



# Stories from the Field: Humboldt Unified School District

December 15, 2020

1:30 PM – 2:00 PM

PROFESSIONAL STANDARDS LEARNING CODES: 1170, 2210, 2230, 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.

# December Spotlight

# Humboldt USD



*Jody Buckle*

*Director of Child Nutrition*

*Humboldt Unified School District*

# District Profile



Enrollment: 5061

Free/Reduced Percentage:

SY 19-20: 52%

SY 20-21: 41%

Sites: 9

Breakfast, lunch, snack, supper,  
one week's worth of food

# District Profile



Before COVID-19

# of meals served per day: 3280

Lunch ADP: 64%

Since COVID-19

# of meals served per day: 2524

Lunch ADP: 53%

# District Profile

## Current Learning & Feeding Model



**Learning Model:** Our high school is on a hybrid schedule, A/B days. Our K-8 grade schools are 100% in person, 5 days a week. Our district also has some students that are 100% online.

**Feeding Model:** Serving onsite students breakfast and lunch daily. Also providing 5 day meal bags served via pickup curbside from our district office and home delivery.

# Nutrition Initiative

*Offering Nutritious Garden Bars With a Variety of Fresh  
Fruits and Vegetables*



# Why we focus on...

## Offering Nutritious Garden Bars With a Variety of Fresh Fruits and Vegetables

- Increases student fruit and vegetable consumption
- It's the right thing to do for our district's schools
- It can be done even during a pandemic!

# Garden Bars

## *How we put it into practice!*

Procure a large number of soufflé cups and lids

Procure a large number of saddlebags

Have a basic guideline of what is expected from staff, while also giving each kitchen the freedom to create something that reflects their style

Utilize those DOD funds! Utilize brown box canned fruits and vegetables

# Our Bars Before COVID-19





# Our Bars After COVID-19



# Our Bars After COVID-19





# Making Meals Stand Out

## Burrito Enchilada



# Making Meals Stand Out





# Making Meals Stand Out





# Granting Creative Freedom

- Dark Green Vegetables**  
 \*(1/2 cup)  
 bok choy  
 broccoli  
 collard greens  
 dark green leafy lettuce  
 kale  
 mustard greens  
 romaine lettuce  
 spinach  
 turnip greens  
 watercress

- Starchy vegetables**  
 \*(1/2 cup)  
 cassava  
 corn  
 fresh cowpeas, field peas, or  
 black-eyed peas (not dry)  
 green bananas  
 green peas  
 green lima beans  
 plantains  
 potatoes  
 taro

- Red & orange vegetables**  
 \*(3/4 cup k-8) (1 1/4 cup 9-12)  
 acorn squash  
 butternut squash  
 carrots  
 hubbard squash  
 pumpkin  
 red peppers  
 sweet potatoes  
 tomatoes  
 tomato juice

- Other vegetables**  
 \*(1/2 cup k-8) (3/4 cup 9-12)  
 artichokes  
 asparagus  
 avocado  
 bean sprouts  
 beets  
 Brussels sprouts  
 cabbage  
 cauliflower  
 celery  
 cucumbers  
 eggplant  
 green beans  
 green peppers  
 iceberg (head) lettuce  
 mushrooms  
 okra  
 onions  
 turnips  
 wax beans

- Beans and peas**  
 \*(1/2 cup)  
 black beans  
 garbanzo beans (chickpeas)  
 kidney beans  
 lentils  
 navy beans  
 pinto beans  
 soy beans  
 split peas  
 white beans

**Production Worksheet**  
 Site: **FRIUIT AND VEG BAR**  
 Date: 7/24/15  
 Grade Group: K-5 / 6-8 (K-8) 9-12  
 (circle ONE)

\*Veg Sub Group: Circle One  
 Dark Green, Red/Orange  
 Beans/Peas, Starchy,  
 Other

All Fruits, fruit juices, and Vegetables (excluding Fresh whole F&V that have not been sliced) must be kept at ≤ 5°

