



Stories from the Field: Osborn School District

October 20, 2020

1:30 PM – 2:00 PM

PROFESSIONAL STANDARDS LEARNING CODES: 1120, 2230, 3440, 4130, 4150



Welcome!

ADE's upLIFT Webinar Series was created for YOU, the school nutrition professional, to learn and get inspired in how and what you feed your students!

This year, we hope to continue to inspire you by shining a spotlight on stories from directors across the state who are staying upLIFTed during times of adversity.

Each month we will feature an Arizona school nutrition program that is maintaining quality while serving meals to their students despite unconventional operations.



October Spotlight

Osborn School District



Cory Alexander
Director of Child Nutrition
Osborn School District

District Profile



Osborn School District

Enrollment: 2703

Free/Reduced Percentage: 91%

sites: 6 CEP Sites

Breakfast, Lunch, Snack

District Profile



Osborn School District

Before COVID-19

of meals served per day: 3500

Lunch ADP: 85%

Since COVID-19

of meals served per day: 3200

Lunch ADP: 59%

District Profile



Osborn School District

Current Learning & Feeding Model

Learning - Currently distance learning throughout the district with learning labs at 5 sites. Additional student services provided but not an all day learning environment.

Feeding Model - Currently serving onsite students breakfast and lunch daily, 5 day meal bags served via pickup curbside and home delivery.

Nutrition Initiative

Topic: Procure Local, Clean Label and Scratch Made Foods

Why we focus on...

Topic



Locally grown produce - Gets students in the garden!
Stimulates our local economy



Clean Label - Providing the highest quality foods to our students



Scratch Made - Exposure, variety, control ingredients, **QUALITY**

Locally Grown Produce

How we put it into practice!

Start small, begin by looking at your DoD Fresh options.

Contact Ashley Schimke at ADE and work with her to connect with local farms and co-ops.

Tap into any interest in your district to start a garden program. Master Gardeners, Former AmeriCorps members, Certified Botanist.

Form a garden committee!


Locally Grown Produce



JOANNE OSBORN

PARENT TO STUDENTS AT OSBORN SCHOOL DISTRICT



 Cory Alexander, Osborn School District

Clean Label

How we put it into practice!

Again, start small and begin to look at *new* menu items that you are thinking about adding to your menus.

Contact your vendor and ask about a clean menu guide.

Contact the Life Time Foundation and inquire about assistance from their organization.

If possible, increase scratch cooking as a way to control ingredients.

Clean Label



Scratch Cooking

How we put it into practice!

Evaluate your equipment to determine what type of cooking can be done in your kitchens.


Scratch recipes do not have to be created from scratch, there are plenty of resources to help you create a menu of scratch menu items. Chef Ann Foundation, Life Time Foundation, USDA Team Nutrition, ADE upLIFT, your neighboring school district!

Scratch cooking does not mean that you have to make chicken pot pies from scratch, although that might be the goal!

Scratch Cooking









Sample Breakfast Menu

 **BREAKFAST**


SEPTEMBER 2019

Elementary



Monday	Tuesday	Wednesday	Thursday	Friday
 23 Mini Waffles	 24 Fruit & Yogurt Parfait with Granola	 25 Blueberry Muffin & Cheese Stick	 26 Turkey Sausage Bagel Sandwich	 27 Chocolate Chip Energy Bites

Daily For Breakfast
Breakfast Special
Seasonal Whole Fresh Fruit
100% Fruit Juice
1% & Skim Milk
Assorted Whole Grain Cereal



Vegetarian



Fish



Poultry



Pork



Beef



Gluten Free

Menu Items may change due to availability

This institution is an equal opportunity provider

Questions? Call the Child Nutrition Office @ 602-707-20



Cory Alexander, Osborn School District

Breakfast Photos



Sample Lunch Menu

LUNCH

SEPTEMBER 2019

Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="text-align: right; font-weight: bold; color: #c87157;">23</div> <p>Bean and Cheese Burrito Steamed Broccoli Local Fresh Oranges </p> <div style="border: 1px solid #c87157; padding: 5px; margin-top: 10px;"> <p><i>Daily For Lunch</i> Lunch Special or PB&J Uncrustable Seasonal Whole Fresh Fruit Crispy Garden Salad 1% & Skim Milk</p> </div>	<div style="text-align: right; font-weight: bold; color: #c87157;">24</div> <p>Macaroni and Cheese Local Celery & Apple Slaw With Tajin Seasoning </p>	<div style="text-align: right; font-weight: bold; color: #c87157;">25</div> <p>Chicken Nuggets & Dinner Roll Baby Carrots Pears </p>	<div style="text-align: right; font-weight: bold; color: #c87157;">26</div> <p>Cheese Enchiladas Cauliflower Peaches </p>	<div style="text-align: right; font-weight: bold; color: #c87157;">27</div> <p>Cheeseburger Oven Fries Applesauce </p>

