# COOKING FOR HEALTHY KIDS



Culinary Skills Training for School Nutrition Professionals



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# Course Goals



1. Improve the culinary skill level of school nutrition professionals.



2. Improve the quality of meals served to students.



3. Increase the consumption of vegetables, fruits, whole grains, plant proteins and lean meats amongst school-aged children.



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# Learning Objectives

- Apply the essential concept of *mise en place* and understand the benefits of kitchen organization.
- Demonstrate healthier cooking methods that apply the nutrition principles of the *Dietary Guidelines for Americans*.
- Demonstrate proper use of a chef's knife.
- Demonstrate roasting, steaming, blanching and quick pickling of vegetables.
- Demonstrate how to enhance flavors of foods using herbs, spices, culinary acids, and other ingredients.
- Build school meals in an attractive and appealing manner.


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# Week Overview

**Day 1**: Culinary Basics: Mise en place and Knife Skills

**Day 2**: Cooking Vegetables for Greater Appeal

**Day 3**: Success with Salads and Salad Bars

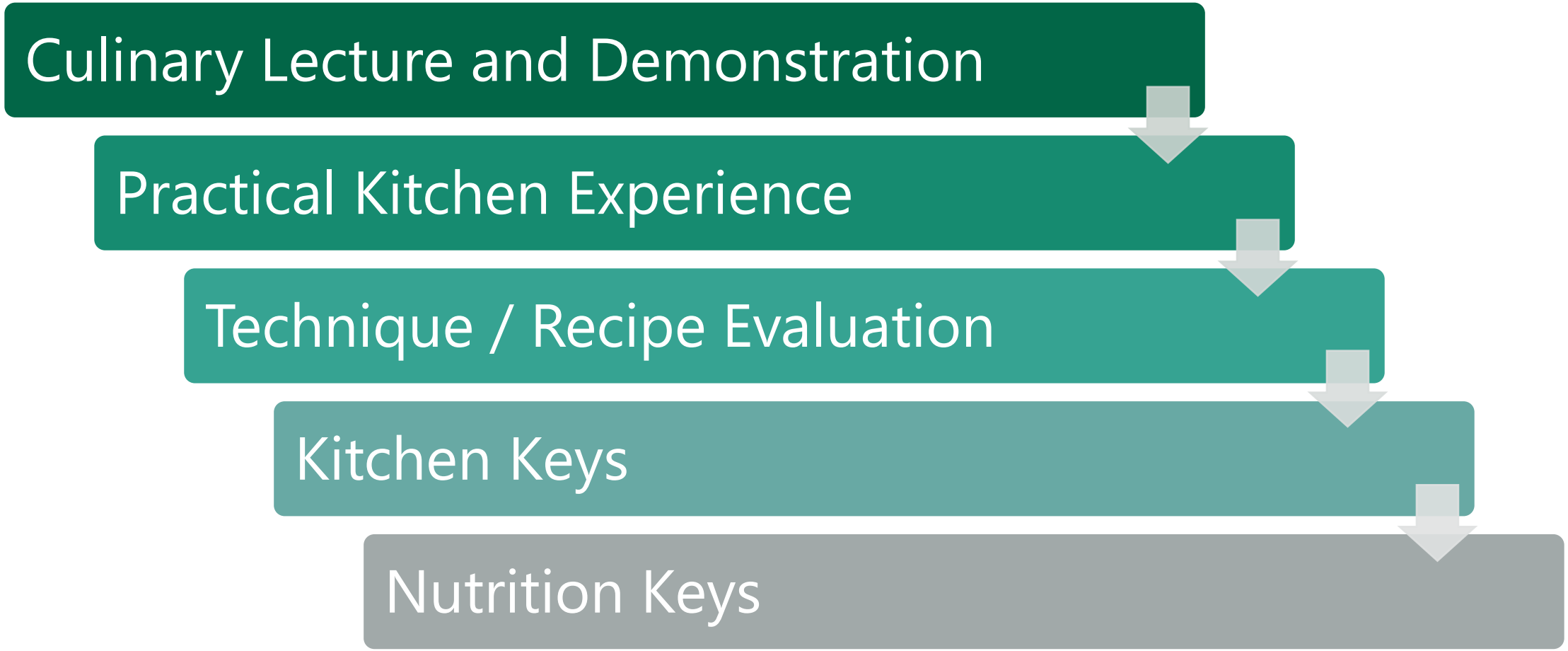






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# Daily Schedule






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# Key Focuses

- Culinary technique
- Product evaluation
- How am I going to apply what I learned?



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# Kitchen Keys: Weights & Volumes

## Day One

# Weights & Measures in School Foodservice

- Accurate weights and measures are essential for producing high-quality, consistent meals
- Recipes depend on correct units, tools, and techniques
- Basic math skills support recipe scaling, conversions, and adjustments





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# Weight vs. Volume

- **Weight** measures and item's **mass** (ounces, pounds)
- **Volume** measures the **amount of space an item occupies** (teaspoon, tablespoon, fluid ounce, cup, pint, quart, gallon)
- Weight and volume are not interchangeable








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# Why Weight is Often More Accurate

- A **pound of bricks** and a **pound of feathers** weigh the same, but take up different amounts of space
- Weight is more accurate for solid ingredients over 2 ounces
- Liquids are best measured by volume






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# **Popcorn:** Why We Measure the Right Way

## Demonstration

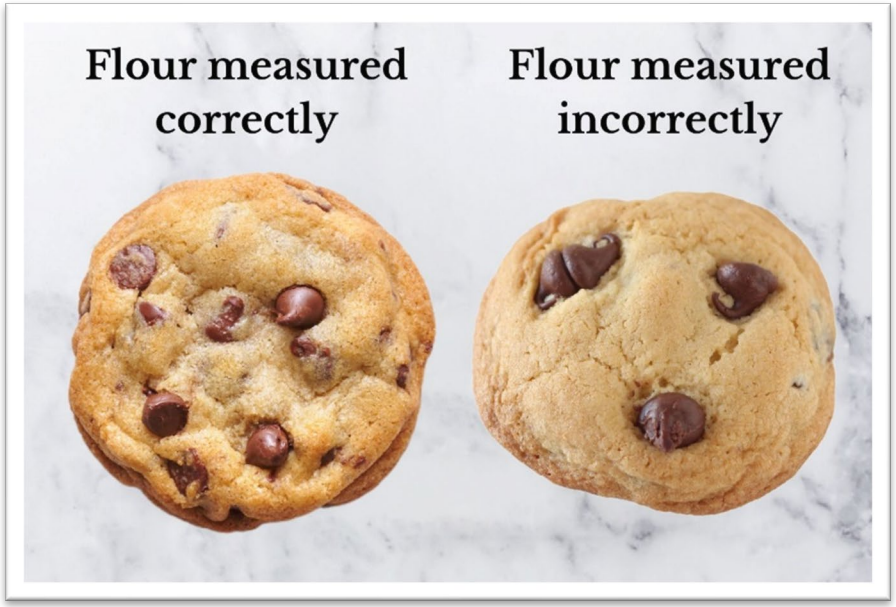


# Why Accuracy Matters

- Measuring solids by volume can lead to large variations
  - Example: Flour amounts vary based on scooping, packing, and leveling
- Small differences can affect final product quality










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# Common Measuring Tools

- **Scales** measure **weight**
  - Most accurate for **dry ingredients**
- **Measuring cups** and **spoons measure volume**
  - Works best for **liquids**
- **Scoops** measure **volume**
  - The scoop number equals scoops per quart










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# Dry vs. Liquid Measuring Tools

- **Liquid cups** include a **spout and headspace** to prevent spills
- **Dry cups** have **straight rims** for leveling
- **Ounces** measure weight; **fluid ounces** measure volume






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# Proper Measuring Techniques

- Lightly spoon dry ingredients and level with a flat edge
- Avoid tapping or shaking measuring containers
- Brown sugar is usually packed unless stated otherwise





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# Additional Best Practices

- Use a scale whenever possible
- Check liquid measurements at eye level using the meniscus
  - **Meniscus:** the natural curve that forms at the surface of a liquid in a measuring cut
- **<u>Measure all ingredients before starting the recipe</u>**





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# Serving and Portion Control

- **Serving size** impacts **yield**, **cost**, and **satisfaction**
- Scoops ensure consistent portions
- Incorrect portions lead to waste and shortages





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# Volume Measure Equivalencies

- 3 teaspoons = 1 tablespoon
- 16 tablespoons = 1 cup
- 2 cups = 1 pint
- 2 pints = 1 quart
- 4 quarts = 1 gallon

Weights and Measures Equivalencies

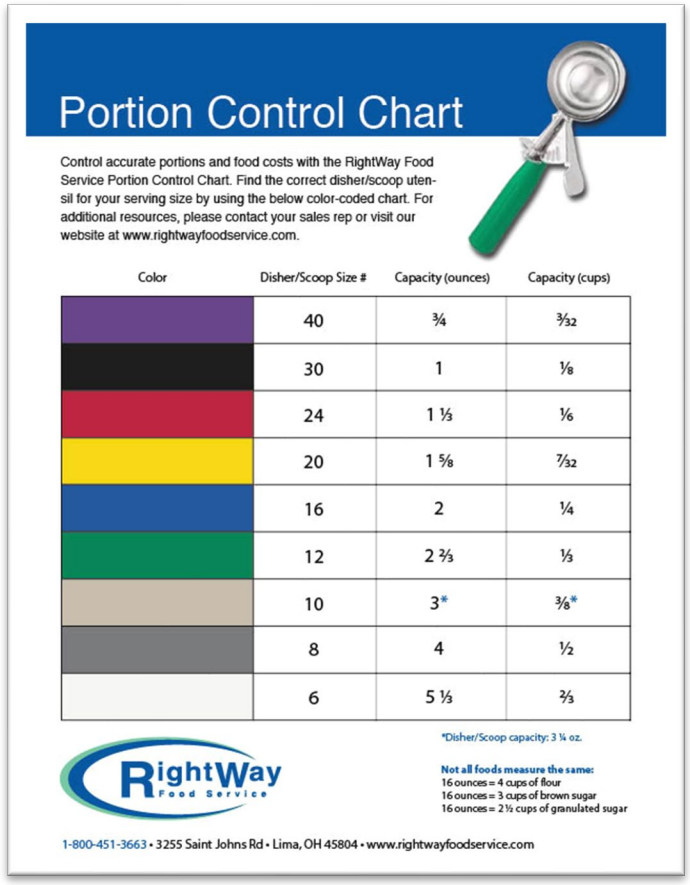
| | | |
|---|---|---|
| dash | ..... | less than 1/8 teaspoon |
| 3 teaspoons (tsp.) | ..... | 1 Tablespoon (1/2 fl. oz.) |
| 2 Tablespoons (Tbsp.) | ..... | 1/8 cup (1 fl. oz.) |
| 4 Tablespoons | ..... | 1/4 cup (2 fl. oz.) |
| 8 Tablespoons | ..... | 1/2 cup (4 fl. oz.) |
| 16 Tablespoons | ..... | 1 cup (8 fl. oz.) |
| 1 gill | ..... | 1/2 cup |
| 2 cups | ..... | 1 pint |
| 2 pints | ..... | 1 quart (approx. 1 liter) |
| 4 quarts | ..... | 1 gallon |
| 8 quarts | ..... | 1 peck |
| 4 pecks | ..... | 1 bushel |



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# Scoop Sizes

- The scoop number shows how many level scoops equal one quart
- Using the correct scoop improves the consistency and yield control



## Portion Control Chart

Control accurate portions and food costs with the RightWay Food Service Portion Control Chart. Find the correct disher/scoop utensil for your serving size by using the below color-coded chart. For additional resources, please contact your sales rep or visit our website at www.rightwayfoodservice.com.

