



**Households can apply for free and reduced meals all year long and especially when there has been an economic change to the household.**

\* Reminder - Breakfast and lunch are free of charge to all students at Central, Lafayette, Oak, Periwinkle, South Shore, Sunrise, Takena and Tangent. Be sure to take advantage of this great opportunity if your student(s) attend any of these schools. For more information regarding CEP, Community Eligibility Provision, please call Nutrition Services at 541-967-4622.



**GAPS summer food service program will start on Tuesday, June 18th and run until Friday, August 23rd, being closed July 4th and 5th. Summer lunches are FREE to all children 18 years and younger. Summer food service sites will be at Boys and Girls Club, YMCA, Calapooia Middle School, Central Elementary School, Lexington Park, Sunrise Park, Takena Elementary and Burkhart Park.**

**We will send out a special Summer newsletter in early June with meal service times for these sites, so stay tuned!**

# FUTURE CHEFS 2019



Hannah Stevens, Rachel Madison, Lily Diaz, Teagan Archer, Sophia Brandon & Jai Eatmond

We had so much fun at Future Chef this year. We had eight finalist out of over fifty entries, of the eight six were able to compete for the chance to have their recipe submitted to win the Future Chef Nationals competition. All of the students did an amazing job and created tasty dishes, but one stood out above the rest. Hannah Stevens took home the Grand Prize with her Guacamole Cones recipe. Great job and good luck in Nationals!

## THANK YOU JUDGES AND KITCHEN STAFF!

We couldn't put on this event without our kitchen staff and volunteer judges! We would like to state a huge thank you to them for helping us host another successful Future Chef event.



Judges: Megan Byrd, Gary Dahlquist, Sharon Konopa, Jenny Stutzman & Lisa Harlan



GUACAMOLE CONES

### CONTESTANTS & RECIPES

- 1ST PLACE: HANNAH STEVENS & GUACAMOLE CONES
- 2ND PLACE: SOPHIA BRANDON & FIESTA PINWHEELS
- 3RD PLACE: JAI EATMON & TACHILA/ TACO PIZZA
- 4TH PLACE: LILY DIAZ & ENCHILADAS
- 5TH PLACE: TEAGAN ARCHER & CARNE ASADA TACOS
- 6TH PLACE: RACHEL MADISON & CALDU DE POLLO
- WASN'T ABLE TO ATTEND:
- AVERY MEDONICH & ALBONDIGAS SOUP
- ADDISON PHELAN & FABULOUS FISH TACOS



Dean Putnam, Laurie McPhetters, Kim Hill, Sarah Evans, Raegan Tierce, Melissa Longtin & Jessica Briggs

## Nutrition

In August and September produce is ripe and bountiful. That is why our fresh pick of the month is something seasonally tasty—cucumber!

Cucumbers contain most of the vitamins you need every day! Just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc (whew!)

Crisp cucumber is a lovely addition to raw salads. Its vitamin-rich, hydrating qualities make it an excellent juicing ingredient & cucumber water is a treat—just soak cucumber and lemon slices in a pitcher of water! Enjoy this tasty nutrient rich veggie now through October.



## GAPS Future Chef Finalist Makes Top 5 Nationally



Hannah Stevens of Liberty Elementary placed Top 5 Nationally in the Sodexo Future Chef competition with her Guacamole Cones recipe. This was no small feat, Hannah's recipe was chosen out of over 50 recipe entries and so her journey to the top 5 began. Hannah took 1st place at our local competition on March 21st which was held in the foods classroom at South Albany High School. Judges scores students on several aspects including if their recipe was Kid Friendly, Easy to Prepare, Original, Taste, Healthy Attributes and Plate Presentation. Upon taking home the gold her recipe was entered into a national contest where she then placed in the top 40 out of 256 entries. Hannah then went on to place in the top 5! Now we will be making a short video of Hannah and submitting that video for public voting. See more below on when and how to vote for Hannah.

### Hannah's Award Winning Recipe

- 1.6 (6") Flour Tortillas
- 2.1 Tbsp Vegetable Oil
- 3.1 tsp. Chili Powder
- 4.2 Ripe Avocados
- 5.1 ½ tsp. Fresh Lime Juice
- 6.¼ tsp. Salt
- 7.¼ tsp. Pepper
- 8.2-3 Plum Tomatoes, chopped

- 1. Preheat oven to 350°F. Line baking sheet with parchment paper.
- 2. Cut tortillas in half roll each tortilla half into a cone shape, secure with toothpick. Brush with oil and sprinkle lightly with chili powder.

- 3. Bake 9 min. or until lightly browned, turn cones upside down. Bake about 5 min. or golden brown on all sides, cool cones 1 min. Remove toothpick and cool completely.
  - 4. Guacamole, cut avocados in half remove the pits scoop avocado pulp from skins. Place in a medium bowl, mash with fork, stir in lime juice, salt, pepper, stir until blended.
  - 5. Fill bottom of each cone with 1 tsp of chopped tomato and top with scoop of guacamole then add more tomato.
- Makes 12 Cones**



### Quotes from Hannah

Describing her recipe: "Guacamole cones are yummy, healthy and easy to make. You're whole family will ask you to make them again!"

Describing what inspired her recipe: "Because it was fun and I thought a lot of kids would like it. When I found out that it was Mexican themed, the recipe popped in my head and I just went for it."



### Voting Information

Voting will be available to the public starting the morning of Monday, April 22nd through Sunday, April 28th closing at Midnight EST. You will find the link to vote on the following websites:

Greater Albany Public Schools Website  
<https://albany.k12.or.us/>

Greater Albany Public School Facebook  
<https://www.facebook.com/greateralbanypublicschools/>

Sodexo Facebook  
<https://www.facebook.com/sodexomain/>

GAPS Nutrition Services Sodexo Facebook  
<https://www.facebook.com/GAPSNutritionServices/>

National Event Progression: Over 2,700 elementary-aged students participated in 256 local events throughout the month of March. Those 256 local events took place in 31 states representing over 1,400 Sodexo-served school sites.

**Congratulations Hannah! We hope you take 1st Place!**