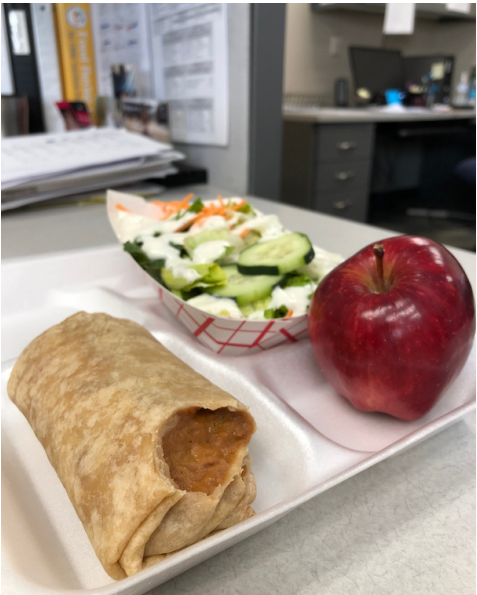
Vegetarian
 Fish
 Poultry

Pork
 Beef
 Gluten Free

Menu Items may change due to availability
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Questions? Call the Child Nutrition Office @ 602-707-202

Lunch Photos



Top 5 Tips for...

Clean, Scratch, and Local

- Start by focusing on one initiative and evaluating your existing program. Ex. Clean label
- Evaluate your equipment and equipment needs.
- Identify small changes that can be made right now and work toward those changes over the course of a school year.
- Seek partnerships! Valley of the Sun United Way, ADE, Blue Watermelon Project, The Life Time Foundation, organizations within your school district, other district employees.
- Gather Resources - Chef Ann's The Lunch Box, USDA Team Nutrition, ICN Recipe Box, equipment grants, your team!

Thank You!

Cory Alexander
Director of Child Nutrition
Osborn School District

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Follow us on:

Instagram [@nutriliciousosborn](https://www.instagram.com/nutriliciousosborn)



Resources

Top Five Tips for...

Serving Clean, Scratch, and Local Foods in your Meal Service

from...



Cory Alexander
Director of Child Nutrition
Osborn School District

- 1 Pick a Place to Start**
Begin by evaluating your existing program and then select just one initiative to focus on at first. For example, clean labels.
- 2 Equipment**
Evaluate your equipment inventory and determine what equipment you need to support your goals.
- 3 Start Small**
Identify small changes that can be made right now and work toward those changes over the course of a school year.
- 4 Seek Partnerships**
Collaborate with others such as [Valley of the Sun United Way](#), [ADE](#), [Blue Watermelon Project](#), [Life Time Foundation](#), other organizations/groups/people within your district, etc.
- 5 Gather Resources**
Check out Chef Ann Foundation's [The Lunch Box](#), [USDA Team Nutrition](#), [ICN Child Nutrition Recipe Box](#), various equipment grants, and even your team!



This institution is an equal opportunity provider.

Top 5 Tips

School Meals in Arizona

How'd they do that?

Osborn School District Whole Grain Buns

Served June 2020
Food Cost: \$0.21 per serving
2 oz. Grains per serving

Ingredients

Local Sonoran White Wheat Flour*, Instant Milk, Sugar, Instant Yeast, Salt, Oil, and Water.

*Purchased from Sun Produce Cooperative, grown at ERW Farms in Marana, Arizona.

