

School Food Innovator Series: Support Your Team's Success with Fresh, Local Food

December 6, 2023

Crystal Whitelaw, MPH

Senior Program Manager
Center for Ecoliteracy

Liz Carlton

Program Coordinator
Center for Ecoliteracy





CALIFORNIA FOOD FOR CALIFORNIA KIDS[®]

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



Agenda

- Panel Discussion
- Welcome New Network Members
- LunchAssist Policy Updates
- Recipes Featuring Local Ingredients
- Fruits & Vegetables Poll
- Resources
- Regional Breakouts
- Share Outs + Closing



School Food Innovator Series: Support Your Team's Success with Fresh, Local Food

December 6, 2023

Jen McNeil, RDN, SNS

Founder & CEO

LunchAssist

Janel Wojcik, SNS

Program Manager

LunchAssist



**CENTER FOR
ECOLITERACY**

**CALIFORNIA FOOD
FOR CALIFORNIA KIDS***

School Food Innovator Series: Support Your Team's Success with Fresh, Local Food

December 6, 2023

Chef Josh Gjersand

Culinary Manager
Mt. Diablo USD

Danielle Rodriguez

Purchaser
Natomas USD

Kat Soltanmorad, RDN

Director, Food & Nutrition Services
Tahoe Truckee USD

Mark Tadros

President and Farmer
Aziz Farms

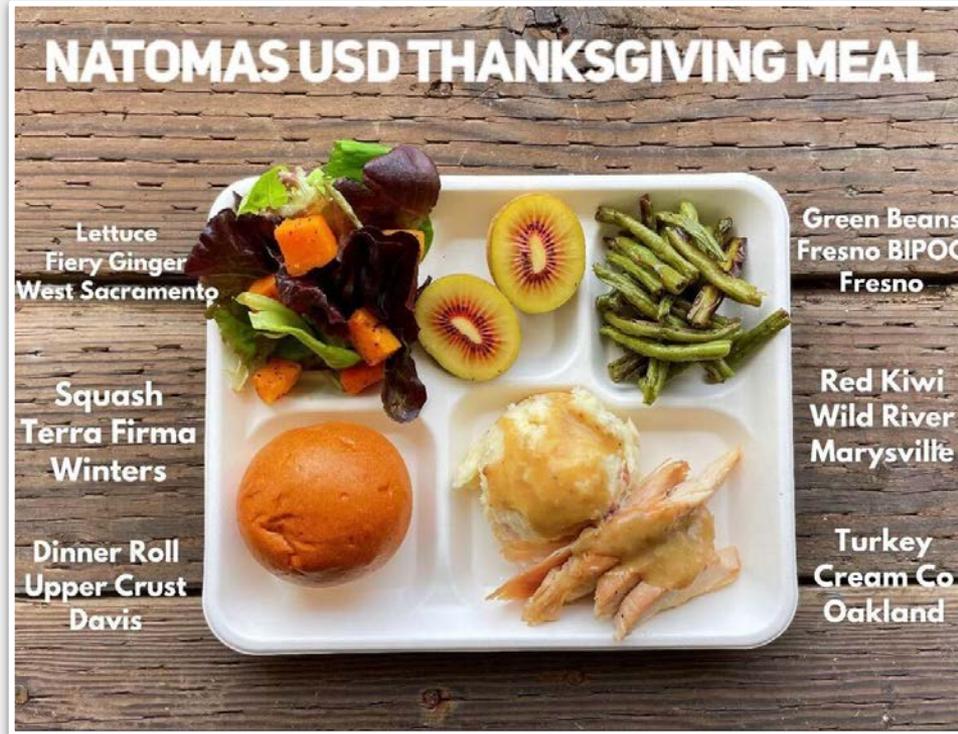


**CENTER FOR
ECOLITERACY**

**CALIFORNIA FOOD
FOR CALIFORNIA KIDS***

Panel Discussion

Natomas Unified School District



Vince Caguin, Executive Director of Nutrition Services & Warehousing

Welcome Our New
California Food for California Kids
Network Members!

