upLIFT

LEARN. INSPIRE. FEED. TEACH.

Webinar Series

# 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**

ARIZONA DEPARTMENT OF EDUCATION

# Meet Your Host

## Kim Ruiz, RDN

HEALTH AND NUTRITION SERVICES SPECIALIST

# Welcome!

upLIFT

LEARN. INSPIRE. FEED. TEACH.

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

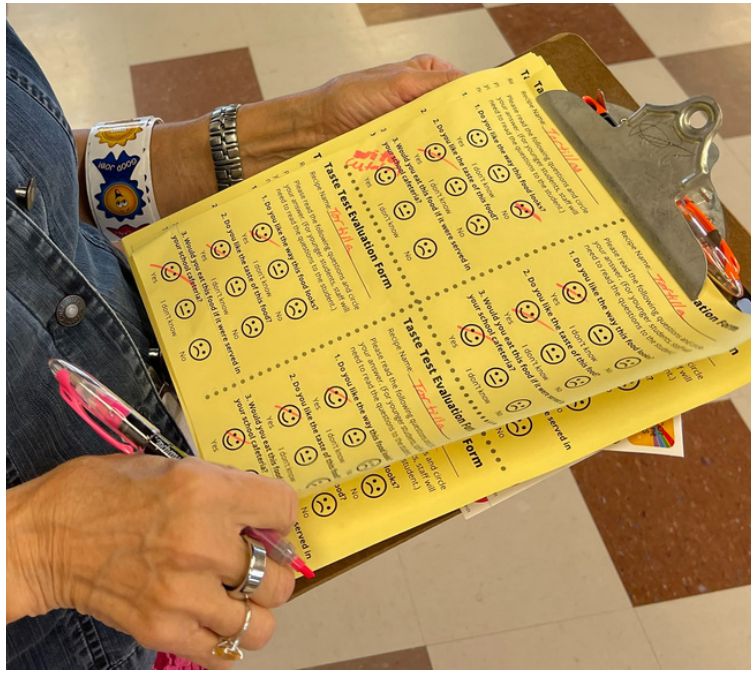
We want to expose students to O'odham and Piipaash languages and cultures through traditional foods used in a variety of recipes.

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

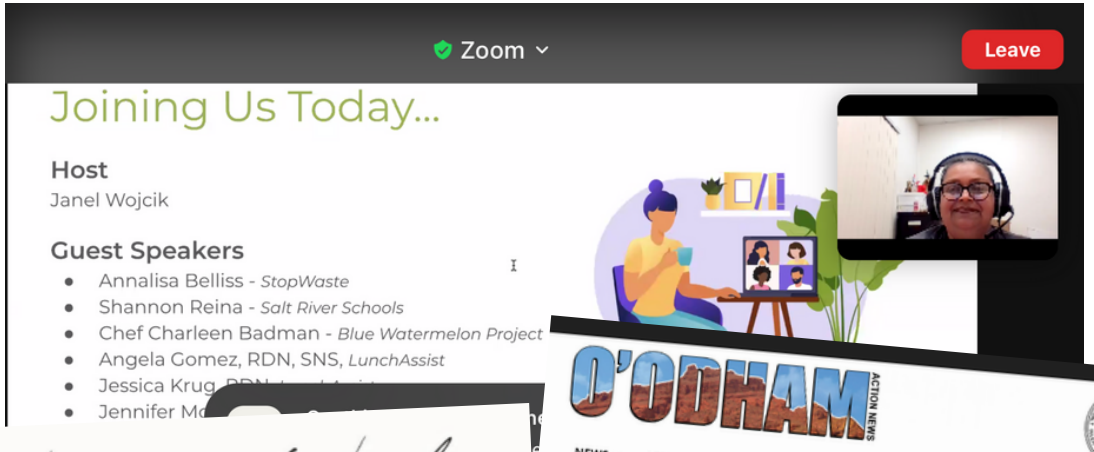


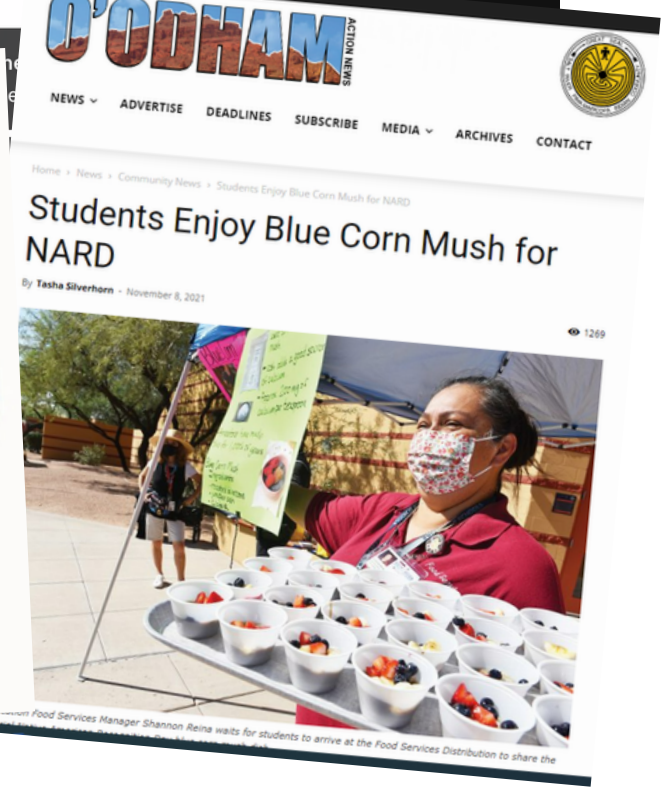
# Connection to Student Population: COMMUNITY

- Incorporating ancestral ingredients
- Blue Watermelon Project
- Kitchen Creations

**Sharing Recipes with the Community**

# Connection to Student Population: MEDIA





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 is 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.