Preparation

Equipment

- Floor mixer
- Dough roller
- Rhondo (dough divider)
- Proofer
- Oven
- Bun racks with covers
- Sheet pans
- Bread slicer/bread knife

Food Safety

- Bake at 325°F for 10-15 mins
- Proper handwashing and glove use is required when slicing buns
- Buns should be used within 1-2 days of baking, unless frozen
- Cover bun rack when storing or freezing
- Keep cold food at or below 41°F and hot foods at or above 135°F

Labor

- Trained Bakers and Managers prepare the recipe
- Buns are prepared at least one day prior to meal service
- Osborn bakes these buns throughout the week (depending on the meals they have planned) preparing anywhere from 300-1000 buns at a time with the aim of not overproducing in order to ensure freshness
- Once prepared, buns are sliced and the sandwiches are prepared as soon as possible



Backstory

This recipe incorporates all of Osborn School District's nutritious initiatives into one item: local, scratch, and clean-label! They took a leap switching up the flour for the Farm to Summer Challenge but were so glad they did! Sonoran White Wheat flour is usually used in breads, tortillas, cookies, pie dough, and pancakes. In this recipe, it made the bun a little more dense and flat due to the higher amount of bran. It has a rich, sweet, earthy, and nutty flavor similar to characteristics of whole wheat flour, but has the lightness and low protein levels of a white flour.

Serving Suggestion

Cheeseburgers

- Whole Grain Bun (homemade)
- Burger (Don Lee Processed Item)
- Cheese (USDA Foods Entitlement)



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Scratch Cooking

Looking Ahead

Join us next month!

Stories from the Field: Riverside School District

November 17, 2020

1:30pm - 2:00pm

Next month, Stay upLIFTed will highlight Riverside School District. Riverside School District has continued to prioritize nutrition initiatives during their current operations, including serving scratch and semi-scratch recipes developed by their food service staff. Join us to learn more about their operation and how you can implement similar techniques!




Thank you!

**Any questions?
Please type them into the chat bar now.**

If you are attending the live webinar, you will receive a link to complete the survey in EMS. After you complete the survey you can print a certificate of completion.

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.



 Jessica Krug, ADE

Comprehension Check

Question #1


According to the speaker, which of the following are ways to begin incorporating locally grown produce into your meal service?

- a. Look at DoD Fresh offerings
- b. Reach out to ADE to connect you with local farms and co-ops
- c. Form a garden committee
- d. All of the above

Comprehension Check

Question #1

According to the speaker, which of the following are ways to begin incorporating locally grown produce into your meal service?

- a. Look at DoD Fresh offerings
- b. Reach out to ADE to connect you with local farms and co-ops
- c. Form a garden committee
-  d. All of the above

The correct answer is D! The speaker shared all of these as ways to begin incorporating locally grown produce into your meal service.

Comprehension Check

Question #2

According to the speaker, scratch recipes do not have to be created from scratch because there are plenty of resources to help you create a menu of scratch menu items.

TRUE

FALSE

Comprehension Check

Question #2

According to the speaker, scratch recipes do not have to be created from scratch because there are plenty of resources to help you create a menu of scratch menu items.



TRUE

FALSE

The correct answer is TRUE!

Comprehension Check

Question #3


According to the speaker, which of the following is NOT a top five tip for serving local, clean, and scratch foods in your meal service?

- a. Start by focusing on one initiative and evaluating your existing program. Ex. Clean label
- b. Evaluate your equipment and equipment needs
- c. Avoid partnerships and go at it all alone
- d. Identify small changes that can be made right now and work toward those changes over the course of a school year.

Comprehension Check

Question #3

According to the speaker, which of the following is NOT a top five tip for serving local, clean, and scratch foods in your meal service?

- a. Start by focusing on one initiative and evaluating your existing program. Ex. Clean label
- b. Evaluate your equipment and equipment needs
-  c. Avoid partnerships and go at it all alone
- d. Identify small changes that can be made right now and work toward those changes over the course of a school year.

The correct answer is C! The speaker encourages you to seek partnerships! You may consider VSUW, ADE, Blue Watermelon Project, The Life Time Foundation, Organizations within your school district, or other district employees.

Congratulations!

You have completed the [Recorded Webinar: upLIFT Stories from the Field: Osborn School District](#)

To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: [Recorded Webinar: upLIFT Stories from the Field: Osborn School District](#)
- Key Area: 1000-Nutrition, 2000-Operations, 3000-Administration, 4000-Communications & Marketing
- Learning Codes: 1120, 2230, 3440, 4130, 4150
- Length: 0.5 hour

Please Note:

- Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.

Congratulations!

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*This will not appear in your Event Management System (EMS) Account.

<https://www.surveymonkey.com/r/upliftrecordedwebinar>

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- Learning Codes: 1120, 2230, 3440, 4130, 4150