

Fresh from California

Menu Planning Support Session

March 9, 2022

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CENTER FOR
ECOLITERACY

CALIFORNIA FOOD
FOR CALIFORNIA KIDS®



CALIFORNIA FOOD FOR CALIFORNIA KIDS®

California Food for California Kids is an initiative of the Center for Ecoliteracy



 **LunchAssist PRO**

Professional Development
and Resource Hub



session 1 | agenda

- fresh from california overview
- national nutrition month
- food and culture flavor profiles
- recipes
- discussion

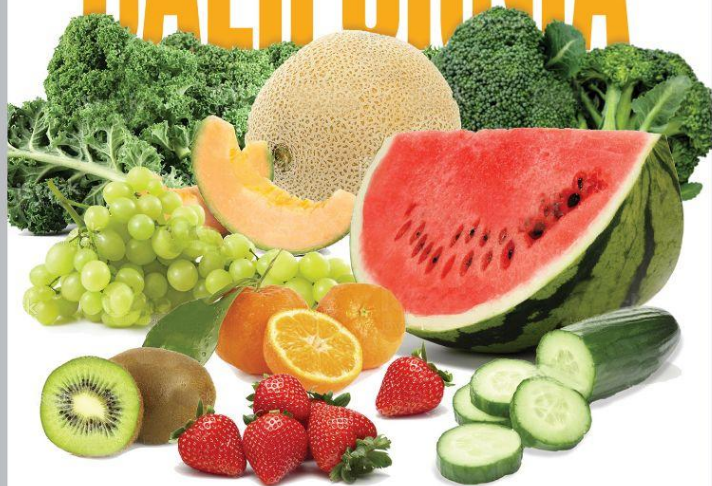
fresh from california

overview

what fresh from california offers

- **Menu Planning Support.** Online group sessions providing best practices for menu planning and substitutions, recipe development, and nutrition analysis with Registered Dietitians.
- **Farmer Visits.** Direct connections with farmers in your region and the opportunity to sign up for virtual and in-person farmer visits with engaging student enrichment activities in partnership with the Community Alliance with Family Farmers.
- **Marketing Materials.** Beautifully designed promotional banners and posters for your cafeterias offered in both English and Spanish.

FRESH FROM CALIFORNIA™



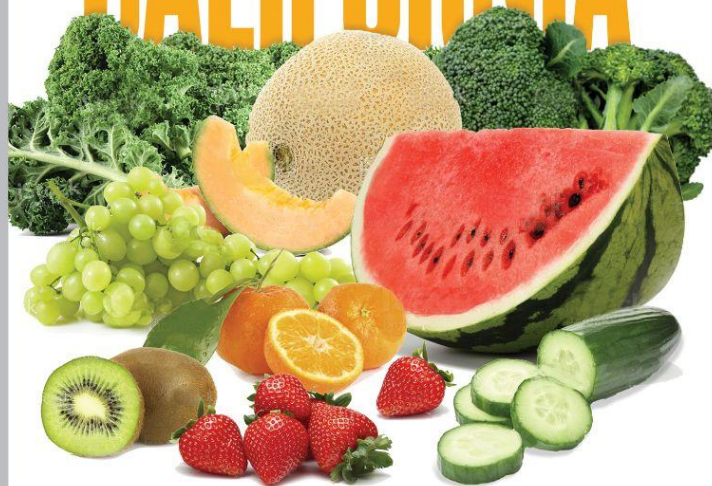
Why should we choose California-grown fruits and vegetables? Because California grows some of the best food in the world. It's fresh, healthy, and delicious. And when you choose fresh, local food you support our farmers, their families, and our communities. Food connects us. Fresh from California.



