

# Building a Healthy Food Environment in Schools

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"I don't like gourmet cooking or 'this' cooking  
or 'that' cooking. I like good cooking."

- James Beard

# USDA Child Nutrition Programs

- Every school day federal child nutrition programs provide
  - 30.7 million lunches (2012-13)
  - 13.2 million breakfasts (2013-14)
- Whole grain-rich foods at each meal
  - 7-10 ounces at breakfast per week
  - 8-12 ounces at lunch per week

# USDA Whole Grains Requirements

- All grain foods served and credited
  - At least 50% whole grains
  - Remaining grain ingredients must be enriched
- Bread
- Buns
- Pasta
- Tortillas
- Cooked grains
- Cereals
- Baked goods





United States Department of Agriculture

# Whole Grain Resource for the National School Lunch and School Breakfast Programs

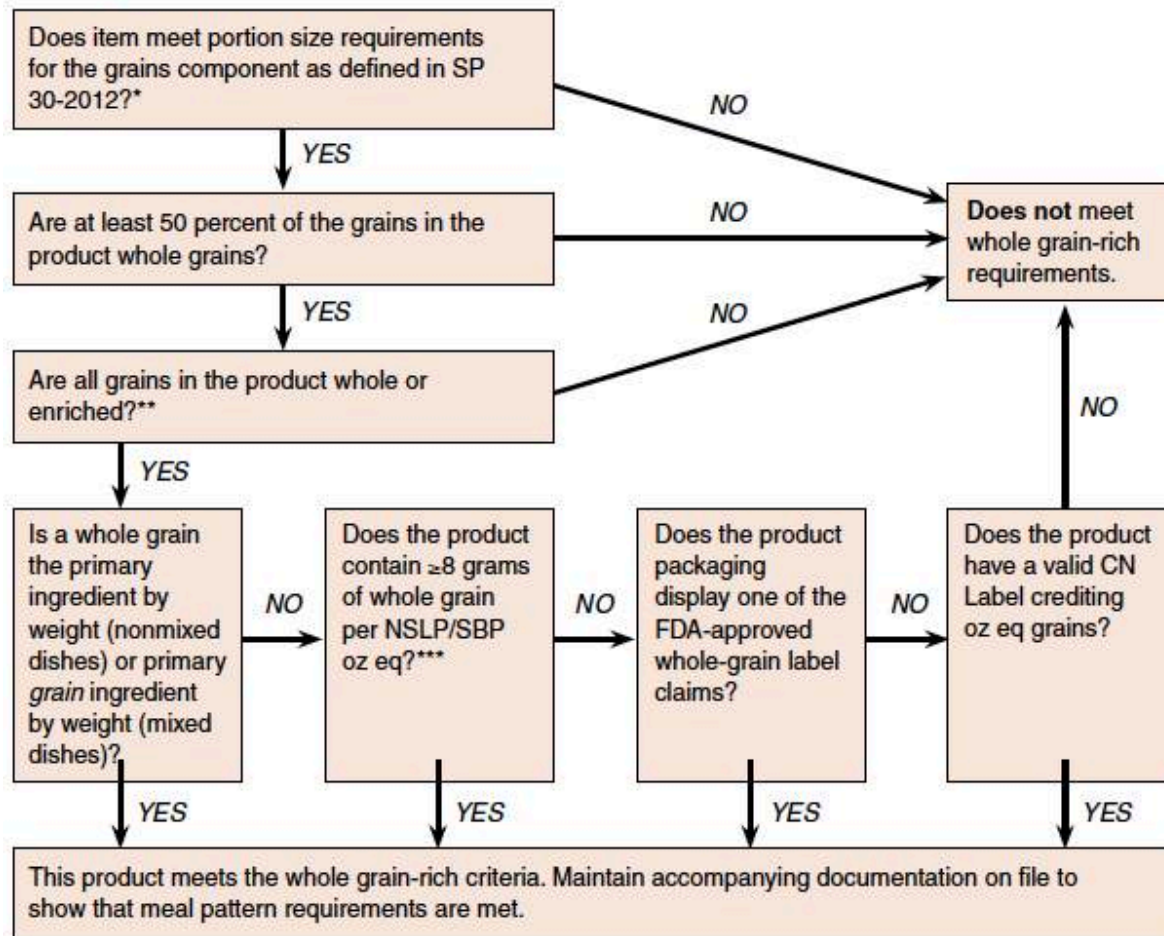
*A Guide to Meeting the Whole Grain-Rich Criteria*



# How Do I Know if a Product Meets Whole Grain-Rich Criteria?

There are many foods labeled as whole grain, such as pizza crusts, buns, breads, tortillas, and other products. The chart below will assist you in determining if your whole-grain product meets the criteria.

