



center for BEST  
PRACTICES

## Back-to-School Meal Service: Feeding Kids During the 2020-2021 School Year – Part 2

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August 31, 2020



## Agenda

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 Housekeeping

 Resources




 Dallas ISD

 Burke County Public Schools

 Q&A

## Housekeeping

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-  If you encounter any technical difficulties during the webinar, please use the chat box to get help.
-  A recording of this webinar will be shared with all registrants.
-  If you have questions for the speakers, please enter those into the Q&A box and we'll get to those after our presentation.

## USDA Waiver Extensions

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Today, USDA announced the extension of a suite of nationwide waivers for the Summer Food Service Program (SFSP) and Seamless Summer Option (SSO) through the end of 2020:

This includes:

- Allowing SFSP and SSO meals to be served in all areas and at no cost
- Permitting meals to be served outside of the typically-required group settings and meal times
- Waiving meal pattern requirements as necessary
- Allowing parents and guardians to pick-up meals for their children

Press Release:

<https://www.usda.gov/media/press-releases/2020/08/31/usda-extends-free-meals-kids-through-december-31-2020>

## Back-to-School Meal Service Toolkit

Designed to help you plan for the 2020-2021 school year.

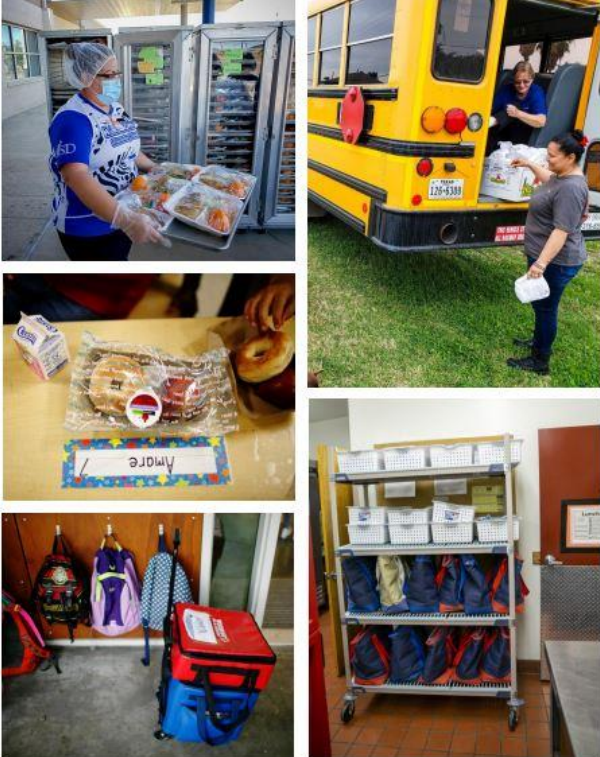
It includes detailed information about current waivers\*, financial recovery and recommended meal service models. It was designed to be easy to navigate and features a hyperlinked table of contents so that you can click to instantly access any section. The toolkit is embedded with a number of other resources.

<http://bestpractices.nokidhungry.org/resource/2020-2021-back-school-meal-service-toolkit>

You can find more back-to-school resources at:

<http://bestpractices.nokidhungry.org/coronavirus-recovery/back-school>


\*This resource and others will be updated ASAP to reflect the waiver extensions announced today.



**Back-to-School Meal Service Toolkit**

Feeding Students During the 2020-2021 School Year Amidst the Ongoing Coronavirus Pandemic

Released:  
July 23, 2020



## More No Kid Hungry Resources

<p><a href="#"><u>Meal Service Options for School Year 2020-2021</u></a></p>	<p>This resource covers the common schedule models that districts are considering for the coming school year, the possible meal service models that work for each schedule model, and the program options and waiver considerations for each model. It also discusses the waivers that have <i>not</i> been extended and the potential challenges and limitations of operating within the current waivers.</p>
<p><a href="#"><u>Equipment List for Meal Service SY20-21</u></a></p>	<p>As school districts prepare for the 20-21 school year, food and nutrition service departments are considering a variety of meal service options along with the equipment they may need to make those successful. This resource offers tips on how to repurpose equipment you may already have and highlights other equipment needs.</p>
<p><a href="#"><u>Equipment Tips for Serving Meals in the Classroom</u></a></p>	<p>Offers guidance as schools consider how to handle meal delivery, whether to the classroom or to other areas on campus. It also offers suggestions as to what equipment may be needed.</p>
<p><a href="#"><u>Summary of Current COVID-19 Child Nutrition Program Response Nationwide Waivers</u></a></p>	<p>This table conveniently details all of the nationwide waivers and guidance issued to date by the USDA in response to the coronavirus.</p>

These resources and more can be found at:

<http://bestpractices.nokidhungry.org/coronavirus-response-recovery/back-school>

## Other Resources

- LunchAssist created this simple alternative to the Food Buying Guide. For districts planning to serve meals for multiple days, check out the new [Bulk Produce Calculator](#) and let LunchAssist do the math for you. LunchAssist has more free resources available [here](#).
- Health-e Pro put together a [menu of grab-and-go items](#) found in their database so directors can quickly and easily menu plan during this situation. It's publicly available so that anyone can get ideas. They just posted their October menu for hybrid models.

## Reach Out For Support

If you still have questions, know that you're likely not the only one! This situation is unprecedented for all of us. We are here to support you.

- Email us at [bestpractices@nokidhungry.org](mailto:bestpractices@nokidhungry.org)
- [Subscribe](#) to our newsletter to stay up-to-date on the latest news.
- Check out our upcoming and recorded [webinars](#).

We also recommend that you keep your state agency informed about your needs and challenges.