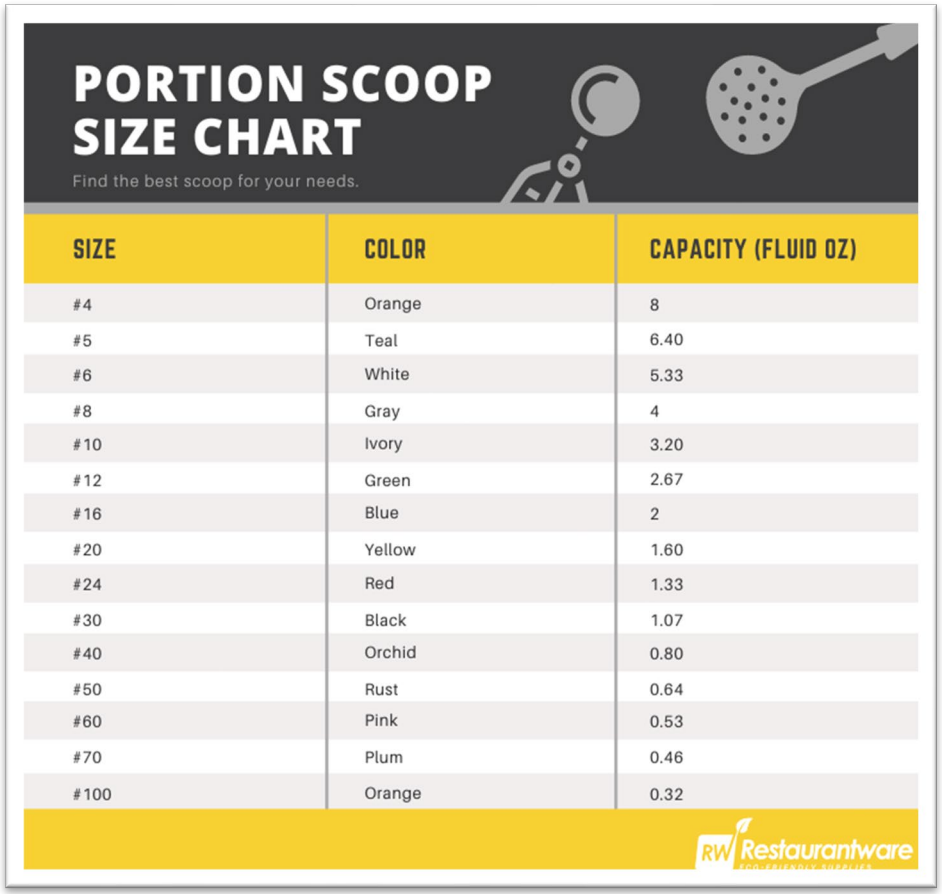
| Color | Disher/Scoop Size # | Capacity (ounces) | Capacity (cups) |
|---|---|---|---|
| | 40 | ¾ | 3/32 |
| | 30 | 1 | ⅛ |
| | 24 | 1 ⅓ | ⅙ |
| | 20 | 1 ⅝ | 7/32 |
| | 16 | 2 | ¼ |
| | 12 | 2 ⅔ | ⅓ |
| | 10 | 3* | ⅜* |
| | 8 | 4 | ½ |
| | 6 | 5 ⅓ | ⅔ |

*Disher/Scoop capacity: 3 ¼ oz.

RightWay Food Service

**Not all foods measure the same:**
16 ounces = 4 cups of flour
16 ounces = 3 cups of brown sugar
16 ounces = 2 ½ cups of granulated sugar

1-800-451-3663 • 3255 Saint Johns Rd • Lima, OH 45804 • www.rightwayfoodservice.com



## PORTION SCOOP SIZE CHART

Find the best scoop for your needs.

| SIZE | COLOR | CAPACITY (FLUID OZ) |
|---|---|---|
| #4 | Orange | 8 |
| #5 | Teal | 6.40 |
| #6 | White | 5.33 |
| #8 | Gray | 4 |
| #10 | Ivory | 3.20 |
| #12 | Green | 2.67 |
| #16 | Blue | 2 |
| #20 | Yellow | 1.60 |
| #24 | Red | 1.33 |
| #30 | Black | 1.07 |
| #40 | Orchid | 0.80 |
| #50 | Rust | 0.64 |
| #60 | Pink | 0.53 |
| #70 | Plum | 0.46 |
| #100 | Orange | 0.32 |

Restaurantware



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# Ladles and Pan Capacity

- Ladles measure volume and are labeled in fluid ounces
- Steam table pans are filled to about 85% capacity
- Understanding pan capacity supports accurate production planning

| Steam Table Pan Capacity | | | | | | | |
|---|---|---|---|---|---|---|---|
| Pan Size | Depth | Full Topped-off Capacity | | | 85% Capacity | | |
| | | Cup | Qt | Ltr | Cup | Qt | Ltr |
| Full/Hotel Pan | 2" | 33.2 | 8.3 | 7.9 | 28.2 | 7.1 | 6.7 |
| | 4" | 56.0 | 14 | 13.25 | 47.6 | 11.9 | 11.3 |
| | 6" | 84.0 | 21 | 19.87 | 71.4 | 17.9 | 16.9 |
| Half Pan | 2" | 17.2 | 4.3 | 4.07 | 14.6 | 3.7 | 3.5 |
| | 4" | 26.8 | 6.7 | 6.34 | 22.8 | 5.7 | 5.4 |
| | 6" | 40.0 | 10 | 9.46 | 34.0 | 8.5 | 8.0 |
| Torpedo Pan | 1" | 8.4 | 2.1 | 1.99 | 7.1 | 1.8 | 1.7 |
| | 2" | 14.8 | 3.7 | 3.5 | 12.6 | 3.1 | 3.0 |
| | 4" | 22.8 | 5.7 | 5.39 | 19.4 | 4.8 | 4.6 |
| | 6" | 32.8 | 8.2 | 7.76 | 27.9 | 7.0 | 6.6 |
| Two-thirds Pan | 1" | 16.0 | 4 | 3.79 | 13.6 | 3.4 | 3.2 |
| | 2" | 22.4 | 5.6 | 5.3 | 19.0 | 4.8 | 4.5 |
| | 4" | 37.2 | 9.3 | 8.8 | 31.6 | 7.9 | 7.5 |
| | 6" | 56.0 | 14 | 13.25 | 47.6 | 11.9 | 11.3 |
| Third Pan | 2" | 10.4 | 2.6 | 2.46 | 8.8 | 2.2 | 2.1 |
| | 4" | 16.4 | 4.1 | 3.88 | 13.9 | 3.5 | 3.3 |
| | 6" | 24.4 | 6.1 | 5.77 | 20.7 | 5.2 | 4.9 |
| Fourth Pan | 2" | 7.2 | 1.8 | 1.7 | 6.1 | 1.5 | 1.4 |
| | 4" | 12.0 | 3 | 2.84 | 10.2 | 2.6 | 2.4 |
| | 6" | 18.0 | 4.5 | 4.26 | 15.3 | 3.8 | 3.6 |
| Sixth Pan | 2" | 4.8 | 1.2 | 1.14 | 4.1 | 1.0 | 1.0 |
| | 4" | 7.2 | 1.8 | 1.7 | 6.1 | 1.5 | 1.4 |
| | 6" | 10.8 | 2.7 | 2.56 | 9.2 | 2.3 | 2.2 |
| Ninth Pan | 2" | 2.4 | 0.6 | 0.57 | 2.0 | 0.5 | 0.5 |
| | 4" | 6.4 | 1.6 | 1.51 | 5.4 | 1.4 | 1.3 |

Adapted from: Chef Resources | Professional Chef Websites | Culinary & Chef Information



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# Portion Accuracy Challenge:
1 Ounce Meatball

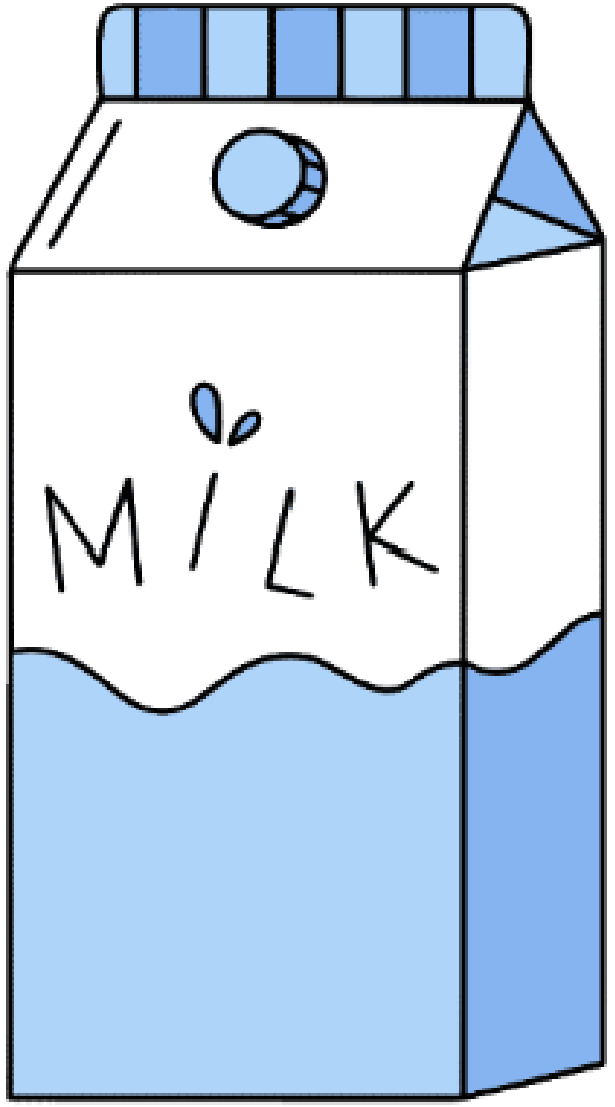


# **Nudging Nutrition (Behavioral Economic Techniques):** Encouraging Healthy Food Choices in Schools



# Product Placement

Display white milk in the front of the cooler






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# Product Placement

Display whole fruit in attractive bowls





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# Product Placement

Display fruit in at least two locations






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# Improve Taste and Quality

| | |
|---|---|
| Offer | • Offer sliced or cut fruit daily |
| Season | • Season vegetables |
| Pair | • Pair cut, raw veggies with a dip like hummus |
| Prepare | • Prepare vegetables in batches |

