

THE REVY READER

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

Fall Semester, 2009

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Acknowledgements

- ◆ Colorado High School Charter
- ◆ Littleton Academy

Teacher Take: The Impact of Revolution Foods

By: Denise Hartsock

How do you tell a teenager that the \$1 lunch menu is not good for them when their wallet tells them otherwise? Or that a Starbucks shake has more sugar than their body's need in days? Or that a salad can actually have more fat than a burger? The fact is you can't. That is why I asked Ginger from Revolution Foods to come to teach a one-day nutrition class for my students.

Revolution Foods does our lunch program at Colorado H.S. Charter, providing nutritious, well balanced, portion-sized meals. The sad thing is that because our students are so used to loads of saturated fat and sugars in most of their foods, it's hard for them to appreciate the benefits of these delicious, nutritious meals. My goal with Ginger's visit was to at least expose the students to some basic nutritional information in order to help them make healthier eating choices.

The day of Ginger's lesson, the student's weren't sure what to expect, but she quickly made it clear that she wasn't there to change their entire eating habits in one fell swoop, or condemn them for how they did eat. She stated that her goal was to show (not tell) the students exactly how much fat and sugar was in some of their favorite snack and meal foods they eat every day.

To start she showed them how much sugar and fat an average person should eat in a single day. Then, she divided

the kids into groups and had them appropriately measure out the amounts of fat (Crisco) in items such as a Taco bell taco salad, a 10 piece chicken McNugget, a 4oz. bag of Cheetoes, and a cheeseburger and french fry. Other groups were busy measuring the amounts of sugar in items such as a Starbucks Frappacino, Jamba Juice smoothie, Nesquick, and Welch's grape juice.

Shortly after starting, the exasperated comments started flying. "Oh my God, I thought Jamba Juice was good for me because it was juice!" "Cheetoes have more fat than a hamburger!" "A taco salad has that much fat!"

It was amazing to see some of the students' reactions to seeing the fat and sugar in the foods they eat every day. They were appalled. Ginger took a few minutes to discuss the results and reactions, not judging when a few of the students said, "but it tastes good so I'm still gonna eat it." The fact is, we realize some, if not many, students won't change their eating either because of tastes or money. But for Ginger and me, we find success knowing that we got the information out there to the students and even if they make one better nutrition choice for themselves each day, we've made a difference. It was a pleasure to have Ginger in my class, and I would most definitely invite her back again.

Featured Student Profile

Name: Anonymous Student

School: Littleton Academy

City: Littleton **Grade:** Middle School

Background: Students were asked to submit an essay about the importance of healthy foods to win the opportunity to cook Veggie Stir Fry with Noodles for all their peers. Below is one of the winners' submissions:

"Eating healthy is the most important thing for everyone. You have to eliminate unhealthy foods such as high fructose corn syrup and monosodium glutamate. 40% of American kids

are obese or have diabetes and that is caused by unhealthy diets. Lots of kids lack many vitamins because they fill their bodies with junk. The way food should be eaten is vegetables first, proteins second, and dessert last. If most students eat this way the world would be healthier and less problems would occur. All kids should eat this way and be good role models for younger generations and create a better, healthier environment for parents and children."

Revolution Foods would like to thank all the students who submitted essays and poems for the contest. Good work!



What's New at Revolution Foods

In October, Revolution Foods was excited to showcase a new item on the menu. We were sure of a few things- it was an exciting spin on a classic burrito; it was huge and stuffed full of beans, rice, corn and chicken; and it was "smothered" in red sauce and cheese. We called it the Cheesy Smothered Chicken Burrito, but needed your help to come up with an official and slightly less gruesome name for our unique new meal!

By announcing our need for a name in the form of a contest, Revolution Foods asked all of

our schools and students to submit their ideas for a fitting name for the cheesy, saucy burrito. We received almost one hundred submissions with creative titles like 'Boom Boom Buried Burrito,' 'The Cheese Bomb' and 'Holy Moly Chicken Burrito'. After much deliberation among regional teams, and even approval from our Executive C Chef Amy Klein, we have decided to adopt "Covered 'n'Cheesy Chicken Burrito" as the new, official name of this gigantic, cheesy, and delicious meal.

