



Stories from the Field: Tucson Unified School District

February 16, 2021

1:30 PM – 2:00 PM

PROFESSIONAL STANDARDS LEARNING CODES: 1110, 1210, 2210



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.

February Spotlight

Tucson Unified School District



Lindsay Aguilar, RD, SNS
Director, Food Services Department
Tucson Unified School District



District Profile



TUCSON UNIFIED
SCHOOL DISTRICT

Enrollment: 42,422

Free/Reduced Percentage: 70%

88 sites, 60 CEP sites

Breakfast, Lunch, and ASCSP

District Profile



TUCSON UNIFIED
SCHOOL DISTRICT

Before COVID-19

35,000 meals served per day

Breakfast ADP: 17.4%

Lunch ADP: 50.6%

Since COVID-19

8,000-12,000 meals served per day

Breakfast ADP: 9.65%

Lunch ADP: 10.6%

District Profile



TUCSON UNIFIED
SCHOOL DISTRICT

Current Learning & Feeding Model

Current Learning Model: Remote

Current Feeding Model:

- Grab & Go Meal Bus Routes
- Weekly Drive Through Pick-up
- ExEd Weekly Home Deliveries
- On Site Meals- At Risk Students

Nutrition Initiative

Topic: Access to Nutritious Meals

Why we focus on...

Access to nutritious meals



Food insecurity



Increased community need



Responsibility as an SFA to offer a variety of options, convenience for families, increase community reach

Access to Nutritious Meals

How we put it into practice!

- Department Partnerships: Transportation, School Safety, Communications, Family Resource Centers
- Marketing & Outreach: Website, social media, parent messaging, school level promotion, community partnerships
- Operational coordination, organization, clear communication
- COVID-19 Safety Protocols
- Centralized assembly/hub sites
- New community sites & partnerships
- Continual adjustments, changes, efficiency improvements

Access to Nutritious Meals



Access to Nutritious Meals



Breakfast

Breakfast Menu




Breakfast



Lunch


Lunch Menu

February 2021



Weekly Pick Up Menu

During Remote Learning



--- Breakfast includes Cereal, 100% Juice, & Milk ---
 --- Lunch includes Entrée, Vegetable, Fruit & Milk ---
 --- Super Snack includes Crackers, Cheese, Vegetable, Fruit & Milk ---
 7* Days of AM Snacks includes: Crackers or Pretzels with: Milk (3 days) OR String Cheese (4 days)
 Milk is provided in a gallon/half gallon(s) for meals all week (Breakfasts, Lunches & Snacks)
 Lunch Vegetable(s) may be packed in a single bag/container to provide 7 daily, quarter cup servings.

Featured Lunch Entrees:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
February 1	February 2	February 3	February 4	February 5	February 6	February 7
Grilled Cheese	Chicken Nuggets	Pizza <small>(the Pepperoni is made with beef, not pork)</small>	Buffalo Chicken Drumstick <small>Offered with corn muffin</small>	Corn Dog <small>(Made with chicken)</small>	Chicken Nuggets	Mozzarella Sticks
February 8	February 9	February 10	February 11	February 12	February 13	February 14
Grilled Cheese	Chicken Nuggets	Pizza <small>(the Pepperoni is made with beef, not pork)</small>	Grilled Chicken Sandwich	Hamburger	Chicken Nuggets	Tamale
February 15	February 16	February 17	February 18	February 19	February 20	February 21
Grilled Cheese	Chicken Nuggets	Pizza <small>(the Pepperoni is made with beef, not pork)</small>	Buffalo Chicken <small>Offered with corn muffin</small>	Mozzarella Sticks	Chicken Nuggets	Hamburger
February 22	February 23	February 24	February 25	February 26	February 27	February 28
Grilled Cheese	Chicken Nuggets	Pizza <small>(the Pepperoni is made with beef, not pork)</small>	Grilled Chicken Sandwich	Bean & Cheese Burrito	Chicken Nuggets	Cheese Pocket <small>(breadstick stuffed with mozzarella cheese)</small>

For the latest information on Weekly Pick-Up Reservations, Information, & Scheduled Dates & Times, please visit:
www.tusd1.org/Departments/FoodServices
 More Questions? Please call: 520-225-4700

MENU IS SUBJECT TO CHANGE
 TUSD Food Services Department
www.tusd1.org/Departments/FoodServices

Tucson Unified School District is committed to a policy of nondiscrimination based on disability, race, color, religion/religious beliefs, sex, sexual orientation, gender identity or expression, age, or national origin.

