Scratch Cooking and Menu Development

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Forward Food

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Escondido Union School District

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Escondido Union School District
ABOUT HSUS
the nation's largest and most effective animal protection organization
Leaving out the meat every now and then is good for you. In fact, it could help lower your cholesterol and reduce your risk for cardiovascular disease.

“The American Heart Association
10 Cancer Prevention Recommendations

- Maintain a healthy weight
- Move more
- Eat a plant-based diet
- Cut down on alcohol
- Eat less salt
- After treatment, cancer survivors should follow the cancer prevention recommendations
- If you can, breastfeed your baby
- Reduce red meat, avoid processed meat
- Supplements
- aicr.org

And always remember - do not smoke or chew tobacco.
10 Powerful Sources of Plant-Based Protein
Red Beans:
• Pinto
• Kidney
• Black

White Beans:
• Navy
• Great Northern
• Cannellini
• Garbanzo

Lentils

Soy Beans

Peas:
• Black Eyed
• Split
Decided against a tofu joke because it was tasteless.
**Popeye Pasta Bake**

*Using ProHealth Pasta (contributes to meat/meat alternate healthy, delicious, meat-free recipe for K-12 schools)*

**Process #2 – Same Day Service**

**YIELD:**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Weight</th>
<th>Measure</th>
<th>Weight</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prohealth Bean Pasta, Penne or Rotini, dry</td>
<td>3 lb 2 oz</td>
<td></td>
<td>6 lb 4 oz</td>
<td></td>
</tr>
<tr>
<td>Frozen spinach, thawed and drained</td>
<td>3 lb</td>
<td></td>
<td>6 lb</td>
<td></td>
</tr>
<tr>
<td>Tofu, firm</td>
<td>6 lb 14 oz</td>
<td></td>
<td>13 lb 12 oz</td>
<td></td>
</tr>
<tr>
<td>Sugar</td>
<td></td>
<td>¾ cup</td>
<td>1 ½ cups</td>
<td></td>
</tr>
<tr>
<td>Soy Milk</td>
<td></td>
<td>1 pint + 1 cup</td>
<td>1 quart + 1 pint</td>
<td></td>
</tr>
<tr>
<td>Lemon Juice</td>
<td></td>
<td>1 cup</td>
<td>2 cups</td>
<td></td>
</tr>
<tr>
<td>Garlic powder</td>
<td></td>
<td>1/8 cup</td>
<td>1/3 cup</td>
<td></td>
</tr>
<tr>
<td>Basil, fresh, minced OR Basil, dried</td>
<td></td>
<td>¾ cup</td>
<td>1 ½ cups (3/4 cup)</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td></td>
<td>¼ cup</td>
<td>½ cup</td>
<td></td>
</tr>
</tbody>
</table>
What’s New With Food?

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trends in food service that are here to stay
Consumers do still love meat, but many are also looking to get more plants into their diets. This study found that 88 percent of millennials were making plant-based foods a priority in their lives.
The Future
How can we change our food system for the better?

MADE FROM PLANTS!
How can we change our food system for the better?

Seattle Foods’ nuggets provide the same juicy taste and rich flavor as chicken nuggets with all the benefits of 100% plant-based ingredients. Easy to prepare, these satisfying, protein-rich nuggets are sure to be a crowd pleaser!

**100% Vegan/Vegetarian**
- No artificial colors
- Dairy, lactose, and egg-free

**Plant-based & Delicious**
- No cholesterol
- Good source of fiber

**Easy to Cook**
- Quick cooking time
- Hassle-free preparation

For sales information:
Brenna Taylor
brenna.taylor@seattlefoodtech.com
(206) 880-1365

**Seattle Foods Plant-based Nuggets**

**SUSTAINABLE, AFFORDABLE PLANT-BASED MEAT**

**PREPARATION**
Keep frozen. This is a raw product. Do not consume raw.
Preheat the oven to 320°F (160°C).
Place the frozen nuggets on the baking sheet and bake 10-15 minutes until golden brown and juices begin to appear.
Do not microwave. Follow cooking instructions precisely.