Look for the newly named "Covered 'n'Cheesy Chicken Burrito" in December on Friday the 11th.

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!

Source: Revolution Foods

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.

MIX & GO!: Remember ¼ cup is the ultimate portion size!

Suggested Ingredients

Corn Flakes	Shredded Oats Cereal
Pretzels (break them up for a fun twist!)	Peanuts
Sesame seeds	Walnuts
Golden raisins	Dried fruit
Coconut	Sunflower seeds
Wheat germ	Carob chips or Dark Chocolate chips
Dark raisins	Yogurt covered nuts
Dates	Banana chips



Places to Visit:

The Denver Botanic Gardens has two of Denver’s best Winter Wonderlands at their *Blossoms of Light* in downtown Denver and their *Trail of Lights* at Chatfield. There are millions of dazzling lights to please your eyes and live music to please your ears. The best feature, the 3-D HoloSpex glasses, enhances the entire park with 3-D snowmen and snowflakes.

At *Blossoms of Light* you will see many intricate and beautiful ice sculptures.

At *Trail of Light* you can play in a treehouse and take a tour of a restored 1880s homestead.

Both locations will offer warm drinks and tasty treats for the family.
Cost: \$9 Adults, \$7 Students & Seniors, \$6 Children

Blossoms of Light
Location: 1005 York St., Denver, 80206
Open: Dec. 4th-Jan 3rd
Hours: 5:30-10 pm

Trail of Light
Location: 8005 Deer Creek Canyon Rd., Littleton, 80128
Open: Wed-Sun
Dec. 4th-Jan 3rd
Hours: 5:30-10 pm



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 soar 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!
Last edition’s answer: the cactus pear. Winner from last edition: Melissa Fisher from San Diego!



GAMES/ PUZZLES

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:

- | | |
|-----------------------------|-----------|
| 1) Slice apple pie | a. 12 ¾ t |
| 2) Standard size candy cane | b. 8 ¾ t |
| 3) 8 oz eggnog | c. 3 ¾ t |
| 4) 8 oz hot chocolate | d. 5 ¼ t |
| 5) Grande peppermint mocha | e. 8 ½ t |
| 6) Frosted sugar cookie | f. 6 t |
| 7) Slice pumpkin pie | g. 2 ¾ t |



Newsworthy Notes



Who's Who at Revolution Foods

Is it possible to work with your sibling all day and not get annoyed? Just ask Geoff and Reese, two of the chefs that make your lunches fresh every day. Geoff is the older of the two siblings and the two go together like peas and carrots! This dynamic pair keeps our kitchen filled with melodic laughter all day long. After all, Geoff points out, "[Reese] likes to laugh and tell jokes," and Reese tells us that Geoff, "always has a smile on his face."

There's more to these brothers than just fun and games. Geoff was an Executive Chef for a charter school and also ran an after school program for at risk youth. Reese works extra hard each day balancing work, his kids, and going to school. These guys also manage to work out each day.

When asked why they work at Revolution Foods:
Geoff, "I have a passion for food and I love the kids!"
Reese, "I'm all about the kids and healthy eating!"

School Partnership Team Changes

Big news as we enter the new year: we're excited announce the promotion of Sonia Sisneros, our Office Manager, to our second School Accounts Manager! Sonia will be joining Ginger Alferos on our school partnerships team at the end of the year. Sonia's been with us since our launch here in Colorado and brings an exceptional level of professionalism, energy, and responsiveness to her new role. She's been participating in many of our school partnerships efforts since August, and we're excited to have her in the role full time.

Also transitioning in the new year, Kate Mayer, our Director of School Partnerships, will be stepping down from her position at the end of December. Kate has done a wonderful job for us and I know many of you have interacted with Kate over the past few months. Kate will likely remain with the organization in some capacity but is making the change to have more time with her young children: Mack and Hap. We will miss Kate's presence here full time but are excited to still have her on board with us.