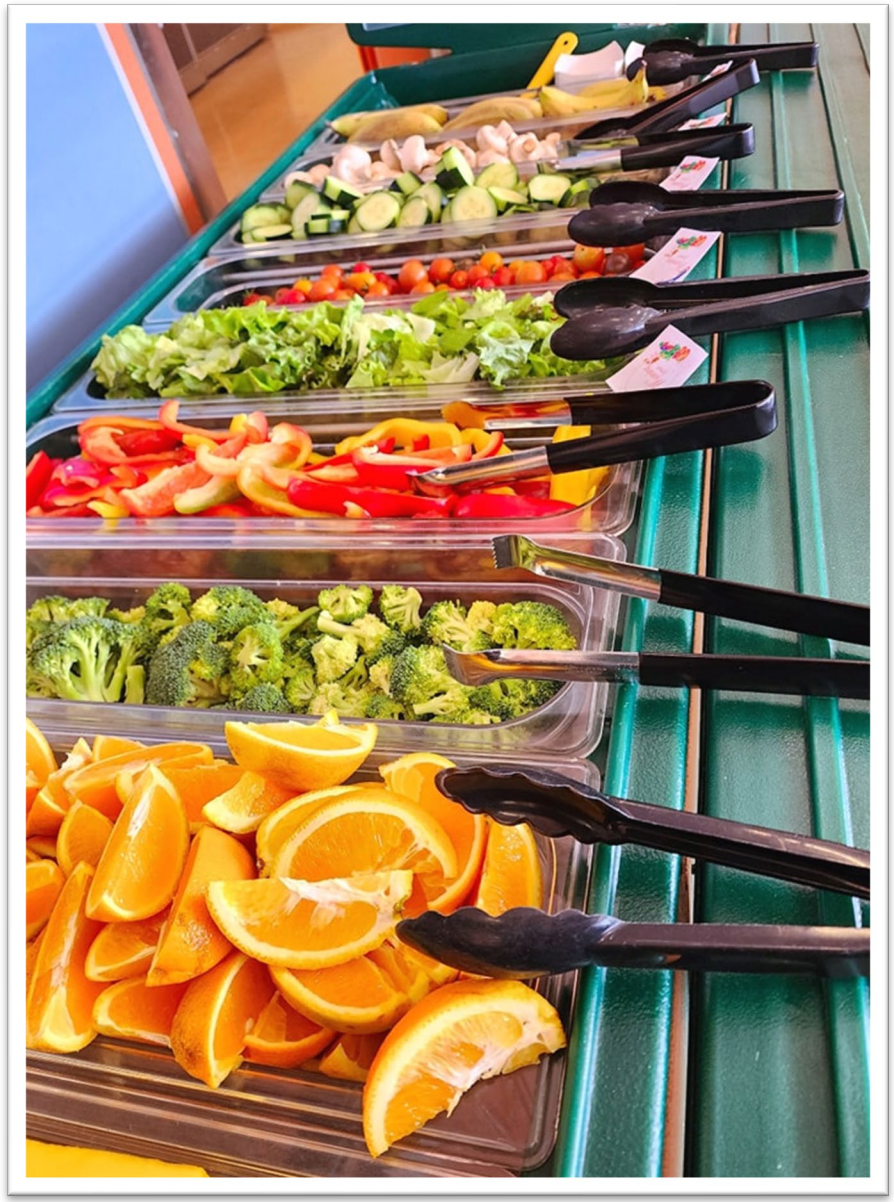




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# Increase Variety

- More satisfied when they can choose!
- *When kids were given a choice* between carrots and celery, ATE 91% of the vegetables taken vs. 69% when carrots alone were offered





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# Write an Appealing Menu

- Printed Menu
- Menu Board
- Social Media Menus







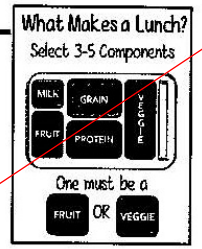


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# January 2019

Elementary Lunch

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | **1** HAPPY NEW YEAR<br>No School | **2**<br>• Hot Dog w/ Bun<br>• Baked Beans<br>• Salad Bar<br>• Assorted Fresh Fruit<br>• Milk Variety | **3**<br>• Chicken Salad on Bun<br>• Carrot Sticks<br>• Assorted Fresh Fruit<br>• Salad Bar<br>• Milk Variety | **4**<br>• Stuffed Crust Pizza<br>• Boiled Broccoli<br>• Salad Bar<br>• Assorted Fresh Fruit<br>• Milk Variety |
| **7**<br>• Cinnamon French Toast<br>• Potato Smiles<br>• Assorted Fresh Fruit<br>• Milk Variety | **8**<br>• Beef Taco Meal w/ Tortilla Rounds<br>• Salsa<br>• Assorted Fresh Fruit<br>• Salad Bar<br>• Milk Variety | **9**<br>• Ham & Cheese Wrap<br>• Dill Pickles<br>• Salad Bar<br>• Assorted Fresh Fruit<br>• Milk Variety | **10**<br>• Chicken Patty on Bun<br>• Boiled Carrots<br>• Salad Bar<br>• Assorted Fresh Fruit<br>• Milk Variety | **11**<br>• Cheese Pizza 4X6<br>• Boiled Broccoli<br>• Assorted Fresh Fruit<br>• Salad Bar<br>• Milk Variety |
| **14**<br>• Fish Sticks, Alaska Pollock<br>• Breaded Mozzarella Cheesesticks<br>• Peas<br>• Assorted Fresh Fruit<br>• Milk Variety | **15**<br>• Beef Taco Meal w/ Tortilla Rounds<br>Salsa<br>• Kidney Beans<br>• Assorted Fresh Fruit<br>• Salad Bar<br>• Milk Variety | **16**<br>• Egg, Cheese, Bacon on Bun<br>• Sweet Potato Bites<br>• Salad Bar<br>• Assorted Fresh Fruit<br>• Milk Variety | **17**<br>• Chicken Parmesan on Bun<br>• Green Beans<br>• Salad Bar<br>• Assorted Fresh Fruit<br>• Milk Variety | **18**<br>• The Max Round 5" Pizza<br>• Boiled Broccoli<br>• Assorted Fresh Fruit<br>• Salad Bar<br>• Milk Variety |
| **21** MLK DAY<br>No School | **22**<br>• Beef Taco Meal w/ Tortilla Rounds<br>• Salsa<br>• Kidney Beans<br>• Assorted Fresh Fruit<br>• Salad Bar<br>• Milk Variety | **23**<br>• Turkey & Cheese on Bun<br>• Carrot Sticks<br>• Salad Bar<br>• Assorted Fresh Fruit<br>• Milk Variety | **24**<br>• Chicken Alfredo<br>• Dinner Roll WG<br>• Green Beans<br>• Salad Bar<br>• Milk Variety | **25**<br>• TONY'S® 51% WG Bacon Scramble Pizza<br>• Boiled Broccoli<br>• Assorted Fresh Fruit<br>• Salad Bar<br>• Milk Variety |
| **28**<br>• Cheeseburger on Bun<br>• Baked Beans<br>• Assorted Fresh Fruit<br>• Milk Variety | **29**<br>• Beef Taco Meal w/ Tortilla Rounds<br>• Salsa<br>• Assorted Fresh Fruit<br>• Salad Bar<br>• Milk Variety | **30**<br>• Pancake & Sausage Stick<br>• Potato Smiles<br>• Assorted Fruit Juice<br>• Salad Bar<br>• Milk Variety | **31**<br>• Popcorn Chicken<br>• Mashed Potatoes<br>• Corn<br>• Salad Bar<br>• Assorted Fresh Fruit<br>• Milk Variety | |




Boiled Carrots

Boiled Broccoli

Kidney Beans



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# Write an Appealing Menu

K-5 grade students like imaginative, playful names

- X-ray carrots
- Crazy carrot sticks
- Rainbow veggie pizza
- Sweet talking sweet potatoes

6-12 grade students like descriptive, sensory words

- Spiced butternut squash
- Fluffy mashed potatoes
- Warm baked apples



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# K-5 Menu with Smarter Lunchroom Names

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **Oven Baked Chicken**<br>Colorful Curried Rice<br>Wild Broccoli Trees<br>Mandarin Oranges<br>Apple Crisp<br>Milk Choice | **Sloppy Joe on a Bun**<br>Crunchy Carrots and Celery with<br>Creamy Hummus Dip<br>Fresh Green Grapes<br>Baked Chips**<br>Milk Choice | **Loaded Pork Tacos**<br>Fiesta Refried Beans<br>Golden Corn<br>Sliced Pears<br>Chocolate Pudding**<br>Milk Choice | **Mighty Spaghetti & Meat Sauce**<br>Breadstick<br>Super Hero Salad<br>Sliced Peaches<br>Milk Choice | **Sweet and Sour Chicken and Rice Bowl**<br>Asian Medley Vegetables<br>Apple Slices<br>Strawberry Cup<br>Milk Choice |
| **Philly Chicken Sub**<br>Crunchy Carrot Sticks with Dip<br>French Fries<br>Fresh Melon Cup<br>Milk Choice | **Cheesy Omelet with Salsa**<br>Harvest Apple Muffin<br>Super Sweet Potato Tots<br>Canned Pears<br>Milk Choice | **Chicken Nuggets**<br>Creamy Butternutty Mac & Cheese<br>Vibrant Veggie Salad<br>Canned Peaches<br>Milk Choice | **Hamburger on a Bun**<br>Tangy Apple Cranberry Coleslaw<br>Baked Bean Bonanza<br>Toasted Potato Wedges<br>Fruit Cocktail<br>Milk Choice | **Scrumptious Stromboli with Marinara Sauce**<br>Groovy Green Beans<br>Citrus Fruit Cup<br>Oatmeal Cookie<br>Milk Choice |
| **Toasted Cheese Sandwich**<br>Mouth-Watering Minestrone Soup<br>Oven Roasted Potato Wedges<br>Pineapple Chunks<br>Milk Choice | **Creamy Chicken Alfredo**<br>Power Peas<br>Cherr-ific Salad<br>Vanilla Apples with Raisins<br>Milk Choice | **Turkey and Cheese Sub**<br>Sweet Cinnamon Squash<br>Crunchy Carrot Sticks and Dip<br>Canned Peaches<br>Baked Chips**<br>Milk Choice | **Pizza Sticks with Marinara Sauce**<br>Zesty Bean Salad<br>Razzy Cran-Grape Gelatin with Whipped Topping<br>Milk Choice | **Hearty Chicken Pot Pie**<br>Go-Pack-Go Broccoli<br>Strawberries and Bananas<br>Clementine<br>Milk Choice |

Notes:

** Indicates an "extra" item that does not contribute to the meal pattern

All grains are whole grain rich.

Milk Choice includes:
1% White
Skim White
Skim Chocolate

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# 6-8 Menu with Smarter Lunchroom Names

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **Oven Baked Chicken**<br>Colorful Curried Rice<br>Bright Green Broccoli<br>Mandarin Oranges<br>Apple Crisp<br>Milk Choice | **Sloppy Joe on a Bun**<br>Crunchy Carrots and Celery with<br>Creamy Hummus Dip<br>Fresh Green Grapes<br>Baked Chips**<br>Milk Choice | **Loaded Pork Tacos**<br>Fiesta Refried Beans<br>Golden Corn<br>Sliced Pears<br>Chocolate Pudding**<br>Milk Choice | **Savory Spaghetti & Meat Sauce**<br>Breadstick<br>Crisp Romaine Salad<br>Sliced Peaches<br>Milk Choice | **Sweet and Sour Chicken and Rice Bowl**<br>Asian Medley Vegetables<br>Apple Slices<br>Strawberry Cup<br>Milk Choice |
| **Philly Chicken Sub**<br>Crunchy Carrot Sticks with Dip<br>French Fries<br>Fresh Melon Cup<br>Milk Choice | **Cheesy Omelet with Salsa**<br>Harvest Apple Muffin<br>Tasty Sweet Potato Tots<br>Canned Pears<br>Milk Choice | **Chicken Nuggets**<br>Creamy Butternutty Mac & Cheese<br>Garden Fresh Salad<br>Canned Peaches<br>Milk Choice | **Hamburger on a Bun**<br>Tangy Apple Cranberry Coleslaw<br>Cowboy Beans<br>Toasted Potato Wedges<br>Fruit Cocktail<br>Milk Choice | **Scrumptious Stromboli with Marinara Sauce**<br>Great Green Beans<br>Citrus Fruit Cup<br>Oatmeal Cookie<br>Milk Choice |
| **Toasted Cheese Sandwich**<br>Mouth-Watering Minestrone Soup<br>Oven Roasted Potato Wedges<br>Pineapple Chunks<br>Milk Choice | **Creamy Chicken Alfredo**<br>Vibrant Green Peas<br>Cherr-ific Salad<br>Vanilla Apples with Raisins<br>Milk Choice | **Turkey and Cheese Sub**<br>Sweet Cinnamon Squash<br>Crunchy Carrot Sticks and Dip<br>Canned Peaches<br>Baked Chips**<br>Milk Choice | **Pizza Sticks with Marinara Sauce**<br>Italian Bean Salad<br>Razzy Cran-Grape Gelatin with Whipped Topping<br>Milk Choice | **Hearty Chicken Pot Pie**<br>Go-Pack-Go Broccoli<br>Strawberries and Bananas<br>Clementine<br>Milk Choice |