**NUTRITIONAL VALUES (PER 100G)**
- Calories: 300
- Total Fat: 13g
- Sodium: 480 mg
- Carbohydrates: 14g
- Protein: 19g
- Fiber: 3g

**INGREDIENTS**
- Water, sunflower oil, textured wheat protein, wheat protein, soy protein isolate, wheat flour, methyl cellulose, salt, cornstarch, flavoring (contains yeast extract), sucrose, starch, celery, carrot, paprika, ascorbic acid, garlic, rosemary extract, tocopherol-rich extracts, pepper, citric acid, calcium sulphate, sodium metabisulphite.
- Contains: Wheat, soy. Processed on equipment that also processes soy, milk, and nuts.

**PACKAGING**
Individual quick frozen (IQF) 5 lb bag (10 lb box)
Plant-based protein is growing almost, at this point, a little faster than animal-based, so I think the migration may continue in that direction.

Tom Hayes
CEO of Tyson Foods Inc.
The company has found extensive success in the US market, doubling sales in 2017 and increasing distribution of its portfolio to more than 27,000 grocery stores and restaurants.

Ethan Brown, Beyond Meat CEO
Our Planet

Environmental Impact
Which one of these contributes more to Global Warming?

It's not the one that starts a car.

According to the United Nations Food and Agriculture Organization, animal agribusiness contributes to global warming even more than transportation does. Reducing the amount of meat, eggs, and dairy products in your diet is one of the most effective ways to reduce greenhouse gas emissions. Find out more about farm animal welfare, factory farming's environmental impacts, and what you can do to help.

THE HUMANE SOCIETY
OF THE UNITED STATES
Water

It takes a lot of water to raise livestock
Water Used for Food

♦ = 25 gallons of water

Wheat = 25 gallons
Soy = 250 gallons
Beef = 2,646 gallons
200+ Schools and Districts

Eating Healthy Every Day!
We have been doing veg Tuesdays all this month and it has been great!
Impact

Our partnerships are helping people eat healthier, lightening our footprint on the environment and saving animals lives.
By choosing to use potatoes and carrots instead of dairy products, you can save 20¢ per 4oz. serving!
By choosing to use chickpeas instead of tuna, you can save 42¢ per 3oz. serving!
By choosing to use hearts of palm instead of lump crab meat, you can save $8.34 per 3oz. serving!
Next up: Anna and Dawn from ESCONDIDO UNION S.D.
Our Fearless Leader and Logo
What We Do In Escondido

- California Food For California Kids - Everyday of the week.
- School Gardens - Our sites harvest is served in cafeteria salad bars.
- Farm to School - Local growers; 75% of product comes from San Diego area.
- Harvest of the Month – H.O.T.M.
- Preschool Pacing Calendar
- Composting/Recycling Program
- Bean of the Month - Collaboration with the “Queen Bean”, Barbara Gates of “Lean and Green Kids
- Farmers Market
- Daily Food Donations - Starting this 2019/2020 S/Y all 23 sites.
- Good Food Showcase Involvement – Connecting growers with schools, restaurants and institutions. We utilize the education resources at the U.C.S.D. School Wellness web-site.
Farm to School/Good Food Showcase
Our Gardens
Lincoln Elementary
Hydroponic Garden
Sundial Farm, Vista
Sundial Farm
Veteran Owned/Operated
Partnership with Sundial Farm

SY 2018/2019 Facts

- Red and Green Butter Lettuce - 5,990 pounds combined
- Red Salanova - 460 pounds
- Caesar Salad on our Salad Bar - 3,830 pounds of
- Basil - 475 pounds of basil for our scratch made items
Portable Hydroponic Set-up
Ms. White's Classroom
Education Lesson
Ms. White's 1st/2nd Grade
## Local Farm Purchases

