



upLIFT Your Meals with Scratch Cooking!

With Special Guest, Salt River Schools

November 21st, 2023

1:30 PM - 2:00 PM

Professional Standards Learning Codes: 1130, 4150



Meet Your Host



Kim Ruiz, RDN

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!

You can expect to see materials and monthly webinars that will provide you with some original upLIFT resources, spotlight Arizona child nutrition professionals, and inspire you throughout the year so you can upLIFT your programs in whatever way you choose!

Special Guest: **Salt River Schools**

Salt River Schools



Shannon Reina

Food Service Manager

Salt River Schools

Salt River Pima-Maricopa Indian

Community Arizona



School Profile

Free/Reduced Percentage: 100%

Current Enrollment: 550

Services: Ages Prenatal to College

Number of Sites: 3

Food Model: Offer v. Serve | Family Style | Breakfast in the Classroom

In-person learning model incorporating O'odham & Piipaash languages/cultures



Nutrition Initiative

Serving Traditional, Scratch-Made Meals

Traditional Scratch-Made Meals

Why?

- History of Salt River Pima-Maricopa Indian Community
- Farmers, self-sufficient, traditional foods, Community health
- Settler colonialism, loss of water rights, loss of ability to farm, relocation, introduction of commodity food, violence and trauma
- Diabetes
- Food and family
- Traditional foods have power

Traditional Scratch-Made Meals



Goals

We want to expose students to O'odham and Piipaash languages and cultures through traditional foods used in a variety of recipes.

Food can be a wonderful connection to people, place, and purpose. We believe access to and opportunity with traditional healthy foods will help the next generations heal from historical trauma and feel pride in their culture and heritage.

Traditional Scratch-Made Meals



Connection to Student Population: MENUS



- O'odham language on monthly menus
- Using familiar foods and recipes
- Student taste tests



Connection to Student Population: COMMUNITY

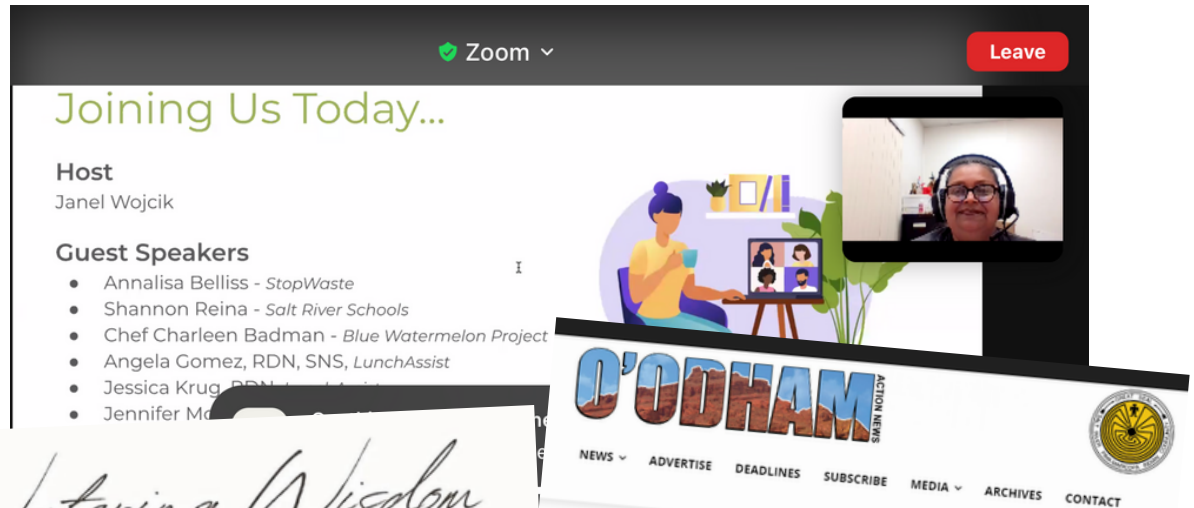
- Incorporating ancestral ingredients
- Blue Watermelon Project
- Kitchen Creations



Sharing Recipes
with the Community



Connection to Student Population: MEDIA



Watering Wisdom
October 21st, 2023



About Us Hunger in Arizona Hunger Solutions Food Bank Support

Donate Get Food



ow Food
PHOENIX



You would not think that serving a simple meal such as a bowl of beans would warrant a celebration, but in Salt River Schools