## Does My Product Meet the Whole Grain-Rich Criteria?



# Challenges

- Updating recipes to be at least 50% whole grain
- Using new products, like whole grain pasta
- Learning how to prepare new whole grain foods for best quality
- Acceptability among students
- Industry challenges: reformulating to meet criteria and deadlines



# Whole Grain Pasta Waiver

- “Flexibility for Whole Grain-Rich Pasta in School Years 2014-2015 and 2015-2016”
  - 100% whole grain pasta
  - Degrades in storage and cooking
  - Lasagna and elbow noodles
  - Not accepted by students





# SNA's Position on Whole Grain Rule

- Go back to half of all grains offered are whole grain-rich.
  - Cost
  - Participation
  - Regional preferences



## 2015 Position Paper

## Reauthorization of the Healthy, Hunger-Free Kids Act

**Restore the initial requirement that at least half of grains offered through school lunch and breakfast programs be whole grain rich.**

<https://schoolnutrition.org/positionpaper/>

# Success Stories

- Some programs were meeting the whole grain-rich requirements well before the rule was implemented.



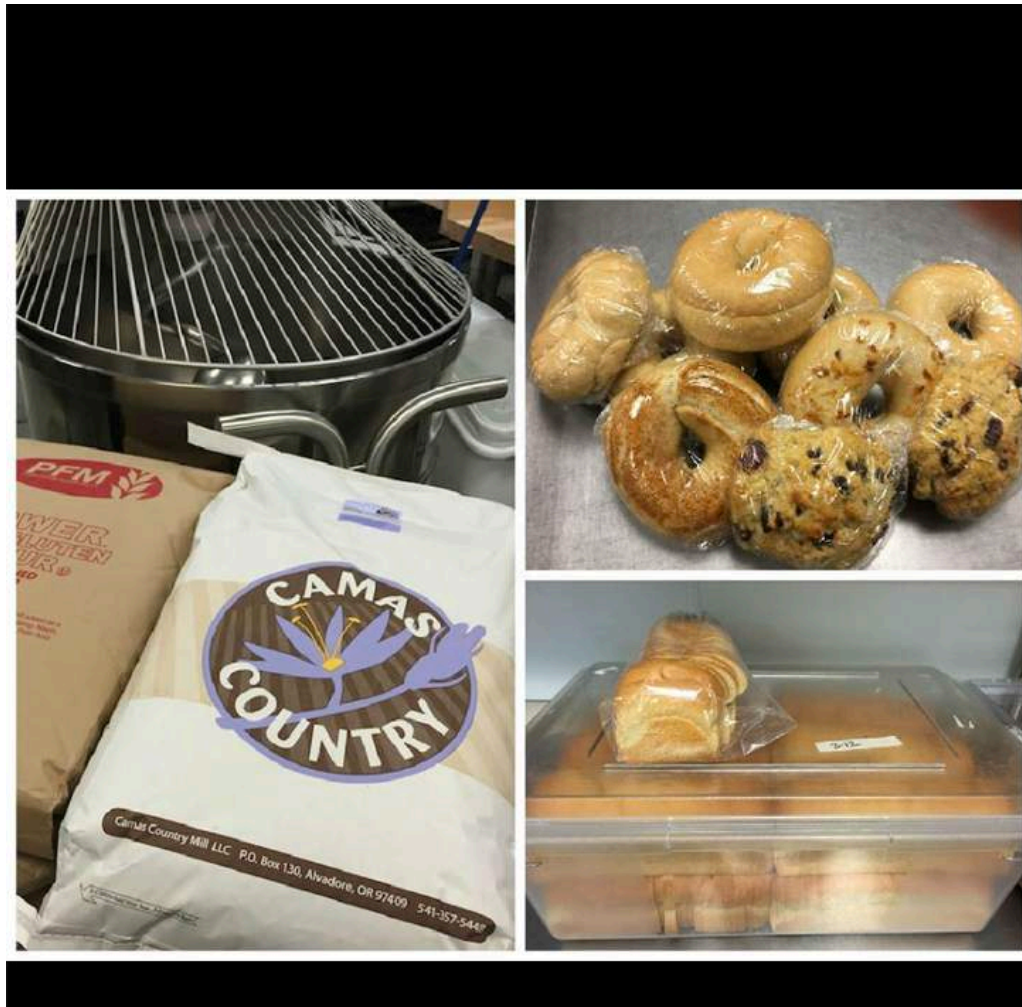
# Schools and Industry are Innovating



# Examples of #RealSchoolFood

- Buttermilk Pancakes
- Turkey Hotdog on a Whole Wheat Bun
- Sweet Thai Chili Chicken with Brown Rice
- Three Bean Chili with Whole Grain Tortilla Chips
- Confetti Wheat Berry and Bean Salad
- Sofrito Brown Rice
- Quinoa Salad
- Homemade Granola Bar
- Homemade Cinnamon Rolls
- Homemade Whole Grain Scones