Gridley Unified School District

Michelle Diaz

Director of Child Nutrition

CALIFORNIA FOOD
FOR CALIFORNIA KIDS®



Live Oak School District

Kelsey Perusse
Director, Child Nutrition
Services

CALIFORNIA FOOD
FOR CALIFORNIA KIDS®



Calipatria Unified School District

Amanda Pitones
Food Service Director

CALIFORNIA FOOD
FOR CALIFORNIA KIDS®



Bear Valley Unified School District

Rita Acevedo
Child Nutrition Supervisor

CALIFORNIA FOOD
FOR CALIFORNIA KIDS®



Oak Valley Union Elementary School District

Esther Huizar
Food Service Manager

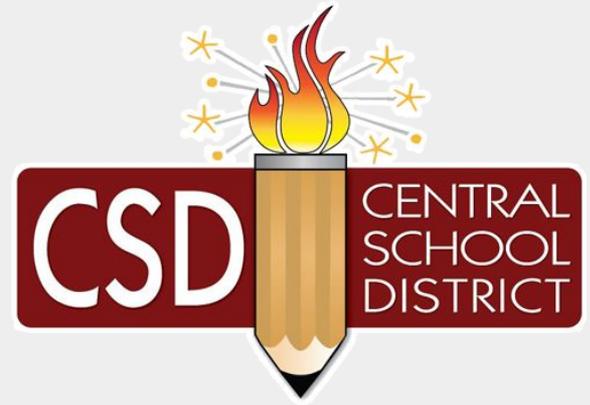
CALIFORNIA FOOD
FOR CALIFORNIA KIDS®



Central Elementary School District

Diana Carrillo
Director, Child Nutrition &
Purchasing

CALIFORNIA FOOD
FOR CALIFORNIA KIDS®



Goleta Union School District

Hannah Carroll
Director, Food Services

CALIFORNIA FOOD
FOR CALIFORNIA KIDS®



Compton Unified School District

Ladislao Figueroa
Sr. Director - Student Nutrition

CALIFORNIA FOOD
FOR CALIFORNIA KIDS®



Fresno Unified School District

Amanda Harvey
Director, Nutrition Services

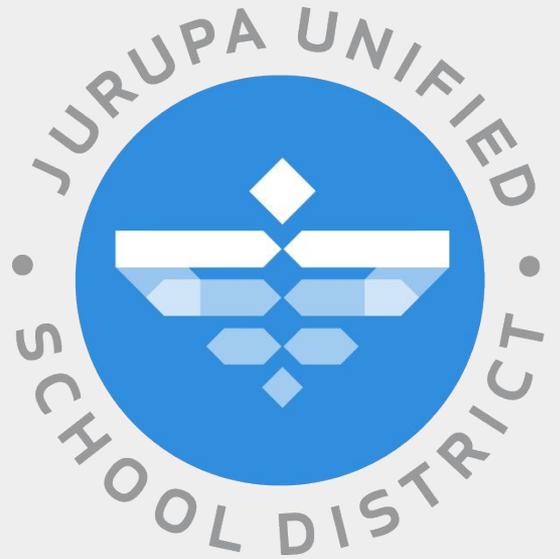
CALIFORNIA FOOD
FOR CALIFORNIA KIDS®



Jurupa Unified School District

Michelle Poirier
Director of Nutrition Services

CALIFORNIA FOOD
FOR CALIFORNIA KIDS®



California Food for California Kids Network



118

SCHOOL DISTRICTS

36

COUNTIES

2,137,421

STUDENTS ENROLLED

280,526,387

MEALS SERVED ANNUALLY

LunchAssist Policy Updates

Jen McNeil, RDN, SNS
Founder & CEO of LunchAssist

Meet LunchAssist!



