





# **School Year 2022-2023**

#### **Webinar Topic**

#### September 2022

upLIFT Your Produce - Go Local!

(Recording) (Slides)

### October 2022

## upLIFT Your Produce!

(Recording) (Slides)

#### **November 2022**

Setting up the Sodium Standards for School Meals

(Recording) (Slides)

#### January 2023

upLIFT Your Menu!
- Enhancing Your **Equipment** 

(Recording) (Slides)

#### February 2023

upLIFT Your Salad

(Recording) (Slides)

### **March 2023**

Prepare for the **Proposed Rule** 

(Recording) (Slides)

#### **April 2023**

**Incorporating Cultural Flavors in School Meals** 

(Recording) (Slides)

#### **May 2023**

Your Summer Menu with DoD Fresh!

(Recording) (Slides)

**June 2023** 

Go local with the **Farm Fresh** Challenge!

(Recording) (Slides)

#### **July 2023**

**Turnip Your Summer Program** (Recording) (Slides)





**PLIFT** Whole Food **How To Use:** 

**Profile: Broccoli** 



**Whole Food Lettuce** 

Vhole Food Profiles

**Whole Food Profiles** 

**₽**LIFT@ **How to Use: Profile: Romaine Romaine Lettuce** 



**Whole Food Profile: Purple Cabbage** 

**Whole Food Profiles** 



**How to Use:** 

<u>Purple</u>

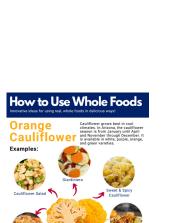
PLIFT Did you know?

Apples are members of the rose family and choicing and containing area of the social and choicing and choicing the social and choicing the social containing the social and choicing the social containing the social containint containing the social containing the social containing the soc **Whole Food Profile: Red** <u>Apple</u>



**Whole Food Profile: Radish** 





**How to Use: Whole Food Profile: Orange Orange Cauliflower Cauliflower** 



**Whole Food How to Use: Profile: Tangelo** 



How to Use Whole Foods

₩LIFT Whole Food **Profile: Yellow** 

**Whole Food Profiles** 

**Pear** 

Whole Food Profiles **Yellow Corn** 

**Whole Food Profiles White Onion** 

**Whole Food** 

**Profile: White** 

**Onion** 



How to Use Whole Foods



Yellow

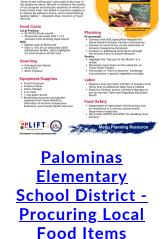
**Yellow Corn** 



₩LIFT 🏶 **How to Use: White Onion** 

### They Do That? Phytonutrients! How'd they do that?

**Phytonutrients** 



A Review of the Science of Colorful, Plant-Based Food and Practical Strategies for "Eating the Rainbow"

Agricultural Experiences Are **Positively Associated with High School Students' Fruit** and Vegetable Perceptions

Association of the Healthy, **Hunger-Free Kids Act With** 

**Dietary Quality Among Children in the US National** 

**School Lunch Program** 

**New School Meal** 

#6

**A Systematic Review of** School Meal 'Nudge'

**Interventions to Improve** 

Sugary Drinks, Artificially-

Sweetened Beverages, and **Cardiovascular Disease** 

**Food Marketing Influences** 

Children's Attitudes,

**NutriNet-Santé Cohort** 

**Youth Food Behaviors** 

**Regulations Increase Fruit Consumption and Do Not Increase Total Plate Waste** 

and Consumption

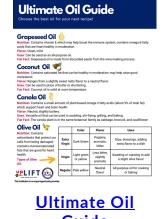
Research

Rundown





Sodium: The **Whole Story** 



**Promoting Vegetable Intake** in Preschool Children: **Independent and Combined Effects of Portion Size and Flavor Enhancement** Guide



Mix Up Your Salad Bar



**Snack** 



**Sheet** 



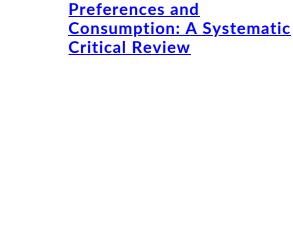
vs. Frozen

**Comparing Potatoes** 

PLIFT (

**Comparing** 

**Potatoes** 









**Does the Summer Food** Service Program (SFSP) Make a Difference? A **Comparison of Nutrient Content of Home and SFSP Lunches Consumed by West Drink** Virginia Students Children