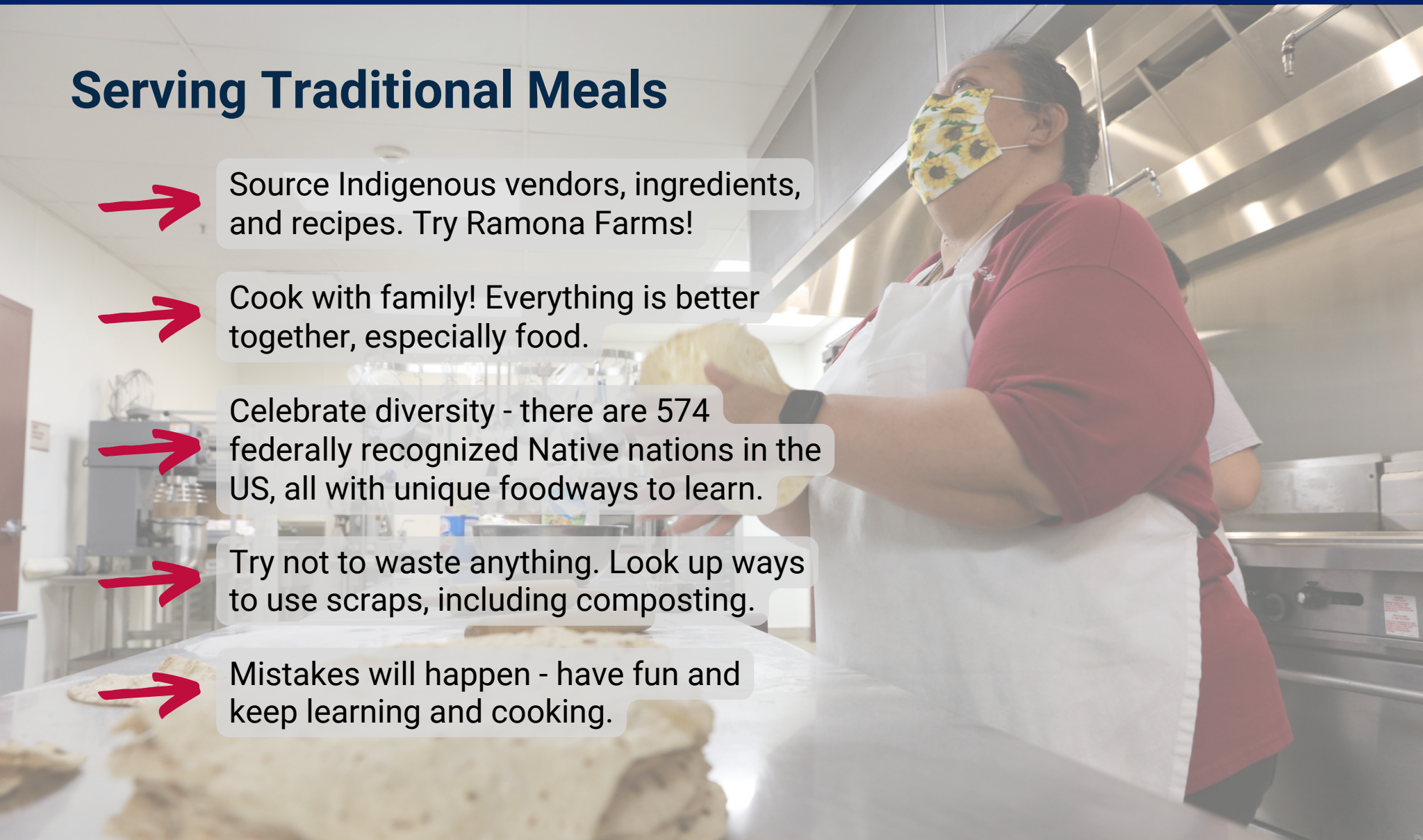
**Unfamiliar Foods:** Find good helpers to encourage participation.

**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**

**Salt River Schools**

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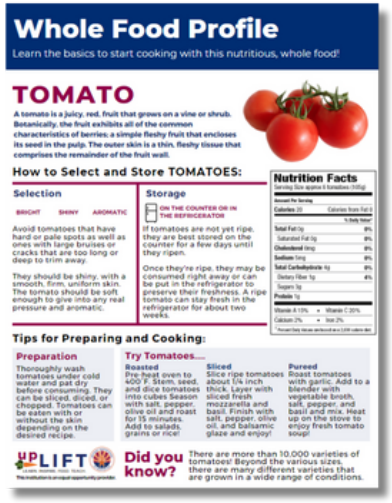
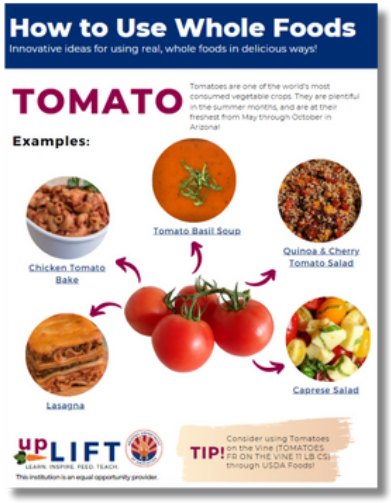
**www.SaltRiverSchools.org**

@SaltRiverSchools

# Resources




Whole Food Profile




How to Use Whole Foods


Research Rundown


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!

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# 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.

ARIZONA DEPARTMENT OF EDUCATION

# 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**

**Please Note:**

- **Attendees must document the amount of training hours indicated regardless of the amount of time 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 ADE Professional Learning Development (APLD) Account.**

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

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

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