This institution is an equal opportunity provider

Meals are free to all children 18 and under!

Lunch



Lunch

TUSD Food Services Cooking Instructions for Entrees & Sides Grab-n-Go School Meals 2020



For Food Safety:

Please keep all Frozen/Refrigerated Items in your home freezer/refrigerator upon receiving them.
Use a thermometer to ensure food is at least 140 ° F after cooking for food safety.

Heating Instructions:			
Pre-Packaged Entrees may be cooked in the oven-able wrappers; lining your cooking pan with foil or parchment paper is suggested. Otherwise <u>remove from wrapping as indicated</u> before heating.			
Entrees may also be microwaved (follow the appliance manufacturer's recommendations). *do not use aluminum foil in microwave oven.			
For Most Breakfast Items – See package for heating instructions; most may also be enjoyed at room temperature.			
Menu Item	Pre-Heat Oven to:	Time to cook	Notes
Hamburger on a Bun	350° F.	11-12 minutes	Remove plastic wrap the Hamburger is delivered in; Wrap in foil* to heat.
Chicken Patty on Bun	350° F.	10-14 minutes	Remove plastic wrap the Sandwich is delivered in; Wrap in foil* to heat.
Hot Dog on Bun	375° F.	15-20 minutes	Remove plastic wrap the Hot Dog is delivered in; Wrap in foil* to heat.
Green Chili Cheese Tamale	375° F.	15-20 minutes thawed or 20-25 minutes frozen	Remove from plastic wrap but cook with corn husk on.
Cheesy-Breadstick Bites (4)	350° F.	6-8 minutes; let stand 1-2 minutes before eating	Remove plastic wrap before heating
Breaded Mozzarella Sticks (4)	400° F.	7 minutes	Remove plastic wrap before heating; Best if cooked from Frozen
Chicken Nuggets-Traditional style (5) (medium size)	400° F.	8-10 minutes	Remove plastic wrap before heating
Chicken Popcorn Style Nuggets (10) (small size)	350° F.	10-12 minutes	Remove plastic wrap before heating
Pork Little Smokie Links (6)	350° F.	12-14 minutes	Remove plastic wrap before heating
Fish Nuggets (4)	400° F.	10 minutes	Remove plastic wrap before heating
Super Pretzel & Cheese Sauce (in a cup on the side)	375° F.	3-5 minutes pretzel (microwave sauce)	Remove pretzel from plastic wrap; lightly mist with water before heating
Lasagna Roll Up	400° F.	20-30 minutes	Remove plastic wrap; add sauce if desired (spaghetti, alfredo, etc.)
Baked Chicken	350° F.	35-40 minutes	Remove plastic wrap before heating
Pepperoni Pizza Slice (pepperoni is made with beef, not pork)	325° F.	12-15 minutes	Remove plastic wrap before heating
Pizza Personal Size (pepperoni is made with beef, not pork)	350° F.	18-20 minutes	
Cheeseburger Sliders (twin-pack)	325° F.	15-25 minutes	
Turkey*-Cheese Croissant (*dark meat turkey, not pork)	325° F.	6-8 minutes	
Grilled Cheese Sandwich	350° F.	12-20 minutes	
Bean & Cheese Burrito	300° F.	13-15 minutes thawed or 24-28 minutes frozen	
Pull-Apart Cheesy Bread	325° F.	6 to 12 minutes	
Chili Cheese Dog (made with chicken)	350° F.	15 to 18 minutes	Best if cooked from thawed state.
Corn Dog (made with chicken)	375° F.	20 to 30 minutes	
Egg, Cheese, & Beef Chorizo Breakfast Burrito	375° F.	16 to 18 minutes	
Egg & Cheese Breakfast wrap	350° F.	15 to 20 minutes	

Vegetables: Microwave is recommended.

Broccoli, Potatoes, Beans, Corn, Peas, Peas & Carrots – are packaged in a bag or container for transport – please remove from bag / container and place in a micro-wave safe bowl to heat.

Menu Subject to Change ~~~ This Institution is an Equal Opportunity Provider

Top 5 Tips for...

Increasing Access to Nutritious Meals

- Identify your volume capacity, staffing needs and storage capacity
- Assemble and distribute by like items (dry, frozen, refrigerated)
- Online registration for parents and weekly email reminders
- Continuous marketing and promotion
- Parent surveys for feedback/input

Nutrition Initiative

Topic: Nutrition Education and Promotion

Why we focus on...

