



# Stories from the Field: Palominas Elementary School District

November 16, 2021

1:30 PM – 2:00 PM

PROFESSIONAL STANDARDS LEARNING CODES: 1120, 2230, 3510, 4150



# Meet Your Host



**Kim Ruiz, RDN**

Health and Nutrition Services Specialist

# Welcome!



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

This year, we hope to inspire you during another challenging school year by providing you with relevant nutrition information that you can use in your programs, while also continuing to shine a light on Arizona directors who are keeping their nutrition initiatives in mind as they operate their programs this year.

# November Spotlight

# Palominas Elementary School District



*Elizabeth Allen*

*Director of Food Services*

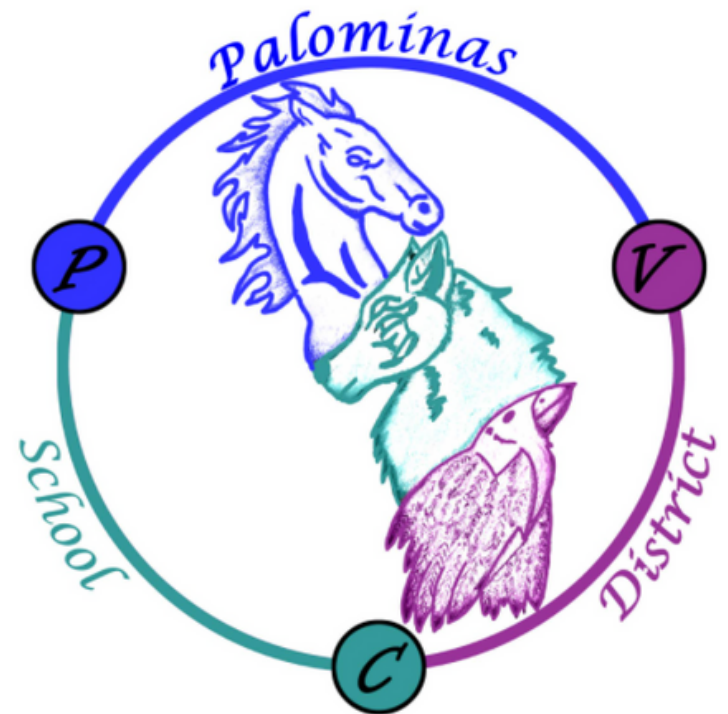
*Palominas Elementary School District*

# District Profile

Enrollment: 892

Free/Reduced Percentage: 44%

Number of sites: 3



# District Profile

## Before COVID-19

# of meals served per day: 472

Lunch ADP: 52%

## Since COVID-19

# of meals served per day: 683

Lunch ADP: 77%



# District Profile

## Current Learning & Feeding Model

- In person learning and serving students both breakfast and lunch in the cafeteria
- School Breakfast Program
- Seamless Summer Option (NSLP)
- Farm to School Program





# Nutrition Initiative

*Topic: Serving Scratch-Made Meals in the Classroom*

# Why we focus on...

## Serving Scratch-Made Meals in the Classroom

- Superior school meals
- More economical
- Better staff morale
- Safer return implementation

# Hot Scratch Meals in the Classroom

## How we put it into practice!

- Identify your resources
- Equipment and planning
- Daily operations
- Remember food safety



# Hot Scratch Meals in the Classroom

- Mealtime environment
- Food sharing/trash
- Meal schedules
- Portable flavor station
- Marketing & promotion



