

Webinar Series

upLIFT Your Summer Menu with DoD Fresh! WITH SPECIAL GUEST, TUCSON UNIFIED SCHOOL DISTRICT

May 16, 2023 1:30 PM - 2:00 PM



Meet Your Host



Ashley Kennedy, SNS Health and Nutrition Services Specialist

Welcome!



upLIFT was created for you, the child nutrition professional, to provide you with materials to help you LEARN about nutrition, INSPIRE you on what to feed your participants, FEED your participants healthy meals, and TEACH others in your community about your programs!

This year, the monthly webinar series will focus on sharing relevant nutrition knowledge as well as standout stories from the field on successful service models, inspiring menu ideas, and tips and tricks to implement nutrition initiatives in schools! These webinars are intended to provide you with real, applicable, and helpful information that you can use to operate the best school food service program possible at your sites this year!

Special Guest Tucson Unified School District (TUSD)

Tucson Unified

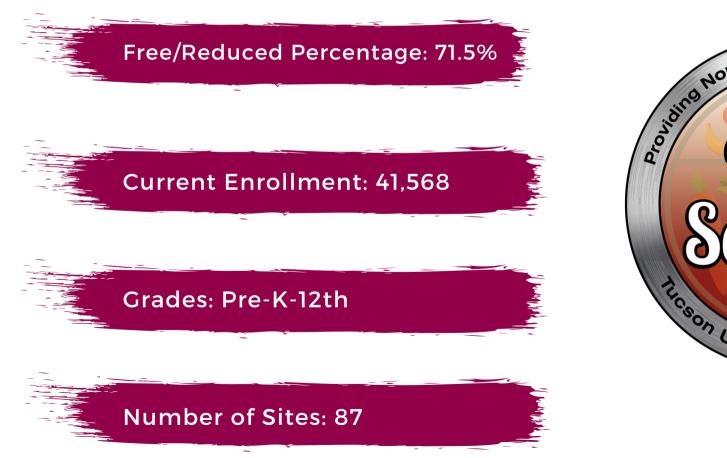


Lindsay Aguilar, RD, SNS

Director, Food Services Department Tucson Unified School District Tucson, Arizona

- Policy Chair of the School Nutrition Programs Advisory Council
- SNA Board of Directors

School Profile





School Profile

Current Learning Model

- In person
- Online options available

Current Feeding Model

- Meal choices packaged for service
- Elementary/K-8: Self service model
- Middle & High Schools: Themed stations
- Breakfast & Lunch carts at various sites



School Profile



Nutrition Initiative Topic: Summer Meals with DoD Fresh at School Sites!

DoD Fresh District Goals

Summer Menus

- Incorporate fresh produce
- Maximize cost savings
- Include variety in the menu
- Strategize menu and ordering with summer meal participation variables
- ADE Summer Farm Fresh Challenge



DoD Fresh District Goals







Procurement

DoD Fresh Availabilty

- Easy ordering process
- List of available produce
- Menu review
- Staffing review
- Estimated volume needed
- Program length