Notes:

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# Use Positive Communication



GREETING



SERVING



CASH REGISTER



SPECIAL REQUESTS



CONFLICT



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# Use Suggestive Selling

- Attitudes are contagious!
- Signs and verbal prompts influence us to see and desire products
- Peer pressure

**Fruit comes with your meal!**

**Take an apple for later!**

**Would you like some salad with that pizza?**

**Try today's special! It's delicious!**



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# Maintain a Pleasant Environment

- Attractive dining room
- Branded dining room
- Easy to read menu board
- Cleaning supplies not visible during service
- Recycling/trash bins are away from dining students



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# Warrick County School Corporation (Indiana)

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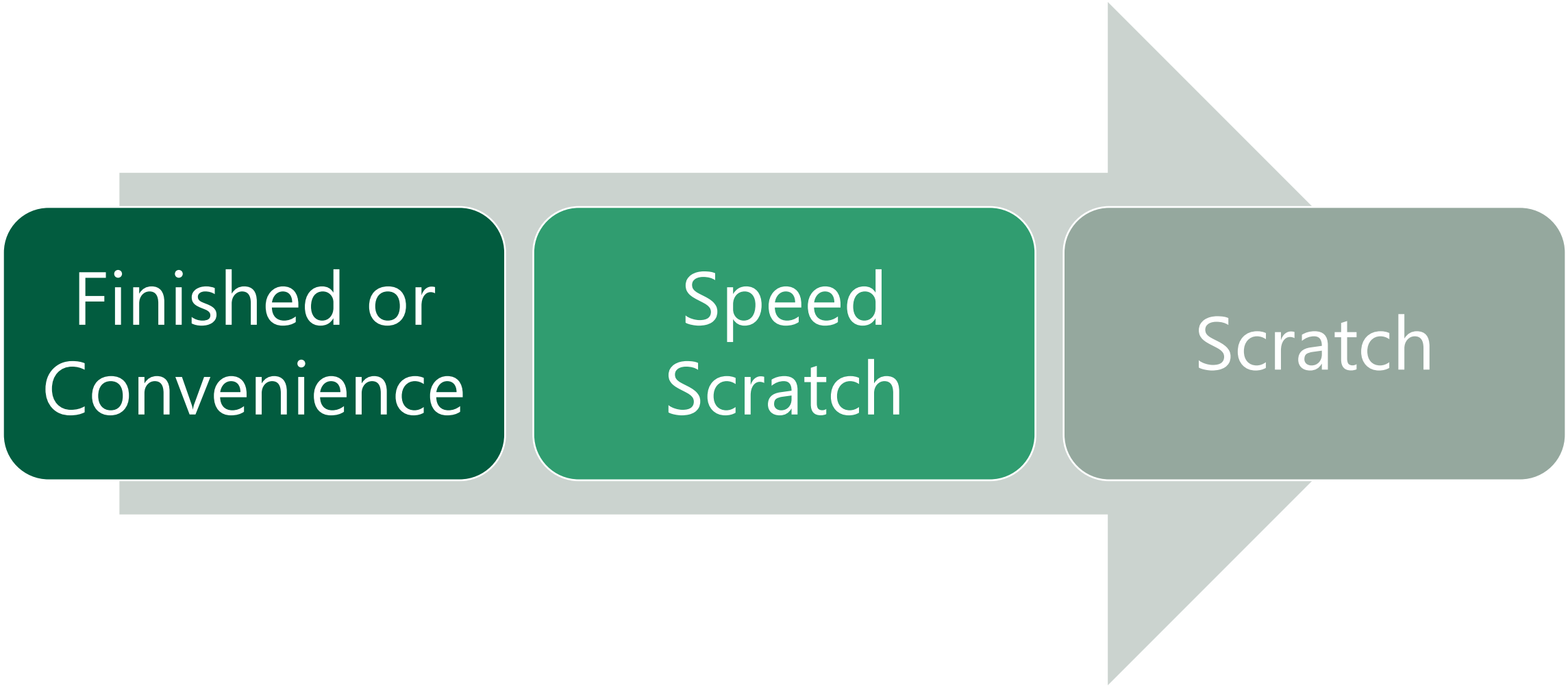
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Culinary Institute of America

# Ingredient Versatility & Speed Scratch in School Meals

## Day Two

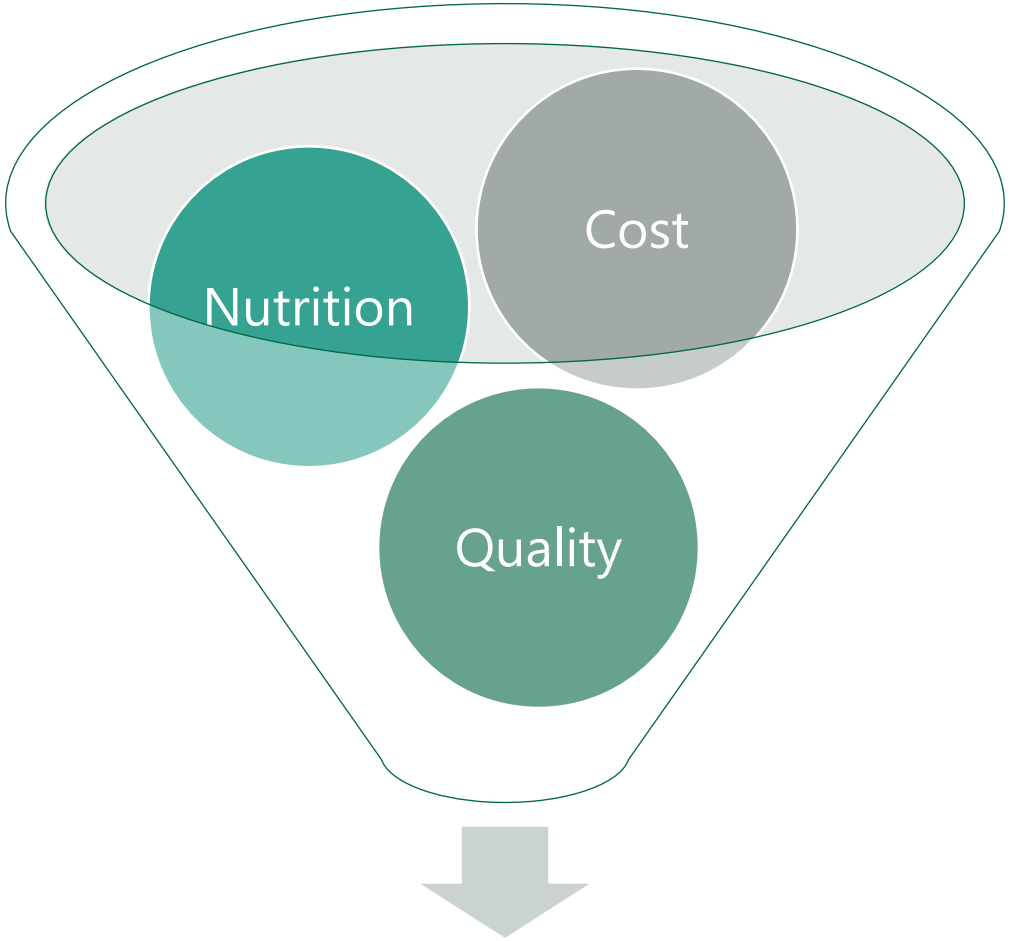
# Types of Meal Preparation






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# Scratch or Convenience?