# Back to School Meal Service

Presented By:

Executive Director  
Michael Rosenberger, MBA

Director- Support Services  
Julie G Fletcher, SNS, RTSBA



# Meals During COVID -19

## Curbside Meal Distribution



# Innovation

Food

Equipment



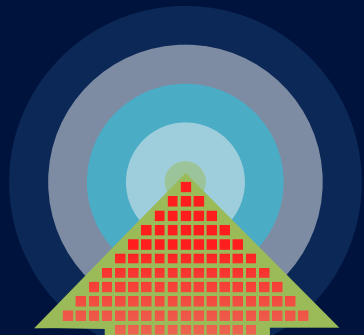
Staff

Technology

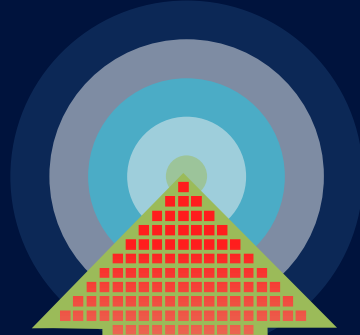


# Success Stories

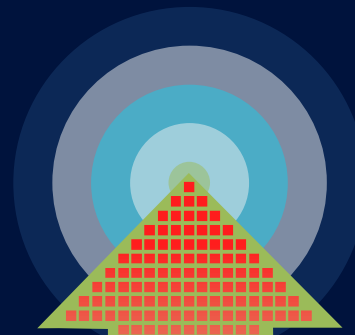
478K Weekly  
Meals  
Served



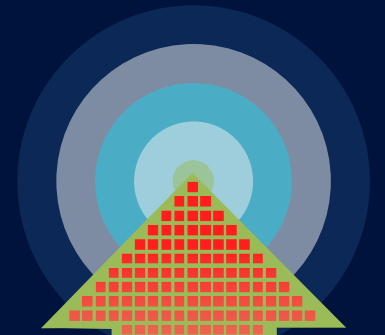
46 School  
Sites

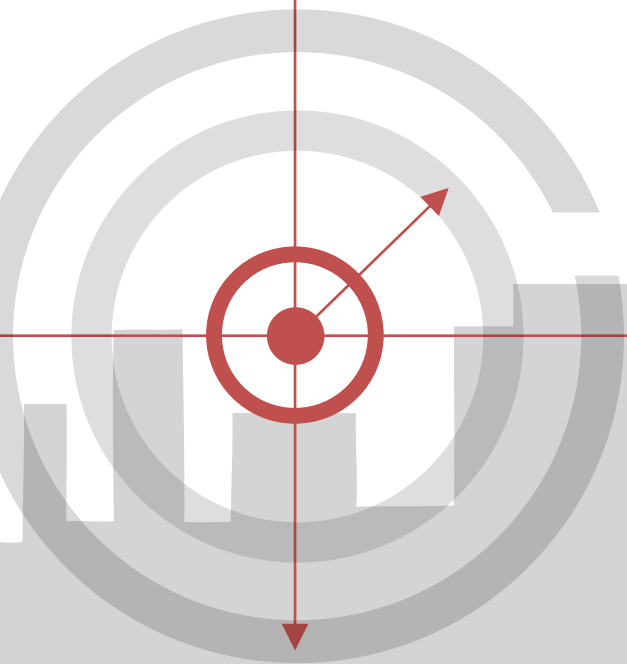
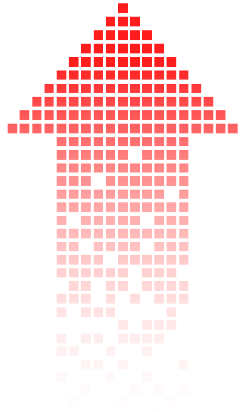


500 DISD  
Staff



12 Bus Routes





Million Meals

700,000 Students Served



# National Recognition



# Meals During School Year

100% Virtual Learning



# Optional Pre-Ordering Curbside Meal Service

## Web Access



- Choose your site
- Meal Options

01



## Pick-Up Your Meal

02

- Pick-Up at Your Chosen Site
- Bring Order Number



03

## Meal Tracking

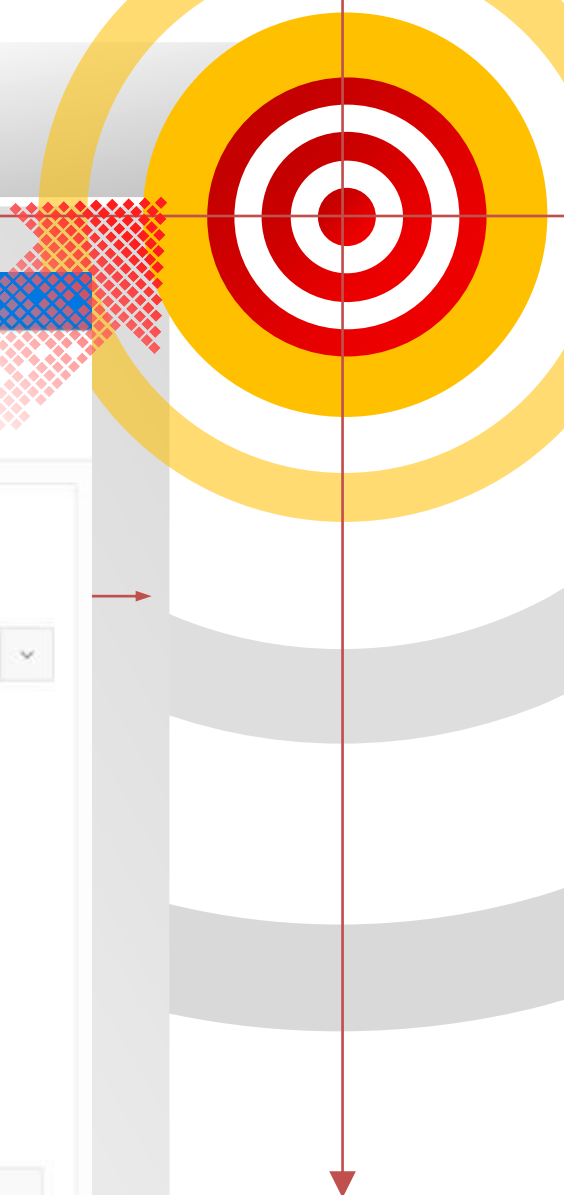
Easy to track Meals

## Curbside Meal Pick-Up for Virtual Learners





# Pre-Ordering Website



FCNS Meal Orders

DALLAS Food and Child Nutrition Services

Please select your language

English Español

Go →

FCNS Meal Orders

Find Student

Hello, welcome! Please find your student to place a meal order.

Student ID  
1234567

Birth Month  
January

Birth Day  
1

Birth Year  
2005

I'm not a robot

reCAPTCHA Privacy + Terms

Find Student

FCNS Meal Orders

Meal Order

Meal Order for Smith Smith

Please select a site to pick up meals

ADAMS, BRYAN

Please select the date you are ordering meals for

9/10/2020

9/24/2020

9/17/2020

Would you like a meatless order?

