Welcome!

We’ll get started soon. While we wait for other attendees to join, please answer this question in the chat box:

Happy National School Lunch Week (NSLW)!
What are you doing or have done in the past to celebrate NSLW?
Equity In School Meals: Planning for Culturally Diverse & Inclusive Menus

October 11, 2022
Things to Know as We Begin

- The slide deck will be shared via email after the webinar along with the recording.

- To engage with other attendees, please use the chat box.

- If you have questions for the speakers, please enter those into the Q&A box.

- Closed captioning is available.
Agenda

Poll questions
Speaker Introductions
Speaker presentations
Q&A
Resources
Survey
SPEAKERS

- Shannon Reina, Food Service Manager at Salt River Schools, Salt River Pima Maricopa Indian Community, AZ
- Frances Montoya-Gatewood, Director of Food Services at Vaughn Next Century Learning Center, San Fernando, CA
- Bettina J. Applewhite, MS, RDN, LDN, SNS; Nutrition Consultant, Recipe Developer, School Nutrition Specialist
- Peter Fu, Chef/Training Developer, Office of Food and Nutrition Services, New York City Department of Education
- Kelley Bacci, Training Developer, Office of Food and Nutrition Services, New York City Department of Education
Shannon Reina, Food Service Manager at Salt River Schools, Salt River Pima Maricopa Indian Community, AZ
Salt River Accelerated Learning Academy
Our fabulous Food Services team cooked up a delicious traditional-ish meal for the Accelerated Learning Academy today.
Student Taste Testing Indigenous Foods
Accelerated Learning Academy
Celebrating Indigenous Foods
Indigenous Food Recipes
Wheat Berry Parfait Recipe
Celebrating Indigenous Foods

Process
Tips
Successes
Challenges
Equity in School Meals
Introduction

Frances Montoya-Gatewood
Director of Food Service, VNCLC
Classically trained Chef
Child Nutrition Service for 18 years
Nutrition Service Director 9 years
NKH National Consultant
We Serve

We have five Schools and serve out of four kitchens. We service 3100 students and feed about 2800 a day. Our staff is made up of 35 of the hardest working community members. Our program is ran under CEP and we have a F/R percentage of about 98%. Our community is mainly Latino and we do our best to customize our menu to what the students like and what they will eat.

Breakfast
2-Choices of Entree
- Hot/Fresh Item
- Cereal
2-Choices of Fruit
- Apples-Bannana-L/O
2-Choices of Milk
- Low Fat White or Lactose Free

Lunch
2-Choices of Entree
- Two Hot Item
3-Choice of Fruit
- Cut/Whole/Dry
3-Choices of Vegetable
- Cut/Whole/Hot
3-Choices of Milk
- Low Fat White/FF Choco/Lactose Free

Snack
Pre-set menu based on NSLP standards
Recipes

Nopales (Cactus Salad)
Cauliflower Ceviche
Lentils
Homemade Beans
Bagged Radishes
Bagged Cucumber
Bagged Jicama
Bagged items are paired with a lemon wedge and Tajín
Semi homemade burritos
Chili Verde
Shredded Chicken
Carnitas
Homemade Salsa daily
Spa Water/Agua Fresca
Authentic Menu

Create your Best Menu by using simple methods

Homemade Salsa
Adds flavor to any meal

Pico De Gallo Base
Several recipes can be created from just this base

Blended Items
Blend ingredients that add the most flavor
Outreach

Students
- Attend Council meetings/ASB
- Broker taste testing
- Talk to students at lunchtime
- Include the students in meal promotion
- Surveys

Staff
- Introduce the menu at meetings
- Let them know what is allowable for students
- Teacher meetings
- Educate staff on our regulations

Parents
- Attend Parent meetings
- Educate parents on the program
- Give them a line of communication for questions
- Surveys
- Parent Forums
- Who is your community
- Back to school night-Taste testing

Your Team
- Include your team in the menu planning process
- Get their feedback daily on new menus
- Ask them about production
- Give Demos
Thank You
You can do this!
Importance of Culturally Diverse Menus