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CALIFORNIA FOOD
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TUDO FRESCO CALIFORNIA™



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farmer visits with CAFF



collaboration with food distributors

- List of seasonal crops
- Growers information for your promotional collateral and nutrition education activities

San Joaquin County, CA-Grown

The screenshot shows the Ag Link website interface. At the top, the logo 'Ag Link' is displayed in green, with navigation links for HOME, BUY NOW, HARVEST CALENDAR, MEET OUR GROWERS, and CONTACT US. Below the logo is a green banner with the text 'EAT IN SEASON FOR A REASON' and an orange banner with the text 'Children Learn Better When They Eat Well - Find Fresh, Locally Grown Produce Here'. The main content area is divided into two columns. The left column contains a sidebar with categories: 'Farm Fresh Foods', 'USDA FFVPP Approved', 'Best Priced In Season Fruits and Veggies', 'Sauces & Seasonings', 'Processed & Packaged (Individual servings)', and 'What's in Season'. The 'What's in Season' section lists various fruits and vegetables, including Almonds, Apples, Carrots, Citrus, Grapes, Kiwi, Pears, Persimmons, Sauces & Seasonings, Tomatoes/Peppers, and Veggies. The right column displays a list of products under the heading 'PRODUCTS >> FARM FRESH FOODS > USDA FFVPP APPROVED'. A 'PRODUCT FILTER TOOLS' section is located above the product list. The product list includes items such as 'Apple Pears', 'Apples, Gala/Fuji Variety', 'Apples, Silcof Red Variety', 'Broccoli Florets', 'Cauliflower Florets', and 'Kiwi'. Each product entry shows the item name, quantity, price, and an 'Add To Cart' button. A callout box with a white background and a black border points to the 'Apples, Gala/Fuji Variety' product, which is marked as 'CA-Grown'.

SHIP TO ADDRESS:
13000 Newport Road
Ballico, CA 95303
209-634-8448

Change Address New Address

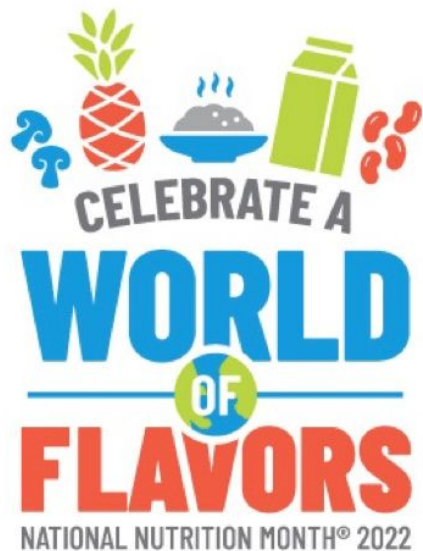
Item #	Item Name	Promo Text	Price
12166	Apple Pears (Tray Pack 44, 2 layer, 1 cup, Tulare County)		\$39.92
12072	Apples, Gala/Fuji Variety (163 ct/cs, 3/4 cup, San Joaquin County, 49 lbs)		\$31.58
11738	Apples, Gala/Fuji Variety (188 ct/cs, 1/2 cup, San Joaquin County, 49 lbs)	CA-Grown	\$36.58
12025	Apples, Silcof Red Variety (2oz, 100 ct/cs, San Joaquin, 12.5 lbs)	\$.25/serving	\$31.83
12139	Broccoli Florets (50 ct/cs, 2 oz bags, 6.25 lbs, Monterey County)		\$32.08
12144	Cauliflower Florets (50 ct/cs, 2 oz bags, 6.25 lbs, Monterey County)		\$35.00
12150	Kiwi, Gold (Approx. 108 ct/cs, Size 33 VF, 1/2 cup, 20lbs, Tulare County)	Smooth skin!!	\$43.33

national nutrition month

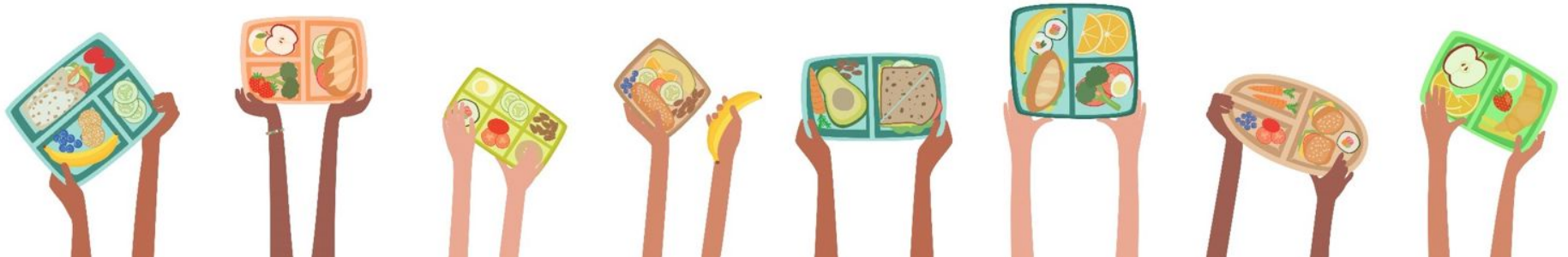
celebrate a world of flavors

MARCH 2022

Celebrate National Nutrition Month®



what global flavors are featured on your
school menus?
which recipe(s) and from where?





