

## Spotlight On . . . Pittsburgh Job Corps Center

### In this Issue

Spotlight on PJCC	1
Let's Get Healthy Job Corps: Food & Nutrition	2
Food Service: Ready, Set, Go!	2
Start with Simple Changes	3
Phasing Out Soda	3
Dairy Alternatives	3
Fruits, Vegetables, Recipes	4
What's Next?	7

The Pittsburgh Jobs Corps Center (PJCC) has taken their healthy lifestyles program to the next level by making staff and student health a center-wide priority. PJCC formed the 'SO FINE' (Student Opportunities for Fitness, Information, Nutrition and Exercise) Committee to elicit student feedback and began making changes.

PJCC started this initiative by enhancing their recreational activities. They started a walking campaign sponsored by the Student Government Association and modeled after the national *Let's Move* campaign. Staff members also participate in ICOUNT, a nutrition and fitness program sponsored by Career Systems Development.

Through many suggestions from the SO FINE Committee, PJCC is providing healthier food options and educational opportunities for staff and students:

- **No more sodas in the cafeteria.** PJCC successfully phased out soda in the cafeteria and replaced soda machines with juice machines—four out of the five juices provided are 100% juice.
- **Nutritional counseling.** PJCC brought in a guest dietitian to educate students on proper nutrition and on making good food choices.
- **Healthy meal selections.** The cafeteria includes healthier choices at every meal.
- **Healthy food labeling.** Healthy food selections are labeled with the *Fit Corps* logo (at right).
- **Dessert options.** Desserts are served only at dinner, with fresh fruit and yogurt always available as dessert options. Fresh fruit and whole grains are also served at every meal.
- **Healthy parfaits.** Students can make their own breakfast parfaits at the cafeteria's yogurt, fruit, and granola bar.
- **Healthier snacks.** PJCC is working on improving evening snack options in the dorms.



'Fit Corps' Logo

With all these efforts, PJCC staff members are hoping students will make better food and exercise choices during their stay in Job Corps and throughout their lives. Because of the many programs offered to students and staff, PJCC has adopted the motto, '*Fit Corps*.'

### Nutrition Dates to Note

- April 14 is National Pecan Day
- April 25 is National Zucchini Bread Day
- May 1-7 is National Raisin Week
- June is National Fruit and Vegetable Month
- June 17 is National Eat Your Vegetables Day

Want the SPOTLIGHT on your center? Tell us how your center has improved and used HEALS!

Email Julie Luht at [Julie.Luht@humanitas.com](mailto:Julie.Luht@humanitas.com)

# Let's Get Healthy Job Corps: Food & Nutrition

During the first year of the Healthy Eating and Active Lifestyles (HEALS) program, a new theme will be introduced each quarter to assist centers in integrating HEALS components into center life.

During this first quarter, April-June 2011, the theme is *Let's Get Healthy, Job Corps!* — which focuses on how center food service operations can increase the number and types of healthy food options available to students. For HEALS to have a positive and lasting impact on Job Corps, students need access to healthy food.

Instead of offering one or two healthy options, centers are encouraged to gradually revamp all cafeteria options by:

1. Offering more fresh fruits and vegetables, whole grains, low-fat dairy and dairy alternatives, and lean protein choices, and
2. Gradually reducing processed foods, refined grains, fried foods, soda, and salt.

Changing food service offerings cannot happen overnight, but as showcased in the PJCC cover article, change is possible. In this newsletter, you will find tips on how to begin to make some simple changes as

well as several large-scale fruit and vegetable recipes from the Centers for Disease Control and Prevention. All of which make use of seasonal produce.



The Food and Nutrition Website contains guidance on how to increase healthy food choices, including checklists for simple, moderate, and large-scale changes. To access these checklists:

- Log on to Citrix.
- Click on the Job Corps Community Website.
- Locate the Food and Nutrition Website (on the left hand side).
- Under Resource Guide, click Nutrition and Meal Service.
- You can find the checklists (Simple to Large-Scale Changes in Cafeteria Food Service, Vending Machines, and Nighttime Snacks) under Cafeteria Changes, or by clicking on the green box, upper right hand corner.

