

# Elevating the Lunch Lady Part 2

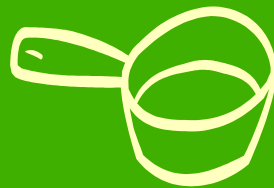
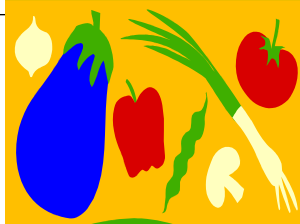


By:  
Joyce Peters, MS, RD  
Nori Grossmann, MPH, RD

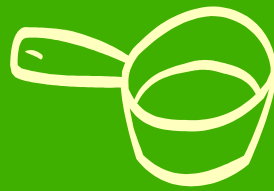
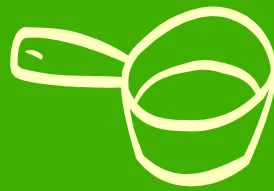
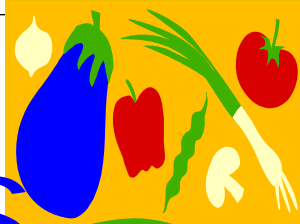
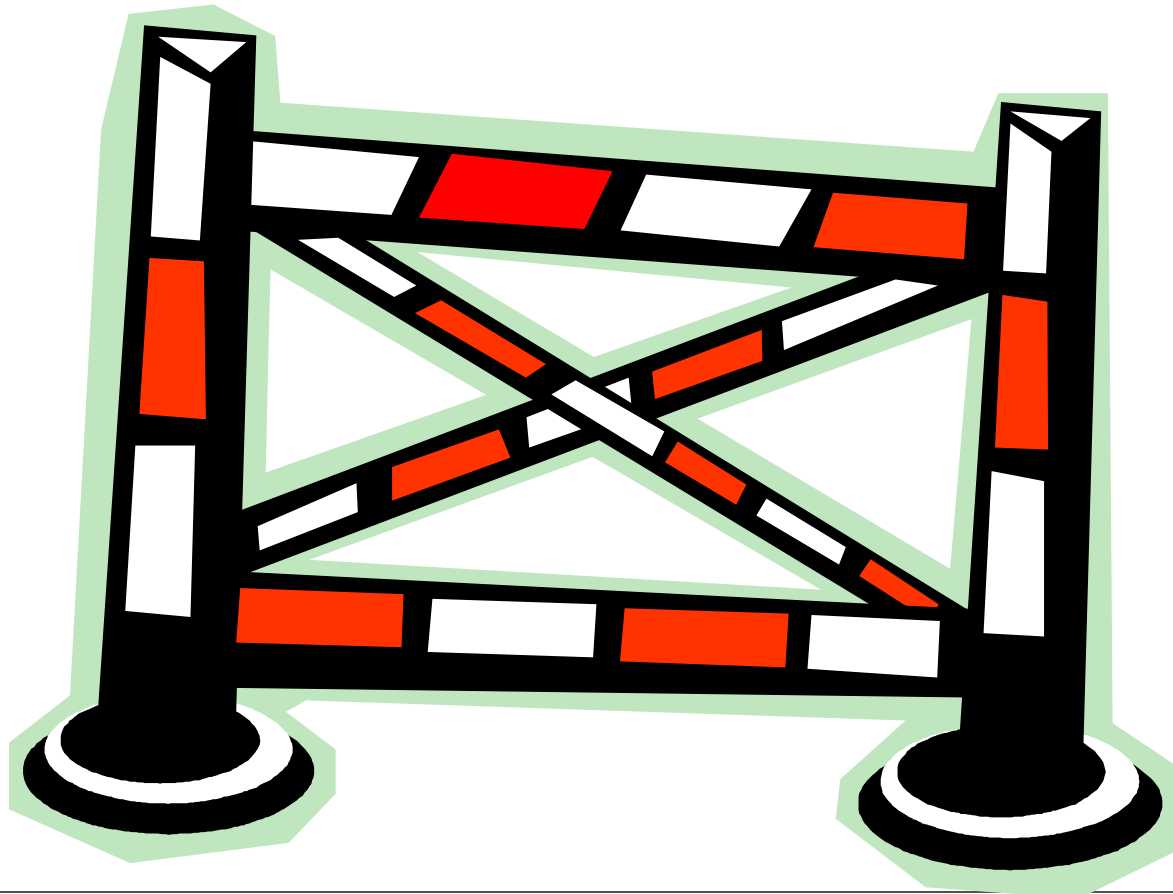
# Learning Objectives

