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School Year 2020-2021 Stories from the Field

Director Spotlight

Webinar Nutrition Initiative

Top 5 Tips

How'd They do That?

Research Rundown

September 2020



Paul Stanley
Director of Nutrition Services
Dysart Unified School District

Dysart Unified School District

Limiting Individually Wrapped Food in a Successful Curbside Service Model
([Recording](#)) ([Slides](#))

1. [Expand your recipe database](#)
2. [Know your community and student preferences](#)
3. [Work closely with your food vendors](#)
4. [Be flexible](#)
5. [Don't become complacent](#)



[Curbside Bone-In Breaded Chicken](#)

#1

[Alternative Breakfast Models: Milk Service Practices in School Nutrition Programs](#)

October 2020



Cory Alexander
Director of Child Nutrition
Osborn School District

Osborn School District

Procure Local, Clean Label, and Scratch Made Foods
([Recording](#)) ([Slides](#))

1. [Pick a Place to Start](#)
2. [Equipment](#)
3. [Start Small](#)
4. [Seek Partnerships](#)
5. [Gather Resources](#)



[Whole Grain Buns with Local White Sonoran Wheat Flour \(Recipe\)](#)

#2

[A Nutrition Education Intervention Using NOVA Is More Effective Than MyPlate Alone: A Proof-of-Concept Randomized Controlled Trial](#)

November 2020



Eva Chalabi
Food Service Director
Riverside School District

Riverside School District

Preparing and Serving Scratch and Semi-Scratch Recipes
([Recording](#)) ([Slides](#))

1. [Start with your commodity products](#)
2. [Pick simple recipes that are versatile](#)
3. [Engage your staff in the process](#)
4. [Sample your new items](#)
5. [Utilize existing resources](#)



[Scratch-made Protein Bars \(Recipe\)](#)

#3

[Food Safety in Home Kitchens: A Synthesis of the Literature](#)

December 2020



Jody Buckle
Director of Food and Nutrition
Humboldt Unified School District

Humboldt Unified School District

Offering Nutritious Garden Bars With a Variety of Fresh Fruits and Vegetables
([Recording](#)) ([Slides](#))

1. [Work with the principals at your schools](#)
2. [Train your students](#)
3. [Find partners](#)
4. [Utilize your USDA Foods Entitlement](#)
5. [Keep it colorful!](#)



[Garden Bar](#)

#4

[Food insecurity and food preparation equipment in US households: exploratory results from a cross-sectional questionnaire](#)

January 2021



Emma Kitzman
Director of Nutrition Services
Tempe Elementary School District

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#5

[School Closures During COVID-19: Opportunities for Innovation in Meal Service](#)

February 2021



Lindsay Aguilar
Director, Food Services Department
Tucson Unified School District

Tucson Unified School District

Access to Nutritious Meals
&

Nutrition Education and Promotion during COVID-19
([Recording](#)) ([Slides](#))

1. [Assess your capacity](#)
2. [Plan to group items that are alike](#)
3. [Utilize technology for communication](#)
4. [Market and promote your programs](#)
5. [Collect feedback](#)

1. [Start small](#)
2. [Find support in administration](#)
3. [Form partnerships](#)
4. [Seek grants and additional funding](#)
5. [Be creative](#)



[Weekly Meal Pick-up](#)

#6

[Food Insecurity and Pediatric Obesity: A Double Whammy in the Era of COVID-19](#)

March 2021

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#7

[The New School Food Standards and Nutrition of School Children: Direct and Indirect Analysis](#)

April 2021



Terra Masias
Child Nutrition Manager
St. Mary's Food Bank

St. Mary's Food Bank

Maximizing Meals and Snacks Served
([Recording](#)) ([Slides](#))

1. [Fill the gaps](#)
2. [Find partners](#)
3. [Overcome obstacles/barriers](#)
4. [Create tools to use](#)
5. [Adapt internally](#)



[Hot Supper Meals](#)

#8

[Marginal, Low, and Very-Low Food Security among Children Are Associated with Intake of Select Dietary Factors during Summer](#)

May 2021



Jenny Bracamonte
Director of Food and Nutrition
Chandler Unified School District

Chandler Unified School District

"Family Style" Bulk Meal Packs
([Recording](#)) ([Slides](#))

1. [Use fresh, recognizable ingredients](#)
2. [Provide a recipe](#)
3. [Prioritize customer convenience](#)
4. [Market directly to your customers](#)
5. [Publicize widely](#)



["Family Style" Bulk Meal Packs](#)

#9

[The addition of spices and herbs to vegetables in the National School Lunch Program increased vegetable intake at an urban, economically-underserved, and predominantly African-American high school](#)