## Food Service: Ready, Set, Go!

Below are four sure-fire steps to getting a center's food service operation HEALS ready!

- 1 • **Participate:** A Food Service representative (Manager/Supervisor) should serve on the HEALS Committee.
- 2 • **Get Connected:** Food Service staff should review the Food and Nutrition Website on the JC Community Website.
- 3 • **Attend Webinars:** The next webinar, *Food Service Budget Success*, is Thursday, April 21, 10 am ET and 2 pm ET. Register through the Citrix Event Registration.
- 4 • **Download the Checklists:** *Simple to Large-Scale Changes in Cafeteria Food Service, Vending Machines, and Nighttime Snacks* (see above).



## Start with Simple Changes

Changes will be more acceptable to students if they are phased in gradually and if student input is taken into account. Start small and consider:

- Order herbs and seasonings that do not contain salt or monosodium glutamate (MSG).
- Twice a week, bake a product that you would normally fry.
- Turn off the soda machines at breakfast.
- Add different lettuce varieties to the salad bar.
- Make over a salad-bar staple—prepare macaroni or potato salad with light mayonnaise.
- Try one new recipe and substitute it for a pre-made dish.
- Add a low-fat salad dressing option.
- Swap a whole-grain for a refined-grain product.



*For more tips like these, access the checklists (see page 2) for making changes in cafeteria food, vending machines, and nighttime snacks.*

## Phasing Out Soda

According to the US Department of Health and Human Services, added sugars, including those in soda, contribute an average of 16 percent of the calories in American diets. Reducing soda intake will help lower the calorie content of students' diets without compromising any nutrients.

Many JCCs have already removed soda from their cafeterias. In addition to PJCC (cover article), Muhlenberg and Phoenix JCCs offer the following soda-elimination strategies:

- Muhlenberg JCC provides students with three milk choices, hot and iced tea, and sugar-free flavored fortified water.
- A good way to phase out soda is to never start. Phoenix JCC never provided soda in the cafeteria. Instead, they provide sugar-free alternatives. Phoenix JCC offers vending machine sodas; however, the \$1/can price tag helps to deter student consumption.



## Dairy Alternatives



The USDA recommends that teens and young adults reach three servings of dairy per day. Products made with milk provide protein, vitamins, and minerals. Dairy is high in calcium.

Some of your students may be lactose intolerant, which means their body does not process dairy correctly, resulting in unpleasant side effects. Others may choose not to eat animal products because they are vegan. Some students may just prefer the taste of a milk alternative. Here are a few milk alternatives that you might provide in the cafeteria: Soy milk, coconut milk, rice milk, nut milk (almond milk).

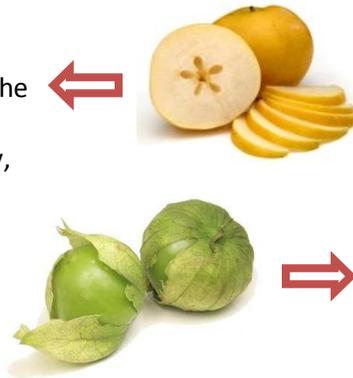


# Fruit & Vegetable of the Month: April

## Fruit of the Month: Asian Pear

Similar to an apple and native to Asia, the Asian Pear is firmer than its European counterpart. Asian Pears are crisp, juicy, and sweet. They can also be tart.

One medium-sized Asian pear has only 50 calories and provides 14% of recommended daily fiber.



## Vegetable of the Month: Tomatillo

Cousin to the tomato, a tomatillo is a small, green vegetable popular in Mexico and Latin America. It is perfect for salsas, soups, salads, and sauces. The tomatillo can be served raw or cooked.

A 1/2 cup serving of tomatillo is only 20 calories.

### Asian Pear Slaw with Chilies (100 ½-cup servings)



100 celery ribs  
100 Asian Pears, sliced ¼-inch thick  
40 scallions, thinly sliced on diagonal  
4 cups cilantro leaves  
8¼ tsp Fresno chili or jalapeno chili, finely chopped  
4 cups fresh lime juice  
4 cups seasoned rice vinegar  
5 Tbsp ginger root

Whisk together juice, vinegar, and ginger and stir in celery and remaining ingredients with salt and pepper to taste. Let stand at room temperature 15 minutes before serving.