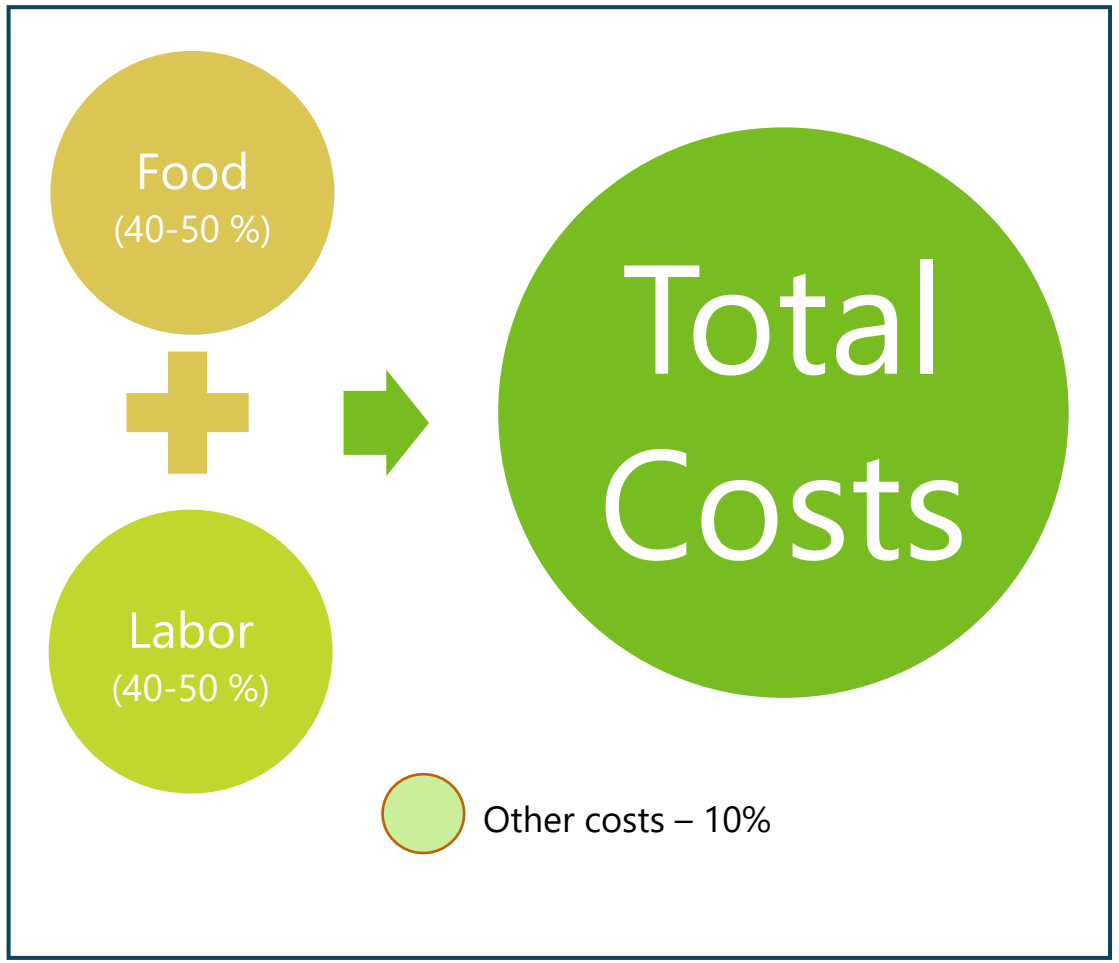


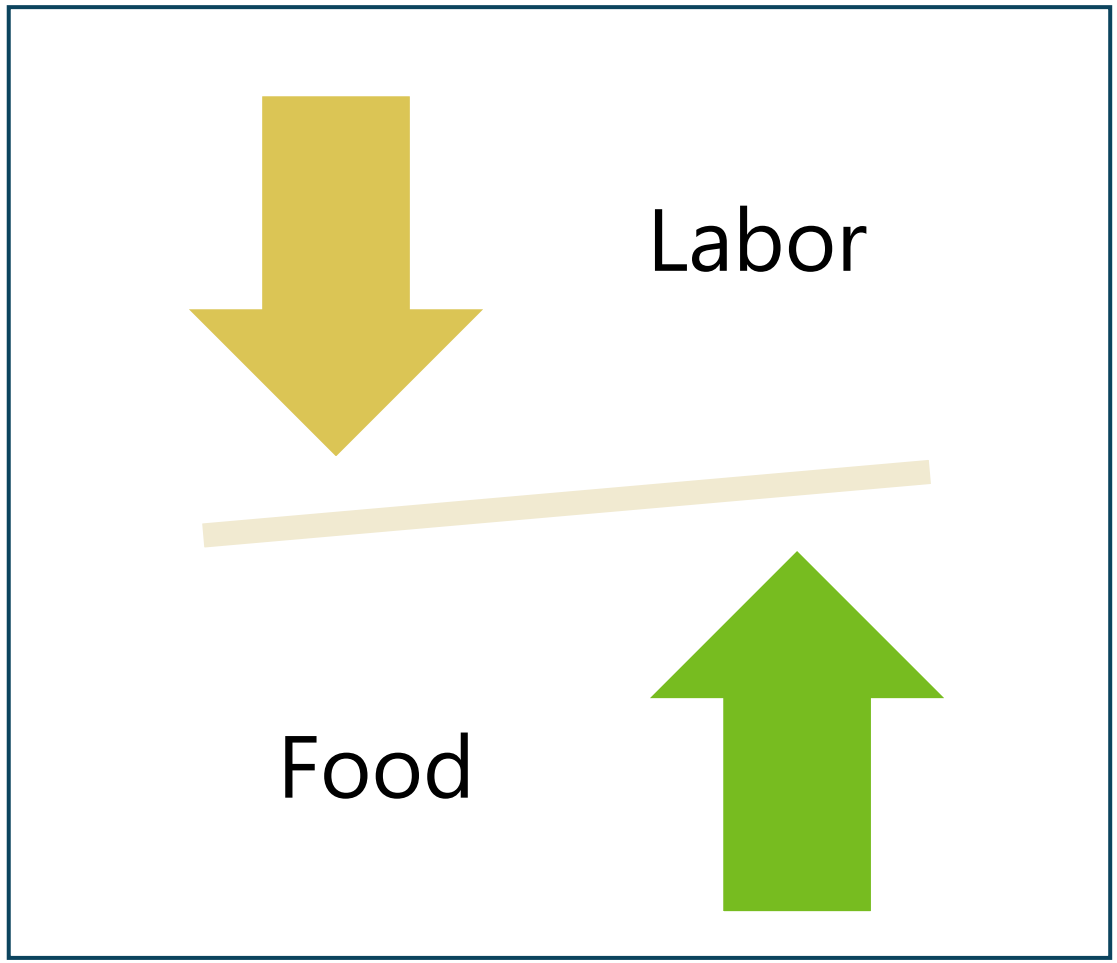

School Meals



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# The Economics of School Food Operations






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# Sodium






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# Quality






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# Scratch Cooking

Uses all ingredients in the most basic form

ALL cooking and assembly takes place on site





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# Advantages of Scratch Cooking

| | | |
|---|---|---|
| Ingredient control | Provides maximum variety and creativity in meal preparation | Control ingredients based on nutrition concerns |
| Fewer additives and preservatives | Usually less waste in packaging | Uses quality fresh ingredients |
| Lower ingredient costs | Increased sales | Flexibility with addressing allergy concerns |



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# Disadvantages of Scratch Cooking

Increases planning time

Increased labor

Requires more skill





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# Finished or Convenience Cooking

Heat and serve





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# Advantages of Finished or Convenience

- Convenient
- Time saving
- Energy saving
- Fear of cooking success is minimized





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# Disadvantages of Finished or Convenience

More expensive than the other meal preparation strategies

Highest sodium/fat content than the other meal preparation strategies

Flavor and appearance may not compare as well as the other meal preparation strategies

More additives and preservatives than all other meal preparation strategies

More packaging than the other meal preparation strategies






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# Speed Scratch

Uses value-added or minimally prepared ingredients

MOST assembly takes place on site





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# Advantages of Speed Scratch

Saves time and energy by providing short cuts

Adds variety and creativity to recipes

Usually less expensive than convenience foods

Easier for inexperienced cooks to prepare

Uses resources of food companies to improve ingredients

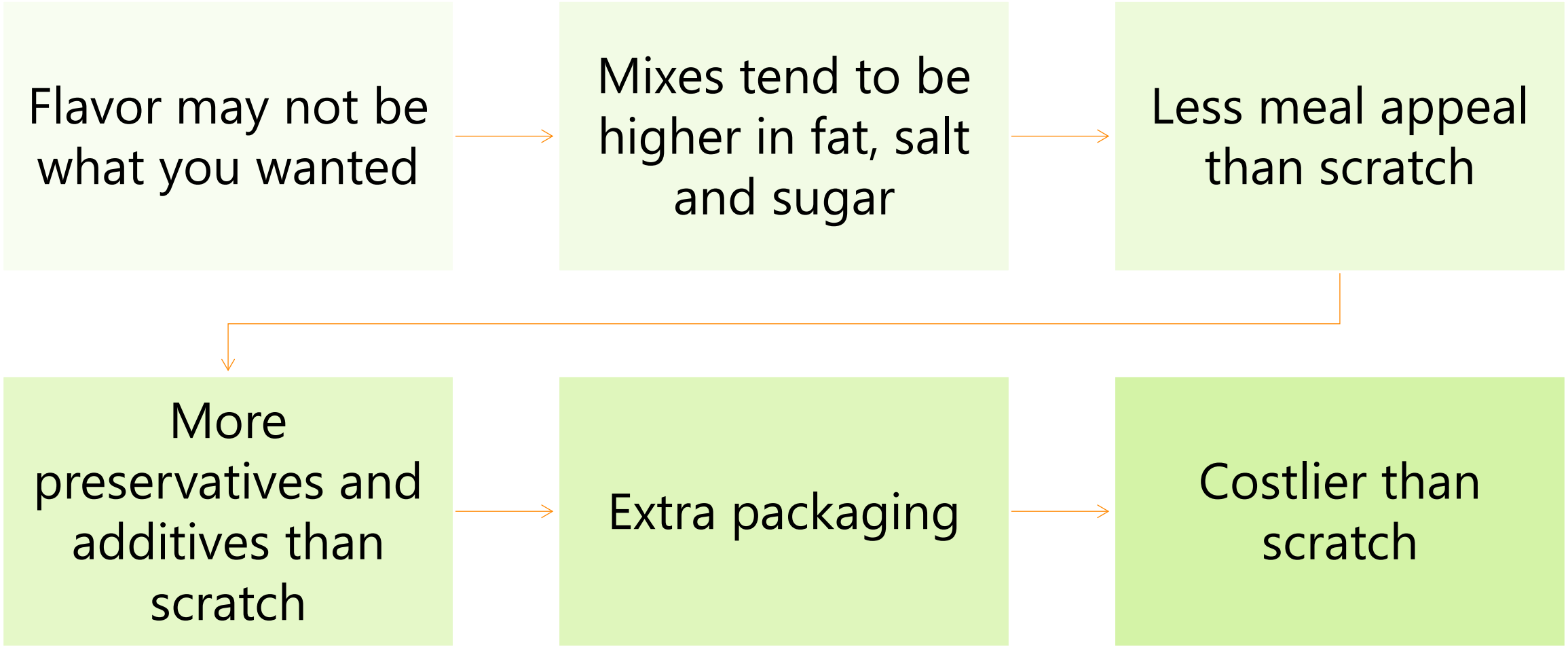
Consistent product

Less waste



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# Disadvantages of Speed Scratch






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# Sodium in Spaghetti Sauce

| Spaghetti sauce | Sodium in ½ cup |
|---|---|
| Classico | 350 mg |
| Prego | 420 mg |
| Ragu | 530 mg |
| Hunts | 610 mg |
| Made on-site | 40 mg |



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# Reducing Inventory

Control Costs

1

Streamline Inventory Management

2

Reduce Waste





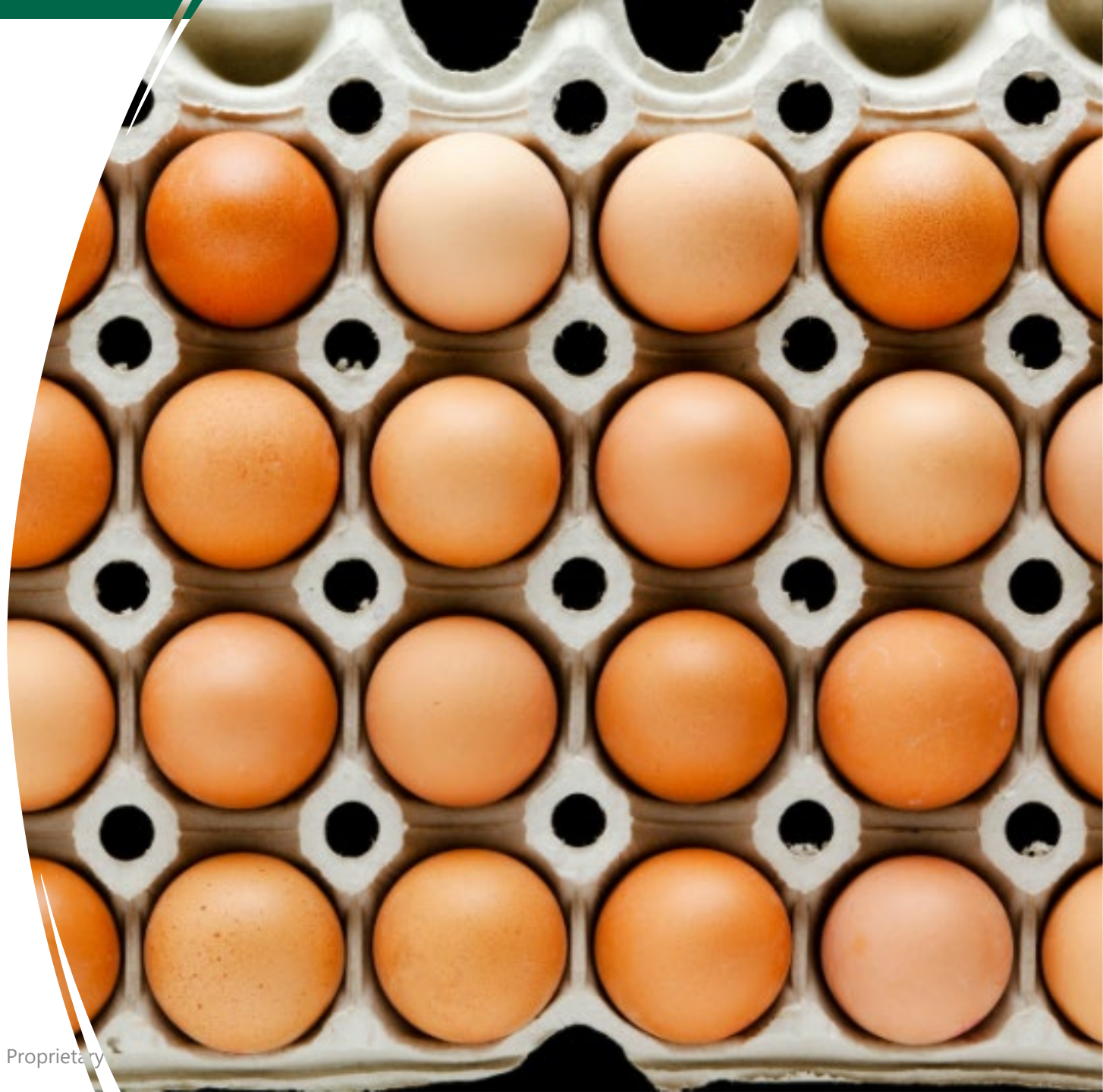

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# Core Ingredients

Whole ingredients

Less processed

No seasonings





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# Core…..and more!

