

Fresh from California

# Menu Planning Support Session

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# CALIFORNIA FOOD FOR CALIFORNIA KIDS<sup>®</sup>

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



 **LunchAssist PRO**

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Professional Development  
*and* Resource Hub

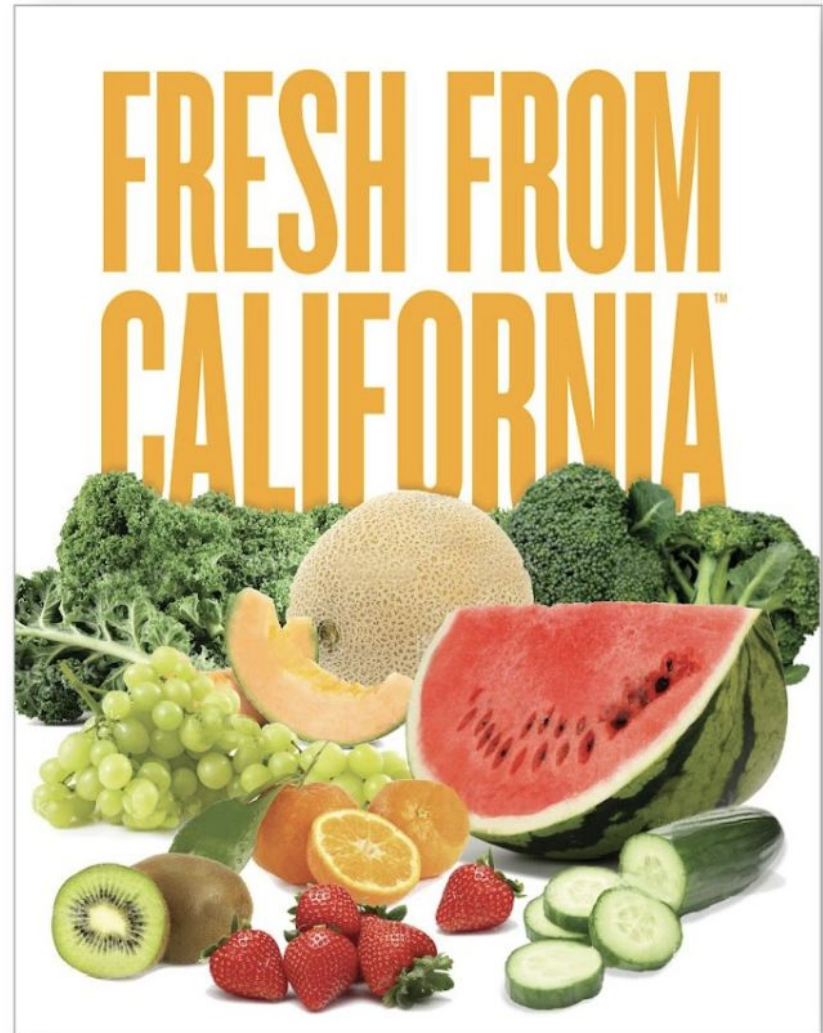


## session 2 | agenda

- fresh from california
- specialty crops
- special diets
- resources
- discussion

# offerings

- **Marketing Materials.** Beautifully designed promotional banners and posters for your cafeterias offered in both English and Spanish.
- **Menu Planning Support.** Online group sessions providing best practices for menu planning and substitutions, recipe development, and nutrition analysis with a Registered Dietitian.
- **Media Support.** Media training and outreach to promote your district's Farm to School program.



specialty crops

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fresh from ca

# fruits & veggies in focus

- avocado
- broccoli
- cantaloupe
- cucumber
- grapes
- kale
- kiwi
- strawberries
- tangerines
- watermelon



# special diets

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101



# special diets

## the why

- our #1 job is to keep students safe
- legal obligation
- great customer service
- inclusive and equitable practice



# the positives of special diets

## flip the perspective

- build trust with families
- help families save time and money
- help students participate in the communal aspect of food
- opportunity to expand your skill set
- practice speed-scratch cooking on a smaller scale
- opportunity to highlight fresh fruits and vegetables

# special diet forms

## friendly reminders

- special diet form *not* required to start accommodating a food allergy
- document that you have attempted to get a special diet form completed by the family
- student safety, trust, and customer service are priorities