Yes

Please enter your e-mail to receive a copy of your order

email@domain.com

New Search

Order Meals

# In-Person Learning

Kiosk or Cafeteria  
Pick up Meal

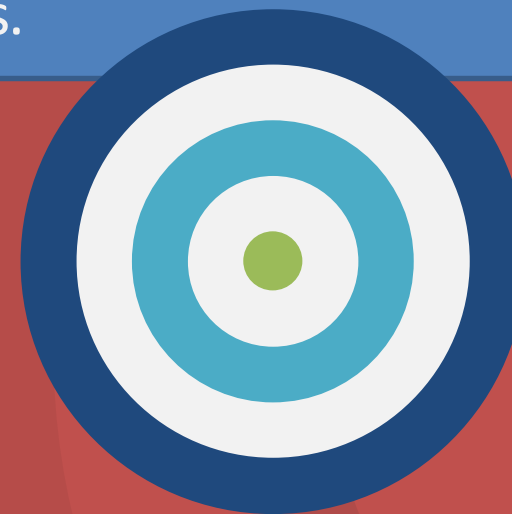


Eat at Cafeteria



Dallas ISD Food and Child Nutrition Services will provide a healthy and safe environment for staff and students.

Eat in the  
Classroom





# Back to School

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Director School Nutrition Program

Burke County Public Schools

Waynesboro, GA

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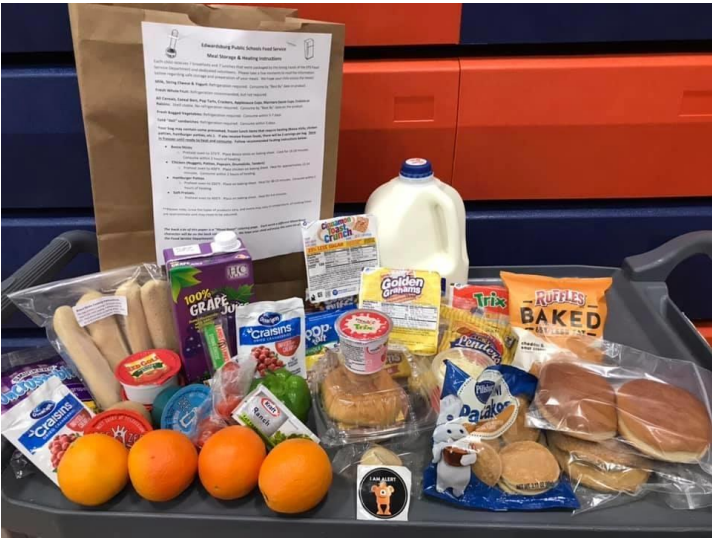
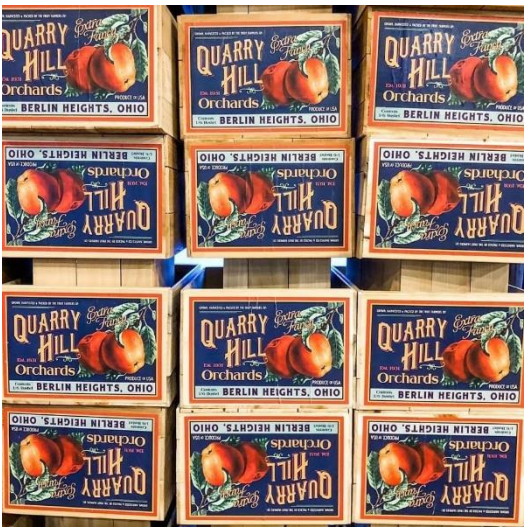


# Who We Are

- **County Population: 22,243**
- **Poverty Level: 100% of students eat at no cost**
- **Unemployment rate: 5.9%**
- **School System Enrollment: 4,300 students**
- **Schools: 5 schools**
- **We serve Breakfast, Lunch, After-school Snack, Fresh Fruit and Vegetable Grant, Supper and Summer Feeding**
- **Breakfast Participation 71.3%**
- **Lunch Participation 86.3%**



# Options Galore



# Statistics

**30** Bus Routes

**900** Bus Stops

**2** Kitchens

**4,000** Children a Day

**750,000** Total Meals

**115,000** Miles Driven



# Menus

	Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Breakfast</u></b>					
<b>Entree</b>	Mini Pancakes	Twin Sausage Biscuits	French Toast Sticks	Chicken Biscuit	Pancake Stick
<b>Fruit</b>	Apple	Orange	Applesauce	Frozen Strawberries	Orange
<b>Milk</b>	Skim Chocolate/1% white	Skim Chocolate/1% white	Skim Chocolate/1% white	Skim Chocolate/1% white	Skim Chocolate/1% white
<b><u>Lunch</u></b>					
<b>Entree</b>	Chicken Sandwich	PB&J	Corn Dog	BBQ Sand	Hot Dog
<b>Fruit</b>	Apple	Banana	Applesauce	Frozen Fruit Cup	Grapes
<b>Juice</b>	Juice	Juice	Juice	Juice	Juice
<b>Milk</b>	Skim Chocolate/1% white	Skim Chocolate/1% white	Skim Chocolate/1% white	Skim Chocolate/1% white	Skim Chocolate/1% white
<b><u>Supper</u></b>					
<b>Entree</b>	Combo Sub	Hamburger	Turkey&Cheese Wrap	Lunchable/Yogurt	Turkey & Cheese Sand.
<b>Fruit</b>	Peaches	Kiwi	Peach	Apple	Banana
<b>Juice</b>	Juice	Juice	Juice	Juice	Juice
<b>Vegetables</b>	Carrots/Celery	Sugar Snap Peas/Cucumbers	Jicama/Broccoli	Corn/Cauliflower	Garbanzo Beans /Grape Tomatoes
<b>Milk</b>	Skim Chocolate/1% white	Skim Chocolate/1% white	Skim Chocolate/1% white	Skim Chocolate/1% white	Skim Chocolate/1% white