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>QUANTITY \ CASE PACK</th>
<th>LOCAL FARM</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guavas</td>
<td>42 cases\ 20lb. Case</td>
<td>Dianna Mann Ranch, Fallbrook, CA.</td>
<td>$1,323.00</td>
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<tr>
<td>Oranges</td>
<td>2500 cases\ 40lb. Case</td>
<td>Gibbs Properties, Valley Center, CA    El Cidro Ranch, Valley Center, CA</td>
<td>$38,750.00</td>
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<tr>
<td>Kumquats</td>
<td>300 cases\ 10 lb. case</td>
<td>David Divine Ranch, Fallbrook, CA. Sahu Tropical Farm, Fallbrook, CA.</td>
<td>$8,250.00</td>
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<tr>
<td>Fuyu Persimmons</td>
<td>293 cases\ 20lb. case</td>
<td>Sahu Tropical, Fallbrook, CA. Tepa Farms, Fallbrook, CA</td>
<td>$21,885.00</td>
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<tr>
<td>Mushrooms Fresh</td>
<td>190 lbs.\ 5lb. Case</td>
<td>Mountain Meadow Mushroom Farm, Escondido, CA</td>
<td>$304.95</td>
</tr>
</tbody>
</table>

**Total Usage**
- **3,229 CASES**
- **107,970 LBS.**

**Total**
- **$70,512.95**
This is why we are all here today
California Food for California Kids
Rock Springs Elementary
Production Line - Southwest Chix Salad
Asian Chix or Tofu Salad
Sriracha Tuna Tostada
Staff Assembling at Their Site
Fish Taco Tray
Sampling
Promoting Within
Promoting Within

NEW! ENJOY TODAY
I'm so Yummy &
Nachos carnitas
Harvest Month
Fingerlings potatoes
Nutrition Services Quarterly Newsletter

NUTRITION SERVICES
ALL NEW QUARTERLY NEWSLETTER

April 2019
EUSD KIDS

2,528,227
Meals Served Since
First Day of School!

Starting February 2019, Nutrition Services is proud to present an All New Quarterly Newsletter! We hope to showcase our innovative menu offerings, upcoming nutrition events and spread the news to get people excited about all the great things we do for our EUSD students.

START YOUR ENGINES
MARCH 4TH – 8TH

Based on the success of the first week of March, this year’s “Racing” theme was a hit for all ages. We hope it was a memorable learning experience for students. NSBW is a national event that focuses on the importance of eating a healthy breakfast every day. EUSD school breakfast menus debuted new items, one new item was released each day during the week with the Grand Prix Parfait as the clear favorite. In addition to all the fun Racing themed decorations that the kitchen staff decorated the serving area with, each student who participated in school breakfast during NSBW was offered a Bookmark Ruler to keep.

Nutrition Services was also excited to give away four autographed posters of motor sport athletes.

ADVOCATING AT LAC 2019

This year EUSD was lucky enough to have three Nutrition Staff attending Legislative Action Conference (LAC) 2019 both in Sacramento and Washington D.C. LAC 2019 happens both at the state level and national level. Director Golf Bosshard and two staff members who won scholarships to attend went to Sacramento for three days at the end of January and lobbied state legislators for support of student nutrition and advocated for program needs. They also attended the 47th Annual LAC national conference in Washington D.C. for four days at the end of February where they lobbied Capitol Hill.

SIRIACHA TUNA

EUSD Nutrition Services strives to develop delicious and healthy menu items that students can get excited about while staying within USDA nutrition standards. Production Kitchen Manager, Anna Mazzone, created such an amazing recipe for a Siracha Tuna Tostada that Sunbird Tuna took notice and is launching it’s own line of Siracha flavored Tuna Creations.

HIRING EVENT

We held a hiring event on February 1st. There was a great turn out with more than 20 people attending. We hope to fill some of the 11 open USDA positions as well as hire more staff to help cover some of the long term absences. We want to take this opportunity to say a special Thank You to everyone who has stepped up and worked extra hours, we appreciate all your dedication and hard work.

NUTRITION SERVICES OUT AND ABOUT

Nutrition Services will be at the Grand Avenue Festival on Sunday, May 20th from 9:00am – 3:00pm. Be sure to stop by to learn about hidden sugars in your drink, and the benefits of healthy snacking. Look for our Blue Nutrition Services Pop-up tent.
New 2019/2020

• Scratch Made Wraps
It's All in the Presentation
Grab and Go
Shrimp “Ceviche Tostada”
“Nutella Crazy”
Our Incredible, Awesome Production Staff
Marinara Sauce
Say Cheese
Interns
Thank You