# Bend-La Pine Schools, Bend, OR



**School Meals That Rock**

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Bend-La Pine Schools take their Farm to School beyond fruits and veggies ... butchering and smoking local hogs and bring fresh boat-to-school seafood from the coast. Why do they need big stacks of flour and a giant mixer? Because they make their own scones, bagels and bread from Oregon wheat ... thanks to Camas Country Mill. These students KNOW where their food comes from ... lucky children!

Like · Comment · Share

Tracie Surgeon Gleffe and  
31 others like this.

Top Comments ▾

6 shares



**School Meals That Rock** Follow Bend-La Pine

Schools on their new PINTEREST board at  
<https://www.pinterest.com/.../bend-la-pine-oregon-school.../>



**BEND-LA PINE  
OREGON, School  
Meals That Rock**

PINTEREST.COM

Like · Reply · 2 · March 17 at 6:26pm



**School Meals That Rock** More about Bend-La  
Pine School Nutrition on their website:

<http://www.bend.k12.or.us/.../scrapbook/default.php...>



**Nutrition Services -  
Nutrition Services**

BEND.K12.OR.US

Image courtesy of School Meals that Rock

# Bethel School District, Eugene, OR



 **School Meals That Rock**  
Page Liked · March 14 · 🌐

Dayle speaking at the OR SNA meeting in Salem ... celebrating the delicious #RealSchoolFood served here. This is just one #SchoolLunch from Bethel Nutrition Services: "We call this a Stromboli Roll. The filling is cheddar cheese, ham and veggies." Want to recipe? Want to follow the district? See link in Comments below ... and congratulate Jennie Henchion Kolpak, Rosa Mariotti and all the staff in Bethel for feeding kids WELL! — at Bethel School District.

Unlike · Comment · Share

👍 You and 21 others like this.

➦ 1 share

 **School Meals That Rock** Email Bethel Nutrition Services at [nutritionservices@bethel.k12.or.us](mailto:nutritionservices@bethel.k12.or.us) and they will send you the recipe. Follow Bethel Nutrition Services on FB at <https://www.facebook.com/pages/Bethel-Nutrition-Services/124683610922458>

 **Bethel Nutrition Community**

👍 Like Page

Image courtesy of School Meals that Rock

# Recipes for Schools

- Ideal whole grain-rich recipes for schools
  - Appealing to kids
  - Standardized
  - Nutrition requirements
  - Meal pattern crediting
  - Realistic

## Aztec Grain Salad

Meal Components: Red/Orange Vegetable-Fruit-Grains

Grains B-24r

Ingredients	50 Servings		100 Servings		Directions Process #3: Complex Food Preparation
	Weight	Measure	Weight	Measure	
Quinoa, dry	4 lb 6 oz	2 qt 3 cups	8 lb 12 oz	1 gal 1 ½ qt	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. 2. Combine quinoa and water in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Refrigerate at 40 °F.
Water		1 gal 1 ½ qt		2 gal 3 qt	
*Fresh Granny Smith apples, peeled, cored, cubed ¾"	3 lb 10 oz	2 qt 2 cups	7 lb 4 oz	1 gal 1 qt	3. Combine apples, squash, and canola oil. Add half of the ginger and half of the cinnamon. Reserve remaining ginger and cinnamon for step 6. Toss well to coat. 4. Transfer apple/squash mixture to a sheet pan (18" x 26" x 1"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
*Fresh butternut squash, peeled, cubed ½"	4 lb	3 qt 2 cups	8 lb	1 gal 3 qt	
Canola oil		½ cup		1 cup	
Ground ginger		2 tsp		1 Tbsp 1 tsp	
Ground cinnamon		1 Tbsp 2 tsp		3 Tbsp 1 tsp	

# Culinary Training

- Preparing whole grains
- Substituting whole grain flour in recipes
- Tips and tricks for cooking whole grain pasta
- Perfecting par-boiled brown rice
- Creative kid-appeal





# Resources

- Whole Grain Resource
  - <http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf>
- National School Lunch and School Breakfast Program meal patterns
  - <http://www.fns.usda.gov/sites/default/files/dietaryspecs.pdf>
- Food Research and Action Center
  - <http://frac.org/federal-foodnutrition-programs/national-school-lunch-program/>
- National Food Service Management Institute
  - <http://nfsmi.org>
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