# Bag up meals on the bus or pick up at a school









# Farm to School

- Peaches
- Strawberries
- Blueberries
- Pears
- Scuppernongs



# Emergencies During Summer Feeding

- Finding bread, individually wrapped items
- One of our buses got into an accident
- Milk Man did not show because his truck broke down
- Student worker with Covid and Health Department stopped all buses for hours
- Bus drivers with Covid positive results found out on route had to change out staff
- Constant substitutions from vendors
- Several times we had to send out 2 days' worth of meals at a time
- Purchase extra coolers on a dime when we had to send out extra meals
- When we had to shut down we had 15,000 cartons of milk we had to find a home for
- System kept flip-flopping on dates for opening of schools
- Waivers changing

# Takeaway Messages

- Flexibility
- Support from Administration and School Board
- Work with Transportation closely to get bus routes
- Work with Produce Company to get individually packaged vegetables
- Hazardous duty pay was key
- Purchasing a shovel to get ice out of machines from schools
- Delivering meals is key to participation
- Make sure you serve a variety of food to keep participation up
- Communication with public of when buses are coming and when they are not running

# Plans for Next Year – 2 Options

- A-B Schedule (50% of students chose)
  - A Schedule – Mondays and Wednesdays
  - B Schedule – Tuesdays and Thursdays
  - Friday – everyone Virtual
- 100% Virtual (50% of students chose)



# A-B Schedule

- A Schedule
  - Monday serve at school – Send home Breakfast, Lunch, Supper
  - Wednesday serve at school – Send home Breakfast, Lunch, Supper
- B Schedule
  - Tuesday serve at school – Send home Breakfast, Lunch, Supper
  - Thursday serve at school – Send home Breakfast, Lunch, Supper
- Monday-Tuesday will get same menus for in-school and take home food
- Wednesday-Thursday will get same menus for in-school and take home food

# Breakfast

- Elementary Breakfast in the Classroom



- Middle and High School Grab and Go Breakfast





# A/B Lunch Menu

		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Entrée</b>		Lasagna w/ WW Parmesan Roll	Lasagna w/ WW Parmesan Roll	Chicken & WW Waffles	Chicken & WW Waffles	
<b>Salad</b>		Packaged Salad	Packaged Salad	Packaged Salad	Packaged Salad	
<b>Lunchable</b>		Yogurt Lunchable	Yogurt Lunchable	Pepperoni Lunchable	Pepperoni Lunchable	
<b>Choice 1</b>		Corn	Corn	Baked Beans	Baked Beans	
<b>Choice 2</b>		Oven Fried Okra	Oven Fried Okra	Mini Carrots w/Ranch Dressing	Mini Carrots w/Ranch Dressing	
<b>Choice 3</b>		Romaine Salad	Romaine Salad	Yellow Squash	Yellow Squash	
<b>Choice 4</b>		Fresh Seasonal Fruit	Fresh Seasonal Fruit	Orange Sections	<b>Monday</b>	
<b>Choice 5</b>		Rosy Applesauce	Rosy Applesauce	Pineapple and Cherries	Pineapple and Cherries	
		Assorted Milk (8 oz.)	Assorted Milk (8 oz.)	Assorted Milk (8 oz.)	Assorted Milk (8 oz.)	
<b>Color Code</b>	<b>Other Vegetable</b>	<b>Dark Green Vegetable</b>	<b>Starchy Vegetable</b>	<b>Red/ Orange Vegetable</b>	<b>Legumes Vegetable</b>	



# A/B Supper Take Home Menu

Supper	Monday	Monday Take Home	Tuesday	Tuesday Take Home	Wednesday	Wednesday Take Home	Thursday	Thursday Take Home
Entree		Sausage Dog		Sausage Dog		Ham & Cheese Sand.		Ham & Cheese Sand.
Fruit		Orange		Orange		Pear		Pear
Vegetable		Cucumbers		Cucumbers		Grape Tomatoes		Grape Tomatoes
Milk		Milk		Milk		Milk		Milk

# Take Home Meals – What Goes in the Bag?

Monday	Tuesday	Wednesday	Thursday
Chicken Salad Sandwich	Chicken Salad Sandwich	Pizza	Pizza
Sausage Dog	Sausage Dog	Peanut Butter Sandwich	Peanut Butter Sandwich
Broccoli	Broccoli	Grape Tomatoes	Grape Tomatoes
Carrots	Carrots	Cucumbers	Cucumbers
Pancakes	Pancakes	2 oz Cereal	2 oz Cereal
Apple	Apple	Orange	Orange
Banana	Banana	Kiwi	Kiwi
Tangerine	Tangerine	Pear	Pear
Juice - 2	Juice - 2	Juice - 2	Juice - 2
Milk - 3	Milk - 3	Milk - 3	Milk - 3

# A/B Menu Planning Issues

- Monday/Tuesday menus are the same because different children
- Menus at school are hot homemade items that would not be suitable to send home (Spaghetti, Tacos, Beef Stir Fry, Lasagna)
- Menus for home items are items easily prepared (Pizza, Sandwiches)
- Teachers get same menu Monday/Tuesday and Wednesday/Thursday
- No food for teachers on Friday???
- We planned vegetables that were easy to bag up to send home to meet vegetable sub groups
- We insisted that we do offer versus serve for pick up or classroom



# Lunch - 50% In Classroom & 50% in Lunchroom

- Classroom eating
  - Different lines designated by classroom or cafeteria dining
  - Carts to take food down hall
  - Teachers will pick up milk
  - Covered Styrofoam trays



# Eating in the Lunchroom

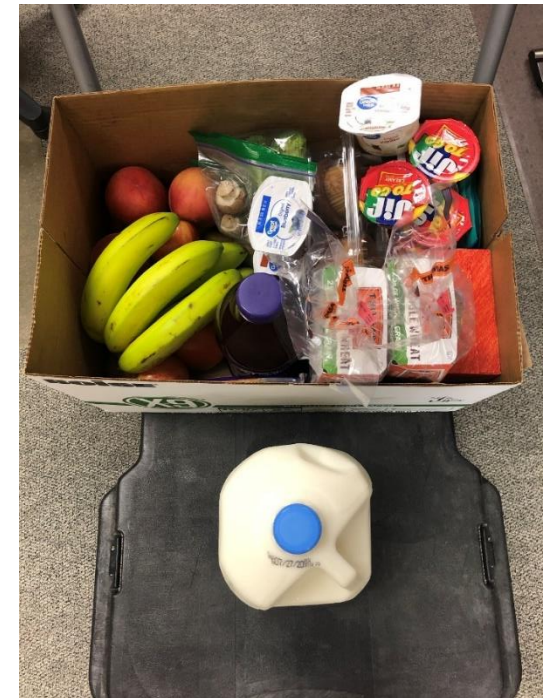
## Health and Safety Issues

- Have all students face the same way
- Mark off which seats can be used
- Masks/Shields
- Children will be pulled up by classroom and they will state their names (No touching POS) (Q-tips)
- Don't want students reaching over food (one item put out)
- Reaching into milk boxes
- Social distancing on lines