# Sample Breakfast Menu

## Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 PLAIN BAGEL CREAM CHEESE ASSORTED FRESH FRUIT ASSORTED FRUIT JUICE MILK - Variety	2 WAFFLES MAPLE SYRUP MIXED FRUIT CUP ORANGE JUICE MILK - Variety	3 BREAKFAST BURRITO PEACHES APPLE JUICE MILK - Variety	4 BISCUITS W/SAUSAGE FRESH APPLE GRAPE JUICE MILK - Variety	5 PANCAKES WITH SYRUP APPLE SAUCE ASSORTED FRUIT JUICE MILK - Variety
6 FRENCH TOAST STICKS APPLE SAUCE APPLE JUICE MILK - Variety	7 NON-FAT YOGURT WHOLE GRAIN GRANOLA STRAWBERRIES GRAPE JUICE MILK - Variety	8 HOLIDAY-NO SCHOOL	9 ZUCCHINI BREAD APPLE SAUCE GRAPE JUICE MILK - Variety	10 BLUEBERRY MUFFIN STRING CHEESE PEACHES APPLE JUICE MILK - Variety
11 CEREAL VARIETY FRESH ORANGE STRING CHEESE ASSORTED FRUIT JUICE MILK - Variety	12 EGG AND CHEESE BISCUIT FRESH APPLE ORANGE JUICE MILK - Variety	13 BANANA BREAD PEACHES APPLE JUICE MILK - Variety	14 PANCAKE SAUSAGE WRAP STRING CHEESE PEACHES ASSORTED FRUIT JUICE MILK - Variety	15 PANCAKES WITH SYRUP APPLE SAUCE ASSORTED FRUIT JUICE MILK - Variety
16 HOLIDAY-NO SCHOOL	17 HOLIDAY-NO SCHOOL	18 HOLIDAY-NO SCHOOL	19 HOLIDAY-NO SCHOOL	20 HOLIDAY-NO SCHOOL
21 BREAKFAST BURRITO MIXED FRUIT CUP APPLE JUICE MILK - Variety				

# At Breakfast



# Sample Lunch Menu

## Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 SPAGHETTI & MEAT SAUCE WHOLE WHEAT DINNER ROLL FRESH GARDEN SALAD FRESH APPLE MLK - Variety	2 CHICKEN FAJITAS CINNAMON CHURRO REFRIED BEANS SPANISH RICE MIXED FRUIT CLIP MLK - Variety	3 MESQUITE CHICKEN WHOLE WHEAT DINNER ROLL SEASONED FRENCH FRIES VEGGIE STICK CLIP PEARS MLK - Variety	4 BEEF RAVOLI MUFFIN SQUARES FRESH GARDEN SALAD MIXED FRUIT CLIP MLK - Variety	5 CHEESY MEATBALL MADNESS WHOLE WHEAT DINNER ROLL FRESH GARDEN SALAD PEACHES MLK - Variety
6 TURKEY AND CHEESE WRAP POTATO CHIPS VEGGIE STICK CLIP FRESH ORANGE MLK - Variety	8 TACO SALAD CINNAMON CHURRO CORN THREE BEAN SALAD PEARS MLK - Variety	10 BBQ BEEF SANDWICH BAKED BEANS COLE SLAW FRESH APPLE MLK - Variety	11 PEPPERONI PIZZA FRESH GARDEN SALAD FRESH APPLE MLK - Variety	12 GRILLED CHEESE SANDWICH VEGGIE STICK CLIP FRESH ORANGE MLK - Variety
15 HOLIDAY-NO SCHOOL	16 HOLIDAY-NO SCHOOL	17 HOLIDAY-NO SCHOOL	18 HOLIDAY-NO SCHOOL	19 HOLIDAY-NO SCHOOL
22 SUN BUTTER AND JELLY SANDWICHES CINNAMON CRISP CRACKERS VEGGIE STICK CLIP ASSORTED FRESH FRUIT MLK - Variety	23 CHICKEN AND BEAN CHILI CORNBREAD FRESH GARDEN SALAD ASSORTED FRESH FRUIT MLK - Variety	24 NACHOS W/GROUND BEEF CORN THREE BEAN SALAD ASSORTED FRESH FRUIT MLK - Variety	25 CORN DOG SEASONED FRENCH FRIES THREE BEAN SALAD VEGGIE STICK CLIP PEACHES MLK - Variety	26 FISH STICKS FRESH GARDEN SALAD THREE BEAN SALAD PEARS MLK - Variety
29 CHICKEN NUGGETS WHOLE WHEAT DINNER ROLL CORN VEGGIE STICK CLIP FRESH PEAR MLK - Variety	30 CHEESE QUESADILLA FRESH GARDEN SALAD ASSORTED FRESH FRUIT MLK - Variety	31 CHICKEN PATTY SANDWICH BAKED FRENCH FRIES VEGGIE STICK CLIP ORANGES HALVES MLK - Variety		