I identify 2 benefits of engaged food service workers (FSWs)

Name 2 ways to increase FSWs capacity as nutrition educators

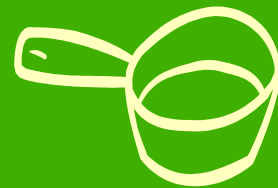
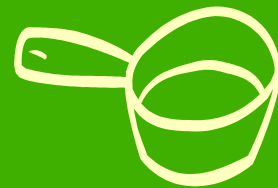
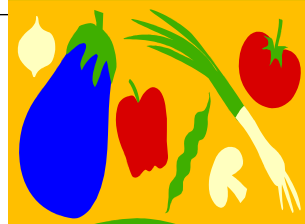


# Barriers for FSW's as Nutrition Educators

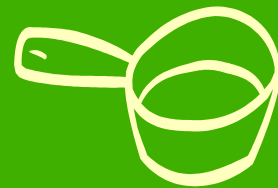
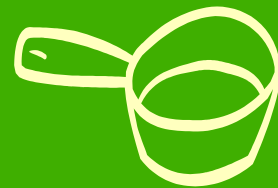
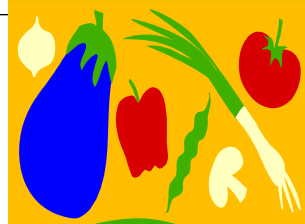


# OUSD Strategies

1. Recognition
2. Employee health
3. Professional development
4. Cafeteria-Classroom connection
5. Farm to Classroom connection
6. Competition
7. Menu for Nutrition Education
8. Collaboration
9. Showcase hidden talents





# FSW Training



# Oakland Unified School District    **OCTOBER 2013**    **Elementary Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> BBQ Chicken Sandwich Garden Burger w/ Cheese (V)(WG) Witchy White Nectarine Devilish Deli Roasted Potatoes	<b>2</b> <b>PIZZA DAY</b> Cheese Pizza (WG) Pepperoni Pizza (WG) Pretend Peach Costumed Carrots Graham Crackers	<b>3</b> Lasagna (WG) Sunbutter Sandwich (V)(WG) Nighttime Nectarine Collard Greens from the Crypt	<b>4</b> Chicken Chow Mein Veggie Chow Mein (V) Phantom Pluot Eerie Edamame Beans
<b>7</b> <b>MEATLESS MONDAY</b> Chili (V) w/ Biscuit (WG) Chili Baked Potato (V) w/ Roll (WG) Freaky Fuji Apple Cackling Corn	<b>8</b> Cheese Burger (WG Bun) Garden Burger w/ Cheese (WG)(V) Poltergeist Pear Devilish Deli Roasted Potatoes	<b>9</b> <b>PIZZA DAY</b> Cheese Pizza (WG) Pepperoni Pizza (WG) Ghoulish Granny Smith Apple Costumed Carrots	<b>10</b> Oven Baked Drumstick Sunbutter Sandwich (V)(WG) Ghastly Grapes Boo! Broccoli Slaw	<b>11</b> Professional Development Day <b>No School for Students</b>
<b>National School Lunch Week! Don't forget to enter the art contest featuring "My favorite California foods".</b>				
<b>14</b> <b>MEATLESS MONDAY</b> Grilled Cheese (V)(WG) Sunbutter Sandwich (WG)(V) Freaky Fuji Apple Batty Baked Beans	<b>15</b> Turkey Pizza Pocket Garden Burger w/ Cheese (V)(WG) Poltergeist Pear Cauldron of Peas & Carrots Graham Crackers	<b>16</b> <b>PIZZA DAY</b> Cheese Pizza (WG) Pepperoni Pizza (WG) Ghoulish Granny Smith Apple Harvest of the Month: Chilling Cucumber & Tomato Salad	<b>17</b> Turkey Sausage & Penne Pasta (WG) Penne Pasta & Marinara Sauce (V) Ghastly Grapes Costumed Carrots	<b>18</b> Chicken Quesadilla (WG) Cheese Quesadilla (V)(FP) Poltergeist Asian Pear Boo! Fresh Broccoli
<b>21</b> <b>MEATLESS MONDAY</b> Grilled Cheese (V)(WG) Sunbutter Sandwich (WG)(V) Yogurt (V) Freaky Fuji Apple Batty Baked Beans	<b>22</b> Beef Hot Dog (WG Bun) Garden Burger w/ Cheese (V)(WG) Poltergeist Pear Devilish Deli Roasted Potatoes	<b>23</b> <b>PIZZA DAY</b> Cheese Pizza (WG) Pepperoni Pizza (WG) Ghoulish Granny Smith Apple Costumed Carrots	<b>24</b> <b>CALIFORNIA THURSDAY</b> Chorizo w/ Greens (FP) Cheese Quesadilla (V)(FP) Ghastly Grapes Harvest of the Month: Crazy Cucumber Slices	<b>25</b> Beef & Broccoli w/ Rice (WG) Tofu & Broccoli w/ Rice (V) Poltergeist Asian Pear Boo! Fresh Broccoli
<b>28</b> <b>MEATLESS MONDAY</b> Bean & Cheese Tamale (V) Wheat Berry & Black Bean Salad (V) Graveyard Gala Apple Cackling Corn	<b>29</b> Cheese Burger (WG Bun) Garden Burger w/ Cheese (WG)(V) Poltergeist Pear Devilish Deli Roasted Potatoes	<b>30</b> <b>PIZZA DAY</b> Cheese Pizza (WG) Pepperoni Pizza (WG) Ghoulish Granny Smith Apple Costumed Carrots	<b>31</b> <b>HAPPY HALLOWEEN!</b> BBQ Chicken Drumstick w/ Roll (WG) Stuffed Baked Potato w/ Roll (WG) Ghastly Grapes RIP Roasted Butternut Squash	<div style="border: 1px solid black; padding: 5px;"> <b>Prices:</b>                      Full Price    \$2.25                      Reduced       \$0.40                      Free             \$0.00                      Milk w/o Meal \$0.40                 </div>