Recipe Standardization Process

- ADE's Kitchen Creations
- Standardized two recipes: Soam Bav Bowl and Wheat Berry Parfait
- Food Buying Guide
- Learn as you go! Recipes take time to develop
- Reach out to your ADE specialist



TNTG Recipes & More



Mun (pinto beans)
Skov Ce:mait



Hammas
Ko'okol lol



"Frybread" made
with Ramona
Farms Sonoran
wheat flour



Havul (lima beans)
chorizo
'frybread'

TNTG Recipes & More



Blue Corn
Muffins



Street Tacos



Poshol
(brown tepary bean)
Pima wheat berries
dried roasted corn



Ban tanae
Apache racket
bread

Opportunities and Challenges

Celebrate Native American Heritage Month all Year!

ACKNOWLEDGE the Native American ingredients you are already using. Corn, beans, and squash (what we call “The Three Sisters”) are common in school cafeterias.

LEARN what foods in your kitchen have Indigenous stories.

SHARE knowledge with your students, and let them experience the power and history within the foods they eat.

CREDIT Indigenous ingredients, sources, and recipes.

Opportunities and Challenges

Overcome obstacles with planning & preparation!

Resources: Reach out to ADE Farm to School Program.


Unfamiliar Foods: Find good helpers to encourage participation.

Scratch cooking takes time: Plan ahead - especially when using the tepary bean!

Support: Gather advocates from classrooms and administration.

Top 5 Tips for...

Serving Traditional Meals

- 
- Source Indigenous vendors, ingredients, and recipes. Try Ramona Farms!
 - Cook with family! Everything is better together, especially food.
 - Celebrate diversity - there are 574 federally recognized Native nations in the US, all with unique foodways to learn.
 - Try not to waste anything. Look up ways to use scraps, including composting.
 - Mistakes will happen - have fun and keep learning and cooking.

Thank You!

Shannon Reina
Food Service Manager
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Resources

Whole Food Profile

Learn the basics to start cooking with this nutritious, whole food!

TOMATO

A tomato is a juicy, red fruit that grows on a vine or shrub. Botanically, the fruit exhibits all of the common characteristics of berries: a simple fleshy fruit that encloses its seed in the pulp. The outer skin is a thin, fleshy tissue that comprises the remainder of the fruit wall.

How to Select and Store TOMATOES:

Selection

BRIGHT SHINY AROMATIC

Avoid tomatoes that have hard or pale spots as well as ones with large bruises or cracks that are too long or deep to trim away.

They should be shiny, with a smooth, firm, uniform skin. The tomato should be soft enough to give into any real pressure and aromatic.

Storage

ON THE COUNTER OR IN THE REFRIGERATOR

If tomatoes are not yet ripe, they are best stored on the counter for a few days until they ripen.

Once they're ripe, they may be consumed right away or can be put in the refrigerator to preserve their freshness. A ripe tomato can stay fresh in the refrigerator for about two weeks.

Nutrition Facts

Amount Per Serving		% Daily Value*
1 Tomato (118g)		
Total Fat	1g	2%
Sodium	10mg	20%
Total Carb	10g	20%
Sugar	3g	6%
Fiber	1g	2%
Protein	1g	2%

*Percent Daily Values are based on a diet of other people's secrets.

Tips for Preparing and Cooking:

Preparation

Thoroughly wash tomatoes under cold water and pat dry before consuming. They can be sliced, diced, or chopped. Tomatoes can be eaten with or without the skin depending on the desired recipe.

Try Tomatoes...

- Roasted:** Preheat oven to 400°F. Slice tomatoes into 1/2-inch rounds. Toss with olive oil, salt, and pepper. Roast for 15 minutes. Add to salads, soups, or dips.
- Sliced:** Slice ripe tomatoes about 1/4 inch thick. Layer with sliced fresh mozzarella and basil. Drizzle with olive oil, salt, and pepper. Enjoy!
- Pureed:** Roast tomatoes with garlic. Add to a blender with vegetable broth, salt, and pepper. Blend until smooth. Use in soups, sauces, or dips.

There are more than 10,000 varieties of tomatoes! Beyond the various sizes, there are many different varieties that are grown in a wide range of conditions.

UPLIFT U.S. Department of Agriculture

Whole Food
Profile

How to Use Whole Foods

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

TOMATO

Tomatoes are one of the world's most consumed vegetable crops. They are plentiful in the summer months, and are at their freshest from May through October in August.

