



LEARN. INSPIRE. FEED. TEACH.

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

Free/Reduced Percentage: 71.5%

Current Enrollment: 41,568

Grades: Pre-K-12th

Number of Sites: 87



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 Availability

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

<input type="checkbox"/>	18N61	APPLES CHL ARCTIC GOLD 100/2 OZ PG	13 LB	\$24.85	WA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	18N60	APPLES CHL ARCTIC GREEN 100/2 OZ PG	13 LB	\$24.85	WA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	14H87	APPLES FR G/S USF/XF 125-138 CT 40 LB CS	40 LB	\$55.29	WA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	17728	APPLES FR GALA 125 CT XF 40 LB CS	40 LB	\$42.79	WA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	14H86	APPLES FR GALA USF/XF 138-163 CT 40 LB CS	40 LB	\$38.79	WA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	14H83	APPLES FR GRN USF/XF 100-113 CT 40 LB CS	40 LB	\$52.79	WA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	14M10	APPLES FR R/D 125-138 CT 40 LB CS	40 LB	\$39.79	WA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	14A14	APPLES FR R/D 163 CT 40 LB CS	40 LB	\$35.79	WA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	16R95	BROCCOLI FLORETS CHL 3 LB BG/CS	3 LB	\$15.70	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	15004	BROCCOLI FLORETS, FRESH, 4/3 LB (CO-OP)	12 LB	\$52.00	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	15N52	CABBAGE CHL GRN SHRD 5 LB PG	5 LB	\$7.69	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	15N56	CABBAGE FR GRN US#1, 3 CT 5 LB CS	5 LB	\$7.27	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	16N33	CABBAGE FR RED 2-3 CT 5 LB BG	5 LB	\$9.10	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	15R36	CARROT CHL BABY WHL, PEELED 5 LB CS	1 CS	\$9.73	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	16P70	CARROT CHL SHRD 1/5 LB PG	1 PG	\$7.66	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	15O14	CARROTS CHL BABY WHL 30/1 LB BG	30 LB	\$28.10	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	15W90	CARROTS CHL BABY WHL PEEL 100/3 OZ PG	19 LB	\$32.10	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	16B60	CARROTS CHL STICK 4/5 LB BG	4 CO	\$33.60	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	15H54	CARROTS CHL STICK 5 LB BG	5 LB	\$11.10	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	16D90	CAULIFLORETS CHL 1/3 LB BG	3 LB	\$17.90	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	15H84	CAULIFLORETS CHL 4/3 LB BG	12 LB	\$60.80	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	16V55	CAULIFLOWER FR 3 CT 5 LB CS	5 LB	\$24.23	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	18B41	CAULIFLOWER FR MULTI-COLOR 6-8CT 8 LB CS	8 LB	\$38.79	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	16A29	CELERY CHL DICE 1/5 LB CO	1 CO	\$10.61	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	16W08	CELERY CHL STICK 5 LB BG	5 LB	\$13.15	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	16V94	CELERY CHL STICKS 4/5 LB BG	20 LB	\$41.80	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	17340	CILANTRO FRESH 1 LB CS	1 LB	\$7.36	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	16P51	COLE SLAW MIX CHL 1/5 LB BG	1 BG	\$11.05	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	16P75	COLE SLAW MIX CHL 4/5 LB BG	20 LB	\$33.40	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State
<input type="checkbox"/>	15003	CUCUMBERS FR ENGLISH 12 CT 10 LB CS	10 LB	\$20.79	CA	<input checked="" type="radio"/> Fed <input type="radio"/> State

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!**

Community Partnerships

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



Community Partnerships

Coordination

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



Community Partnerships

Meal Service at Sponsored Sites

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



Community Partnerships

Meal Service at Sponsored Sites

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



Community Partnerships

Labor for Sponsoring Sites

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



The poster features a smiling sun wearing sunglasses in the top left corner. The title 'TUSD Summer Meals KIDCO Staff Training' is centered at the top. Below the title is the 'Food Services' logo, which is circular and includes the text 'TUSD Food Services' and 'Tulsa Unified School District'. A horizontal line separates the header from the content below. In the center, there is a circular diagram with four colored segments: red (Protein), green (Vegetable), purple (Grain), and blue (Dairy). To the left of this diagram is the 'Breakfast' section, and to the right is the 'Lunch' section. A small image of a 'Dairy Pure' milk carton is located at the bottom right of the poster.