Oakland elementary schools are "meatless" on Mondays!

OAKLAND UNIFIED SCHOOL DISTRICT

Community Schools, Thriving Students

Menu subject to change based on availability.  
 We serve 1% and Nonfat White Milk daily and Nonfat Chocolate Milk on Mondays. All milk is locally sourced and rBST hormone free.  
 At least half of the grains we serve are whole grains.  
 We serve a fresh fruit and vegetable every day

(WG) Whole Grain  
 (LF) Low Fat (P) Pork  
 (L) Lower Fat Poultry  
 (V) Vegetarian  
 (GF) Gluten Free  
 (FP) Freshly prepared in one of our central kitchens using a recipe designed by OUSD staff.

**NUTRIENT TARGETS**

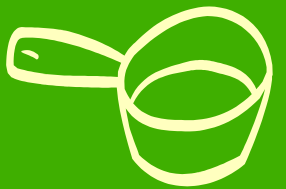
Calories	550-650
Total Fat	<30%
Saturated Fat	<10%
Cholesterol	<100 mg
Sodium	<1230 mg
Fiber	6 g

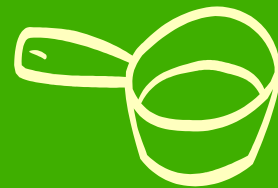
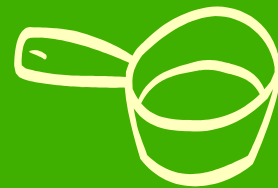
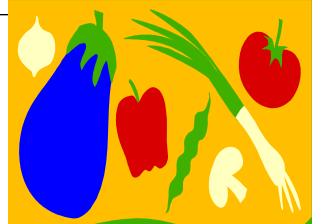
**NUTRIENT AVERAGES**

Calories	591
Total Fat	26.4%
Saturated Fat	8.6%
Cholesterol	45 mg
Sodium	929 mg
Fiber	10.5 g



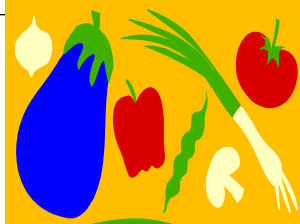
Students: Please remember that you may choose whichever entree and sides you like, but at least one of your choices must be a fruit or vegetable.