Recipe #	Menu Item	Portion Size per serving	Prepped Servings	Leftover Servings	Used Servings	Refrigerator Time/Temp	Holding Time/Temp	Holding Time/Temp	
588	Salad Mix	1 cup				10:00 / 38°	12:30 / 40°		
	*Veg Sub Group Item :								
1164	Beets	1/2 c.	2 Lbs	1 1/2 Lbs	1/2 Lbs	11:00 / 38°	12:30 / 40°		
	100% Fruit Juice	3/4 cup	80	2	78	11:00 / 40°	12:30 / 40°		
	Carrots	1/2 c	2 Lbs	1 1/2 Lbs	1/2 Lbs	11:00 / 40°	12:30 / 39°		
	Oranges	1/2 c	8 Lbs	8	8 Lbs	11:00 / 41°	12:30 / 39°		
	bananas	1/2 c	6 Lbs	1 1/4 Lbs	5 1/4 Lbs	11:00 / 40°	12:30 / 40°		
	Apple Sauce	1/2 c	6 Lbs	1 Lbs	5 Lbs	11:00 / 40°	12:30 / 39°		
	<b>Condiments</b>								
593	Ketchup	2T	6 Lbs	3 Lbs	3 Lbs	11:00 / 39°	12:30 / 40°		
	mustard	2T	5 Lbs	2 Lbs	3 Lbs	11:00 / 39°	12:30 / 40°		
	mayo	2T	8 Lbs	1 Lb	7 Lbs	11:00 / 39°	12:30 / 40°		
	Salsa	2T	2 Lbs	1 1/2 Lbs	1/2 Lb	11:00 / 39°	12:30 / 40°		
	BQ Sauce	2T	2 Lbs	1 1/4 Lbs	1 1/4 Lbs	11:00 / 39°	12:30 / 40°		
	Relish	2T	1 Lb	1/2 Lb	1/2 Lb	11:00 / 39°	12:30 / 41°		
960	Beach	2T	6 Lbs	5 Lbs	4 Lbs	11:00 / 40°	12:30 / 40°		
	Italian	2T	3 Lbs	2 Lbs	1 Lb	11:00 / 40°	12:30 / 39°		
	1000 Island	2T	2 Lbs	1 Lb	1 Lb	11:00 / 39°	12:30 / 40°		
			Dark Green # 1160	Red/Orange #1161	Beans & Peas # 1162	Starchy # 1163	Other # 1164		

**Breakfast**—Students must be offered one cup of fruit (or fruit juice) at breakfast. Students must take at least a 1/2 cup.

**Lunch**— Students must be offered a 1/2 cup of fruit at lunch. They must also be offered the minimum amount of vegetables (see \*). A variety of vegetables can be offered but it's the vegetable subgroup that is most important. YOU MUST OFFER ALL 5 OF THE VEGETABLE SUBGROUPS ONCE PER WEEK.

Students must take 1/2 cup of fruit and/or vegetable.

# Sample Menu

CSES, GES, HES, LTS		<b>December</b>		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Muffin Bacon Cheeseburger or Pizza/Chicken Patty Sandwich	1 Friedel <b>Walking Taco</b> or Pizza/Chicken Patty Sandwich	2 Zucchini Bread Pulled Pork BBQ Sandwich or Pizza/ Chicken Patty Sandwich	3 Bacon & Egg Bagel Sandwich <b>Orange Chicken</b> or Pizza/Chicken Patty Sandwich	4 Pancake & Sausage on a Stick <b>Breakfast For Lunch</b> or Pizza/Chicken Patty Sandwich
7 Pancakes <b>BBQ Rib Sandwich</b> or Pizza/Corn Dog	8 Breakfast Pizza <b>Cowboy Nachos</b> or Pizza/Corn Dog	9 Sausage & Cheese Croissant <b>Chicken Taquitos</b> or Pizza/Corn Dog	10 Cinnamon Roll <b>Baked Chicken</b> or Pizza/Corn Dog	11 Scrambled Eggs, Bacon and a Biscuit <b>Brunch for Lunch</b> or Pizza/Corn Dog
14 Fruit & Yogurt Parfait Chicken & Mashed Potato Bowl or Pizza/ Cheeseburgers	15 Biscuit & Gravy <b>Nacho Grande</b> or Pizza/ Cheeseburgers	16 Dutch Waffle <b>Breakfast for Lunch or Pizza/ Cheeseburgers</b>	17 Cheese Omelet with Bacon & Toast <b>Chicken &amp; Waffle</b> or Pizza/ Cheeseburgers	18 Mini Strawberry Cream Cheese Bagels <b>Fish &amp; Shrimp</b> or Pizza/ Cheeseburgers
 <h2 style="text-align: center;">Winter Break</h2>				
<p>USDA Extends Free Meals For Kids, 18 &amp; Younger Through June 30th, 2021!</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">FREE! FREE! FREE! FREE!</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">FREE! FREE! FREE!</p>				
			<p><b>Breakfast Prices</b> K-12th: \$FREE Adults: \$1.85</p> <p><b>Lunch Prices</b> K-12th: \$FREE Adults: \$3.90</p>	
This institution is an equal opportunity provider				

Menus are subject to change without notice

# Gaining Support for Our Garden Bars

- Our district has always prided itself on our garden bars. When COVID-19 hit, we thought our garden bars were a thing of the past...
- Fortunately, I was able to convince our school principals that we could continue having garden bars in our K-8 schools if done right.
  - Some principals were not as excited about the idea, but it was explained to them that our kids are aware that once they grab an entrée tray, that is their meal for the day; the same practice would be expanded to the garden bars.
- We are able to keep the lines moving quickly and give students a lot more choices of fruits and vegetables, which is a main goal of our department.