Jen McNeil
RDN, SNS



Jackie Roller
RDN



Joselyn Caceres
RDN, CDCES



Camille Biazzo
MPA, RDN



Amanda Mercer
MS, RDN



Ally Mrachek
MS, RDN, IBCLC



Emily Dunklee
CPH



Dennis Mwaura



Kammy Benson



Mike Munna



Janel Wojcik



Emma Finn



KIT Funding + Freshly Prepared Meals

Kitchen Infrastructure & Training Funds

- 2021: \$150 M
 - Training
 - Equipment & Infrastructure
- 2022: \$600 M
 - Training
 - Equipment & Infrastructure



Listen to [recording](#) of Sept. 27, 2023 School Food Innovator Series for more background info.

KIT Funding + Freshly Prepared Meals

Kitchen Infrastructure & Training Funds

- 2021: \$150 M
 - Training
 - Equipment & Infrastructure
- 2022: \$600 M
 - Training
 - Equipment & Infrastructure
 - “Freshly Prepared Onsite Meals”



Listen to [recording](#) of Sept. 27, 2023 School Food Innovator Series for more background info.



How Many Meals & By When?

- 40% of Breakfast/Lunch Meals (total)

Number of meals offered per week (Breakfast & Lunch)	×	40%	=	Number of total meals that must be "freshly prepared" each week
<hr/>				
25 total meals offered per week 2 Breakfasts + 3 Lunches = 5 meals per day x 5 days	×	40%	=	10 meals per week must be freshly prepared 25 meals x 0.40 = 10 meals per week

- “During” SY 23-24 (by the end of the year)



Freshly Prepared Onsite Meals

- To serve fresh and nutritious school meals using minimally processed, locally grown, and sustainable food, or for expanding meal options for pupils with restricted diets.
- Two Ways to Qualify

All items in the meal are minimally processed

OR

Meal is cooked or prepared using both fresh, raw, whole ingredients and ready-made products



Make It Make Sense!



Freshly Prepared Onsite Meals

1. Avoid commercially-prepared combination entrees.

2. Elevate the entree:

Add $\frac{1}{8}$ c fruit or veggie

OR

Prep grain or protein from scratch

3. Make sides minimally-processed.

This is LunchAssist's simplified guidance on California's 40% Freshly-Prepared Onsite Meals legislation. For more in-depth information please visit the [CDE webpage](#) on this topic.



Freshly Prepared Onsite Meals

1. Avoid commercially-prepared combination entrees:

- ✗ Frozen burritos
- ✗ Uncrustables
- ✗ Frozen pizza
- ✗ Packaged cheeseburgers
- ✗ Lunchables