18N61	APPLES CHL ARCTIC GOLD 100/2 OZ PG	13 LB	\$24.85	WA	Fed	State
 18N60	APPLES CHL ARCTIC GREEN 100/2 OZ PG	13 LB	\$24.85	WA	Fed	State
 14H87	APPLES FR G/S USF/XF 125-138 CT 40 LB CS	40 LB	\$55.29	WA	Fed	Stab
 17T28	APPLES FR GALA 125 CT XF 40 LB CS	40 LB	\$42.79	WA	Fed	Stat
14H86	APPLES FR GALA USF/XF 138-163 CT 40 LBCS	40 LB	\$38.79	WA	Fed	Stat
 14H83	APPLES FR GRN USF/XF 100-113 CT 40 LB CS	40 LB	\$52.79	WA	Fed	Stat
14M10	APPLES FR R/D 125-138 CT 40 LB CS	40 LB	\$39.79	WA	Fed	Stat
14A14	APPLES FR R/D 163 CT 40 LB CS	40 LB	\$35.79	WA	Fed	Stat
16R95	BROCCOLI FLORETS CHL 3 LB BG/CS	3 LB	\$15.70	CA	Fed	Stat
 15004	BROCCOLI FLORETS, FRESH, 4/3 LB (CO-OP)	12 LB	\$52.00	CA	Fed	Stat
15N52	CA8BAGE CHL GRN SHRD 5 LB PG	5 LB	\$7.69	CA	Fed	Stat
15N56	CABBAGE FR GRN US#1, 3 CT 5 LB CS	5 LB	\$7.27	CA	Fed	Stat
16N33	CABBAGE FR: RED 2-3 CT 5 LB BG	5 LB	\$9.10	CA	Fed	Stat
 15R36	CARROT CHL BABY WHL PEELED 5 LB CS	1 CS	\$9.73	CA	Fed	Sta
16P70	CARROT CHL SHRD 1/5 LB PG	1 PG	\$7.66	CA	Fed	Stal
 15014	CARROTS CHL BABY WHL 30/1 LB BG	30 LB	\$28.10	CA	Fed	Stal
15W90	CARROTS CHL BABY WHL PEEL 100/3 OZ PG	19 LB	\$32.10	CA	Fed	Stat
16860	CARROTS CHL STICK 4/5 LB BG	4 CO	\$33.60	CA	Fed	Stat
15N54	CARROTS CHL STICK 5 LB BG	5 LB	\$11.10	CA	Fed	Sta
16D90	CAULIFLORETS CHL 1/3 LB BG	3 LB	\$17.90	CA	Fed	Stal
15/484	CAULIFLORETS CHL 4/3 LB BG	12 LB	\$60.80	CA	Fed	Stat
 16V65	CAULIFLOWER FR 3 CT 5 LB CS	5 LB	\$24.23	CA	Fed	Stat
 18841	CAULIFLOWER FR MULTI-COLOR 6-8CT 8 LB CS	8 LB	\$38.79	CA	Fed	Stat
16A29	CELERY CHL DICE 1/5 LB CO	1 00	\$10.61	CA	Fed	Stat
16W08	CELERY CHL STICK 5 LB BG	5 LB	\$13.15	CA	Fed	Stat
16V94	CELERY CHL STICKS 4/5 LB BG	20 LB	\$41.80	CA	Fed	Stat
17340	CILANTRO FRESH 1 LB CS	1 LB	\$7.36	CA	Fed	িয়া
16P51	COLE SLAW MIX CHL 1/5 LB BG	1 8G	\$11.05	CA	Fed	Stat
16P75	COLE SLAW MIX CHL 4/5 L8 BG	20 LB	\$33.40	CA	Fed	Stat
15003	CUCUMBERS FR ENGLISH 12 CT 10 LB CS	10 LB	\$20.79	CA	Fed	Stat

Marketing DoD Fresh

Program Promotion

- Online menus
- Social media
- Highlight fresh produce
- Visual presentation
- Colorful serving lines



Nutrition Initiative Topic: Summer Meals with DoD Fresh with Community Partners!

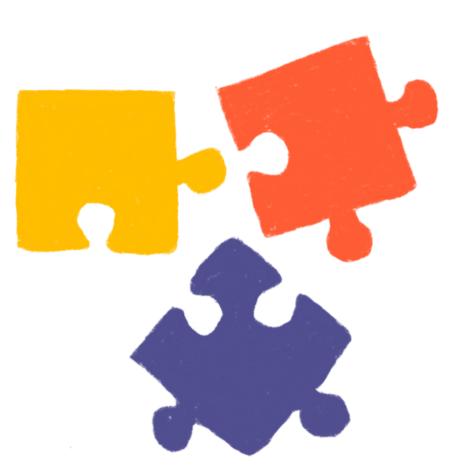
Summer Sponsored Sites

- City Parks and Recreation Summer Camps
- Boys & Girls Clubs
- Public Libraries
- Non Profit Organizations with summer camps/youth programs
- Other eligible locations with high volume of children



Coordination

- Community Food Bank-Partnership liaison
- Connecting with near by sites
- Meal delivery capacity
- Online interest form
- Staff training
- Site reviews
- Point of contact



Meal Service at Sponsored Sites

- Delivery & staffing capacity
- Storage capacity
- DoD Fresh options
- Next day's breakfast delivered with lunch



Meal Service at Sponsored Sites

- Hot or cold meals?
- Shelf stable meal kits
- Food Quality
- Holding/Packaging
- Internal staff vs partnership staff



Labor for Sponsoring Sites

- Staffing capacity
- Labor costs
- Review partnership staffing
- Program compliance
- Site accountability/program oversight



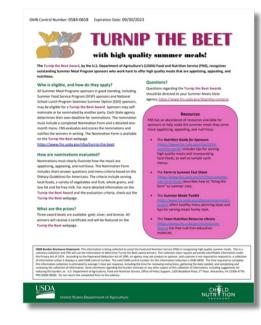
Helpful Tools













Top 5 Tips for...

upLIFTing Your Summer Menu with DoD Fresh!



Optimize available fresh produce.



Increase fresh produce offered.



Try new products during the Summer Farm Fresh Challenge.



Experiment with something new on your menu.



Market & Promote!

Thank you!