- Menu item flexibility
- Customizable menu items
- Increase global flavors
- Work across grade levels

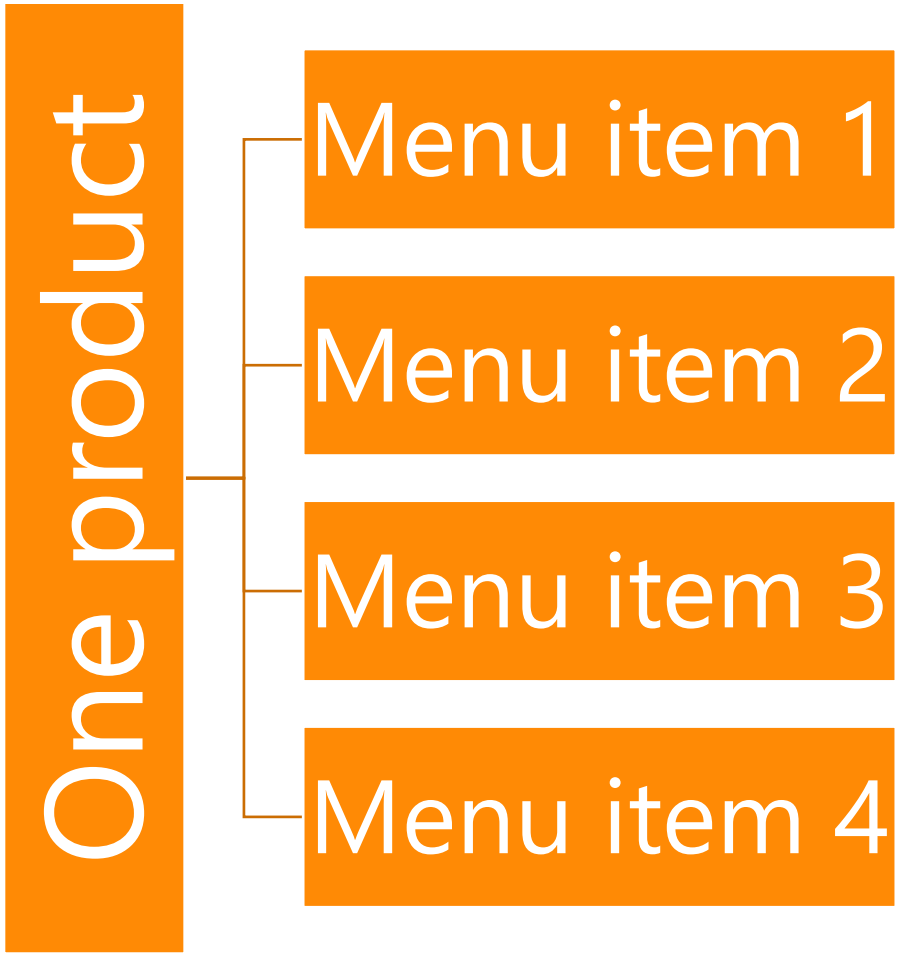




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# Minimize SKUs:

## Maximize Menus ***Cross-Utilization***






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# Cross-Utilization: **Chicken Breast**

**Chicken Breast**

- Shredded chicken
- Diced chicken
- Chicken strips
- Chicken tenders
- Whole chicken breast





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# Cross-Utilization: **Shredded Chicken**



**Shredded Chicken**



Chicken Chili



Pulled Chicken Taco



BBQ Pulled Chicken



Chicken Noodle Soup



Chicken Tetrazzini



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# Cross-Utilization: **Diced Chicken**



**Diced Chicken**



Chicken Pot Pie



Buffalo Chicken Tot Bake



Italian Chicken with Oregano and Lemon



Kung Pao Chicken with Sweet Peppers



Caribbean Chicken Sub



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# Cross-Utilization: **Chicken Strips**



**Chicken Strips**



Chicken Fajita Rice Bowl



Chicken Stir-fry



Cheesy Chicken Fajitas



Chicken Teriyaki



Chicken Curry Casserole



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# Enhance the Menu with Cross-Utilization

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **Bean and Rice Burrito**<br>WG Tortilla Scoops**<br>Deluxe Refried Bean Dip**<br>Whole Kernel Corn<br>Fresh Kiwi Halves<br>Canned Peaches**<br>Choice of Milk | **Homestyle Spaghetti with Meat Sauce**<br>WW Sliced Bread**<br>Build Your Own Side Salad<br>Chilled Canned Pears<br>Choice of Milk | **Loaded Turkey Sub**<br>Chunky Chicken Noodle Soup<br>Build Your Own Side Salad<br>Assorted Fresh Melon Bowl<br>Choice of Milk | **Beef Shepherd's Pie**<br>Fresh-Baked WW Breadstick<br>Steamed Broccoli<br>Purple Grapes<br>Baked Apples<br>WW Sugar Cookie*<br>Choice of Milk | **Chicken Patty Sandwich**<br>Baked Beans<br>Oven Roasted Potato Wedges<br>Juicy Pineapple Tidbits<br>Orange Juice Cup**<br>Choice of Milk |
| **Toasted Cheese Sandwich**<br>Creamy Tomato Soup<br>Vibrant Green Peas<br>Banana<br>Apple Crisp<br>Choice of Milk | **Fiesta Chicken Fajitas**<br>Aztec Grain Salad*<br>Refried Beans<br>Shelled Edamame<br>Purple Grapes<br>Choice of Milk | **Homestyle Chili w/ WG Cornbread**<br>Savory WW Crackers<br>Crisp Romaine Salad with Chickpeas**<br>Fresh Pear<br>Pineapple Chunks**<br>Choice of Milk | **Turkey & Dressing Supreme**<br>Fresh-Baked WW Dinner Roll<br>Two Potato Mash<br>Carrot Sticks<br>Dried Wisconsin Cranberries<br>Orange Juice Cup**<br>Choice of Milk | **Chicken Nuggets**<br>Homestyle WW Biscuit<br>Three Bean Salad<br>Fresh Broccoli Spears<br>Mandarin Oranges<br>Choice of Milk |
| **French Toast Sticks**<br>w/Maple Syrup<br>Baked Sweet Potatoes & Apples<br>Fresh Celery Sticks<br>Orange Wedges<br>Choice of Milk | **Hot Ham, Broccoli, & Cheese Pita**<br>Crispy Veggie Dippers w/Ranch<br>Fresh Kiwi Halves<br>Banana**<br>Choice of Milk | **Honey Mustard Deli Wrap**<br>Macaroni & Cheese<br>Baked Beans<br>Fresh Jicama<br>Pineapple Chunks<br>Choice of Milk | **Roasted Turkey w/Gravy**<br>WW Dinner Roll*<br>Mediterranean Quinoa Salad<br>Fresh Romaine Salad<br>Carrots **<br>Applesauce Cup<br>Choice of Milk | **Pizza Sticks w/ Marinara Dipping Sauce**<br>Oven Roasted Potato Wedges<br>Assorted Fresh Melon Bowl<br>Choice of Milk |
| **Hearty Spanish Stew** w/Cheddar Topping**<br>Fresh Baked WW Breadstick<br>Crisp Vegetables w/Ranch<br>Baked Apples<br>Purple Grapes<br>Choice of Milk | **Black Bean Quesadilla**<br>Steamed Corn<br>Refried Beans<br>Chilled Canned Pears<br>Choice of Milk | **Country Smoked Turkey and Bean Soup**<br>w/Cheddar Topping<br>Build Your Own Side Salad<br>WW Cinnamon Roll<br>WW Dinner Roll*<br>Juicy Pineapple Tidbits<br>Choice of Milk | **All-American Chicken Wrap**<br>Build Your Own Side Salad<br>Fresh Celery Sticks w/Peanut Butter**<br>Assorted Fresh Melon Bowl<br>Choice of Milk | **Flame-Broiled Cheeseburger**<br>Sweet Potato Tots<br>Baked Beans<br>Fresh Mixed Fruit Cup<br>Choice of Milk |
| **Deluxe Taco Pie**<br>WG Cornbread<br>Whole Kernel Corn<br>Sweet Potato Sticks<br>Fresh Kiwi<br>Choice of Milk | **Hearty Beef Stew**<br>w/Cheddar Topping<br>Fresh-Baked WW Dinner Roll<br>Crisp Broccoli w/Hummus<br>Green Grapes<br>Pumpkin Bar<br>Choice of Milk | **Fish Tacos**<br>Cilantro-Lime Rice<br>Roasted Squash<br>Cucumber Slices**<br>Grapefruit<br>Choice of Milk | **Greek Chicken Salad**<br>WW Breadsticks<br>Confetti Soup<br>Green Pepper Slices**<br>w/Cucumber Dipping Sauce**<br>Orange<br>Choice of Milk | **Turkey Corn Puppies**<br>Oodles of Noodles**<br>Harvest Glazed Carrots<br>Sugar Snap Peas<br>Peaches<br>Canned Apricots**<br>Choice of Milk |



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# Cross-Utilization: **Cheese**



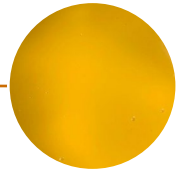
**Cheese**



Chicken Taco



Broccoli Mac and Cheese



Nacho Cheese Sauce



Beef Tamale Pie



Three Sisters Enchiladas



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# Cross-Utilization: **Beef Crumbles**



**Beef Crumbles**



Chili



Beef Shepherd's Pie



Spaghetti and Meat Sauce



Beef Tamale Pie



Spy Thai Beef



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# Cross-Utilization: **Diced Tomatoes**



**Diced Tomatoes**



Chili



Salsa



Spaghetti Sauce



Beef Tamale Pie



Enchilada Sauce



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# Cross-Utilization: **Frozen Carrots**



**Frozen Carrots**



Roasted Carrots



Honey Carrot Coins



Burke County Carrot Souffle



Carrot & Quinoa Muffins



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# Cross-Utilization: **Frozen Broccoli**



**Frozen Broccoli**



Cumin Roasted Broccoli



Creamy Broccoli Soup



Lemon Zest Broccoli



Broccoli Mac & Cheese



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# Cross-Utilization: **Frozen Corn**



**Frozen Corn**



Corn Pudding



Mexicali Corn



Corn Chowder with Thyme



Corn & Sorghum Salad



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# Farm to School

## Day Two

# Three Core Elements of Farm to School

- Procurement
- Education
- School Garden





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# USDA Office of Community Food Systems



increase the availability of local foods in child nutrition programs



promote hands-on learning activities such as gardening, farm visits, and culinary classes



encourage the integration of food related education into regular, standards-based curriculum to help children make lifelong healthy eating choices



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# School Gardens



# Composting







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# Composting: **Vermiculture**





# Container Gardening







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# Tower Gardens

- Grow more in less time
- Grow inside cafeteria
- Less mess
- Moveable



**Westside Elementary School**,
Warner Robins, Georgia



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# Greenhouses



**Howard Valentine Coffman Cove School**, Alaska



**Unicoi County Schools**, Tennessee



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# Hydroponics in Schools

Students at Amidon-Bowen Elementary in Washington, D.C. excited about the fast growth of their salad greens.



# Raising Cows

**Hagerstown Junior/Senior High School**,
Wayne County, Indiana



# Chickens!







**Lincoln Elementary School**,
Olympia, WA



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# Spartanburg County School District 6

- District: 11,000 students, 15 schools
- Greenhouse
- 16 acres of crops
  - Broccoli
  - Cabbage
  - Cucumber
  - Sweet potatoes
  - Blueberries
  - Watermelon
  - Honey







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# Farm to School: **Food Education**



# Food Cultures



USDA
United States Department of Agriculture

BRINGING TRIBAL FOODS AND TRADITIONS INTO CAFETERIAS, CLASSROOMS, AND GARDENS

SCHOOLS AND NATIVE AMERICAN TRIBES across the country are incorporating traditional foods like bison, mesquite flour, wild rice, and ancient varieties of squash and corn into school meals and providing complementary educational activities that teach students about nutrition and Native American food traditions. There are more than 560 tribes recognized by the U.S. government, each with its own food and agricultural history and culture. Operating a farm to school program in a tribal setting or in a school with a high Native American population can help connect students to this history and expand markets for local and Native American farmers. This fact sheet explores how school and tribes are integrating traditional foods into child nutrition programs (CNPs), buying traditional foods locally, and incorporating multicultural nutrition education into classroom curriculum and hands-on lessons in school gardens.