# Virtual Boxes – 5 days Breakfast, Lunch, Supper

- Fridays buses we will deliver a weeks worth of food to all our virtual students because Bus Drivers were not picking up or delivering students
- Box would include
  - 2 half gallons of 1% milk (Chocolate/White)
  - 10 - 4oz frozen juices (act as ice cubes)
  - Fresh fruit (15 servings)
  - Fresh vegetables (15 servings)
  - 20-25 oz Meat/Meat alternate entrees
  - Whole Grains (25-30 ozs)



# Weekly Menus

## BREAKFAST

- Monday:** Cereal, Orange, Juice, & Milk
- Tuesday:** Mini Pancakes, Orange, Juice, & Milk
- Wednesday:** Cereal, Orange, Juice, & Milk
- Thursday:** Mini Pancakes, Orange, Juice, & Milk
- Friday:** Cereal, Orange, Juice, & Milk

## LUNCH

- Monday:** Chicken & Vegetable Fajitas, Apple, Juice, & Milk
- Tuesday:** Chicken & Vegetable Fajitas, Apple, Juice, & Milk
- Wednesday:** Chicken & Vegetable Fajitas, Apple, Juice, & Milk
- Thursday:** Chicken & Vegetable Fajitas, Apple, Juice, & Milk
- Friday:** Chicken & Vegetable Fajitas, Apple, Juice, & Milk

## DINNER

- Monday:** Chicken & Vegetable Fajitas, Apple, Juice, & Milk
- Tuesday:** Pizza, Salad with Tomato, Strawberries, & Milk
- Wednesday:** Pizza, Salad with Tomato, Strawberries, & Milk
- Thursday:** Pizza, Salad with Tomato, Strawberries, & Milk
- Friday:** Pizza, Salad with Tomato, Strawberries, & Milk



## BURKE COUNTY PUBLIC SCHOOLS WEEKLY MENU

### BREAKFAST

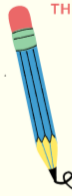
- MONDAY** Cereal, Banana, Juice, and Milk
- TUESDAY** Mini Cinnis, Banana, Juice, and Milk
- WEDNESDAY** Cereal, Banana, Juice, and Milk
- THURSDAY** Mini Cinnis, Banana, Juice, and Milk
- FRIDAY** Cereal, Banana, Juice, and Milk

### LUNCH

- |                                |                          |
|--------------------------------|--------------------------|
| <b>MONDAY</b> Yogurt Lunchable | <i>Vegetable Options</i> |
| <b>TUESDAY</b> Vegetable       | Romaine Lettuce          |
| <b>WEDNESDAY</b> Strawberries  | Tomatoes                 |
| <b>THURSDAY</b> Juice          | Onion                    |
| <b>FRIDAY</b> Milk             | Potatoes                 |
|                                | Beans                    |

### DINNER

- MONDAY** Hamburger on Bun, Salad, Blueberries, and Milk
- TUESDAY** Hamburger on Bun, Salad, Blueberries, and Milk
- WEDNESDAY** Hamburger on Bun, Salad, Blueberries, and Milk
- THURSDAY** Hamburger on Bun, Salad, Blueberries, and Milk
- FRIDAY** Hamburger on Bun, Salad, Blueberries, and Milk



For more information, visit [www.burke.k12.ga.us](http://www.burke.k12.ga.us)



Items may vary depending on availability

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## BURKE COUNTY PUBLIC SCHOOLS

• A WEEKLY SCHOOL MENU •

### BREAKFAST

- Monday:** Cheese Toast, Pear, Juice, & Milk
- Tuesday:** Frudel, Pear, Juice, & Milk
- Wednesday:** Cheese Toast, Pear, Juice, & Milk
- Thursday:** Frudel, Pear, Juice, & Milk
- Friday:** Cheese Toast, Pear, Juice, & Milk

### LUNCH

- Monday:** Ham Sandwich, Spinach, Apple, Juice, & Milk
- Tuesday:** Turkey Sandwich, Corn, Carrots, Apple, Juice, & Milk
- Wednesday:** Ham Sandwich, Carrots, Apple, Juice, & Milk
- Thursday:** Turkey Sandwich, Beans, Celery, Apple, Juice, & Milk
- Friday:** Ham Sandwich, Celery, Apple, Juice, & Milk

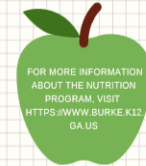
### DINNER

- Monday:** Chicken Strips, 2 Pieces Bread, Spinach, Orange, & Milk
- Tuesday:** Sausage Dog on Bun, Spinach, Orange, & Milk
- Wednesday:** Chicken Strips, 2 Pieces Bread, Spinach, Orange, & Milk
- Thursday:** Sausage Dog on Bun, Spinach, Orange, & Milk
- Friday:** Grilled Cheese, Spinach, Orange, & Milk

ITEMS MAY BE SUBJECT TO CHANGE DUE TO AVAILABILITY



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FOR MORE INFORMATION ABOUT THE NUTRITION PROGRAM, VISIT [HTTPS://WWW.BURKE.K12.GA.US](https://www.burke.k12.ga.us)



## BURKE COUNTY PUBLIC SCHOOLS

### WEEKLY MENU

#### BREAKFAST

- Monday:** Cereal, Raisins, Juice, & Milk
- Tuesday:** French Toast Stix, Raisins, Juice, & Milk
- Wednesday:** Cereal, Raisins, Juice, & Milk
- Thursday:** French Toast Stix, Raisins, Juice, & Milk
- Friday:** Cereal, Raisins, Juice, & Milk