Freshly Prepared Onsite Meals

2. Elevate the entree:

Add $\frac{1}{8}$ c fruit or veggie

OR

Prep grain or protein from scratch



Freshly Prepared Onsite Meals

2. Elevate the entree:

Add 1/8 c fruit or veggie

OR

Prep grain or protein from raw



Freshly Prepared Onsite Meals

2. Add $\frac{1}{8}$ c fruit or veggie to the entree

X Tortilla + USDA Chicken Fajita



Freshly Prepared Onsite Meals

2. Add $\frac{1}{8}$ c fruit or veggie to the entree

Tortilla + USDA Chicken Fajita

Tortilla + USDA Chicken Fajita + $\frac{1}{8}$ c Homemade Salsa





Freshly Prepared Onsite Meals

2. Add $\frac{1}{8}$ c fruit or veggie to the entree

 Tortilla + USDA Chicken Fajita

 Tortilla + USDA Chicken Fajita + $\frac{1}{8}$ c Homemade Salsa



 Hamburger Bun + Pre-Cooked Patty



Freshly Prepared Onsite Meals

2. Add $\frac{1}{8}$ c fruit or veggie to the entree

Tortilla + USDA Chicken Fajita

Tortilla + USDA Chicken Fajita + $\frac{1}{8}$ c Homemade Salsa

Hamburger Bun + Pre-Cooked Patty

Hamburger Bun + Pre-Cooked Patty + Cheese





Freshly Prepared Onsite Meals

2. Add $\frac{1}{8}$ c fruit or veggie to the entree

 Tortilla + USDA Chicken Fajita

 Tortilla + USDA Chicken Fajita + $\frac{1}{8}$ c Homemade Salsa 

 Hamburger Bun + Pre-Cooked Patty

 Hamburger Bun + Pre-Cooked Patty + Cheese

 Hamburger Bun + Pre-Cooked Patty + $\frac{1}{8}$ c Lettuce 



Freshly Prepared Onsite Meals

2. Elevate the entree:

Add $\frac{1}{8}$ c fruit or veggie

OR

Prep grain or protein from scratch



Freshly Prepared Onsite Meals

2. Prep **grain** or protein from scratch

X Pre-made meat sauce + pre-cooked pasta



Freshly Prepared Onsite Meals

2. Prep **grain** or protein from scratch

 Pre-made meat sauce + pre-cooked pasta

 Pre-made meat sauce + pasta cooked from dry noodles 



Freshly Prepared Onsite Meals

2. Prep **grain** or protein from scratch

 Pre-made meat sauce + pre-cooked pasta

 Pre-made meat sauce + pasta cooked from dry noodles 

 Tortilla + cheese



Freshly Prepared Onsite Meals

2. Prep **grain** or protein from scratch

 Pre-made meat sauce + pre-cooked pasta

 Pre-made meat sauce + pasta cooked from dry noodles 

 Tortilla + cheese

 Homemade tortilla + cheese 



Freshly Prepared Onsite Meals

2. Prep grain or **protein** from scratch

X Tortilla + fish sticks



Freshly Prepared Onsite Meals

2. Prep grain or **protein** from scratch

 Tortilla + fish sticks

 Tortilla + opah cooked in-house 



Freshly Prepared Onsite Meals

2. Prep grain or **protein** from scratch

 Tortilla + fish sticks

 Tortilla + opah cooked in-house 

 Hamburger bun + pre-cooked patty



Freshly Prepared Onsite Meals

2. Prep grain or **protein** from scratch

 Tortilla + fish sticks

 Tortilla + opah cooked in-house 

 Hamburger bun + pre-cooked veggie patty

 Hamburger bun + lentil burger cooked from scratch 



Freshly Prepared Onsite Meals

3. Make sides minimally-processed.



Freshly Prepared Onsite Meals

3. Make sides minimally-processed.

✓ Fruit, veg, milk, juice, cheese, rolls, WG tortillas, etc.

✗ Packaged cookies, crackers, brownies, Doritos, etc.



Freshly Prepared Onsite Meals

1. Avoid commercially-prepared combination entrees.

2. Elevate the entree:

Add $\frac{1}{8}$ c fruit or veggie

OR

Prep grain or protein from scratch

3. Make sides minimally-processed.

This is LunchAssist's simplified guidance on California's 40% Freshly-Prepared Onsite Meals legislation. For more in-depth information please visit the [CDE webpage](#) on this topic.

KIT Funding Timeline





Training

Join LunchAssist PRO!

Find Us, Friend Us, Join Us!