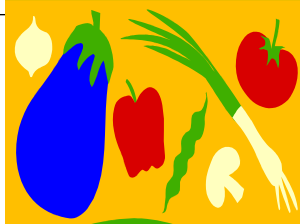




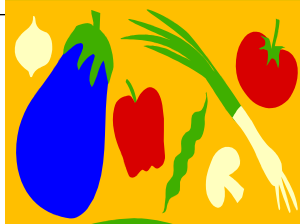
# Other ways FSWs involved...



# Video clip



# FSW classroom pilot

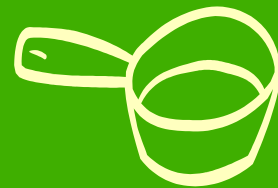
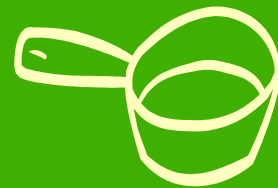
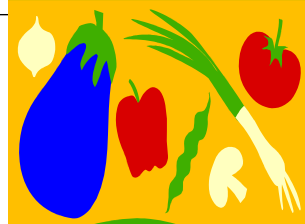


# Purpose

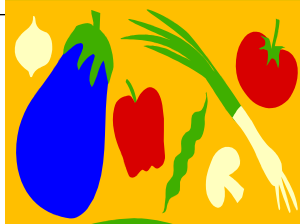
FSWs be nutrition educators

How?

- Practice presentation skills
- Learn basic nutrition education
- Establish relationships with teachers and students



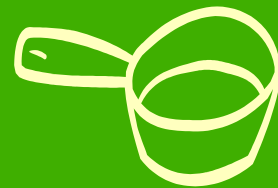
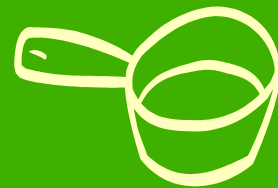
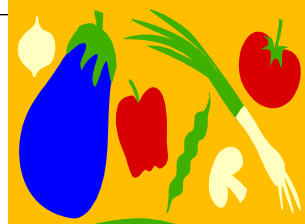
# Planning



# Implementation



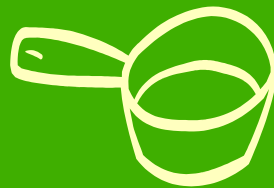
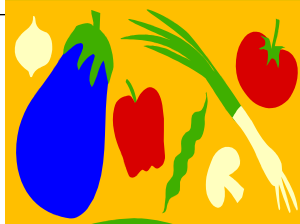
3<sup>rd</sup> grade classes in 4 schools received 3 months of basic nutrition education and food demonstration s by FSWs



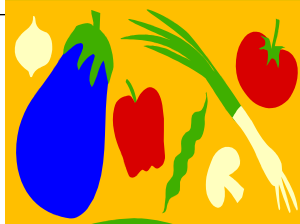
# FSW comments

“One of the kids shared that he made the coleslaw recipe for his mom on mother’s day”

“Kids ate all of the coleslaw and wanted 2nds and 3rds!”



# Results of FSW

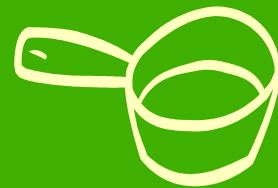
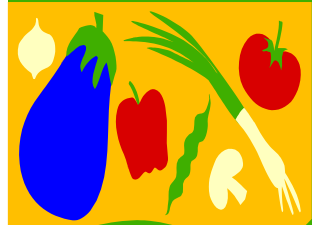
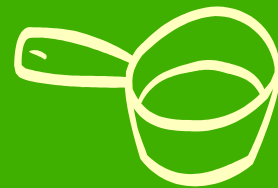
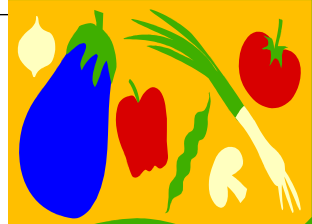




# Results of Teachers



- Improved attitude toward FSW
- Improved perception of relevance of nutrition education in the classroom
- Improved perception of students' relationship with FSW



# Results of students



# Recommendations

1. Action-oriented training
2. Class observations to provide FSWs immediate feedback
3. Minimize paperwork
4. Important to celebrate and recognize achievements

