



# STAY upLIFTed

LEARN. INSPIRE. FEED. TEACH.  
SIX FEET APART.



## School Year 2021-2022 Stay upLIFTed Topics

### Director Spotlight

### Webinar Topic/Nutrition Initiative

### Top 5 Tips

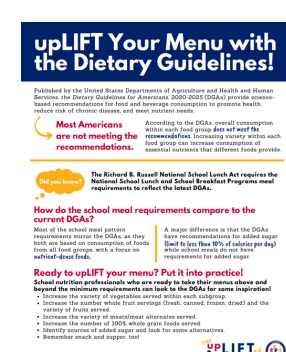
### How'd They do That?/ Nutrition Knowledge Fact Sheet

### Research Rundown

September 2021

#### Dietary Guidelines

What It Means for You  
(Recording) (Slides)



upLIFT Your Menu with the Dietary Guidelines

#1

[Trends in Consumption of Ultraprocessed Foods Among US Youths Aged 2-19 Years, 1999-2018](#)

October 2021

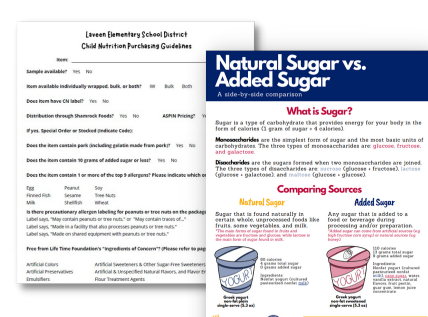


**Jennifer Gordon**  
Child Nutrition Services Director  
Laveen Elementary School District

#### Laveen Elementary School District

Reducing Sugar in School  
Breakfast Menus  
(Recording) (Slides)

1. Serve unflavored milk only
2. Design menu to meet 1 Grain & 1 M/MA entrees
3. Offer fresh fruit at least twice a week
4. Choose products wisely
5. Set a sugar goal



Child Nutrition  
Purchasing Guidelines  
& Natural Sugar vs  
Added Sugar

#2

[Added Sugars in School Meals and the Diets of School-Age Children](#)

November 2021



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

#### Palominas Elementary School District

Serving Scratch-Made Meals in  
the Classroom  
(Recording) (Slides)

1. Identify your resources and expand your network
2. Prioritize your organization and planning techniques
3. Make the most of every team member's talents
4. Remain flexible
5. You are making a lasting impact



Lunch in the Classroom  
Meal

#3

[Disaster Management and School Nutrition: A Qualitative Study of Emergency Feeding During the COVID-19 Pandemic](#)

January 2022

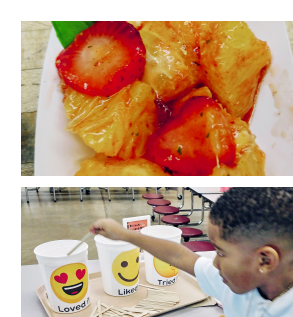


**Rachel Gomez-Acosta**  
Wellness Coordinator  
Concordia Charter School

#### Concordia Charter School

Conducting Successful Taste Tests  
(Recording) (Slides)

1. Focus on the process over the outcome
2. Ask students for immediate feedback
3. Empower your students
4. Presentation matters!
5. Utilize local ingredients whenever possible



Conducting Successful  
Taste Tests

#4

[Serving Vegetables First A Strategy to Increase Vegetable Consumption in Elementary School Cafeterias](#)

February 2022



**John Hohn**  
Culinary Director and Executive Chef  
GAP Ministries

#### GAP Ministries

Elevating School Meals with Multi-  
Functional Cooking Equipment  
(Recording) (Slides)

1. Seek equipment that is multi-functional
2. Search for equipment that produces consistency in product results
3. Aim to choose equipment that is not only in your budget, but can help with other costs
4. Select the equipment that fits your facility
5. Choose equipment that will help you create meals your current equipment doesn't allow you to create



Creamy Broccoli Soup

#5

[Opportunities and Challenges of Implementing Combination Steam and Convection Ovens in Mississippi School Kitchens](#)

March 2022



**Claude Chatelain**  
Food Service Director  
Balsz School District

&



**Kristi Mollner**  
Registered Dietitian Nutritionist  
Balsz School District

#### Balsz School District

Serving Traditional and Global  
Scratch-Made Recipes  
(Recording) (Slides)

1. Do the research
2. Test the recipes in your kitchen(s)
3. Hold taste-tests for new recipes
4. Be open to feedback
5. Choose fresh and local products whenever possible



Somali Chicken Suqaar  
with Brown Rice

#6

[A Group Randomized Intervention Trial Increases Participation in the School Breakfast Program in 16 Rural High Schools in Minnesota](#)

April 2022



**April Willing**  
Wellness Coordinator  
STAR School

#### STAR School

Sourcing Local Ingredients to  
Support a Scratch Menu  
(Recording) (Slides)

1. Seek out YOUR local producers and farmers
2. Encourage employees to practice cooking scratch-made items
3. Strive to become more local in food production
4. Aim to start a school garden, however small it may be
5. Get students involved in gardening and producing food



Navajo Blue Corn  
Tortillas with Kale

#7

[Impact of Summer Mobile Feeding Sites on Increasing Children's Access to Food](#)

May 2022



**Shanon Quinn**  
Director of Child Nutrition  
Cave Creek Unified School District

#### Cave Creek Unified School District

Generating Excitement for  
Summer Meals with Creative Meal  
Service  
(Recording) (Slides)

1. Increase color variety by offering different fruit and vegetables
2. Utilize "build your own" meal service bars.
3. Incorporate refreshing meals during the hot summer months.
4. Experiment with new recipes during the summer
5. Delve into the world of inspiration



Falcon Burrito Bowl

#8

[Fun Facts About Fruit and Vegetables Can Improve Consumption](#)

June 2022

#### 'Turnip' Your Summer Program!

(Recording) (Slides)

1. Source local!
2. Survey your community.
3. Take advantage of resources.
4. Get creative!
5. Utilize fun menu descriptors.

#9

[The Healthfulness of the US Packaged Food and Beverage Supply: A Cross-Sectional Study](#)