*Nutritional analysis per serving (1/2 cup):* Calories 67, Protein 2g, Fat 0g, Calories from Fat 0%, Cholesterol 0mg, Carbohydrates 17g, Fiber 1g, Sodium 52mg.

### Corn and Tomatillo Soup (100 1-cup servings)



19 cups tomatillos  
19 cups onion, chopped  
25 garlic gloves, diced  
47 cups whole kernel corn  
12 cups frozen peas  
¾ cup cilantro, chopped  
50 oz diced green chilies  
3 cups spinach, chopped  
¼ cup sugar  
50 cups low-sodium chicken stock  
¼ cup butter

Sauté tomatillos, onion, and garlic with butter for 5 minutes. Remove to food processor and add peas and cilantro. Puree to chunky. Pour in pan and add chicken stock, diced green chilies, chopped spinach, corn, and sugar. Heat and serve.

*Nutritional analysis per serving (1 cup):* Calories 128, Protein 5g, Fat 2g, Calories From Fat 14%, Cholesterol 2mg, Carbohydrates 25g, Fiber 4g, Sodium 113mg.



For more recipes and information on fruits and vegetables, visit <http://www.fruitsandveggiesmatter.gov>.

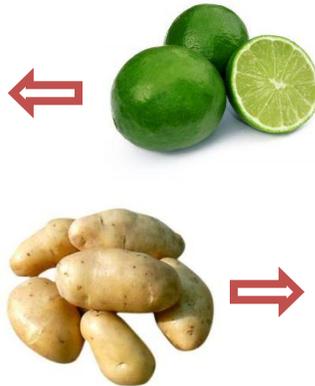


# Fruit & Vegetable of the Month: May

## Fruit of the Month: Lime

Grown in Florida, the Southwest, and California, limes are available year round. Limes make a great garnish and can be baked, grilled, or eaten raw. To juice by hand, roll the lime on a firm surface before squeezing.

One medium-sized lime has 20 calories. It is a great source of Vitamin C (35% of recommended daily value).



## Vegetable of the Month: Potato

Potatoes come in many varieties, are available year round, and are grown nationwide. You can boil, bake, microwave, mash, fry, and grill potatoes. They are most nutritious when you leave on the skin.

One medium baked potato has 160 calories, 30% of recommended daily Vitamin C, and 14% of recommended daily fiber.

Perfect for  
Cinco de  
Mayo!

### Simple Fish Tacos (100 ¾-cup servings)



- 8 cups nonfat sour cream
- 33 cups lemon juice
- 8 cups chopped cilantro
- 1½ cup olive oil
- 17 lbs cod or white fish, cut into 1-inch pieces
- 4 cups fat-free mayonnaise
- 33 cups shredded cabbage
- 33 cups diced tomato
- 2 cups low-sodium taco seasoning
- 200 6-inch corn tortillas, warmed
- Lime wedges for serving

Combine sour cream, mayonnaise, cilantro, 1/3 of a cup seasoning mix. Separately, combine fish, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook over medium-high heat until cod flakes easily. Fill tortillas with fish mixture. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

*Nutritional analysis per serving (2 tacos):* Calories 270, Protein 16g, Fat 7g, Calories from Fat 18%, Cholesterol 35mg, Carbohydrates 37g, Fiber 4g, Sodium 400mg.

### Broccoli Baked Potatoes (100 1¼-cup servings)



- 100 medium Idaho potatoes
- 50 stalks broccoli
- 4½ cups skim milk
- 17 cups shredded low-fat cheddar cheese
- 2 tsp pepper

Scrub potatoes. Make shallow slits around the middle as if you were cutting the potatoes in half lengthwise. Bake 30-60 minutes, depending on size. Peel broccoli stems. Steam whole stalks just until tender and chop finely. Slice the potatoes in half and scoop the insides into a bowl with the broccoli. Add the milk, 12 cups of cheese, and pepper and mash until the filling is pale green with dark green flecks. Heap into potato skins, sprinkle with remaining cheese, and return to oven to reheat/melt cheese (about 15 minutes).  
Oven: 350°F

*Nutritional analysis per serving (1 potato):* Calories 346, Protein 24g, Fat 7g, Calories from Fat 17%, Cholesterol 20mg, Carbohydrates 44g, Fiber 14g, Sodium 327 mg.