 @LunchAssist

 sales@lunchassist.org

 @LunchAssist

 www.lunchassist.org



SCAN ME



Recipes Featuring Local Ingredients

San Luis Coastal Unified School District

Erin Primer
Food & Nutrition Services
Director

CALIFORNIA FOOD
FOR CALIFORNIA KIDS®



**SAN LUIS
COASTAL**

UNIFIED SCHOOL DISTRICT

San Luis Coastal Unified School District



Erin Primer, Director of Nutrition Services

Red Lentil Dal over Coconut Rice



San Luis Coastal Unified School District

Red Lentil Dal (pt. 1)

San Luis Coastal Unified School District

Sizing Prep Report

San Luis Coastal USD

990232 - Red Lentil Dal over Coconut Rice

Recipe HACCP Process: #2 Same Day Service

Source: LOCAL

Number of Portions: 24

Portion Size: servings

Ingredient #	Ingredient Name	Measurements	Instructions
R-990084	Coconut Rice	1 1/2 gal	Prepare coconut rice. CCP: Heat to 165° F or higher for at least 15 seconds
011282	ONIONS,RAW	1 qt + 1 3/8 CUP (chopped)	Wash, peel and dice the onion. Add 2 tbsp of olive oil to a pan at medium heat. Next, sauté the onion for 5-7 minutes over medium heat in the olive oil. Next, add and stir the garlic and ginger for 1 minute.
004053	OIL,OLIVE,SALAD OR COOKING	8 tablespoon	
002021	GINGER,GROUND	2 TBSP	
011215	GARLIC,RAW	13 1/3 cloves	
051500	Tomato Paste, No Salt Added, Canned	1/2 oz	Add the tomato paste and cook for 1-2 minutes.
902410	TOMATOES, CANNED, DICED	1 qt + 1 3/8 CUP	Blend the diced tomatoes with an immersion blender or Robo coup. After the tomato paste has cooked and turned a darker color, add the tomato sauce, and cook for 3-4 minutes.
799902	CUMIN,GROUND	1 tbsp + 1 TSP	Mix the coconut milk, lemon juice, and vegetable broth together and add the liquid mix to the spices. Simmer uncovered for 5 minutes.
006700	SOUP,VEG BROTH,READY TO SERVE	1 qt + 1 3/8 CUP	
002028	PAPRIKA	2 5/8 TSP	
009152	LEMON JUICE,RAW	2 tbsp + 2 tsp	
012117	COCONUT MILK,RAW (LIQ EXPRESSED FROM GRATED M	1 qt + 1/2 CUP	
002015	CURRY POWDER	2 5/8 TSP	
002043	TURMERIC,GROUND	1 3/8 TSP	
016144	LENTILS,RED (PINK),RAW	2 2/3 CUP	Rinse the lentils. After rinsing the lentils, add the lentils. Simmer uncovered for 20 minutes. Stir occasionally, making sure to scrape the sides of the pot to make sure the lentils are cooking evenly.
011457	SPINACH,RAW	1 qt + 1 3/8 CUP	Halfway through the 20-minute simmer add the spinach and the garbanzo beans.
120883	6/10 Garbanzo Beans	8 (0.5 CUP)	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

! - denotes required nutrient values

* - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Red Lentil Dal (pt. 2)

Sizing Prep Report

San Luis Coastal USD

Ingredient #	Ingredient Name	Measurements	Instructions
799968	CILANTRO	1/3 cup (MINCED)	CCP: Heat to 165° F or higher for at least 15 seconds
011951	PEPPERS,SWEET,YELLOW,RAW	53 1/3 strips	
001178	SOUR CREAM,REDUCED FAT	2/3 CUP	
			Serve the Daal with a side of coconut rice and garnish with cilantro,yellow bell pepper,tomatoes and a dollop of sour cream.
			Portion 2/3 cup Dal over 1 cup coconut rice. Serve at 135 degree F or above.
			CCP: Hold at 135° F or higher.