**TUSD
Summer Meals
KIDCO Staff Training**

Food Services
Tulsa Unified School District

Breakfast

- Offer breakfast entrée, fruit, fruit juice and milk
- Children must take the entrée, fruit or fruit juice (can take both) and milk
- 1% white milk will be provided for breakfast
- Shelf stable white milk used for summer breakfast- must be served cold

Lunch

- Offer lunch entrée (grain & protein), fruit, vegetable, milk
- 5 food groups offered at lunch= grain, protein, fruit, vegetable & milk
- Children must choose 3 food groups, with 1 of the 3 being a fruit or vegetable. They can certainly take all food groups.
- Shelf stable white milk is used for summer-must be served cold.

Dairy Pure

Helpful Tools

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

USDA DoD FRESH PROGRAM: A Source for Locally Grown Produce

The USDA Department of Defense Fresh Fruit and Vegetable Program (USDA DoD Fresh) is a program available to schools to help increase access to fresh produce for schoolchildren. More than 43,000 schools place orders for weekly deliveries of American-grown fresh fruits and vegetables through USDA DoD Fresh to serve as part of the National School Lunch Program (NSLP) and School Breakfast Program (SBP). Schools interested in participating in USDA DoD Fresh should contact their State Distributing Agency.

How Does USDA DoD Fresh Work?

Schools participating in the NSLP receive two types of support from the USDA. The bulk of USDA's support comes in the form of cash reimbursements which are provided to schools for the meals they serve. Schools also receive USDA Fresh entitlement or pre-determined allocations that can be used to order food procured by the USDA for use in school meals. Schools may elect to spend a portion of their USDA Fresh entitlement to receive produce through USDA DoD Fresh.

USDA DoD Fresh operates through a partnership between the USDA and the Department of Defense (DoD) Defense Logistics Agency (DLA), as well as the State Distributing Agencies in each participating State. State Distributing Agencies vary from State to State, but can be State Departments of Agriculture, Departments of Education, Departments of Human Services, or other agencies. State Distributing Agencies communicate with schools to determine how much of their USDA Fresh entitlement they choose to spend on fresh produce through the USDA DoD Fresh Program.

How is Local Produce Available in USDA DoD Fresh?

USDA DoD Fresh leverages DoD's procurement system to provide a variety of nutritious U.S.-grown fresh fruits and vegetables to schools. The DLA serves as the procurement agent that contracts with produce distributors to purchase and deliver produce to participating schools. Schools place orders directly in the Fresh Fruit and Vegetable Order Receipt System (FFVORS), an online catalog of domestically grown produce that is updated weekly by the vendors. FFVORS tracks school entitlement balances and provides the actual cost at the time of order. DLA manages vendor payment and reconciliation.

ENTERING LEARNERS FARM TO SCHOOL PROGRAM

USDA DoD Fresh

Celebrate the 2023 Farm Fresh Challenge Awardees!

The following entities completed all TASTE, TEACH, and CONNECT activities during a one-week timeframe in October. The Gold tier was awarded to sites that met the minimum criteria of procuring three local menu items, hosting two educational activities, and promoting the challenge; then went above and beyond and incorporated at least two hard-to-reach local food items. The Platinum awardees did all this, plus incorporated at least one local item from USDA DoD Fresh. Congratulations to our awardees!

Platinum

- Aim Higher College Prep Academy
- Osborn School District
- Palominas Elementary School District
- Prescott Unified School District
- Tucson Unified School District

Gold

- Balsz Elementary School District

Arizona Department of Education

Farm Fresh Challenge

OMB Control Number: 0584-0658 Expiration Date: 09/30/2023

TURNIP THE BEET

with high quality summer meals!

The Turnip the Beet Award, by the U.S. Department of Agriculture's (USDA) Food and Nutrition Service (FNS), recognizes outstanding Summer Meal Program sponsors who work hard to offer high quality meals that are appealing, appealing, and nutritious.

Who is eligible, and how do they apply?