Jess Serdikoff Romola, RDN



@JessRomolaRDN

Official NNM Tip: Incorporate your favorite cultural foods and traditions

Edited: CELEBRATE your cultural foods and traditions by enjoying them freely, without guilt or worry.



Jess Serdikoff Romola, RDN

@JessRomolaRDN

Official NNM Tip: Try new flavors and foods from around the world

Edited: Learn about flavors, foods, & cooking techniques from around the world, taught BY people from those cultures. Respect a food's/dish's cultural origins, without appropriation.



Jess Serdikoff Romola, RDN



@JessRomolaRDN

Official NNM Tip: Find an RDN who specializes in your unique needs

Edited: Find an RD/RDN who understands and respects your cultural identity, collaborates with you on your goals, and is committed to their own implicit bias and cultural humility education.

national nutrition month free resources

Individual Toolkit Files

View translated files in:

[عربي](#) | [中文](#) | [Español](#) | [हिन्दी](#) | [Tagalog](#) | [Tiếng Việt](#)

Tip Sheets / Handouts

20 Health Tips for 2022	PDF	70KB	↓
20 Ways to Enjoy More Fruits and Vegetables	PDF	170KB	↓
Celebrate a World of Flavors	PDF	75KB	↓
Eat Right with MyPlate	PDF	120KB	↓
Eating Right and Reduce Food Waste	PDF	250KB	↓
Eating Right for a Healthy Weight	PDF	120KB	↓
Eating Right for Older Adults	PDF	230KB	↓
Eating Right on a Budget	PDF	200KB	↓
Eating Right With Less Added Sugars	PDF	370KB	↓
Eating Right With Less Salt	PDF	160KB	↓
Healthy Eating on the Run: A Month of Tips	PDF	125KB	↓
Healthy Eating Tips for Vegetarians	PDF	100KB	↓
Personalizing Your Plate To Include Foods from Other Cultures – Asian Indian Cuisine	PDF	280KB	↓
Personalizing Your Plate To Include Foods from Other Cultures – Chinese Cuisine	PDF	370KB	↓
Personalizing Your Plate To Include Foods from Other Cultures – Filipino	PDF	230KB	↓

Games / Activities

National Nutrition Month 2022 Quiz	PDF	110KB	↓
Crossword Puzzle	PDF	207KB	↓
Nutrition Sudoku	PDF	900KB	↓
National Nutrition Month 2022 Word Search	PDF	850KB	↓

Planning Materials

National Nutrition Month Presentation 2022	PPTX	8MB	↓
Registered Dietitian Nutritionist Day 2022 Proclamation	DOCX	20KB	↓
National Nutrition Month 2022 Proclamation	DOCX	120KB	↓

Press Releases & PSAs

Celebrate a World of Flavors During National Nutrition Month® 2022	PDF	150KB	↓
Academy Recommends Reducing Added Sugars, Sodium and Saturated Fats in Meals	PDF	170KB	↓
Healthful Tips to Adults With Type 2 Diabetes	PDF	160KB	↓
Amid Supply Chain Shortage, Academy Recommends Simple	PDF	129KB	↓

Source: [Eat Right National Nutrition Month Toolkit](#)

food + culture

flavor profiles

sustainable connections with culturally-sensitive foods

Many traditional diets are plant-forward. These cuisines honor sustainable connections between food, culture, health, and the environment.



food and culture | resources

- [the world's flavor profiles](#)

FOOD AND CULTURE PROJECT:

THE WORLD'S FLAVOR PROFILES

OVERVIEW

Students examine the food traditions of the world's five major inhabited continents. They learn about the broad flavor profile of each continent, and then select a country and research key ingredients, seasonings, and dishes that form the foundation of that country's cuisine.