#### LUNCH

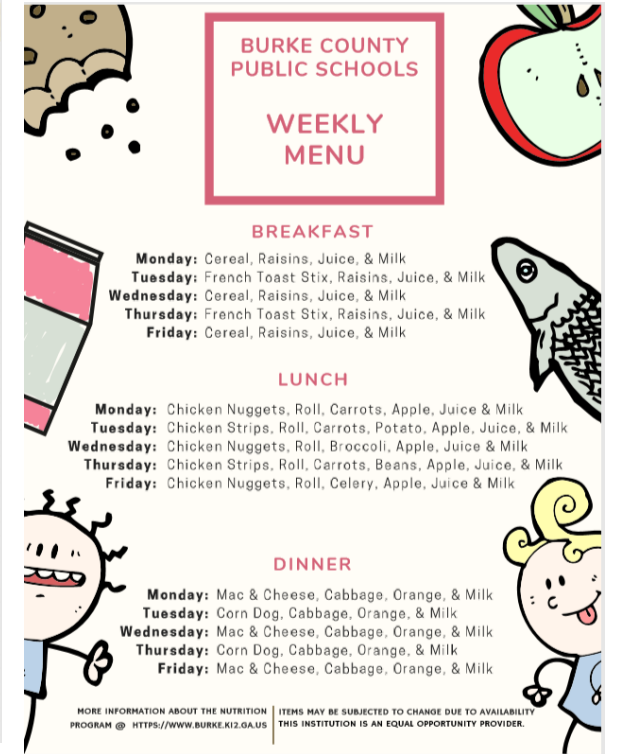
- Monday:** Chicken Nuggets, Roll, Carrots, Apple, Juice & Milk
- Tuesday:** Chicken Strips, Roll, Carrots, Potato, Apple, Juice, & Milk
- Wednesday:** Chicken Nuggets, Roll, Broccoli, Apple, Juice & Milk
- Thursday:** Chicken Strips, Roll, Carrots, Beans, Apple, Juice, & Milk
- Friday:** Chicken Nuggets, Roll, Celery, Apple, Juice & Milk

#### DINNER

- Monday:** Mac & Cheese, Cabbage, Orange, & Milk
- Tuesday:** Corn Dog, Cabbage, Orange, & Milk
- Wednesday:** Mac & Cheese, Cabbage, Orange, & Milk
- Thursday:** Corn Dog, Cabbage, Orange, & Milk
- Friday:** Mac & Cheese, Cabbage, Orange, & Milk

FOR MORE INFORMATION ABOUT THE NUTRITION PROGRAM @ [HTTPS://WWW.BURKE.K12.GA.US](https://www.burke.k12.ga.us)



















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# Ordering List for Managers

Cycle 1 Ordering List				
Meat	Fruit	Vegetable	Grain	Dairy
12 oz. Diced Chicken	5 Oranges	1 Whole Yellow Onion	3 Big Bowl Cereals	1/2 Gallon 1% White Milk
4 Pizzas	10 Juices	1 Whole Red Pepper	12 6" Tortilla	1/2 Gallon 1% Chocolate Milk
	5 Apples	1 Whole Green Pepper	2 Pkg. Mini Pancakes	
	2 1/2 Cups Strawberries	1 Whole Tomato		
		1 Head of Lettuce		
		1/2 Cup Black Beans		
		1/2 Cup Corn on the Cobb		

# Packing List and Directions

Packing List for Cycle 1 Box									
Meat		Fruit		Vegetable		Grain		Dairy	
12 oz. Diced Chicken		5 Oranges		1 Whole Yellow Onion		3 Big Bowl Cereals		1/2 Gallon White Milk	
4 Pizzas		10 Juices		1 Whole Red Pepper		12 6" Tortillas		1/2 Gallon Chocolate Milk	
		5 Apples		1 Whole Green Pepper		2 Pkg. Mini Pancakes			
		2 1/2 Cups Strawberries		1 Whole Tomato					
				1 Head of Lettuce					
				1/2 Cup Black Beans					
				1/2 Cup Corn on the Cob					

Packing List for Cycle 2 Box									
Meat		Fruit		Vegetable		Grain		Dairy	
3 Hot Dogs		5 Oranges		1 Cup Broccoli		3 Big Bowl Cereals		1/2 Gallon White Milk	
6.6 oz. Tuna		10 Juices		2 1/2 Cup Peas		5 Buns		1/2 Gallon Chocolate Milk	
2 Sausage Dogs		5 Tangerines		2 Tomatoes		5 Cups Noodles		4 oz. Cheese	
		5 Apples		1 Cup Celery		2 Vaffles (for Snack & Vaffles)			
				1/2 Cup Corn on the Cob					
				1/2 Cup Garbanzo Beans					

Packing List for Cycle 2 Box									
Meat		Fruit		Vegetable		Grain		Dairy	
3 Hamburger Patties		5 Bananas		3 1/2 Cups Romaine Lettuce		3 Big Bowl Cereals		1/2 Gallon White Milk	
2 Corn Dogs		10 Juices		2 Whole Tomatoes		10 oz. Granola		1/2 Gallon Chocolate Milk	
		2 1/2 Cups Strawberries		1 Onion		2 Pkg. Mini Cinnis		5 Yogurts	
		2 1/2 Cups Blueberries		2 Potatoes		3 Hamburger Buns		5 Cheesesticks	
				1/2 Cup Garbanzo Beans					

# Recipes Included in Weekly Boxes

## CHICKEN FAJITAS



### Ingredients

- Cooked Chicken
- 1 Red Pepper
- 1 Green Pepper
- 1/2 cup Black Beans
- 1 Onion
- 10 Tortillas
- Lettuce
- Tomato

**Optional:** Add 1/2 teaspoon cumin, chili powder, garlic powder, and/or paprika to pan while cooking

### Directions

1. Dice Onion
2. Remove seeds from the peppers and cut into 1/4 inch strips
3. Put onion and peppers into a large pan and cook on medium high for 5-6 minutes
4. Add chicken, beans, and optional spices and cook for another 3-5 minutes
5. Put mixture into tortillas and top with lettuce and tomato slices

## Smoothie Recipe

A STEP-BY-STEP GUIDE



### Step 1: Choose 1/2 cup Base

Milk Juice Yogurt Water

### Step 2: Choose 1 cup Fruit

Banana Strawberry Peach Mango  
Blueberry Kiwi Pineapple  
Raspberry Oranges

### Step 3: Choose 1/2 cup Veggies

Kale Spinach Avocado Collards

### Step 4: Optional Add-in's

Peanut butter Oats Nuts



# POTATO

### Nutritional Benefits

With the skin left on the potato, they are a great source of Iron, Potassium, an Vitamin C!