# At Lunch





# Top 5 Tips for...

## Serving Scratch-Made Meals in the Classroom

- Identify your resources and expand your network
- Prioritize your organization and planning techniques
- Make the most of every team member's talents
- Expect the unexpected and remain flexible
- Remember you are helping to build lifelong habits

# Thank You!

**Elizabeth Allen**  
**Director of Food Services**  
**Palominas Elementary School District**

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# Resources

**UPLIFTed Director Spotlight!**

Showing the passion, talents, and hard work of Arizona school nutrition professionals



## Elizabeth Allen

Director of Food Services, Palomina Elementary School District  
Hometown: Henry, Illinois  
Current City of Residence: Henderson, Arizona  
Favorite Childhood School Meal: Chicken Teriyaki Sandwiches  
When I was a kid I wanted to grow up to be a Teacher

**What was your first job in food service?**  
I worked at Casey's General Store making pizzas

**What prompted you to start working in the field of school nutrition?**  
As a young stay-at-home mom, I wanted to be involved in my daughter's education as much as possible. This led to a part-time job in the cafeteria where I quickly learned that I could combine my passion for working with children with my enthusiasm for nutrition and turn it into a genuine career.

**Tell us about a specific project or initiative you have championed that you are proud of.**  
I have become a champion for our Local Wellness Policy. I helped implement and now co-lead the District Wellness Committee, and serve on each school's Student Health Advisory Council. This led us to receive the County School Health and Wellness Award which recognizes our commitment to district- and community-wide health and wellness.

**Assuming time and money were not barriers, what would be your top priority as far as changes you would like to see in your school nutrition program?**  
Living in a rural border community where access to food banks, soup kitchens, and other hot meals is unavailable I would love to be able to provide every child with homemade, nutritious food at every meal.

**What are the top three skills a school food service director should have?**  
The ability to always see the positive and be resilient, ability to mentor and delegate, and be creative and active if children ever changing needs.

**What advice would you give to a younger version of yourself just starting your role as Director?**  
Don't try to do everything on your own, keep things in perspective, and empower your team to assist on driving towards your goals. This will reward a sense of ownership and unity your team.

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## Director Spotlight

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

#### Palomina Elementary School District

#### Whole Wheat Spaghetti "Lunch in the Classroom" Meal

- Currently being served in the classroom via meal delivery
- Food Cost: \$0.40/meal

#### Whole Wheat Spaghetti Procurement

- USDA Foods-Direct Delivery

#### Meat Sauce Procurement

- Ground Beef: USDA Foods-Direct Delivery
- Marinara Sauce: USDA Foods-Direct Delivery

#### Steamed Peas and Carrots Procurement

- Peas (Frozen): USDA Foods-myFOODS
- Sugar Carrots (Chopped): Available from District's Foods

#### Fresh Mixed Fruit Salad Procurement

- Individual (Frozen): USDA Foods-Direct Delivery
- Supplies and Kits: USDA Foods-Direct Delivery

#### Whole Wheat Dinner Roll Procurement

- Available from Shattuck Foods



**Equipment**

- Warming Oven
- Steam Table
- Insulated bags and coolers with ice blankets

**Packaging**

- Single-portion, biodegradable boxes (pictured) or clamshells
- Silverware packet

**Labor**

- Day before service: Dinner rolls are thawed/frosted
- Day of service: Two cooks to prepare spaghetti, meat sauce, and steam vegetables
- Hot items are placed and placed in the warming cabinet.
- Fruit salad placed in a cooled container and added to the rest of the plate upon delivery.

**Food Safety**

- Use steam table during preparation/packaging
- Hot food time in a warming oven at 140 degrees or more and use insulated bags during transportation
- Hot food must be refrigerated before bagging. Use a cooler and ice blankets to hold food at 40 degrees during transportation.

Hot Meals

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## How'd They Do That?

### Top Five Tips for... Serving Scratch-Made Meals in the Classroom

from... Elizabeth Allen, Director Food Services, Palomina Elementary School District



- Identify your resources and expand your network**  
Look out for opportunities that will assist in boosting your operation, such as outside funding, partnerships, donations, etc.
- Prioritize your organization and planning techniques**  
Organization is key! Communicate your planning and organization techniques to keep your staff on the same page.
- Make the most of every team member's talents**  
You are not alone. Utilize your staff's administrative capacity and creativity to foster an environment of growth.
- Remain flexible**  
Expect the unexpected. You have the power to build on the unanticipated changes!
- You are making a lasting impact**  
Remember that you are helping to establish lifelong habits in your students' eating behaviors.