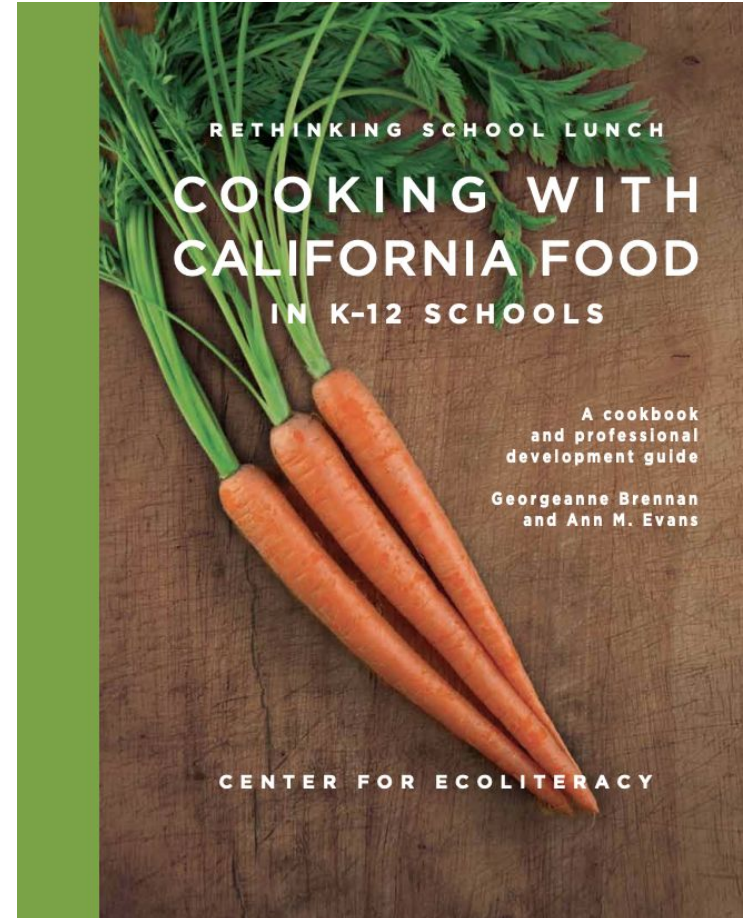
GRADE LEVEL: 3-5



CENTER FOR ECOLITERACY

food and culture | **resources**

- [rethinking school lunch:](#)
[cooking with california food](#)



recipes

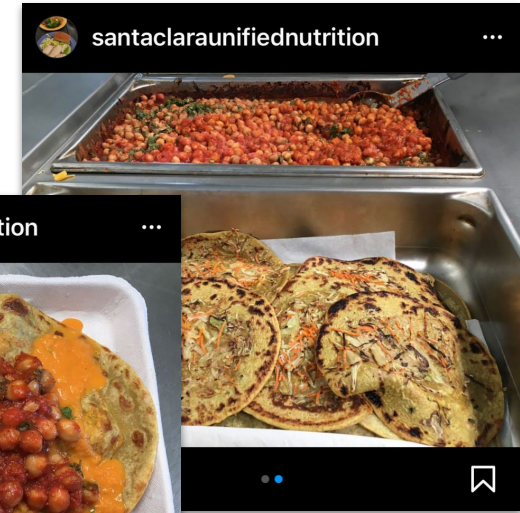
celebrating a world of flavors

world of flavors | southeast asia

menu:

- chana masala
- dosas
- kale potato sabzi
- sliced oranges
- milk

ca produce: kale, strawberries



 [santa clara usd](https://www.santaclaraschools.org/)

world of flavors | asia

menu:

- [bi bim bap](#)
- cucumbers
- tangerines
- milk

ca produce: broccoli, cucumber, tangerine

recipe: [chef ann foundation](#)



: <https://www.forwardfood.org/bibimbap/>

world of flavors | mediterranean region

menu:

- [harissa red lentil hummus](#)
- pita bread w/ za'atar seasoning
- cucumbers, broccoli, & carrots
- strawberries and grapes
- milk

ca produce: cucumber, strawberries, broccoli,
grapes

recipe: [USA Pulses](#)