*Nutrients are based upon 1 Portion Size (servings)

Calories*	761.575 kcal	Total Fat	33.911 g	Total Dietary Fiber	*10.418* g	Vitamin C	*34.883* mg	40.074% Calories from Total Fat
Saturated Fat ¹	22.721 g	Trans Fat ²	*0.000* g	Protein	20.931 g	Iron	7.605 mg	26.851% Calories from Sat Fat
Sodium ¹	323.772 mg	Cholesterol	1.867 mg	Vitamin A	*1274.095* IU	Water	*351.734* g	*0.000%* Calories from Trans Fat
Total Sugars	*4.785* g	Carbohydrate	100.442 g	Calcium	102.524 mg	Ash	*N/A* g	52.755% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.799			10.994% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	---------	-------	---------	-------	-----	-----------	-----	------	-----

Allergens

Wheat									
-------	--	--	--	--	--	--	--	--	--

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

*- denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

San Luis Coastal
Unified School
District

Coconut Rice

Sizing Prep Report

San Luis Coastal USD

990084 - Coconut Rice

Recipe HACCP Process: #2 Same Day Service

Source: Local

Number of Portions: 24

Portion Size: cup

Ingredient #	Ingredient Name	Measurements	Instructions
051426	RICE, BROWN, LONG GRAIN, PARBOILED, DRY	3 qt	Combine rice, coconut milk, allspice and water in a 4" hotel pan (50 servings per pan). Stir to combine and cover with plastic wrap and foil. Bake at 375 degrees F for 40 minutes or until liquid is absorbed. Can also add 1 tsp. of gluten free veg. broth per 50 servings. Cook to 135 degrees F and hold at 135 degrees F. CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.
014411	WATER, TAP, DRINKING	17 1/3 cup (8 fl oz)	
012118	COCONUT MILK, CND (LIQ EXPRESSED FROM GRATED M	1 qt + 2 3/4 CUP	
002001	ALLSPICE, GROUND	1 TSP	

*Nutrients are based upon 1 Portion Size (cup)

Calories*	446.862 kcal	Total Fat	16.364 g	Total Dietary Fiber	*3.818* g	Vitamin C	0.663 mg	32.958% Calories from Total Fat
Saturated Fat*	11.971 g	Trans Fat*	*0.000* g	Protein	10.285 g	Iron	3.537 mg	24.111% Calories from Sat Fat
Sodium*	15.111 mg	Cholesterol	0.000 mg	Vitamin A	0.410 IU	Water	*216.594* g	*0.000%* Calories from Trans Fat
Total Sugars	*0.000* g	Carbohydrate	67.833 g	Calcium	17.012 mg	Ash	*N/A* g	60.719% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.608			9.206% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	-------	-------	---------	-------	-----	-----------	-----	------	-----

Allergens

Wheat									
-------	--	--	--	--	--	--	--	--	--

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

* - denotes required nutrient values

* - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

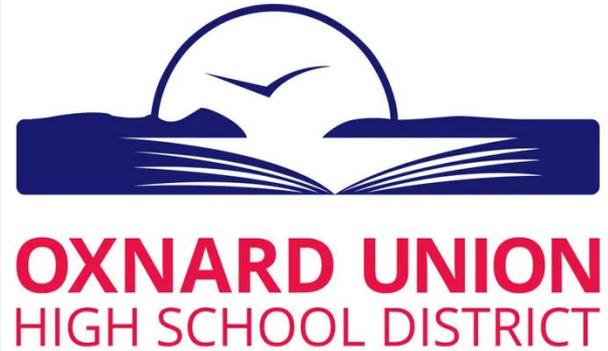
NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

San Luis Coastal Unified School District

Oxnard Union High School District

Alyssa Burgers MS, RDN
Director of Nutrition Services

CALIFORNIA FOOD
FOR CALIFORNIA KIDS®



Oxnard Union High School District



Alyssa Burgers, Director of Nutrition Services

Persimmon Salad

PERSIMMON SALAD



November Harvest of the Month

INGREDIENTS

Yield 25 servings, 1/2 cup each

INGREDIENTS

- 10 cups diced Fuyu persimmons
- 3 large Fuji or Granny Smith apple
- 3 handful fresh mint leaves
- 1/4 cup fresh lime or lemon juice



DIRECTIONS

1. Dice persimmon and apples
2. Chop mint leaves
3. Combine all ingredients together, toss with lime or lemon juice
4. Share & enjoy!