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Top 5 Tips

## Top Five Tips

### Research Rundown

**Article:** Disaster Management and School Nutrition: A Qualitative Study of Emergency Feeding During the COVID-19 Pandemic

**What did this study examine?**

The objective of this study was to explore the experiences of school nutrition employees as they provided emergency feeding services during the COVID-19 pandemic and evaluate their actions based on the Sendai Framework for Disaster Risk Reduction.

**Who was surveyed?**  
Seven structured qualitative interviews were conducted with veteran school nutrition professionals from various school nutrition team members. District managers state agency director nutrition coordinators, and those all were USDA registered across the US.

**Research Findings**

- MSLF is the 2nd largest nutrition assistance program that served 20 million low income & 1.7 million reduced price meals in 2019
- It was estimated that 123 million meals, both breakfast and lunch, were NOT served between March 16th and July 1st of 2020
- Even in the nationwide survey, 85% of school nutrition program directors reported that they were serving more meals than usual

**Emerging Issues**

- Identify, plan and address the COVID-19 pandemic-related needs of the entire school nutrition system, including one-on-one & flexibility
- Establish a disaster risk reduction plan as a priority to seek out every nutrition team and what a kitchen during the pandemic
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**Key Findings:**

- Involve everyone in the table to share their perspectives in future risk reduction planning
- Develop comprehensive disaster preparedness training materials for the various nutrition team members
- Identify channels of communication during disaster and increase speed of communication throughout the district

**Put it into practice!**

- In your facility conduct a "Lessons Learned" Forum for all team members to
  - Share their lived experiences throughout the COVID-19 pandemic & process the collective trauma.
  - Reflect on how job descriptions and task owners evolved in the face of emergency
  - Develop a plan to speed up communication pathways (i.e. telephone tree or social media)
  - Discuss ideas to seek increased compensation as essential workers during emergencies
  - Ensure your disaster preparedness plans prepare you and your team to reach operations to support a financially viable emergency feeding program in future crises

**References:**  
Palomina, E.Y., Gonzalez, L., VanDusen, M., Jones, M., Beaton, E. Disaster Management and School Nutrition: A Qualitative Study of Emergency Feeding During the COVID-19 Pandemic. Journal of the Academy of Nutrition and Dietetics, 2021;121(10):1440-1453. doi:10.1016/j.jand.2021.04.012

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## Research Rundown

<https://www.azed.gov/hns/nslp/uplift/>

# Looking Ahead

Join us again in January!

**Stay upLIFTed will be taking a break in December to accommodate winter break. Join us again in January 2022!**

January 17, 2022

1:30 pm - 2:00 pm



# 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, which of the following should be considered when incorporating scratch-made meals in the classroom in your operation?

- a. Look for new employees
- b. Make sure teachers are happy
- c. Identify your resources
- d. Ask for the nicest equipment

# Comprehension Check

## Question #1

According to the speaker, which of the following should be considered when incorporating scratch-made meals in the classroom in your operation?

- a. Look for new employees
- b. Make sure teachers are happy
-  c. Identify your resources
- d. Ask for the nicest equipment

**The correct answer is C!**

# Comprehension Check

## Question #2

According to the speaker, remembering food safety is important when you start serving hot meals in the classroom.

TRUE

FALSE



# Comprehension Check

## Question #2

According to the speaker, remembering food safety is important when you start serving hot meals in the classroom.



TRUE

FALSE

**The correct answer is TRUE!**

# Comprehension Check

## Question #3

According to the speaker, prioritizing your organization and planning techniques is vital when incorporating scratch-made meals in the classroom.

TRUE

FALSE

# Comprehension Check

## Question #3

According to the speaker, prioritizing your organization and planning techniques is vital when incorporating scratch-made meals in the classroom.

 TRUE

FALSE

**The correct answer is TRUE!**

# Congratulations!

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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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