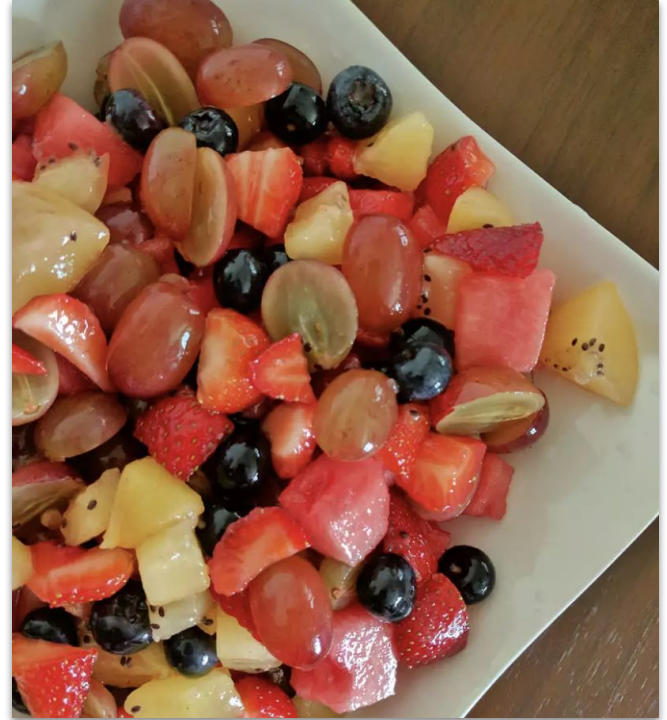
world of flavors | latin american

menu:

- [chile relleno casserole](#)
- [arroz con gandules](#)
- [mojito fruit salad](#)
- [cuban green salad](#) w/ avocado
- milk

ca produce: strawberries, cantaloupe, grapes, watermelon, kiwi, avocado

recipes: [allrecipes.com](#), [yummys.com](#), [lunchbox.org](#)



how to create compliant recipes!

using an existing, non-credited recipe

- **example:** [favorite broccoli salad](#)
- **source:** COOKIE + kate (food blog)
- **credited:** no
- **yields:** “6 side servings”
- **ingredients:**
 - 1 lb broccoli florets, chopped
 - ½ cup sunflower seeds
 - ½ cup red onion, chopped
 - ⅓ cup dried tart cherries
 - ½ cup honey mustard dressing



how to create compliant recipes!

using an existing, non-credited recipe

1. **Determine the crediting goal per portion.**

Example: "Favorite Broccoli Salad"

Crediting Goal: 1 serving = ½ cup DGV

how to create compliant recipes!

using an existing, non-credited recipe

<p>1. Determine the crediting goal per portion.</p>	<p>Example: "Favorite Broccoli Salad" Crediting Goal: 1 serving = ½ cup DGV</p>
<p>2. Determine the min. amt. of ingredient(s) required to reach crediting goal.</p> <p>Tip: Refer to the USDA Food Buying Guide, Exhibit A for Grains, and/or Product Information Sheets!</p>	<p>FBG: ½ cup broccoli = ½ cup DGV</p> <ul style="list-style-type: none">• Each portion needs <u>½ cup broccoli</u>, minimum

how to create compliant recipes!

using an existing, non-credited recipe

<p>1. Determine the crediting goal per portion.</p>	<p>Example: “Favorite Broccoli Salad” Crediting Goal: 1 serving = ½ cup DGV</p>
<p>2. Determine the min. amt. of ingredient(s) required to reach crediting goal.</p> <p>Tip: Refer to the USDA Food Buying Guide, Exhibit A for Grains, and/or Product Information Sheets!</p>	<p>FBG: ½ cup broccoli = ½ cup DGV</p> <ul style="list-style-type: none">• Each portion needs <u>½ cup broccoli</u>, minimum
<p>3. Calculate how many portions your recipe yields, according to Step 2.</p> <p>Note: This may vary from the number of “servings” listed on the recipe.</p>	<p>How many ½-cup portions in 1 lb broccoli?</p> <ul style="list-style-type: none">• 1 lb chopped broccoli = 14.4 half-cup portions• 1 batch recipe = 14 servings

how to create compliant recipes!

using an existing, non-credited recipe

4. Determine actual serving size.

Tip: This is also a good time to see if the seasonings need any adjusting and to get staff and student feedback about how the recipe tastes.