Oxnard Union High School District

Fruits & Vegetables Poll

Center for Ecoliteracy Resources

- [Eating Learning Growing Resources](#)
- [Plant-Forward School Meal Resources](#)
- [School Food Innovator Series: Wed, Feb 28 @ 1:30 p.m. PT](#)

Join the California Food for California Kids® Network

California Food for California Kids is an initiative of the Center for Ecoliteracy that builds the capacity and commitment of public school districts to provide all students with fresh, locally-grown school meals and develop connections between the cafeteria, classroom, and garden.



Partner Organization Resources

LunchAssist:

- [Weekly Update Newsletter](#)
- [Project SCALES Grant](#)

CAFF:

- [Bid Generator](#)
- [California School Produce Procurement Guide](#)
- [Farm to Cafeteria Signage](#)

Partner Organization Resources

USDA:

- **FY 2024 Farm to School Grants**
Due January 12, 2024
- **PLANTS Sub-Grants**
Due January 22, 2024
- **SCALES Sub-Grants**
Due January 26, 2024
- **2023 Farm to School Census**



The poster features the USDA logo on the left and the SCALES logo on the right. The SCALES logo includes a stylized house icon with a dollar sign and the text 'SCALES Supporting Community Agriculture & Local Education Systems'. A red circular badge on the left side of the poster contains the text 'apply by Jan 26 2024'. The main headline reads 'Applications are open! School Food System Transformation Grants'. Below this, a blue box contains text about the USDA's Healthy Meals Incentives Initiative and the SCALES program details. At the bottom, logos for USDA, Boise State University, and LunchAssist are displayed, along with a small disclaimer.

USDA | **SCALES**
Supporting Community Agriculture & Local Education Systems

apply by
Jan
26
2024

Applications are open!
School Food System Transformation Grants

As part of the USDA's Healthy Meals Incentives Initiative, funding and learning support is now available for a cohort of up to 35 rural school food authorities (SFAs) across the nation.

SCALES will work with SFA directors over a two-year period as they build partnerships for innovative solutions to increase local procurement in their school meal programs. The Center for School and Community Partnerships at Boise State University will provide a grant (up to \$150,000) for each SFA, with technical assistance and a learning community provided by the experts at LunchAssist.

Project SCALES is led by Boise State University, in partnership with LunchAssist.
Learn more at www.projectscales.com

USDA | **BOISE STATE UNIVERSITY** | **LunchAssist**

Project SCALES is funded by the United States Department of Agriculture. USDA is an equal opportunity provider, employer, and vendor.

Partner Organization Resources

Chef Ann Foundation:

- [Healthy School Food Pathway Apprenticeship Programs](#)
Pre-Apprenticeship Application due February 12, 2024

Institute of Child Nutrition:

- [Child Nutrition Recipe Box](#)

Partner Organization Resources

KidsGardening:

- [Youth Garden Grant](#)
Due December 15

Sprouts Healthy Communities Foundation:

- [Growing School Gardens Summit](#)
March 15-18, 2024
San Diego, CA

Panelist Social Media

@Aziz.Farms on [Instagram](#)

@MtDiabloUnified on [Instagram](#)

@NUSDFood on [Instagram](#)

@TTUSDFood on [Instagram](#)

Regional Breakouts

CA FARM TO SCHOOL NETWORK REGIONAL MAP

-  SUPERIOR REGION
-  NORTH COAST REGION
-  BAY AREA REGION
-  CENTRAL REGION
-  SAN JOAQUIN REGION
-  SOUTH COAST REGION
-  GREATER LOS ANGELES REGION
-  SOUTHERN REGION



Share Outs

Thank you!



@center_for_ecoliteracy



@center-for-ecoliteracy



@centerforecoliteracy



@center_for_ecoliteracy



**CENTER FOR
ECOLITERACY**