Bettina J. Applewhite, MS, RDN, LDN, SNS
October 11, 2022
American Population Changing Over Time

1940 POPULATION BY RACE
- White: 96%
- Other: 4%

2019 POPULATION BY RACE
- White: 76%
- Black: 13%
- Asian, Pacific Islander: 1%
- Other: 6%
- Two or More: 4%
The Nation’s Child Population is More Diverse Than its Total Population
Nutritional Benefits to Diverse Meals

- Diversity in Nutrients
- Exposure to Diverse Fruits & Vegetables
- Incorporating Plant-Based Meals
- Increased Fiber, Micronutrients, and Anti-oxidants
- Familiarity of Ingredients Increase Inclination to Try New Items
Incorporate Diverse Menus to Meet Multiple Needs

- Vegan/Vegetarian
  - Hummus
  - Chickpea & Vegetable Curry
  - Peanut Stew

- Beans
  - Dal
  - Edamame
  - Black Beans

- Combination Foods To Build Complete Meals
  - Arroz Con Pollo
  - Fried Rice with Chicken & Vegetables
What does food mean to you?
## Incorporating Diverse Foods & Cultures Feeds More Children

<table>
<thead>
<tr>
<th>Inclusivity</th>
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<tbody>
<tr>
<td>Often displaced and under-represented groups are most affected by hunger</td>
</tr>
<tr>
<td>Multiple methods available to determine the needs of your community</td>
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<tr>
<td>Practice Not Perfection</td>
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Greenville County Public Schools, SC
Consider Diversity When Planning Your Menu

@BitesWithApplewhite
www.BitesWithApplewhite.com
Office of Food & Nutrition Services (OFNS)

Halal and Kosher Meals

2022-2023 School Year
Introductions

Kelley Bacci
New York City Department of Education
Office of Food and Nutrition Services
Training Developer

Peter Fu
New York City Department of Education
Office of Food and Nutrition Services
Chef/Training Developer
In 2018, New York City (NYC) launched a two (2) year halal and kosher school lunch pilot program in six (6) schools.

The pilot allowed NYC to determine the cost, benefits and feasibility of providing halal/kosher lunches in school and how it would benefit children of New York City.
The New York City Department of Education (DOE) in partnership with the Islamic Leadership Council of New York, Majlis Ash-Shurah, created the Halal Food Program to build food equity for children in school.
Site Selection

- OFNS District Supervisor or School Food Service Managers
- School Administration
- Parents
- Community Advocates

Training

- Managers are trained to prepare site for inspection
- Kitchen Team Members
  - An Imam will train SFSM/kitchen staff during an inspection.
  - Certificate is issued upon a successful certification.
  - Annual Training, recertification, announced and unannounced visits by Imam.
There are five (5) critical control points to ensure halal integrity.

1. Delivery: All halal items entering the site are separated from the non-halal items.

2. Organizing food items: Food is stored in specific halal designated freezers and refrigerators.

3. Preparation: Sheet pans, utensils, ovens, warmers, carts, tables designated and labeled for halal only.

4. Storage: Halal designated warmer or fridge is utilized.

5. Serving: Staff is trained to ensure there is no cross-contamination.
HALAL

- Certified Halal sites
- Halal chicken items
- Items reviewed and identified as Halal (H) on the menu
Kosher Meals

- Upon request of Principal
- Outsourced
- Prepackaged Kosher meals
- Selected sites
New York City Department of Education is continuing efforts to be more culturally inclusive. Halal and Kosher meal options are available at every school.

An expanded Halal menu/service is available upon request. Kosher school meals may be available upon request and with prior registration.
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Equity in Child Nutrition:
http://bestpractices.nokidhungry.org/equity

Visit our website:
www.bestpractices.nokidhungry.org
Your Feedback is Appreciated!

At the conclusion of this webinar, a 5-question survey will open in your browser window.

Please take a moment to complete it.
THANK YOU

Jeannine Rios
Senior Program Manager
Center for Best Practices
jrios@strength.org