Recipe Test!

Which serving utensil gets you 14 servings?

- You know each portion needs at least ½ cup broccoli. The recipe has other ingredients in it too, though, so you're going to try a #6 portion scoop, which is a little more than half a cup.
- Test this in the kitchen and see if you get about 14 servings. If you have a lot of the salad leftover, try a bigger scoop! Play around with this until you get it just right!

how to create compliant recipes!

using an existing, non-credited recipe

5. Scale your recipe.

For 100 servings:

- $100 / 14$ servings per recipe = 8x (rounded up)

how to create compliant recipes!

using an existing, non-credited recipe

5. Scale your recipe.	For 100 servings: <ul style="list-style-type: none">• $100 / 14$ servings per recipe = 8x (rounded up)
6. Create your Standardized Recipe.	For 100 servings: Multiply each ingredient x 8 <ul style="list-style-type: none">• Example: 1 lb broccoli x 8 = 8 lbs

how to create compliant recipes!

using an existing, non-credited recipe

5. Scale your recipe.	For 100 servings: <ul style="list-style-type: none">• $100 / 14$ servings per recipe = 8x (rounded up)
6. Create your Standardized Recipe.	For 100 servings: Multiply each ingredient x 8 <ul style="list-style-type: none">• Example: 1 lb broccoli x 8 = 8 lbs
7. Test one last time (for good measure)!	Consider this your “run-through” before serving it on the menu.

Recipe Title: Favorite Broccoli Salad

Recipe #: n/a

Recipe Category: Vegetable


Portion Size: #6 scoop


Ingredients	Recipe Yield 50 Servings		Recipe Yield 100 Servings		Directions/HACCP
	Weight	Measure	Weight	Measure	
Broccoli, florets, chopped	4 lbs		8 lbs		<ol style="list-style-type: none"> 1. Toast the sunflower seeds: Pour the sunflower seeds into a skillet over medium heat. Cook, stirring frequently (careful, they'll burn!), until the seeds are turning golden, about 5 minutes. Pour the toasted seeds into a large serving bowl. 2. Add the chopped broccoli, onion, and cherries to the serving bowl. 3. Pour the dressing over the salad and stir until all of the broccoli is lightly coated in dressing. <p>CCP: Keep refrigerated until meal service. 1 portion = #6 scoop</p>
Sunflower seeds, raw		2 cups		4 cups	
Onion, red, chopped		2 cups		4 cups	
Tart cherries, dried, chopped		1 ½ cups		2 ¾ cups	
Honey Mustard Dressing (see recipe)		2 cups		4 cups	

Meal Pattern Contribution			
Meat/Meat Alternate	Grains	Vegetable/Vegetable Subgroup	Fruit
		½ DGV	


helpful tools

- [usda food buying guide](#) (online)
 - [appendix e, exhibit a](#) (for grains)
- [usda product information sheets](#)
 - fruits
 - grains
 - meat/meat alternates
 - vegetables
 - other foods
- [lunchassist bulk produce calculator](#)

 United States Department of Agriculture

 **USDA Foods in Schools**

110730 - Pork, Pulled, Cooked, Frozen
Category: **Meat/Meat Alternate**



Product Description

- This item is a fully cooked, minimally seasoned pulled pork. This product is delivered frozen in cases containing eight 5-pound or four 10-pound packages.

Crediting/Yield

- One case of pulled pork provides about 320 2-ounce portions.
- CN Crediting: 2 ounces of pulled pork and juices credits as 1 ounce equivalent meat/meat alternate. Confirm individual vendor crediting by using the CN Label or the product formulation statement.

Culinary Tips and Recipes

- Pulled pork can be used as a protein component in dishes such as sandwiches, wraps, burritos, or fajitas.
- The minimally seasoned formulation allows schools to customize the flavor profile. Try adding barbecue sauce, Asian seasonings, or Latin flavors to use this product in a variety of ways in your menu cycle.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 2 ounce (56 g)/1 MMA pulled pork and juices

Amount Per Serving	
Calories	92
Total Fat	5g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	36mg
Sodium	202mg
Total Carbohydrate	0g
Dietary Fiber	0g
Sugars	0g
Protein	11g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer directly.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

September 2018

USDA is an equal opportunity provider, employer, and lender.