Incorporating Traditional Foods into Menus

The United States Department of Agriculture (USDA) encourages Indian Tribal Organizations, along with all operators of CNPs, to serve traditional and locally grown and raised foods. **The Child Nutrition Programs and Traditional Foods memo (TA01-2015)** explains that traditional foods may be served in CNPs and includes examples of how several traditional foods may contribute towards reimbursable meals. The **USDA Food Buying Guide (FBG)** is a great place to start when creating menus that incorporate traditional food items since it includes crediting information and portion sizes needed to meet the nutritional standards for federal reimbursement.

**The Circle of Nations Boarding School located in Wahpeton, North Dakota, a charter under the Sisseton Wahpeton Oyate tribe, incorporates bison meat from the Intertribal Buffalo Council (ITBC) Sisseton-Wahpeton Oyate herd into lunch meals. Bison meat is substituted for ground beef in items such as chili and spaghetti sauce. In addition, food from the school garden is served daily on the salad bar. Lise Erdrich, School Health Coordinator, says that the students rated her salsa verde recipe, made with traditional green tomatillos, "better than guacamole!"**

**Meat from domesticated and wild game animals, including many traditional foods like bison and venison, may be served in child nutrition programs.**

*For information about serving meat, see the memo.* **Procuring Local Meat, Poultry, Game, and Eggs for Child Nutrition Programs (SP01 CACFP01 SFSP01-2016).**

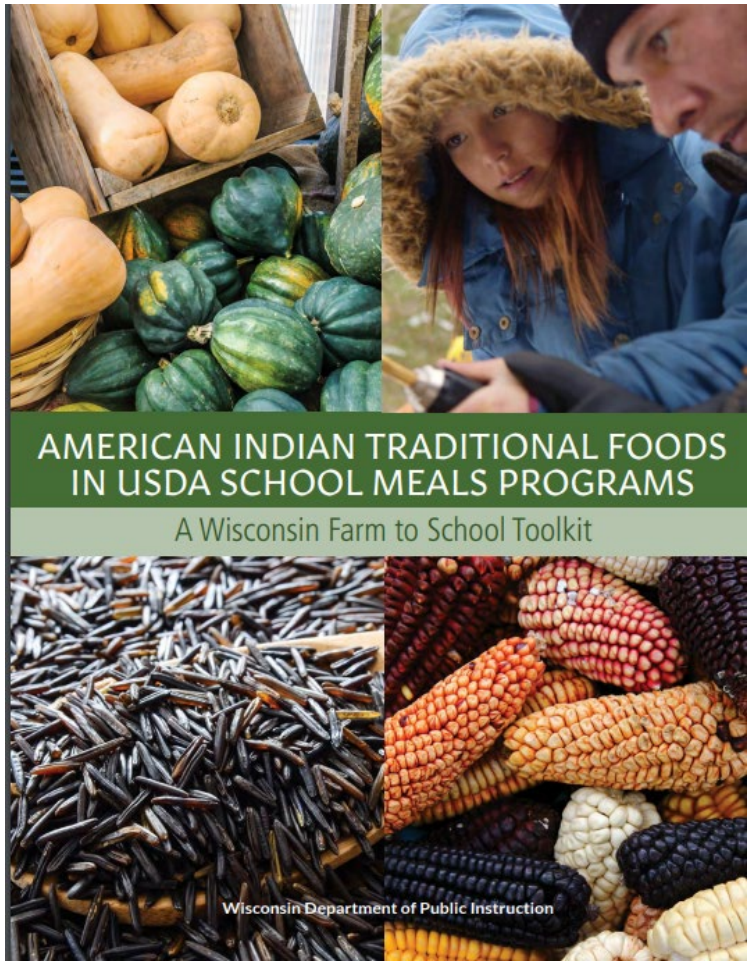
While the FBG provides a list of products commonly served in CNPs, it is not comprehensive. If a food is served as part of a reimbursable meal, but not listed in the FBG, the yield information of a similar food or an in-house yield may be used to determine the contribution towards meal pattern requirements.

Since traditional foods may provide a different nutrient yield than the substitutes listed in the FBG, it is important to pay attention to preparation techniques and the nutritional content of the foods being substituted.

OFFICE of COMMUNITY FOOD SYSTEMS

www.fns.usda.gov/cfs/tribal-foods



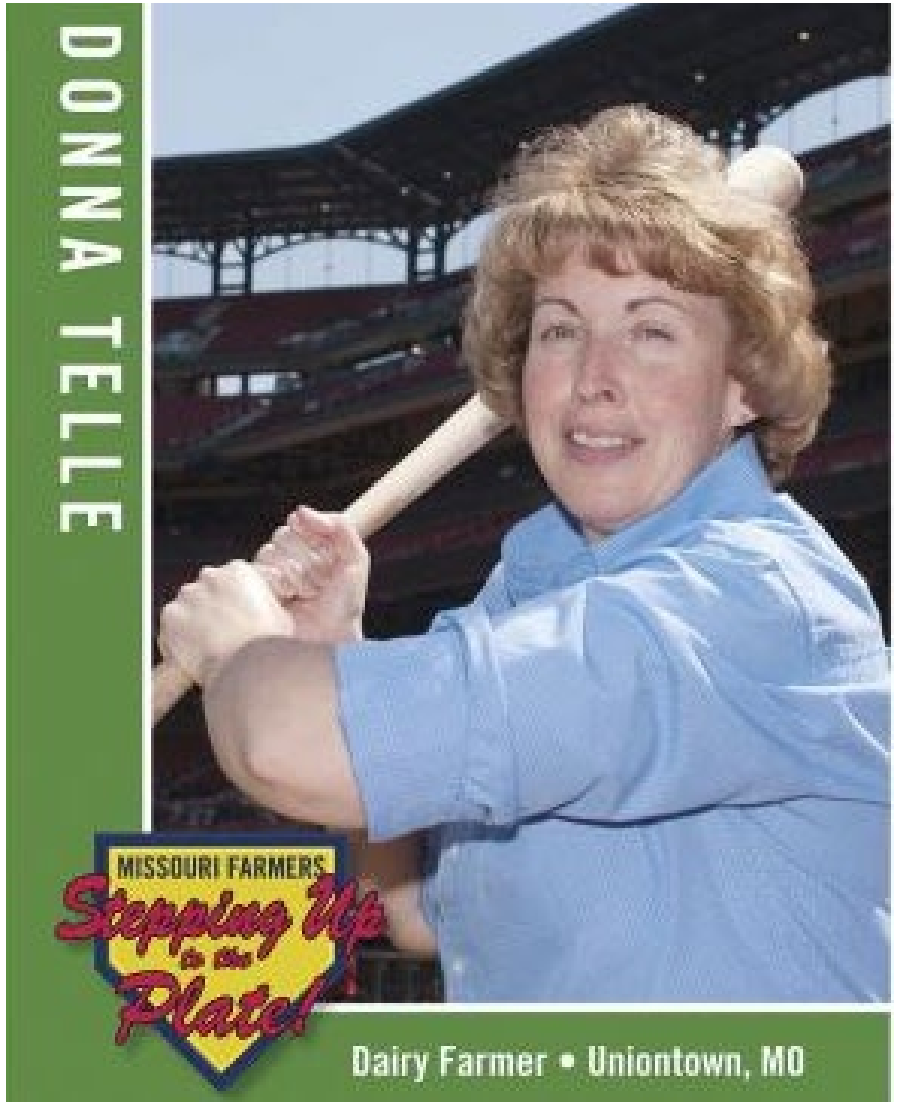



https://dpi.wi.gov/news/dpi-connected/traditional-foods-wisconsin



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# Farmer Trading Cards




"We care about continuing the tradition of family farming while producing nutrient-rich milk."

| DONNA TELLE | |
|---|---|
| Raises: | Holstein Dairy Cattle |
| Location: | Uniontown, Missouri |
| Farming for: | 27 years, a 5th generation farmer (her sons are 6th generation!) |
| Hobbies: | FFA Alumni, Perryville Pirate Athletic Club |

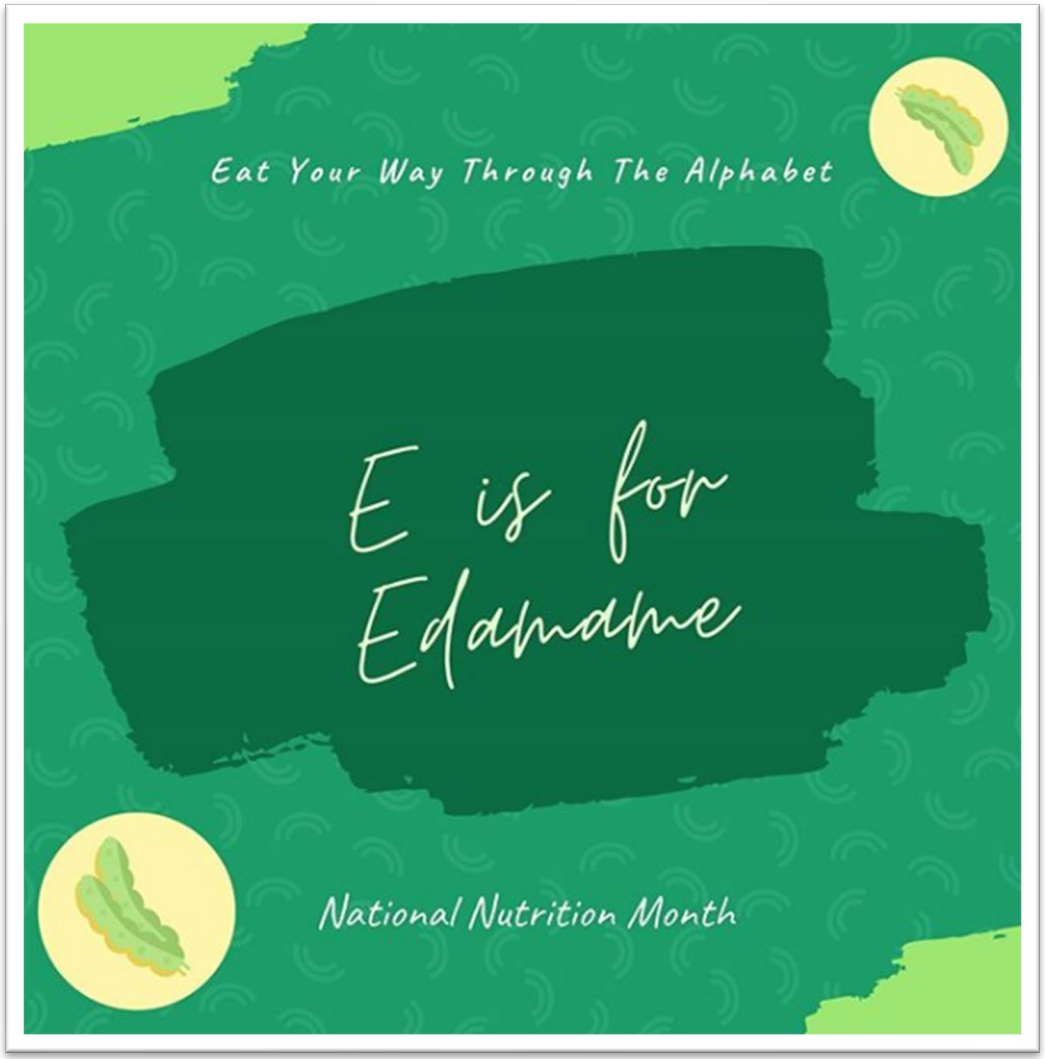
Meet other farmers and register to win the "Ultimate At-Home Tailgate" at *FarmersFeedUs.org*

