

Farm to Table means healthy eating

By Erin Borla
Correspondent

October is National Farm to School month, and the Sisters School District is celebrating it to the fullest.

Throughout the next month students will get an opportunity to taste-test different foods, create their own toppings on items like vegetarian chili and the baked-potato bar, as well as enjoy fruits and vegetables straight from the farm.

“This month we have the smallest, most flavorful grapes from Cottage Grove,” said Terri Rood, nutrition services operations assistant. “And cantaloupe, watermelon, broccoli, celery and cauliflower from Mt. Angel’s Happy Harvest Farms.”

Rood is most excited about the vegetarian lasagna — made with vegetables straight from the Seed to Table program here in Sisters — as well as vegetarian chili and the baked-potato bar. Both the chili and the potato bar will have toppings set out for students to pick and choose and add their own selection of unique items.

“We will have steamed broccoli, bacon bits we make in-house, salsa, cheese, onions and instead of sour cream we serve non-fat Greek yogurt,” said Rood.

The nutrition services staff does their best to mix kid-friendly food like pizza and corn dogs — made with all-beef hot dogs and whole-grain corn breading — with additional, more healthy alternatives. A salad bar and selection of fruits are offered every day.

“The Farm to School program allows us to have ‘new’ fresh foods for the students to try and learn about,” said Rood. “We love to see their eyes light up when trying something new, kiwi one year and jicama last year.”

The local Seed to Table program is working closely with the nutrition services team to provide weekly tastings where students will have the opportunity to try cabbage, tomatoes, squash, potatoes, kale and other vegetables. Many items in the daily food bar will highlight local produce, much of that from the Seed to Table program as well.

The Oregon Farm to

School programs are housed under both the State agencies of agriculture and education. According to their website, “Farm to School was launched to empower children and their families to make informed food choices while strengthening the local economy and contributing to vibrant communities.”

For the last several years

“ I really feel that we have a great team in our Nutrition Services Department. — Teri Rood

the District has participated in this month of celebrating local foods — but not just during the month of October.

“We offer our salad bar year-round,” said Rood. “Many of our fruits and vegetables are locally sourced from farms throughout the state of Oregon.”

In fact all three schools received a brand-new salad-bar cart for this school year



PHOTO BY ERIN BORLA

Oh, that vegetarian lasagna!

donated by Oregon Potato Commission.

“We knew they were going to donate one bar,” said Rood. “But when it ended up being one for each school — a total of three — I just thought that was so amazing.”

All three schools have daily breakfast and lunch items available.

“I really feel that we have a great team in our Nutrition Services Department,” said Rood. “Our staff works

around all the obstacles to get meals out in a timely manner and presented well. Teaching students about choices is an ongoing venture for all our staff — and we enjoy it.”

Students who are eligible for the Meal Benefit Program (free and reduced lunch) need to fill out a new application every year. Applications can be found at each of the school sites or on the School District website at www.ssd6.org/nutrition.

Absolute Serenity Senior Care
Enriching the lives of those we serve, one day at a time

Come see us today!

Beautiful living spaces for residents
Resident manager positions — grow with us
Special events for residents: music, art, field trips & more!

Call for current availability.
Tours by appointment, 541-848-3194

HELEN'S HOUSE | ANNA'S HOME | PENNINGTON'S PLACE
119 N. Rope St. | 192 E. Tall Fir Ct. | 182 E. Tall Fir Ct.

Absolute Serenity

Absolute Serenity has been bringing quality senior care in a home environment to Sisters for over seven years.

Absolute Serenity offers three homes to serve 15 residents in our local community with care, services and activities to serve our residents' individual needs, promoting independence, while providing the care and services that are needed when the time is right.

Transportation is provided for outings, events, shopping, drives and doctors appointments. Quality caregivers and managers hold a high standard for quality care and a comfortable and clean environment.

It's a family-friendly atmosphere with activities like weekly chair aerobics, bible studies, movie



night, bingo two to three times monthly, game nights, event nights, BBQs, daily and weekly walks.

Absolute Serenity's homes offer private rooms with half-bath, emergency call systems, and security and monitoring systems for safety

All-inclusive rates include but are not limited to private room, care and services, meals, transportation, medication management and administration, doctor communications, and activities.

HEALTHY & DELICIOUS!

SOMETHING FOR EVERY DIETARY NEED!
GLUTEN-FREE | DAIRY-FREE | VEGAN | RAW

- Creative selection of lunch entrées and soups
- Fresh handcrafted baked goods daily
- Organic fresh fruit & vegetable juices
- Green smoothies



121 W. Main Ave.
541-549-9122
www.AngelinesBakery.com

Angelina's Bakery & Café

Angelina's Bakery & Café has built a reputation across Central Oregon for providing delicious and healthful meals and treats that everyone can enjoy.

At Angelina's Bakery & Café, convenience doesn't mean sacrificing quality or taste. It means you get to enjoy great food that meets your dietary goals — and tastes great!

There really is something for everybody — whatever your special dietary needs. Vegan? Gluten free? Soy free? They've got you covered.

“We do that for ourselves and our customers,” Angelina Rhett notes. “We have fun making special dietary things taste good.”



Delicious food that is good for you has become a way of life — which is why you see your friends gathering here for a morning meal or for a nutritious lunch — or to grab some quality food on the go. It's all about community, and that's what Angelina's Bakery & Café has created in Sisters.