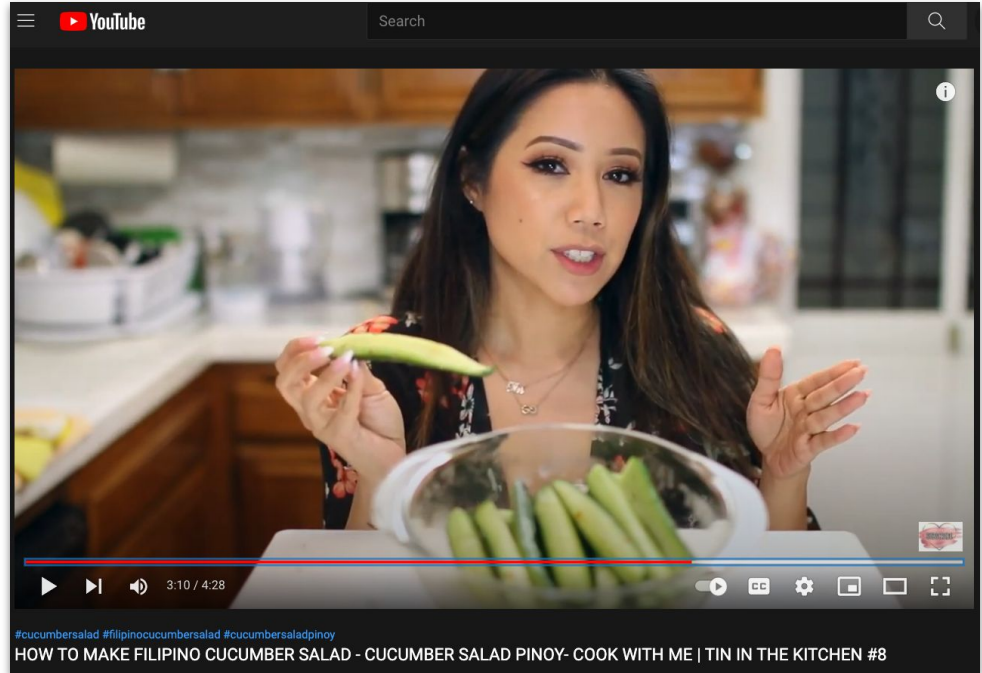
filipino cucumber salad

recipe:

- 16 oz. cucumbers
- 2 Tbsp. sugar
- 1 Tbsp. salt
- ¼ cup vinegar sukang puti
- 4 tsp. vinegar sukang Iloko
- crushed pepper flakes, to taste
- dill, to taste

crediting: ½ ov

ca produce: cucumber



source: [tin in the kitchen, episode #8](#)

recipe analysis workbook | USDA

An official website of the United States government [Here's how you know](#)



Food Buying Guide for Child Nutrition Programs
U.S. DEPARTMENT OF AGRICULTURE

HOME ▾ MEAL COMPONENTS ▾ FOOD ITEMS ▾ TOOLS ▾ APPENDIXES ▾ HELP ▾ WELCOME JENNIFER MCNEIL ▾

Edit Recipe Analysis Workbook (RAW)

▸ Instructions

Asterisks (*) denote required information.

① **Recipe Name *** **Servings per Recipe ***

Recipe Number **Serving Size ***

Folder

Select Creditable Ingredient | Recipe Notes | Vegetables | Fruits | Meats/MA | Grains - Method A | Grains - Method B | Grains - Method C | **Meal Pattern Contribution**

	Vegetables	Other Vegetables	1/2 cup
---	------------	------------------	---------

1/2 cup provides 1/2 cup total vegetable (1/2 cup other vegetable)

produce calculator | LunchAssist



Bulk Produce Calculator

Instructions:

1. Download spreadsheet by clicking File > Download > Excel Spreadsheet.
2. For NSLP programs, customize the quantities in **Column B** to calculate the corresponding Meal Contributions in Column J. For SFSP meal patterns, refer to column L.


Example: If you enter '1' in cell B4, you will see that 1 head of broccoli will yield 2.5 cups DGV.