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

Follow us on:



Resources

Whole Food Profiles

cearn the basics to st		cooking with	i these nutritio	as, whole loous:	
Yellov Pears are delicious fr skin and a small core flavor that ranges fro a particularly crisp ar They are typically gro months. How to Select and	uits Pe m s nd b	with thin, e ars have a di weet to spic uttery textu in the summ	dible stinct y with re.		
Fresh - Selection		Fresh - Sto	Nutrition Fact		
FLEM UNIFORM SMOOTH FLESH COLOR SKIN			Calculate the loss of the second seco		
Select pears that are firm to the touch with a slight give towards the stem. Pears should be consistent in col- and are best with limited blemishes or soft spots.	ĩ	Pears can be trefrigerator in perforated plu paper bag. Un maintain quai months in cold depress or cold depress of cold			
If pears are too hard when chosen, you may store ther in a paper bag to assist the ripening process. The skin i rind are considered edible	and	days in the rel Ripe pears, if immediately, room tempera	Vagent A-(5) Vagent		
Tips for Preparing					
Preparation Consume pears in their entirety after being thoroughly washed and patted dev. The	Ray Try dic	y yellow pear pears sliced or ed as a sweet	Grilled Test out pears ho off the grill for a	Peached Enhance the swe flavor of pears by	





Fresh vs. Canned vs. Frozen A side-by-side-by-side comparison of the pros and cons of different types of produce.

Fresh Often the best taste & quality 8 0 Fresh produce has the highest nutritional content when consumed at peak fit season. Also, the texture is least compromised due to processing, so fresh pro versatile in the kitchen. · Enjoy them Raw: Salads, slaws, and many raw veggies on their hing Added: No added ingredients, just 100% pure fruit hable: Average shelf life is about 1 week in the fridge. A educe waste. Watch the Drice: Eresh can be more earn Frozen Long Shelf-Life Frozen produce items can be kept in the freezer for around 810 r for its exact expiration date. High Nutrient Content: Frozen fruits & venetables are h High Nutrient Context: Fozen fruits & vegetables are harvested and frozen at inclusions: This heigh preserve nutritient context! Cast Swing: Fozen produce is a great way to continue to serve specific food fresh produce is out of easons without going over budget. Limited Preparation Options: Fozen produce items work best in smoothies, cooled dishes such as cassered is off hing, pasts, and soops.

Canned Budget-Friendly AND Long Shelf-Life Canned produce is often the most affordable option.

Longest Shelf-Life. Canned items have a long shelf life (usually around 2-5 years). Check each product for its exact expiration date.
 Nutrient Content Not Affected: While the high heat used in canning can decrease B-complex vitamins and vitamin C, it preserves mineral content and can actually increase the antibiolidant cohent.

Watch for Added Ingredients: Added sodium and/or sugar are or and vegetables. Look for no-salt added veggles and fruit without.

out added sugar or syrup

👷 LIFT 🍘 This institution is an encoder

Whole Food Profile

🖞 LIFT 🌐

Did you know? There are more than 3.000 varieties of pears! The US is one of the largest producers of pea

How to Use Whole Foods

Research Rundown

Nutrition Knowledge **Fact Sheet**

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

Reminder!

Serve a Rainbow and showcase YOUR program!

Remember to submit photos of your produce via email to <u>Ashley.Kennedy@azed.gov</u>. Show off your <u>YELLOW</u> produce items and be featured in the monthly upLIFT newsletter!



Looking Ahead

Join us next month!

June upLIFT Webinar - Go Local with the Summer Farm Fresh Challenge!

June 20, 2023

1:30 pm - 2:00 pm

Please join us on June 20 for the second part of our Summer upLIFT Webinar Series! This month, we will focus on the Summer Farm Fresh Challenge and explore strategies for integrating locally-sourced products into your sites. In addition to the webinar, we'll be providing resources and tools to help you get started with the Summer Farm Fresh Challenge, including a list of local farms and producers in your area and tips for incorporating local ingredients in your recipes. We're excited to see the positive impact that this challenge will have on your sites and look forward to seeing you June 20!



Thank you!

Any questions? Please type them into the Q&A now.

If you are attending the live webinar, you will receive an email once attendance has been completed. Once you have received this email, your training certificate will be available in APLD.

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



Congratulations!

You have completed the Recorded Webinar: upLIFT Your Summer Menu with DoD Fresh!

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.

Information to include when documenting this training for Professional Standards:

- Training Title: Recorded Webinar: upLIFT Webinar Series upLIFT Your Summer Menu with DoD Fresh!
- Length: 0.5 hour

Please Note:

• Attendees must document the number of training hours indicated regardless of how long it takes to complete it.

Congratulations!

Requesting a Training Certificate

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. *This will not appear in your APLD Account.

https://www.surveymonkey.com/r/upliftrecordedwebinar

The information below is for your reference when completing the survey:

 Training Title: Recorded Webinar: upLIFT Webinar Series - Serving Culturally Relevant School Meals