Missouri Farmers Feed US



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# Eat the Alphabet









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# Cooking Classes








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# Cooking Clubs: **Cookingwithkids.org**

- Cooking with Kids educates and empowers children and families to make healthy food choices through hands-on nutrition education with fresh, affordable foods
  - How to videos
  - Cooking lessons
  - Cafeteria resources
  - Tasting lessons






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# Field Trips









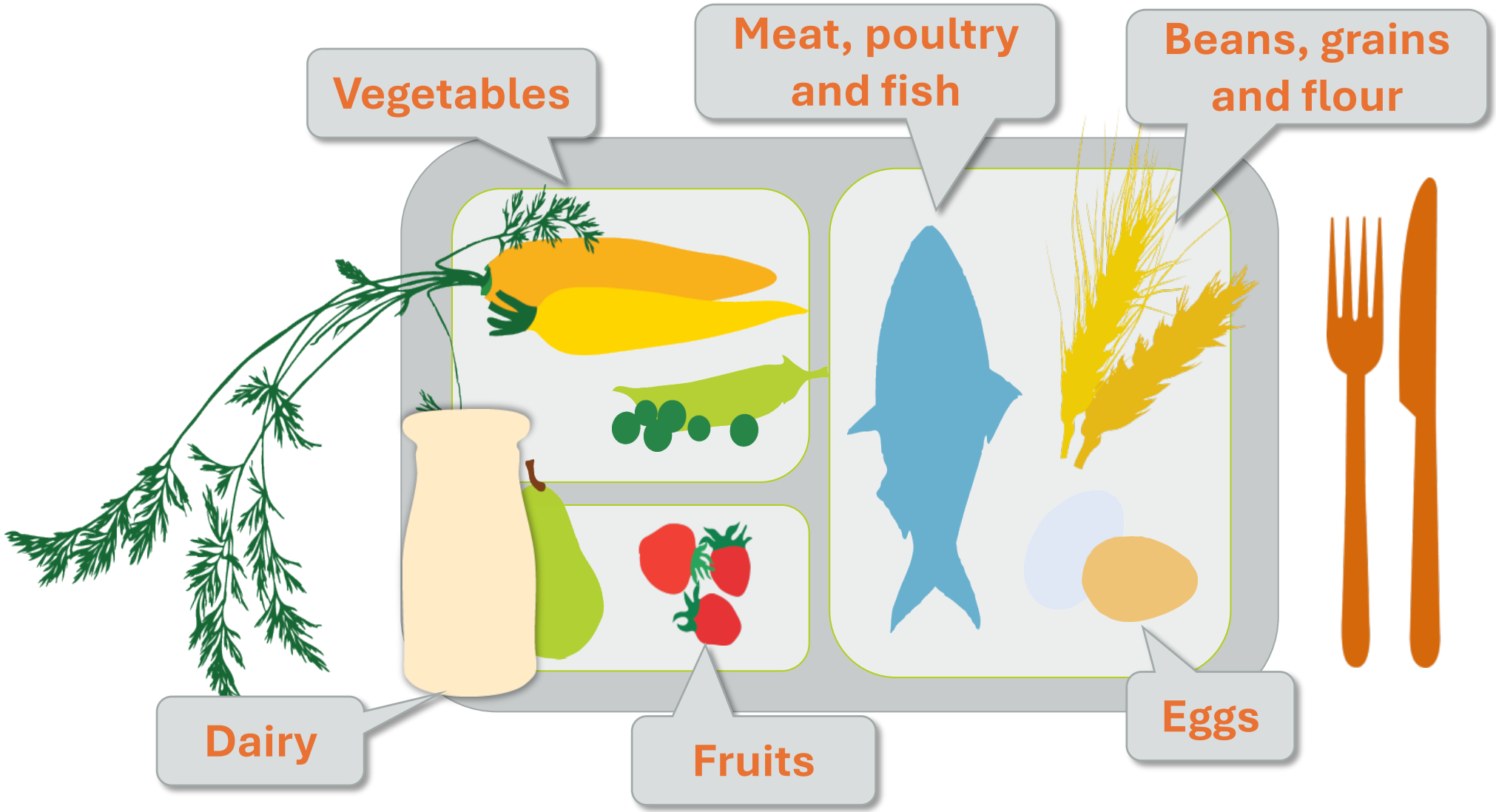

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# Farm-to-School Procurement





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# Students Benefit

- Fruit and vegetable consumption
- Food choices
- Academic achievement
- Food education






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# Benefits of Buying Local

Supporting the local economy and local farms

Building partnerships between the school system and community

Lower transportation costs

Fulfilling student, parent and/or teacher requests for local food





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# Small Steps

**Asking**

- Asking your current vendor to sell local farm products

**Planning**

- Planning menus around seasonal availability of local products

**Buying and highlighting**

- Buying and highlighting only one or two local products each month





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# Small Steps

**Host**

- Hosting one or two local food meals or events each school year (i.e. Indiana Food Day)

**Begin**

- Beginning by serving local foods on a limited or pilot basis, such as serving at only one school





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# Small Steps

**Begin**

- Begin with one item – maybe lettuce

**Look**

- Look for a product unique to your area

**Create**

- Create excitement for that one item





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# Reducing Sodium in School Meals & Menus

## Day 3



# Sodium Free Ingredients:
# **Citrus**









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# Sodium Free Ingredients: **Vinegars**










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# Sodium Free Ingredients: **Herbs**









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# Sodium Free Ingredients:
# **Spice Blends**









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# Sodium Free Ingredients:
# **Onions and Garlic**









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# Essential Spices and Herbs

- Garlic, granulated
- Onion powder
- Cumin
- Paprika, sweet
- Paprika, smoked
- Chili powder
- Ginger, ground
- Pepper, black
- Pepper, red
- Rosemary
- Oregano
- Thyme






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| Spice | Sodium per 1 teaspoon |
| --- | --- |
| Garlic, granulated | 0 |
| **Garlic salt** | **1960** |
| Onion powder | 0 |
| **Onion salt** | **1800** |
| Black pepper | 0 |
| Paprika | 0 |
| Cumin | 5 |



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# Make Your Own Spice Blend



## *Seasonings Blends*

**Yield: 1 quart**

| | | |
|---|---|---|
| **Mexican** | Onion powder | 1/3 cup |
| | Garlic, granulated | 1/3 cup |
| | Paprika, smoked | 1/3 cup |
| | Cumin, ground | 1 ¼ cup |
| | Chili powder | 1 ¾ cup |
| **Buffalo** | Onion powder | 1 cup |
| | Garlic, granulated | 1 ¼ cup |
| | Paprika | ¼ cup |
| | Chili pepper | 1 ¼ cup |
| | Cayenne pepper | ¼ cup |
| **Italian** | Basil, dried | 1 1/3 cup |
| | Oregano, dried | 1/3 cup |
| | Marjoram, dried | 1 cup |
| | Thyme, dried | 1/3 cup |
| **Caribbean Spice** | Ginger, ground | 1 cup |
| | Black pepper, ground | 1 cup |
| | Orange peel, dried | ¾ cup 2 tablespoons |
| | Mace, ground | 1 tablespoon |
| | Cloves, ground | 1 tablespoon |
| | Brown sugar | 1 cup |
| **Garlic & Herb** | Onion, granulated | 1/3 cup |
| | Garlic, granulated | 2/3 cup |
| | Paprika | 1 cup |
| | Oregano leaves | 1 cup |
| | Thyme leaves | 1 cup |

| | | |
|---|---|---|
| **Barbecue** | Onion powder | 1 cup |
| | Garlic, granulated | 1 cup |
| | Paprika, smoked | ¾ cup 2 tablespoons |
| | Cumin, ground | ¾ cup 2 tablespoons |
| | Black pepper, ground | ¼ cup |
| **Ranch** | Garlic, granulated | 1 ¼ cup |
| | Onion powder | 1 ¼ cup |
| | Dill weed | 1 ¼ cup |
| | Black pepper, ground | ¼ cup |
| **Parmesan-Rosemary** | Garlic, granulated | ½ cup |
| | Rosemary, crushed | ¾ cup |
| | Parmesan cheese | 2 ¾ cups |
| **Spice Rub** | Onion powder | ½ cup 2 tablespoons |
| | Garlic, granulated | ½ cup 2 tablespoons |
| | Paprika | ½ cup 2 tablespoons |
| | Cumin, ground | ½ cup 2 tablespoons |
| | Chili powder | ½ cup 2 tablespoons |
| | Black pepper, ground | 2 tablespoons |
| | Brown sugar | ¾ cup |
| **Tandoori** | Paprika | 2/3 cup |
| | Cumin, ground | 2/3 cup |
| | Coriander | 2/3 cup |
| | Cayenne pepper | 2/3 cup |
| | Ginger, ground | 2/3 cup |
| | Turmeric | 2/3 cup |

ADDING SALT

Salt may be added to any of these seasoning blends as needed.
Using 1 teaspoon of salt for 50 servings adds about 45 mg of sodium per serving.
Using 1 tablespoon of salt for 100 servings adds about 70 mg of sodium per serving.



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# Seasoning Blends

| Spice or Herb | Mexican | Buffalo | Italian | BBQ | Ranch | Tandoori |
|---|---|---|---|---|---|---|
| **Garlic, granulated** | 1/3 cup | 1 ¼ cup | 1 cup | 1 cup | 1 ¼ cup | |
| **Onion powder** | 1/3 cup | 1 cup | | 1 cup | 1 ¼ cup | |
| **Cumin** | 1 ¼ cup | | | ½ cup 2 tablespoons | | 2/3 cup |
| **Paprika** | | ¼ cup | | | | 2/3 cup |
| **Paprika, smoked** | 1/3 cup | | | ½ cup 2 tablespoons | | |
| **Chili powder** | 1 ¾ cup | 1 ¼ cup | | | | |
| **Pepper, black** | | | | ¼ cup | ¼ cup | |
| Red pepper, ground | | ¼ cup | | | | |
| Pepper, cayenne | | | | | | 2/3 cup |
| Ginger, ground | | | | | | 2/3 cup |
| Turmeric | | | | | | 2/3 cup |
| Basil, dried | | | 1 1/3 cup | | | |
| Oregano, dried | | | 1/3 cup | | | |
| Thyme, dried | | | 1 cup | | | |
| Rosemary, dried | | | 1/3 cup | | | |
| Dill weed, dried | | | | | 1 ¼ cup | |



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# Ranch

Garlic, granulated

Onion, granulated

Pepper, black

Dill



# BBQ

- Garlic, granulated
- Onion, granulated
- Pepper, black
- Paprika, smoked
- Cumin





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# Taco Seasoning

Garlic, granulated

Onion powder

Cumin

Paprika

Chili powder

| Taco seasoning | Sodium in 2 teaspoons |
|---|---|
| Regular | 560 mg |
| Low-sodium | 220 mg |
| Made on-site | 15 mg |





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# Regular Taco Seasoning

## 280 mg sodium per teaspoon




**Ingredients:** Salt, spice, garlic powder, corn starch, onion powder, chili pepper, red bell pepper, paprika, onion……

# Less Sodium Taco Seasoning

## 110 mg sodium per teaspoon




**Ingredients:** corn starch, maltodextrin, chili pepper, onion powder, salt, spice, sea salt……



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# Compare Brands: **Ketchup**

| Condiment | Sodium per 2 tablespoon |
|---|---|
| Heinz | 320 |
| Hunt's | 360 |
| Del Monte | 380 |
| Red Gold | 160 |
| Red Gold Naturally Balanced | 100 |






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# **Spice Blend Activity:** Building Flavor Without Salt





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# Any Questions?