California Department of Education  
Nutrition Services Division

Child Nutrition Programs  
CNP - 925 (Rev. 8/17)  
Page 1

**MEDICAL STATEMENT TO REQUEST  
SPECIAL MEALS AND/OR ACCOMMODATIONS**

1. School or Agency	2. Site Name	3. Site Phone Number	
4. Name of Child or Participant		5. Age or Date of Birth	
6. Name of Parent or Guardian		7. Phone Number	
8. Description of Child or Participant's Physical or Mental Impairment Affected:			
9. Explanation of Diet Prescription and/or Accommodation to Ensure Proper Implementation:			
10. Indicate Food Texture for Above Child or Participant: <input type="checkbox"/> Regular <input type="checkbox"/> Chopped <input type="checkbox"/> Ground <input type="checkbox"/> Pureed			
11. Foods to be Omitted and Appropriate Substitutions:			
Foods To Be Omitted		Suggested Substitutions	
_____		_____	
_____		_____	
_____		_____	
_____		_____	
_____		_____	
_____		_____	
12. Adaptive Equipment to be Used:			
13. Signature of State Licensed Healthcare Professional <sup>1</sup>	14. Printed Name	15. Phone Number	16. Date

<sup>1</sup>For this purpose, a state licensed healthcare professional in California is a licensed physician, a physician assistant, or a nurse practitioner.

The information on this form should be updated to reflect the current medical and/or nutritional needs of the participant.

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# top 9 allergens

in the U.S.

- egg
- fish
- milk
- peanut
- sesame
- shellfish
- soy
- tree nuts
- wheat



# special diets + equity

- 1 in 13 american children have a food allergy or sensitivity<sup>1</sup>
- ~40% of children with food allergy are allergic to >1 food<sup>1</sup>
- black americans significantly more likely to develop food allergies
- rates of official diagnosis of food allergies 87% lower for medicaid
- black and latino/latinx/latine people 2x as likely to have medicaid

sources: 1) [fare](#), 2) [fooddive](#)

# special diets + equity

people w/ food allergies spend 5% more on food than the average customer (fare)

- have to visit multiple stores to find safe foods
  - requires reliable transportation
  - access to specialty foods and stores
  - additional money to shop in bulk in order to save time

true or false?

labels must include the “contains...” statement  
at the end with the major allergens bolded



**false!**

# food labeling

manufacturers have 2 options to indicate a major food allergen on product labels:

- list the allergen **in parentheses** after the ingredient

*or*

- list the allergen **at the end** of the ingredient list (often this “contains...” statement is bolded)

## **Example 1:**

Ingredients: Whey protein (milk), lecithin (soy), cherry, sugar, natural flavors (almond), salt.

## **Example 2:**

Ingredients: Whey protein, lecithin, cherry, sugar, natural flavors, salt.

**Contains: Milk, soy, and almond.**

major food allergens contained in dyes (food coloring), spices, flavorings, additives, and processing aids must be listed on labels

**true!**

both crustacean shellfish (i.e. shrimp, crab, lobster) and molluscan shellfish (i.e., scallops, clams, mussels, oysters) have to be declared on food labels

**false!**

specific types of nuts, fish, or shellfish must be indicated on the label

**example:**

“cashew” or “walnut” (type of tree nut)

**true!**



# precautionary food labeling

**these labels warn about unintentional inclusion of allergens**

- “may contain...”
- “may contain traces of...”
- “manufactured in a facility that processes...”
- “made on shared equipment with...”

# precautionary food labeling

## voluntary, not regulated

- laws don't require these or govern how they are worded
- labeling not based on the amount of allergen present
- best practice: avoid serving foods w/ precautionary allergen labeling
  - example: "may contain peanuts..." label on crackers should not be given to a student with a peanut allergy

# “free-from” food labeling

**also voluntary; often misunderstood**

- no requirement that foods with free-from labeling be made on dedicated equipment or in a dedicated facility

# resources

## food allergy resource and education (fare) has great resources in english & spanish

- farecheck instructor training
  - f.i.t. scholarship
    - school settings with underserved student populations qualify for a scholarship covering 100% of the class tuition
- “tips for avoiding your food allergen”
  - english & spanish
    - sesame is not yet included on this resource

### For an Egg-Free Diet

#### Avoid foods that contain eggs or any of these ingredients:

albumin (also spelled albumen)	mayonnaise
egg (dried, powdered, solids, white, yolk)	meringue (meringue powder)
eggnog	surimi
globulin	vitellin
livetin	words starting with
lysozyme	“ovo” or “ova” (such as ovalbumin)

#### Egg is sometimes found in the following:

baked goods	lecithin
breaded items	marzipan
drink foam (alcoholic, specialty coffee)	marshmallows
egg substitutes	meatloaf or meatballs
fried rice	nougat
ice cream	pasta


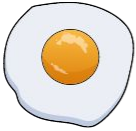

#### Keep the following in mind:

- Individuals with egg allergy should also avoid eggs from duck, turkey, goose, quail, etc., as these are known to be cross-reactive with chicken egg.
- While the whites of an egg contain the allergenic proteins, patients with an egg allergy must avoid all eggs completely.

