

THE REVY READER

A newsletter with contributions from students, teachers, and Revolution Foods for our school community

Winter Semester, 2009

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- ◆ Boys and Girls Club of the Peninsula
- ◆ Edison Charter School, San Francisco

Teacher Take: The Impact of Revolution Foods

By: Sean Mendy, Director of Collgebound Programs, Boys and Girls Club of the Peninsula

Getting high school students to eat healthy is a frequent struggle. The Boys and Girls Club sees most students consuming Hot Cheetos, Starbucks Frappuccinos, tortilla chips, French fries, and other unhealthy foods for breakfast, lunch, and dinner. Some students don't see a piece of fruit the entire day. Since becoming aware of these unhealthy patterns, the Boys and Girls Club of the Peninsula has made health and nutrition a priority within our organization. Partnering with Revolution Foods has aided us in making this project a reality.

Revolution Foods encourages healthy eating through both the meals they serve and the education they offer. Learning to make healthy choices is especially important among the high school population. Unlike elementary school children, high school students frequently have the option of choosing what goes into their bodies. If uneducated, many choose foods lacking nutrients or health value. Revolution Foods is there to help our teens make the healthier decision. Our teens are slowly learning the benefits of healthy eating, consuming Revolution Foods for dinner every evening.

After a long day at school, teens have more trouble focusing and doing homework if they're eating ill balanced, unhealthy foods. We find that eating a well-rounded Revolution Foods meal helps them concentrate for longer periods of time and helps them stay motivated until the end of the night. When our teens graduate and go off to college, we want the teens to remember not only the help they received from us, but also from Revolution Foods. We hope the knowledge of how to eat healthy will remain with them for years to come.

Featured Student Profile

Name: Joanna Palacios

School: Edison Charter School San Francisco

Grade: 3rd, Ms. Chambers' class

Interests: art, music, drama

Hobbies: Dancing, basketball, hanging out with friends

Favorite fruit: watermelon

Favorite RF Meals:

Baked ziti pasta

Why I Eat Revolution Foods:

These girls eat school lunch to stay healthy. Joanna knows that when she doesn't eat a good lunch she gets grumpy in school. Around the same time that Edison started serving Revolution Foods for lunch, a "no junk food"

policy was implemented on campus.

Candy, chips and sweets are not allowed unless there is a special occasion.

Although the students like Joanna miss junk food, she knows that "eating healthy lunches helps improve your curriculum."

Message to Other Students:

You have to try your food to know if you like it. Also, the pears are really good.

What's New at Revolution Foods



In October Revolution Foods showcased a new item on the menu, a huge burrito full of chicken, beans, rice, and corn, "smothered" in red sauce and cheese. Revolution Foods asked all of our schools and students to submit their ideas for a fitting name for this cheesy, saucy burrito. We received almost 100 submissions with creative titles like 'Boom Boom Buried Burrito,' 'The Cheese Bomb,' and 'Holy Moly Chicken Burrito.' After much deliberation among regional teams, we decided on our winner: "**Covered 'n' Cheesy Chicken Burrito**" as the new, official name of this gigantic,

cheesy, and delicious meal. Congratulations to **Caleb Duarte** from **Charter School of Morgan Hill** for his winning submission! Look for the newly named Covered 'n' Cheesy Chicken Burrito with our classic Ranchero sauce served with fresh fruit in December and January!



Caleb Duarte
Charter School of Morgan Hill

Did You Know?

GETTING TO THE ROOT OF IT

Did you know that sweet potatoes and regular potatoes are actually two unrelated vegetables? Did you know that most of the vegetables sold as "yams" in this country are actually sweet potatoes?

The sweet potato is a long and tapered root vegetable with smooth skin, ranging in color from white to brown and red to purple. The flesh of the root also comes in many of colors including white, yellow, orange and purple. Despite its name, the sweet potato is not a variety of the common potato. Rather, the sweet potato plant is a vine more closely related to the morning glory. It is the starchy root of this plant that is most commonly eaten, however its leaves are also edible (unlike the common potato, whose foliage is toxic). Sweet Potato vines are also grown as ornamental garden plants.



In the US, sweet potatoes are often called "yams," but yams and sweet potatoes are also two distinct vegetables. True yams have a rough skin, and white to pinkish/purple flesh, and are a primary subsistence crop in West Africa and New Guinea. They can be stored up to six months without refrigeration and can grow up to 8 feet long!

Sweet potatoes are native to South America, and today are grown in tropical and warm temperate regions throughout the world. China is the leading global producer of sweet potatoes, although about half of the 100million tons grown there annually are fed to livestock. In the US, North Carolina is the largest producer of sweet potatoes, followed by California, Louisiana, and Mississippi.

Sweet Potatoes have many nutritional benefits. They are rich in fiber, complex carbohydrates, beta carotene, and vitamin C. They are also rich in flavor, and are used in many dishes that frequently appear on the menu around the winter holidays. Consider including sweet potatoes in your diet on a regular basis to add a splash of color and natural (and nutritious) sweetness to your plate.

Recipe Corner - Quick and Easy, Fun and Tasty!

MIX AND MATCH TRAIL SNACKS: *Create your own fun snack*

Match your favorite ingredients for delicious healthy treat you can make in no time at all! Here's a few suggestions, but be creative with what you can find in your house. Remember ¼ cup is the ultimate portion size!