Did you know potatoes are 80% water?



### Try This...

#### Microwave!



#### How To:

1. Clean & Scrub Potato
2. Poke Holes with fork
3. Microwave for 5 minutes, flip and microwave for 5 more minutes
4. Cut open and add toppings

#### Mash!



#### How To:

1. Clean & Scrub Potato
2. Put Potato in cold water in a pot, then boil for 15 minutes.
3. Gently remove and mash potato
4. Add seasonings, butter, or other toppings

#### Bake!



#### How To:

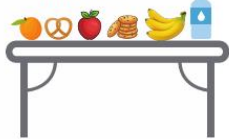
1. Clean & Scrub Potato
2. Cut potato in halves and then into thin strips.
3. Soak in cold water for 30 minutes, then dry off.
4. Preheat oven to 450, then bake for 15-20 min.
5. Flip over fries and cook till golden brown (5-10 min)

Tips: Add seasoning like garlic powder, herbs, paprika, or black pepper






# Educational Handouts to Help with Enrichment Requirement for Supper

## FOOD SAFETY: HOW TO STORE YOUR MEALS ONCE YOU PICK THEM UP







- 1 Many items need to stay cold!**  
After picking up your meals, immediately put away items that need to stay cool in refrigerator or freezer.
- 2 Did you know that each food belongs specific place in your refrigerator?**  
Ready to eat foods such as sandwiches, hot dogs, fruit cups, and pre-cut fruits and vegetables belong on the top shelf away from raw meat. Dairy products such as milk, yogurt, and cheese should be placed on the top or middle shelf where they can be kept cold.
- 3 Some fruits should be left out!**  
Although it helps keeps MOST of our food better for longer, putting bananas in the refrigerator makes them turn brown FASTER!
- 4 Strive for 35°!**  
Dairy products such as milk, cheese, and yogurt should be kept at or below 35°F.
- 5 Do NOT eat food that has been left at room temperature for more than 4 hours.**  
Leaving foods that should be refrigerated at room temperature increases the chance of them growing bacteria. Eating this food can cause food born illness or food poisoning.  
Signs and symptoms of food born illness include upset stomach, vomiting, diarrhea, and fever.



## HOW TO MAKE THE MOST OF YOUR FRESH PRODUCE

	Counter	Refrigerator	Freezer
<b>Bell pepper</b> 	No!	Yes! Store whole for 1-2 weeks. Wrap chopped pieces with a paper towel and store in a dry, sealed container for 2-3 days.	Yes! Freeze them on a baking sheet and store frozen pieces into plastic bags for up to 12 months.
<b>Broccoli</b> 	No!	Yes! Wrap loosely in damp paper towels and store for 4-7 days.	Yes! Freeze them on a baking sheet and store frozen pieces into a plastic bag for about 12 months.
<b>Carrot</b> 	No!	Yes! Wrap them in damp paper towels and store in a plastic bag for up to a month.	Yes! Store them in a sealable bag or airtight container for 10-12 months.
<b>Celery</b> 	No!	Yes! Wrap them tightly in aluminum foil and store in crisper drawer for 3-4 weeks. Store cut pieces in a sealed container, submerged in water for 1-2 weeks.	Yes! Freeze them on a baking sheet and store frozen pieces in a plastic bag for about 12 months.
<b>Onion</b> 	Yes! Store whole in a dark, cool place for up to 4 weeks.	Yes! Store cut pieces in a sealed container for 7-10 days.	Yes! Freeze them on a baking sheet and store frozen pieces in a plastic bag for about 12 months.

## Counter Refrigerator Freezer

	Counter	Refrigerator	Freezer
<b>Potato</b> 	Yes! Store whole in a cool, dark, dry place for 2-3 months.	No!	No!
<b>Tomato</b> 	Yes! Store unripe tomatoes stem-side down on paper towels in an open container for 2-3 days.	Yes! Store ripe tomatoes in the crisper drawer for 5-7 days.	No!
<b>Apple</b> 	Yes! Store them separate from other produce and eat within a month.	Yes! Store in the crisper drawer for six months or more.	Yes! Dip sliced apples with lemon juice and freeze on a baking sheet, store in plastic bags for about 12 months.
<b>Banana</b> 	Yes! They will ripen on the counter but be sure to avoid direct sunlight. Wrap the stems with plastic wrap to slow ripening process.	Yes! Store ripe bananas in the crisper drawer for 1-2 weeks.	Yes! Slice and freeze them on a baking sheet and store in a plastic bag for 2-3 months.
<b>Orange</b> 	Yes! These can last up to 2 weeks on the counter but be sure to avoid direct sunlight.	Yes! Store whole for up to 1 month. Peeled and cut slices can be kept for 2-3 days.	Yes! Wash and peel the skins, then slice them into circular rounds. Store in an airtight container for about 12 months.
<b>Peach</b> 	Yes! Store unripe peaches on the counter until they reach desired ripeness.	Yes! Store ripe peaches for up to 1 week.	Yes! Dip sliced peaches with lemon juice and freeze on a baking sheet, store in plastic bags for about 12 months.

## HANDWASHING 101



1

Wet your hands before applying soap



2

Rub soap all over your palms, the backs of your hands, and in between your fingers



3

Do this process for at least 20 seconds before rinsing! Try singing the Alphabet aloud!



4

Wipe your hands with a clean towel or paper towel and void rubbing too vigorously



# Fresh Fruit and Vegetable Grant Handouts



## Avocado

**What Is It?**

- Heart-healthy, nutrient-dense fruit that's naturally free of sodium, sugar, & cholesterol.
- Has more potassium than bananas! Helps support healthy blood pressure.

**Is It Ripe?**

- Skin will be dark green to black color with bumpy texture.
- Gently squeeze in palm of hand. Should feel slightly soft yet still firm (not mushy).
- Good for 2-3 days once ripe.

**Storage**

- Store unsliced avocado at room temperature until ripe.
- If avocados are ripe but you aren't ready to eat them, store in refrigerator for 2-3 days. (Refrigeration slows down the ripening process!)
- Once sliced, lightly coat in lemon juice to prevent browning or cover exposed surface area with plastic wrap.
  - (Still OK to eat if it turns brown, like apples)
- Store sliced avocado in air-tight container or plastic bag in refrigerator.
  - Also OK to freeze! (use in smoothies or let thaw and eat as desired)

**How To Prepare**

- Wash thoroughly and dry, then place on cutting board.
- Starting at the narrow top, cut in half length-wise and rotate knife all the way around the pit.
- Twist the halves apart and remove the pit with a spoon.
- Gently spoon around edges and scoop out avocado, or slice each piece in half again and peel skin off.
- Cut or slice as desired, eat as is, or smash and add tomato and onion for guacamole!



