the living wall allows her to grow herbs, edible flowers, tomatoes and more right in the cafeteria.

“Students can walk by on their way through picking up their lunch and grab a tomato,” she says. “They have told me they don’t like tomatoes. I tell them to try one from the vine, and sometimes it changes their mind.”

Kids can benefit from lunch program

By Erin Borla
Correspondent

There are students in Sisters who could benefit from the free or reduced lunch program at all three local schools.

“The free and reduced lunch program can help families by allowing them to put their limited resources into other needed areas,” says Sisters Elementary School Principal and District Special Programs Coordinator Becky Stoughton.

According to the National School Lunch Program, a federally assisted meal program operating across the country run by the USDA, any child participating in school may purchase a meal. Families listed at or below 130 percent of the poverty line are eligible for free meals (130 percent of the poverty line represents a household income of \$30,615 or less for a family of four) and those who are between 130 and 185 percent of the poverty line are eligible for reduced lunch (a household income of \$43,568 for a family of four.)

Families may apply for the program at any

time throughout the year. Applications for the free and reduced lunch program need to be completed on an annual basis and are available at all District sites. Assistance with completing the application is available through the Family Access Network.

The records for the free and reduced lunch program are confidential. Access is highly restricted to ensure there is no identifiable difference between students in the program and students that are not.

Currently Sisters Elementary School has 40 percent of the student population on the free and reduced lunch program. That means more students are getting access to meals throughout the day.

The program is also used as a federal identifier for schools and districts that are in need of additional support. When schools reach certain percentages, they can apply for additional federal programs and support.

For example, districts with more than 50 percent of the student population eligible for free and reduced lunch allows for the USDA to subsidize

after-school snacks and the free summer lunch program. The 50 percent number also activates a higher level of support for Title I Programs and personnel.

Even though applications are accepted throughout the year, federal programs which use the free and reduced lunch numbers to determine eligibility are decided in October for the school year.

For more information contact Stoughton at 541-549-8981.

CORRECTION

The article “Clean eating in a hectic world,” (*The Nugget*, March 9, pg. 14) gave an incorrect business name and website for nutritionist Sarah Wilder. Sarah, who also offers nutrition and food-choice advice at Melvin’s Fir Street Market, operates the nutrition consultation practice Healthy Healed You, LLC. Her website for further information is www.healthyhealedyou.com. The site was expected to go live Wednesday, March 16.



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