# Our Team





# Top 5 Tips for...

## Offering Nutritious Garden Bars With a Variety of Fresh Fruits and Vegetables.



Work with your principals and help them understand how it can be accomplished in a safe manner.



Put the work in with the kids teaching them the importance of touching only what they will take.



Partner with your principals, kitchen crews, vendors.



Use fresh fruits & vegetables through DOD. Use canned and frozen from brown box. Order non-food items from Shamrock.



Use a large variety of colorful fruits and vegetables to keep your garden bars attractive and appealing.

# Thank You!

**Jody Buckle**

**Director of Child Nutrition**

**Humboldt Unified School District**

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# Resources

## Top Five Tips for...

### Offering Nutritious Garden Bars with a Variety of Fresh Fruits and Vegetables

from...



**Jody Buckle**  
Director of Child Nutrition  
Humboldt Unified School District

- 1 Work with the principals at your schools**  
Work with your principals and help them understand how it can be accomplished in a safe manner.
- 2 Train your students**  
Put the work in with the kids teaching them the importance of touching only what they will take.
- 3 Find partners**  
Partner with your principals, kitchen crews/staff, and vendors.
- 4 Utilize your USDA Foods Entitlement**  
Use fresh fruits and vegetables through USDA Foods DoD Fresh, canned and frozen produce from USDA Foods, and order non-food items from your vendor.
- 5 Keep it colorful!**  
Use a large variety of colorful fruits and vegetables to keep your garden bars attractive and appealing.



Top 5 Tips

## School Meals in Arizona How'd they do that?

### Humboldt Unified School District

#### Garden Bar

Offered Daily  
Approximately 14-17% of total food costs

#### Items Offered

- 2+ fruits (daily)
- 2+ vegetables (daily)
- Specialty salads (occasionally)
- Protein options (occasionally)

#### Preparation

##### Equipment/Supplies

- Salad Bar
- Soufflé cups
- Saddle bags
- Tape and tape dispenser

##### Procurement

- Fruits and vegetables are procured primarily through USDA Foods entitlement including DoD Fresh (Stern Produce)
- Additional fruits, vegetables, and condiments are procured through Shamrock Foods

##### Labor

- Foodservice staff spend 3-3.5 hours daily preparing the Garden Bar which includes washing, chopping, and packaging produce.

##### Food Safety

- Proper handwashing and glove use is required when preparing the Garden Bar
- Keep cold food at or below 41°F
- Training was provided for students on food safety practices when selecting food from the Garden Bar



#### Backstory

Humboldt Unified School District consistently offered a garden bars at their schools prior to COVID-19. When the pandemic hit, they still wanted to be able to provide beautiful and nutritious garden bars in a safe and practical manner. By packaging items in individual serving using soufflé cups with lids and/or saddle bags, Humboldt has been able to continue to providing at least two fruits and two vegetables each day to their students. Their effort has not gone unnoticed as many families come to their schools to pick up meals because of this offering!



Salad Bar

# Looking Ahead

*Join us next month!*

## **Stories from the Field: Tempe Elementary School District**

January 19, 2021

1:30pm - 2:00pm

Next month, Stay upLIFTed will be highlighting Tempe Elementary School District. Tempe School District has continued to prioritize nutrition initiatives during their current operations, such as providing hot meals featuring "homemade" recipes, and implementing their own nutrition guidelines. Join us to learn more about their operation and how you can replicate similar techniques!





# Thank you!

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

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



 Kim Ruiz, ADE

# Comprehension Check

## Question #1


According to the speaker, having support from your school principal is recommended to ensure garden bar success.

- a. True
- b. False

# Comprehension Check

## Question #1

According to the speaker, having support from your school principal is recommended to ensure garden bar success.

- 
- a. True
  - b. False

# Comprehension Check

## Question #2


According to the speaker, which is NOT a benefit to having school garden bars?

- a. Increases student fruit and vegetable consumption
- b. It can add more tasks for your food service employees
- c. It is the right thing to do
- d. It can be done even during a pandemic

# Comprehension Check

## Question #2

According to the speaker, which is NOT a benefit to having school garden bars?

- a. Increases student fruit and vegetable consumption
-  b. It can add more tasks for your food service employees
- c. It is the right thing to do
- d. It can be done even during a pandemic.

# Comprehension Check

## Question #3

According to the speaker, serving a variety of colored fruits and vegetables is an important component of a successful garden bar.

- a. True
- b. False

# Comprehension Check

## Question #3

According to the speaker, serving a variety of colored fruits and vegetables is an important component of a successful garden bar.

 a. True

b. False

# Congratulations!

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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:

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- Learning Codes: 1170, 2210, 2230, 4150
- Length: 0.5 hour

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



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Please click on the link below to complete a brief survey about this webinar. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey.

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