Nutrition Education and Promotion

- Educate and promote lifelong healthy habits and wellness
- Student, family and community engagement
- Nutrition support services beyond the cafeteria
- Value and benefits of educating students on where food comes from

Nutrition Education and Promotion

How we put it into practice!

- Fresh Fruit and Vegetable Program (FFVP)
- School Garden Network
- Lunchbox Literacy Meal Kits
- Food boxes/Produce boxes

Nutrition Education and Promotion

FRESH fruit & vegetable PROGRAM

ASIAN PEARS

- CULTIVATED IN JAPAN FOR OVER 3,000 YEARS, TODAY CALIFORNIA AND OREGON ARE THE LARGEST PRODUCERS IN THE U.S.
- GREAT SOURCE OF DIETARY FIBER, WHICH HELPS THE DIGESTIVE SYSTEM MAINTAIN A HEALTHY LEVEL OF GOOD BUT BACTERIA AND CAN HELP REGULATE CHOLESTEROL
- EXCELLENT SOURCE OF POTASSIUM WHICH HELPS REGULATE FLUID BALANCE, MUSCLE CONTRACTIONS AND NERVE SIGNALS.
- A AND VITAMIN C WHICH BOOSTS IMMUNITY AND IS NEEDED FOR THE GROWTH AND REPAIR OF TISSUES IN YOUR BODY
- FIND ASIAN PEARS IN MOST GROCERY STORES AS WHOLE PIECES OF FRUIT, HAVE IT AS A SNACK OR ADD IT TO A FRUIT SALAD (RECIPE BELOW!)

KIWI BERRIES

- NATIVE TO JAPAN, KOREA, SIBERIA, AND NORTHERN CHINA, BUT GROWN DOMESTICALLY MOSTLY IN OREGON AND PENNSYLVANIA, WITH FARMS IN NEW JERSEY, WASHINGTON, AND MARYLAND.
- GREAT SOURCE OF ANTIOXIDANTS WHICH HELPS PROTECT THE RISK OF CANCER AND HEART DISEASE.
- THEY ARE AN EXCELLENT SOURCE OF VITAMIN C WHICH HELPS THE IMMUNE SYSTEM; FIBER WHICH AIDS IN DIGESTION, CALCIUM WHICH BUILDS HEALTHY BONES AND VITAMIN K WHICH HELPS WITH EYE AND SKIN HEALTH.
- FIND THEM AT MOST GROCERY STORES AND HAVE IT AS A SNACK (HINT: THEY MAY LOOK LIKE GREEN GRAPES)

ASPARAGUS

- NATIVE TO COASTAL REGIONS OF EUROPE AND ASIA AND IS NOW MOSTLY PRODUCED IN REGIONS WITH LONGER WINTERS LIKE MICHIGAN, AND WASHINGTON
- THE NUTRIENTS IN ASPARAGUS CAN PROVIDE A RANGE OF HEALTH BENEFITS INCLUDING INCREASED HEART AND BONE HEALTH. IT IS RICH IN FIBER AND WATER WHICH CAN HELP PREVENT CONSTIPATION AND MAINTAIN A HEALTHY DIGESTIVE TRACT
- ASPARAGUS IS AVAILABLE IN VARIOUS FORMS - IT MAY BE FROZEN, RAW, PRECOOKED, OR PRESERVED
- COOKING TIP: STEAM WHOLE ASPARAGUS FOR 5 MINUTES, THEN ADD MINCED GARLIC AND A DRIZZLE OF OLIVE OIL (YUM!)

STARFRUIT

- ALSO KNOWN AS CARAMBOLA ORIGINATED IN EITHER SRI LANKA OR THE MOLUCCAS, THE ISLANDS OF INDONESIA, IT SPREAD THROUGHOUT ASIA AND HAS BEEN CULTIVATED THERE FOR CENTURIES.
- A SINGLE STARFRUIT COULD PROVIDE YOU WITH UP TO 25% OF YOUR DAILY REQUIREMENT OF VITAMIN C AND REMEMBER, VITAMIN C IS EXCELLENT FOR BOOSTING THE IMMUNE SYSTEM AND IT ALSO PROMOTES HEALTHY SKIN, HAIR, AND NAILS
- THE WHOLE FRUIT IS EATABLE AND YOU CAN TURN IT INTO A JAM OR A PICKLE IF YOU LIKE TO STORE IT FOR LONGER.