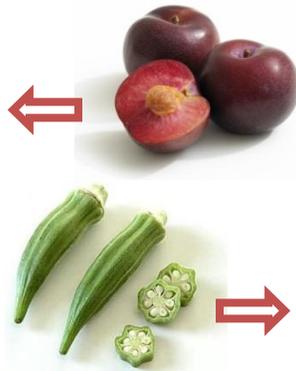


# Fruit & Vegetable of the Month: June

## Fruit of the Month: Plum

Plums are available from May to October. European plums are better than Japanese varieties for cooking. Plums vary in taste from extremely sweet to quite tart. Plums mixed with Apricots are called Pluots.

One medium-sized plum equals 1/2 serving of fruit, and it is a good source of Vitamin A and Vitamin C.



## Vegetable of the Month: Okra

Okra, an elongated, fuzzy, green vegetable, is commonly associated with and used in southern, Creole, and Cajun cooking. Okra is available year-round and comes in many varieties: Clemson, Emerald, Lee, Annie Oakley, Chinese Okra, and Purple Okra.

Okra is a powerhouse of valuable nutrients, containing vitamins B6 and C, and calcium.

### Confetti Plum Pasta Salad (100 ½-cup servings)



134 oz corkscrew pasta  
8½ cups medium red bell pepper, cut into strips  
12½ cup peeled and diced jicama  
8½ cup chopped red onion  
2 Tbsp finely grated fresh ginger  
2 Tbsp finely grated fresh basil  
134 plums, sliced  
2¼ cup diced pimento  
3¾ cup rice or white vinegar  
1½ cup vegetable oil  
2 tsp salt  
2 tsp freshly ground black pepper

Cook the pasta according to package directions. Drain, rinse under cold water, and drain. Toss together the pasta, red bell peppers, jicama, onion, and plums. Separately, whisk together the basil, pimento, ginger, oil, salt, and pepper until blended. Drizzle dressing over salad and toss until coated.

*Nutritional analysis per serving (1/2 cup):* Calories 216, Protein 6g, Fat 3g, Calories from Fat 14%, Cholesterol 0mg, Carbohydrates 42g, Fiber 4g, Sodium 43mg.

### Okra and Green Beans (100 2-cup servings)



17 lbs okra, uncut  
1 cup olive oil  
17 lbs medium onions, diced  
17 lbs fresh green beans  
34 large garlic cloves, crushed then chopped  
17 cups of water  
1 Tbsp salt  
1 Tbsp ground pepper  
100 oz tomato paste

Wash okra pods, trim stems, do not remove caps. Rinse well and drain. Wash beans and cut into 3-inch lengths. Combine water, tomato paste, olive oil, garlic, salt, and pepper in a sauce pan and mix well. Heat, stirring frequently, until mixture comes to a boil. Add okra and beans. Add additional water if necessary to almost cover vegetables. Reduce heat to low, cover and simmer gently until vegetables are crisp-tender, 20 to 30 minutes. Serve warm or cold.

*Nutritional analysis per serving (2 cups):* Calories 106, Protein 5g, Fat 3g, Calories From Fat 19%, Cholesterol 0mg, Carbohydrates 19g, Fiber 7g, Sodium 430mg.



## What's Next?

Not part of the center food service operations? Get your center (and yourself) started with HEALS today!

1

• **Select the HEALS Committee:** Find the steps to get started on the HEALS Website under the Discipline-Specific Guidance tab on the left.

2

• **Get Connected:** Send all committee member names, emails, and position titles to Julie Luht at Julie.Luht@humanitas.com.

3

• **Plan Program Kickoff for June 1st:** Coming soon...check the HEALS Website for details.

4

• **Visit the Discipline-Specific Guidance portion of the HEALS Website:** Learn how you can get involved in HEALS on your center.

## Next Quarter!

# *Let's Get Moving, Job Corps!*

Stay tuned to learn about enhancing physical activity on your center.