# what about dietary preferences?

vegetarian, vegan, plant-forward

# Plant-forward vs. Vegetarian vs. Vegan

		Plant-Forward	Vegetarian	Vegan
	Eats fruits, vegetables, legumes, nuts, whole grains	✓	✓	✓
	Eats dairy & eggs	↓	✓	✗
	Eats meat, poultry, & seafood	↓	✗	✗

# menu planning

featuring locally grown fruits & vegetables

# strategies

- align special diet/preference meals with the main menu
- pre-pack cold grab & go lunch for your most common allergens
- implement a 1-week cycle menu for special diets
- showcase fresh fruits and vegetables to add variety



# allergen-friendly, plant-forward recipes

include allergen-friendly recipes in the regular menu cycle

- **tostada bar**
  - meat & cheese (traditional)
  - bean & cheese (vegetarian)
  - beans (vegan, dairy free)



wheat free

egg free

soy free

peanut free

shellfish free

tree nut free

sesame free

fish free

**bold & green** = available locally!

# make fruits and veggies the star of the show

utilize the salad bar and/or condiment bar to complement the menu

- **avocado** salsa
- kiwi salsa
- pico de gallo
- spicy carrots w/ jalapenos & onions
- quick pickled cucumbers
- crunchy kale slaw
- black bean, corn, & watermelon salad
- cool & spicy cucumber salad
- cut fruit & veggies w/dips



# allergen-friendly, plant-forward recipes

- **burrito bowls**

- black beans or roasted chickpeas
- rice or quinoa
- **broccoli, kale**, and other veggies!
- **avocado** slices or guacamole (adds creaminess)
- sauce or vinaigrette
  - [cilantro lime dressing](#)
  - [jalapeño mango cilantro dressing](#)



wheat free

dairy free

**bold & green** = available locally!

# allergen-friendly, plant-forward recipes

- **grab & go bistro boxes**

- hummus
- sunflower seed butter
- **cucumbers, broccoli**, carrots, cherry tomatoes
- apple slices, **tangerines, grapes**
- baked corn tortilla chips



wheat free

dairy free

**bold & green** = available locally!

# allergen-friendly, plant-forward recipes

- **grain salads**

- quinoa or rice
- chopped **kale**
- beans & lentils
- chopped veggies
  - **broccoli**
  - red onion
  - red bell pepper
  - **cucumbers**
  - and more!
- something *crunchy*
  - sunflower seeds
  - pumpkin seeds
  - tortilla strips
  - chopped apples
- something *creamy*
  - sliced **avocado**
  - [lemon dressing](#)

wheat free

dairy free



**bold & green** = available locally!

# use veggies to replace similar textures

veggies can imitate the texture of common allergen foods

- **mashed or diced avocado**
  - contain fats that give flavor and creamy texture
- white navy bean spread with sliced **cucumbers**
  - can add creaminess and imitate dairy
  - can act as a condiment and imitate mayo
- white navy bean alfredo sauce
  - throw this sauce on roasted **broccoli**
- **add pureed beans or potatoes to soup**
  - can add creaminess and imitate dairy



**bold & green** = available locally!

# salad inspo

- persian [salad shirazi](#)
  - **cucumbers**
  - tomatoes
  - onion
  - fresh herbs
  - lime juice
  - olive oil
- pairs well with rice dishes



wheat free

egg free

soy free

peanut free

shellfish free

tree nut free

sesame free

fish free

**bold & green** = available locally!

resources



# special diet resources

- [Medical Statement to Request Special Meals](#) (CDE)
- [Accommodating Children with Special Dietary Needs in School Nutrition Programs](#) (USDA)
- [Food Allergy 101](#) (FARE)
- [Common Allergens](#) (FARE)
- [Guidance for Industry: Q&A Regarding Food Allergens](#) (FDA)
- [FARECheck Instructor Training](#)
- [“Tips for Avoiding Your Food Allergen”](#) (FARE)
- [“This Blog Post May Contain: Food for Thought About Precautionary Allergen Labeling”](#) (FARE)

# stay connected with lunchassist!

- join us for [The Lunch Hour!](#)
  - Our last one of the 21-22 School Year on 5/12 at 1:30 pm
- check out our newest [article](#) in *Served Digizine!*
  - “The Sustainability Conversation We Are Not Having”
- looking for Social Media tips simplified for School Nutrition?
  - The Social Hour, 4/28 at 1:30 pm | [Register](#)
- learn more about what we do!
  - [www.lunchassist.org](http://www.lunchassist.org)



## resources & events | **center for ecoliteracy**

- [learn more](#) and sign up for [fresh from california](#)
- next menu planning support sessions | 5/18 & 6/15, 1:30 p.m. - 2:30 p.m.
- [plant-forward school meal resources](#)
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thank you

discussion time!