All Summer Meal Program sponsors in good standing, including Summer Food Service Program (SFSFP) sponsors and National School Lunch Program Seamless Summer Option (SSO) sponsors, may be eligible for a Turnip the Beet Award. Sponsors may self-nominate or be nominated by another party. Each State agency determines their own deadline for nominations. The nomination must include a completed Nomination Form and a detailed one-month menu. FNS evaluates and scores the nominations and notifies the winners in writing. The Nomination Form is available on the Turnip the Beet webpage: <https://www.fns.usda.gov/turnip-the-beet>

How are nominations evaluated?

Nominations must clearly illustrate how the meals are appealing, appealing, and nutritious. The Nomination Form includes short-answer questions and menu criteria based on the Dietary Guidelines for Americans. The criteria include serving local foods, a variety of vegetables and fruit, whole grains, and low fat and fat-free milk. For more detailed information on the Turnip the Beet Award and the evaluation criteria, check out the Turnip the Beet webpage.

What are the prizes?

Three award levels are available: gold, silver, and bronze. All winners will receive a certificate and will be featured on the Turnip the Beet webpage.

Resources

FNS has an abundance of resources available for sponsors to help make the summer meals they serve more appealing, appealing, and nutritious:

- The Nutrition Guide for Sponsors** (<https://www.fns.usda.gov/turnip-the-beet/nutrition-guide>) includes tips for serving high quality meals and incorporating local foods, as well as sample menu items.
- The Farm to Summer Fact Sheet** (<https://www.fns.usda.gov/turnip-the-beet/farm-to-summer>) describes how to "bring the farm" to summer sites.
- The Summer Meals Toolkit** (<https://www.fns.usda.gov/turnip-the-beet/summer-meals-toolkit>) offers healthy menu planning ideas and tips for serving meals family style.
- The Team Nutrition Resource Library** (<https://www.fns.usda.gov/turnip-the-beet/team-nutrition>) has free nutrition education materials.

OMB Paperwork Reduction Statement: This information is being collected to assist the Food and Nutrition Service (FNS) in recognizing high quality summer meals. This is a voluntary collection and FNS will use the information to determine Turnip the Beet award winners. This collection does not require personally identifiable information under the Privacy Act of 1974. According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0658. The time required to complete this information collection is estimated to average 10 minutes per response, including the time for reviewing instructions, gathering the data needed, and reviewing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Service, Office of Public Affairs, 1030 Rockwell Place, 17th Floor, Alexandria, VA 22304 or PRA (0584-0658). Do not return the completed form to this address.

USDA United States Department of Agriculture **CHILD NUTRITION**

Turnip the Beet!

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:



TUSD Food Services



@tusdfoodservices

Resources

Whole Food Profiles

Learn the basics to start cooking with these nutritious, whole foods!

Yellow Pear

Pears are delicious fruits with thin, edible skin and a small core. Pears have a distinct flavor that ranges from sweet to spicy with a particularly crisp and buttery texture. They are typically grown in the summer months.



How to Select and Store:

Fresh - Selection
ripe unripe overripe
yellow green brown

Select pears that are firm to the touch with a slight give towards the stem. Pears should be consistent in color and are best with limited blemishes or soft spots.

If pears are too hard when chosen, you may store them in a paper bag to assist the ripening process. The skin and rind are considered edible as well.

Fresh - Storage
refrigerator counter at 45-55 degrees F

Pears can be stored in the refrigerator in the crisper in a perforated plastic bag or paper bag. Unripe pears will maintain quality for up to two months in cold storage (40 degrees or colder) and up to 5 days in the refrigerator. Ripe pears, if consumed immediately, can be stored at room temperature.

Nutrition Facts	
1 Pear (148g)	
% Daily Value*	
Total Fat	0.5g
Total Carbohydrate	28g
Dietary Fiber	5g
Sugars	18g
Protein	0.5g
*Percent Daily Values are based on a diet of whole foods.	

Tips for Preparing and Cooking:

Preparation
Consume pears in their entirety after being thoroughly washed and patted dry. The skin is edible and mild, and the core can be discarded. Pears may be sliced or diced prior to preparation.

Try yellow pears...

- Raw** Try pears sliced or diced as a sweet and crunchy addition to salads. When juiced, pears add a unique addition to tangy and savory stews.
- Grilled** Test out pears hot off the grill for a sweet treat. Cut pear in half lengthwise, remove the core, brush with butter and sugar and enjoy!
- Peached** Enhance the sweet flavor of pears by slowly poaching them. Be sure to leave the stem and core in tact and peel the skin prior to poaching!