Suggested Ingredients

- ☞ Corn Flakes
- ☞ Pretzels (break them up for a fun twist!)
- ☞ Sesame seeds
- ☞ Golden raisins
- ☞ Coconut
- ☞ Wheat germ
- ☞ Dark raisins
- ☞ Dates
- ☞ Carob chips or dark chocolate chips
- ☞ Shredded Oats Cereal
- ☞ Nuts (peanuts, almonds, walnuts)
- ☞ Dried fruit
- ☞ Sunflower seeds
- ☞ Yogurt covered nuts
- ☞ Banana chips

Places to Visit:

The holiday season is finally here! Take a break from the cookies and hot cocoa to get some fresh air and exercise! Visit the Frosty Mountain Tree Farm in Sebastopol with your family for some winter holiday fun! The 35 year old family owned ranch has been providing Christmas trees to the residents of Sonoma County since 1985. The apple ranch turned tree farm boasts a spectacular tree variety, featuring the traditional Douglas and Noble Firs as well as the more unique Leyland Cypress and Scotch Pine. Come explore the vast forest of trees and pick one for yourself!

Even if you decide to skip the tree, you and your family can still spend the morning walking through the beautiful greenery before enjoying a delicious holiday picnic in the scenic picnic area. Follow up your healthy mid-day snacks with a hay ride surrounded by the lovely view of Mount St. Helena, the Geysers, the Sonoma Mountains, Santa Rosa, and Rohnert Park. For a special holiday treat, visit Mrs. Klaus' kitchen for some fresh apple fritters and hot apple cider! Yum!

Address: 3600 Mariola Rd. Sebastopol, CA 94572
 Hours: Weekdays 12:00 – 5:00 Weekends 9:00 – 5:00
 Contact: 707.829.2351



Name that Fruit



How do I taste?

Although I have a wonderfully fruity and tropical fragrance, I usually taste pretty tart and dry if eaten freshly picked from the tree. But if you cook me, I taste much juicier and sweeter.

Where am I from?

I grow on small trees native to southwest Asia, but am now grown in many places around the world, including Argentina, Chile, and California.

What am I good for?

In addition to being a tasty addition to sauces and baked goods, in some cultures my seeds are used as a remedy for sore throats and coughs. I am also a great source of vitamin C.

How do you eat me?

Only a few of my varieties can be eaten raw. More frequently I am made into jam or jelly, or added to pies and other baked goods to enhance flavor. If I am cooked for a long time, my white/yellowish flesh turns red.

What's my name? If you think you know what I'm called, send an email to: nutrition@revolutionfoods.com

Winners will be recognized in the next Revolution Foods High School Newsletter!

Name that Fruit Winner:

The winner from the Fall Revy Reader "Name that Fruit" is **Melissa Fischer** from San Diego who said "The mystery fruit is a **cactus pear**. We see them growing in San Diego."



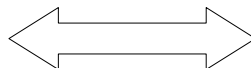
Games and Puzzles

Get "sugar smart" for the holiday season!

Sugary treats are plentiful during the holiday season. See how "sugar smart" you are by matching the teaspoons of sugar in each of these holiday treats:

Holiday Goodies:

- 1) Slice apple pie
- 2) Standard size candy cane
- 3) 8 oz eggnog
- 4) 8 oz hot chocolate
- 5) Grande peppermint mocha
- 6) Frosted sugar cookie
- 7) Slice pumpkin pie





Sugar Quantity:





- a. 12 ¾ t
- b. 8 ¾ t
- c. 3 ¾ t
- d. 5 ¼
- e. 8 ½ t
- f. 6 t
- g. 2 ¾ t

The holidays bring friends and family together to celebrate over special meals. With one holiday after another, people often gain weight because these celebrations usually involve high fat and high sugar foods. Enjoy these meals while keeping your diet healthy. Try our holiday eating tips and revamp your favorite traditional celebration foods to be delicious and nutritious!

The day of the party:

-  Eat normally on holiday party days. Don't skip breakfast and lunch or save your entire appetite for the big dinner.
-  If you are overly hungry before a meal, you'll likely eat faster as well as overeat.

When you fill your plate:

-  Be choosy. Don't feel the need to try every dish. Eat only what you love.
-  Go for small portions. Serve yourself a sensible amount and savor every bite.
-  Make room for veggies. Try to fill ½ of your plate with vegetable dishes.
-  Select less of the high fat items (fried foods, cream based soups, casseroles filled with cheese)

FROM KITCHEN to TABLE		
DAIRY	MEAT	VEGETABLES
Shop for dairy products that have a label that says “made from cows not treated with rBST” or other hormones.	Choose leaner cuts of meat. White meat is lower in fat than dark meat. Turkey breast or chicken are the leanest types.	Try not to add fat to your vegetables, but when you do, choose healthy fats. Flavor roasted vegetables with olive oil and fresh herbs instead of creamy sauces and butter.
Use low or non-fat dairy products in your recipes when possible such as low-fat milk, light cream cheese, or reduced fat cheddar.	Trim the visible fat off of meats and remove the skin from poultry. Cook meats on a rack so fat can drip away.	Leave the skins on your potatoes for extra fiber and mash with skim milk, low-fat sour cream, yogurt or low-sodium chicken broth.
If it is not possible to make a substitution for spreads or condiments like mayonnaise, butter, or sour cream, use a small amount on your plate.	Cool soups, gravies and stews before serving and remove the hardened fat that has collected on the top.	Add fresh cut veggies to your appetizers and include a salad as part of the meal.