Examples:

Chicken Tomato Bake, Tomato Basil Soup, Quinoa & Cherry Tomato Salad, Caprese Salad, Lasagna

UPLIFT U.S. Department of Agriculture

TIP! Consider using Tomatoes on the Vine (TOMATOES, FS ON THE VINE II, LB CS) through USDA Foods!

How to Use
Whole Foods

Research Rundown

Article:

Taste Exposure Increases Intake and Nutrition Education Increases Willingness to Try an Unfamiliar Vegetable in Preschool Children: A Cluster Randomized Trial

What did this study examine?

Taste Exposure: These out of five preschools noticed an increase in intake of the test vegetable over the intervention period. Most of the preschools reported that the intervention was easy to deliver and those four preschools also reported that children were engaged during the TE sessions.

Nutrition Education: Five out of the preschools reported that they believed that the implementation of the NE program had a difference in healthy lifestyle awareness and knowledge of the children. However, four out of the preschools reported that the program did not have any influence on improving children's healthy eating behaviors.

Key findings:

Taste Exposure: These out of five preschools noticed an increase in intake of the test vegetable over the intervention period. Most of the preschools reported that the intervention was easy to deliver and those four preschools also reported that children were engaged during the TE sessions.

Nutrition Education: Five out of the preschools reported that they believed that the implementation of the NE program had a difference in healthy lifestyle awareness and knowledge of the children. However, four out of the preschools reported that the program did not have any influence on improving children's healthy eating behaviors.

Put it into practice!

1. Keep the table measure results in mind. Serving an unfamiliar vegetable repeatedly increases their willingness to try new foods and will eventually lead to a more diverse, more open for new foods in the future.
2. Take note of children who are willing to try the new foods. Children who continue eating the new foods will continue to prove their confidence in consuming unknown and unfamiliar foods in the future.
3. Set the scene for successful intake. Nutrition education when serving a new food is critical to further increase their exposure to the target food. It's a key to the process of taking it from the table to the future.

UPLIFT U.S. Department of Agriculture

Research
Rundown

Comparing Greens

Leafy greens are tasty and nutritious! Learn about the most common greens to find the best option(s) for you!

Spinach

- Fast growing, cool weather vegetable
- High in insoluble fiber, which may boost health in several ways
- Mild taste and can be eaten raw or cooked

Cooked spinach is versatile and can be added to most recipes for a nutritious boost!

Kale

- Nearly member of the cabbage plant family
- Low in calories and is one of the most nutritious leafy greens available
- Versatile and boasts a nutty, earthy flavor

Good in salads, smoothies, pastas, stir fries and soups.

Arugula

- Can grow 6 to 12 inches tall when harvesting
- Nutrient dense green that is high in fiber and phytochemicals
- Mildly peppery, distinctive tasting green

Try using arugula in any salad that calls for baby spinach or watercress.

Swiss Chard

- Can grow in poor soil, water, and light
- High in antioxidants, which protect your body from free radicals
- Mildly sweet, yet slightly bitter flavor

Can be used like spinach, but requires slightly longer cooking because of its thicker texture.

Romaine Lettuce

- Easy to grow, and takes up little space
- Although low in fiber and calories, it's high in minerals
- Versatile and has a crispy, mild, sweet flavor

While romaine lettuce is most often consumed raw in salad, it's possible to cook it!

Iceberg Lettuce

- All in terms of volume produced in the U.S.
- Often thought to lack in nutrients, but has kale and is a good source of vitamin K
- Mild flavor with a firm, crunchy texture

Good for salads, shredded in soups, as a garnish, and on sandwiches.

UPLIFT U.S. Department of Agriculture

Nutrition
Knowledge
Fact Sheet

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

Reminder!

upLIFT Your Voice!

Remember to tell us how YOU upLIFT'ed your voice this month! ADE wants to spotlight your marketing and promotional efforts! Email Ashley.Kennedy@azed.gov with any stories, photos, examples or anything you are excited about!



Looking Ahead

Take a Break!

upLIFT will be taking a break in December 2023.

Have a wonderful holiday season and New Year! We will see you in January 2024!



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 Arizona Professional Learning Development (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 Meals with Scratch Cooking!](#)

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: [upLIFT Your Meals with Scratch Cooking!](#)
- Length: [0.5 hour](#)

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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 ADE Professional Learning Development (APLD) Account.

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

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