GRAPES

- NATIVE TO THE MEDITERRANEAN REGION, CENTRAL EUROPE, AND SOUTHWESTERN ASIA AND IS ONE OF THE OLDEST CULTIVATED PLANTS
- THE FRUIT CAN BE EATEN RAW OR USED FOR MAKING JAM, GRAPE JUICE OR GRAPE JELLY
- GRAPES ARE LOADED WITH NUTRIENTS INCLUDING VITAMIN K WHICH SUPPORTS HEALTHY BONES AND TISSUES AND THE ANTIOXIDANT VITAMIN C WHICH PROMOTES HEALTH AND HELPS YOUR BODY ABSORB IRON (A MINERAL NEEDED FOR BLOOD PRODUCTION)
- A COMPOUND IN GRAPES CALLED RESVERATROL CAN HELP STRENGTHEN THE IMMUNE SYSTEM - YOUR BODY'S DEFENSE AGAINST GERMS.

WORD SEARCH

ASPARAGUSEUD
KIWIBERRYPHM
TIURFRATSANVZ
YGKUKPIFQRNH
RAEPNAISAGQU

STARFRUIT

ASPARAGUS
GRAPE
KIWI BERRY
ASIAN PEAR

FRUIT SALAD RECIPE

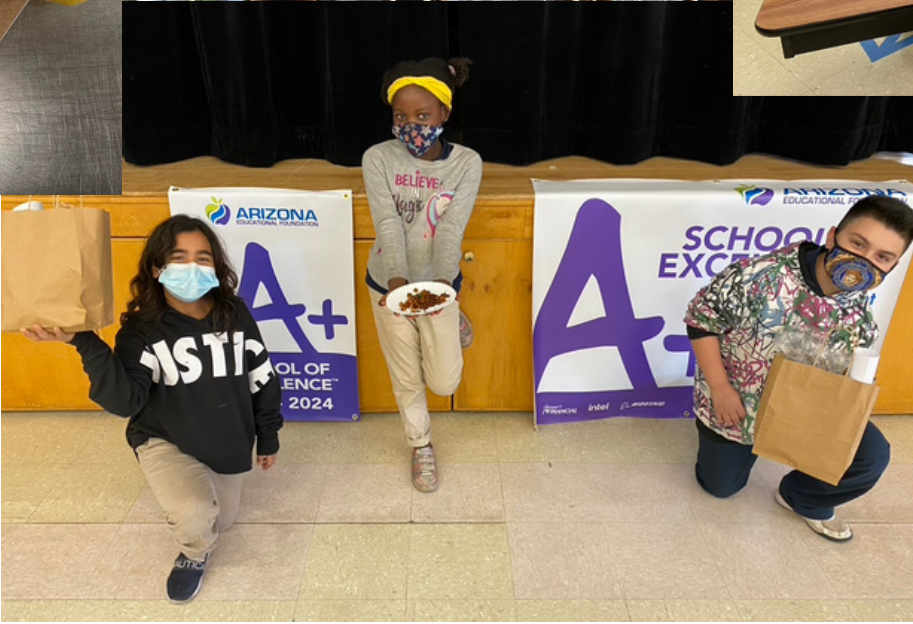
- IN A SMALL BOWL WHISK TOGETHER 4 TSP HONEY, 4 TSP ORANGE JUICE, AND LEMON ZEST FOR THE DRESSING
- ADD GRAPES, STARFRUIT, ASIAN PEARS AND KIWI BERRIES TO A LARGE BOWL, AND POUR OVER DRESSING.
- TOST GENTLY TO COMBINE.
- CHILL UNTIL READY TO SERVE & ENJOY!



Nutrition Education and Promotion



Nutrition Education and Promotion



Top 5 Tips for...

Providing Nutrition Education and Promotion during COVID-19

- Start small - pilot first, then expand
- Identify supportive administration
- Seek partnerships to assist - others eager to get involved and help
- Grants and available funding resources
- Creative opportunities

Thank You!

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Resources

Top Five Tips for...

Increasing Access to Nutritious Meals

from...



Lindsay Aguilar, RD, SNS
Director, Food Services Department
Tucson Unified School District

- 1 Assess your capacity**
Identify your volume capacity, staffing needs, and storage capacity.
- 2 Plan to group items that are alike**
Assemble and distribute by like items (i.e. dry with dry, frozen with frozen, refrigerated with refrigerated).
- 3 Utilize technology for communication**
Use an online registration for parents and send weekly email reminders.
- 4 Market and promote your programs**
Continuously use marketing and promotion to spread the word about your programs.
- 5 Collect feedback**
Use parent surveys to gather feedback and input that you can use to better meet the needs of your customers.



Top 5 Tips

This institution is an equal opportunity provider.