Did you know? There are more than 3,000 varieties of pears! The US is one of the largest producers of pears in the world!

UPLIFT
UNHEALTHY. NUTRITIOUS. FEED. TEACH.

Whole Food Profile

How to Use Whole Foods

Innovative ideas for using real, whole foods in delicious ways!

Yellow Pear

Yellow pears are sweet, juicy fruits that have a unique oblong shape. Pears come in white, green, yellow, and brown varieties with a pale white center. In Arizona, pears are in peak growing season from May-September.

Examples:



- Pear & Bacon Flatbread
- Pear Slaw
- Pear Hand Pies
- Pear & Greek Yogurt Parfait
- Asian Noodle & Pear Salad

UPLIFT
UNHEALTHY. NUTRITIOUS. FEED. TEACH.

Tip! Consider using PEARS FR ANY 100-150 CT 35 LB CS #15P43 from DuD Fresh!

How to Use Whole Foods

Research Rundown

Article: Food Marketing Influences Children's Attitudes, Preferences and Consumption: A Systematic Critical Review

What did this study examine?

This article provides a comprehensive account of the impact of certain food marketing techniques on children and critically evaluates the methods used. Persuasive techniques were reviewed to test how they affected children's food attitudes, preferences, and consumption. The studied techniques included:

- Television/Movies
- Packaging
- Digital Games
- Endorsers/Celebrities
- Print Advertising
- Internet

Key findings:

- Exposure to advertisements of unhealthy foods influenced consuming more advertised food and increased positive attitudes toward and more frequent choices of the advertised food.
- Children are more likely to prefer the taste of, and choose the item that has (artificially) sweetened characters (compared with a matched food without the characters).
- The marketing of unhealthy foods through video games significantly increased children's consumption of unhealthy food.

In conclusion, this review found a strong body of evidence that exposure to food marketing can impact children's attitudes, preferences, and consumption of foods, particularly unhealthy foods, which may have detrimental consequences to health.

Put it into practice!

- Host "visibility" or "theme" days during your meal hours by seeking out individuals that your students look up to (school mascots, local figures, sports teams, etc.) and decorate your cafeteria according to the theme of your breakfast or lunch menu!
- Use your school's digital marketing team to promote your menu items. Encourage the use of techniques such as video and audio announcements, social media, assemblies, etc.
- Play up your packaging! Use familiar characters or topics and get creative with how you display these as you choose what to serve your meals in during meal times!

UPLIFT
UNHEALTHY. NUTRITIOUS. FEED. TEACH.

Research Rundown

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

Fresh produce has the highest nutritional content when consumed at peak freshness, in season. Also, the texture is least compromised due to processing, so fresh produce is often versatile in the kitchen.

- Enjoy them Raw: Salads, slaws, and many raw veggies on their own work best with fresh produce.
- Nothing Added: No added ingredients, just 100% pure fruit or veggie.
- Perishable: Average shelf life is about 1 week in the fridge. Make sure to plan ahead to reduce waste.
- Watch the Price: Fresh can be more expensive; however, shopping in season can decrease costs.

Frozen

Long Shelf Life

Frozen produce items can be kept in the freezer for around 8-10 months. Check each product for its exact expiration date.

- High Nutrient Content: Frozen fruits & vegetables are harvested and frozen at their peak freshness. This helps preserve nutrient content!
- Cost Saver: Frozen produce is a great way to continue to serve specific food items when fresh produce is out of season, without going over budget.
- Limited Preparation Options: Frozen produce items work best in smoothies, or for use in cooked dishes such as casseroles, stir fries, pastas, and soups.

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 antioxidant content.
- Watch for Added Ingredients: Added sodium and/or sugar are common in canned fruits and vegetables. Look for no salt added veggies and fruit without added sugar or syrup.

UPLIFT
UNHEALTHY. NUTRITIOUS. FEED. TEACH.

Nutrition Knowledge Fact Sheet

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

Reminder!

Serve a Rainbow and showcase YOUR program!

Remember to submit photos of your produce via email to Ashley.Kennedy@azed.gov. Show off your **YELLOW** 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](#)