\*Contains oxalate, a natural substance that may adversely affect those with kidney problems.  
\*Can possibly interfere with medications (similar to grapefruit)

## Star Fruit

**What Is It?**

- Sweet and sour citrus fruit shaped like a star.
- Also known as Carambola
- Flavor described as a mix of apple, pear, and citrus fruits.
- Very low in calories, also a good source of fiber and vitamin C.
- Skin is edible.

**Is It Ripe?**

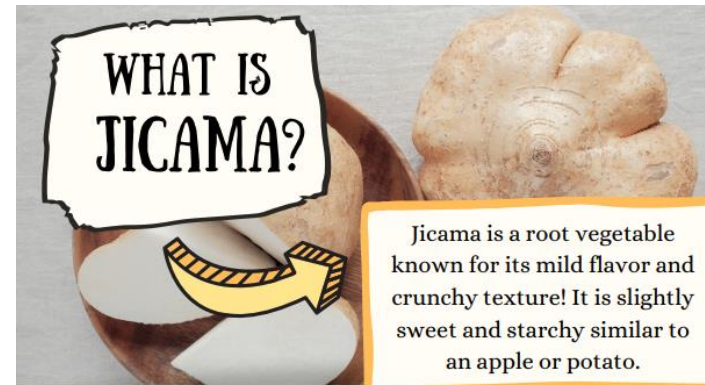
- Ripe when primarily yellow with light brown ribs (some hint of green is ok) and slightly soft to the touch.
- If ribs are still green, leave fruit at room temperature for a few days until they turn brown.
- OK to eat before completely ripe, will be firmer with sour taste (think green apple).

**Storage**

- Store fruit at room temperature until ripe.
- Non-ripe should be turned/rotated daily to ensure even ripening.
- Ripe UNSLICED fruit can be stored at room temp for 2-3 days, or in the refrigerator for about 1 week. (Refrigeration slows down the ripening process!)
- Store SLICED fruit in refrigerator for about 1 week.

**How To Prepare**

- Thoroughly wash and rinse the fruit.
- Cut about 1/2 inch off each end
- Slice to desired thickness (usually about 1/2 to 3/4 inch).
- Remove seeds by poking through center of fruit and enjoy!
- To freeze: slice and lay single layer on baking sheet, place in freezer, once frozen transfer to bag or container and store about 3 months.



## WHAT IS JICAMA?

Jicama is a root vegetable known for its mild flavor and crunchy texture! It is slightly sweet and starchy similar to an apple or potato.

**TO PREPARE:**

1. Remove leaves and stems as these are poisonous to eat!
2. Wash the skin thoroughly to remove any dirt on the surface of the tuber.
3. Remove skin using a pairing knife or potato peeler.
4. Once peeled, cut the tuber into cubes or match sticks for cooking or snacking!

**TO STORE:**

1. Store **whole root** unwrapped at room temperature or in the refrigerator for up to 2-3 weeks
2. Make sure that the jicama remain dry and free of moisture.
3. **After peeling and cutting**, wrap or store cut jicama in an airtight container and keep in the refrigerator for up to 1 week.

**NUTRITIONAL BENEFITS**

Rich in **Vitamin C** and **Vitamin E**  
Packed with **fiber** and is good for gut bacteria  
Naturally low in calories

**HOW TO EAT:**

Jicama can be eaten **raw or cooked!** Match sticks can be eaten like carrots with hummus and dip OR you can throw them into your stir fry veggies. Jicama can also be made into "french fries" as a lower calorie alternative!

# What Handouts To Send Home Each Cycle

- **Cycle 1: Fajitas + Pizza**
  - Weekly Menu
  - Fajita Recipe
  - How to Cook Black Beans
  - Fresh Fruit and Vegetable Handout
- **Cycle 2: Yogurt Lunchable + Hamburger**
  - Weekly Menu
  - Parfait Recipe
  - Smoothie Recipe
  - What to do with extra Milk Paper
  - Fresh Fruit and Vegetable Handout
- **Cycle 3: Sandwiches + (Chicken Strips/Sausage Dog/Grille Cheese)**
  - Weekly Menu
  - Fresh Fruit and Vegetable Handout
- **Cycle 4: Hot Dog/Sausage Dog + Tuna Noodle Casserole**
  - Weekly Menu
  - Tuna Noodle Casserole Recipe
  - Fresh Fruit and Vegetable Handout
- **Cycle 5: Chicken Patty + Pizza Starting Week**
  - Weekly Menu
  - Fresh Fruit and Vegetable Handout
- **Cycle 6: Chicken Nuggets/Strips + Mac & Cheese/Corn Dog**
  - Weekly Menu
  - Mac & Cheese Recipe
  - Cabbage Recipe
  - Extra Milk Flyer
  - Fresh Fruit and Vegetable Handout

# Issues with Weekly Boxes

- How to store 4,000 half gallons of milk
- How to load 2,000 boxes onto buses
- Getting enough coolers to hold milk on buses
- What kind of boxes to use?
- Using trash bags to line boxes in case of spillage
- How many things do staff have to bag or package up? (constantly combined vegetables)
- Will it fit in box?
- How to keep items cold? (Frozen juice, frozen entrees)



# Issues with Weekly Boxes

- Consider time crunch to pack boxes
- Developing recipes for boxes
- Developing menus to send home in the box
- What to pack in the box lists and order for packing
- You need a place to set up boxes to pack
- Finding tape that says refrigerate box contents
- We used A/B menus to plan weekly boxes to simplify ordering
- Option to send home virtual materials in boxes



A young boy with blue eyes, wearing a blue baseball cap with red and white trim and an orange hoodie, is smiling broadly while sitting at a table. He is eating from a yellow tray that contains a sandwich, a small container of white sauce, and some orange-colored food. The background is slightly blurred, showing a blue wall and another person in a white sweater.

# QUESTIONS?

Please type any questions  
into the Q&A box.