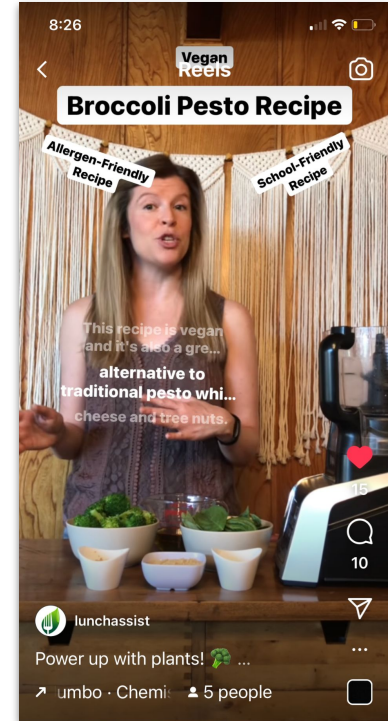
****To request additional items be added to the table, email mickinzie@lunchassist.org**

Vegetable	#	Unit (AP)	Lbs. to Order (rounded up)	NSLP Creditable Cups* <small>Per the USDA Food Buying Guide</small>	Component	SFSP Creditable Cups	Component
Broccoli, crowns, raw	1	head	2	2.50	DGV	2.50	Veg
Broccoli, crowns, raw	1	lbs	1	1.75	DGV	1.75	Veg
Carrots, baby, raw	1	1-lb bag	1	3.00	ROV	3.00	Veg
Carrots, whole	2	large	1	0.50	ROV	0.50	Veg
Carrots, whole	1	1-lb bag	1	1.75	ROV	1.75	Veg
Carrots, whole	1	2-lb bag	2	3.50	ROV	3.50	Veg
Carrots, whole	1	5-lb bag	5	9.00	ROV	9.00	Veg
Cauliflower, whole	1	head	2	2.50	OV	2.50	Veg
Celery, raw	52	medium stalk / rib (8" long)	5	11.75	OV	11.75	Veg
Celery, raw	1	large stalk / rib (11-12" long)	1	0.25	OV	0.25	Veg
Celery, raw	1	bunch	1	2.50	OV	2.50	Veg
Celery, raw	2	pound	2	5.00	OV	5.00	Veg
Corn on the cob, with husks	1	medium ear	1	0.50	SV	0.50	Veg
Cucumbers, raw	1	medium (7")	1	1.00	OV	1.00	Veg
Cucumbers, raw	2	large (8-1/4")	2	3.25	OV	3.25	Veg
Cucumbers, raw	1	medium (1-1/2 lb)	2	3.75	SV	3.75	Veg

link: [bulk produce calculator](#)

recipe resources | our favs

- [plant forward recipes students love](#)
center for ecoliteracy → 
- [california culinary center recipes](#)
ca department of education
- [spring recipe flipbook](#)
pisanick partners
- [the lunch box](#)
chef ann foundation
- [eating well with janel](#) (recipe reels!)
lunchassist → 



discussion

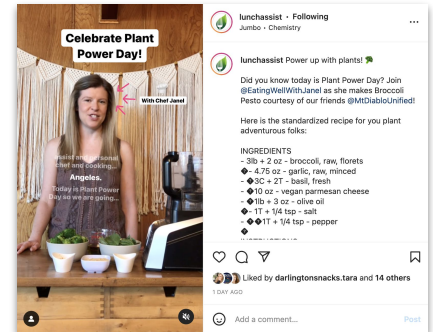
wrap up

resources & events | center for ecoliteracy

- [learn more](#) and sign up for [fresh from california](#)
- next menu planning support session | April 20, 1:30 p.m. - 2:30 p.m.
- next school food innovator series | March 24, 9:00 a.m. - 10:15 a.m.
- [plant-forward school meal resources](#)
- follow us on twitter [@ecoliteracy](#) and facebook [@centerforecoliteracy](#)

Keep in Touch with LunchAssist!

- Join us for [The Lunch Hour!](#)
 - Tomorrow, 3/10, at 1:30 pm
- Check out our [newest article](#) in *Served Digizine!*
 - “HERstory of School Nutrition”
- Have questions about Universal Meals next SY?
 - CA Universal Meals - Info Session + Live Q&A | [Register](#)
- Learn more about what we do!
 - www.lunchassist.org



thank you