Top Five Tips for...

Providing Nutrition Education and Promotion during COVID-19

from...



Lindsay Aguilar, RD, SNS
Director, Food Services Department
Tucson Unified School District

- 1 Start small**
Start with a small pilot when introducing new ideas and then expand from there if successful.
- 2 Find support in administration**
Identify individuals in administration that are supportive of your ideas to help support your efforts.
- 3 Form partnerships**
Partner with others that are eager to get involved and can assist with your efforts.
- 4 Seek grants and additional funding**
Look for grants and other funding opportunities that can provide you with additional financial support for your efforts.
- 5 Be creative**
Think creatively and be open to any innovative opportunities that come your way.



Top 5 Tips

This institution is an equal opportunity provider.

School Meals in Arizona How'd they do that?

Tucson Unified School District Weekly Meal Pick-up

- Pick-up offered once per week
- Average 1,800 children per pick-up
- Meal pack provides 7 days' worth of breakfast, snack, lunch, and supper (super snack)



Items included:

Breakfast
Cereal (7)
100% Juice (7)
Milk (7)

AM Snack
Crackers/Pretzels (7)
Milk (3)
String Cheese (4)

Lunch
Entrée (7)
Vegetable (7)
Fruit (7)
Milk (7)

Super Snack
Crackers (7)
Cheese (7)
Vegetable (7)
Fruit (7)
Milk (7)

Menu/Instructions
Weekly menu (1)
Cooking instructions for entrées and sides (1)



This institution is an equal opportunity provider.

Preparation/Distribution

Equipment/Supplies

- Sandwich bags and food-safe poly bags used to package entrées and vegetables
- Food-safe poly bags used to package weekly frozen items and shelf stable items
- Milk crates and pallets used to store packaged meals in central warehouse freezer or dry storage
- Pallet jack used to bring pallets out
- 1-2 refrigerated trucks used to keep food at temperature during distribution
- Traffic cones, A-frame signs, and pop-up tents used during distribution

Labor

- Assembly: 18 staff/day x 300 total hours/week
- Distribution: 12 staff during set-up and pick-up timeframes once per week x 00 total hours/week
- School safety officers assist with traffic control during distribution

Food Safety

- Assembly hair nets, gloves and masks worn by staff; pallets are clearly dated; FIFO used for all inventory and all materials are stored at proper temperature
- Distribution: refrigerated trucks maintain proper temperature; HACCP temperature logs used; and gloves and masks are worn by staff

Multiple Meals

Looking Ahead

Join us next month!

Stories from the Field: Tempe Elementary School District

March 16, 2021

1:30pm - 2:00pm

Next month, Stay upLIFTed will be highlighting Tempe Elementary School District. They have 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.**

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.



 Kim Ruiz, ADE

Comprehension Check

Question #1


According to the speaker, the Fresh Fruit and Vegetable Program gives the opportunity to provide nutrition education.

- a. True
- b. False

Comprehension Check

Question #1

According to the speaker, Fresh Fruit and Vegetable Program gives the opportunity to provide nutrition education.

-  a. True
b. False

Comprehension Check

Question #2


According to the speaker, which is not an outcome of providing nutrition education to students?

- a. Educate and promote lifelong healthy habits and wellness
- b. Students are less likely to eat foods that they learn about
- c. Nutrition support services beyond the cafeteria
- d. Student, family and community engagement

Comprehension Check

Question #2

According to the speaker, which is not an outcome of providing nutrition education to students?

- a. Educate and promote lifelong healthy habits and wellness
-  b. Students are less likely to eat foods that they learn about
- c. Nutrition support services beyond the cafeteria
- d. Student, family and community engagement

Comprehension Check

Question #3

According to the speaker, which of the following are tips for providing access to nutritious meals?

- a. Identify your volume capacity, staffing needs and storage capacity
- b. Assemble and distribute by like items (dry, frozen, refrigerated)
- c. Online registration for parents and weekly email reminders
- d. All of the above

Comprehension Check

Question #3

According to the speaker, which of the following are tips for providing access to nutritious meals?

- a. Identify your volume capacity, staffing needs and storage capacity
- b. Assemble and distribute by like items (dry, frozen, refrigerated)
- c. Online registration for parents and weekly email reminders

 d. All of the above

Congratulations!

You have completed the [Recorded Webinar: upLIFT Stories from the Field: Tucson Unified 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.

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- Key Area: 1000-Nutrition, 2000-Operations
- Learning Codes: 1110, 1210, 2210
- Length: 0.5 hour

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