

# GOING GARBANZO!



**THE HUMANE SOCIETY**  
OF THE UNITED STATES



ABOUT HSUS

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# POWERING UP

with

# PLANT-STRONG ENTREES



**THE HUMANE SOCIETY**  
OF THE UNITED STATES

# WHY?

trends in the United States

# Plant-based options boost creativity

## Making vegan a main attraction

By **Andrea Strong**

It's not surprising that more people are choosing to increase their intake of plant-based foods while cutting down on meat. Health professionals and environmentalists alike have warned of the harmful effects of excessive meat consumption—both to the body and the planet—including the World Health Organization's October announcement [linking processed meats to colorectal cancer](#).

Consumers are listening. [Technomic's 2015 Seafood & Vegetarian Consumer Trend Report](#) noted 26 percent of respondents said they were eating more vegetarian items than the previous year, 30 percent of whom were millennials or members of Gen Z.

Although colleges and universities have long offered [vegan choices](#), the segment is upping its game. At [Yale University](#), only 2.5 percent of the 4,600 undergrads identifies as vegan, but the school's efforts to create plant-based meals far exceed what's required to feed that small minority. The movement toward a plant-based menu is part of the university's overall Health and Wellness Initiative, a program that emphasizes food that is good for diners, sustainable and plant-based.



### RELATED CONTENT

**Madison Square Garden to go vegan for a concert** 5/1/2015

**University sticking with the meats faulted by**

## S.C. school district reduces food costs by instituting 'meatless Mondays'

The Calhoun County School District Food Services' 'Meatless Mondays,' which was instituted last year, has reduced food costs while at the same time continued to ensure balanced meals for students and staff, the program's supervisor recently reported.



Whittaker Williams, Food Services director, updated the Calhoun County School Board on the program for fiscal year 2014-2015 at its July meeting.

Whittaker also noted that programs have been instituted to improve services, including "Farmers to Schools," which provides local produce to schools in the district, and "Chefs to Schools," which brings chefs in to visit the schools.

The district is also providing a fresh fruit and vegetable program, is serving breakfast in the classrooms without interfering with instruction time and is partnering with Starbucks and U.S. Foods, Whittaker said.

In addition, he reported that he will begin catering on and off campus.

Source: The Times and Democrat

**READ THE FULL ARTICLE**



## 2015's top menu stories

By Patricia Cobe

FOODSERVICE DIRECTOR

# FoodService Director

### Vegan went mainstream

College dining venues had long featured vegan stations, but nods to flexitarian dining became noticeable in business-and-industry, healthcare and senior-living settings as well. "Meatless Mondays" and the push for moving veggies to the center of the plate swayed operations also to provide more vegan options more often.

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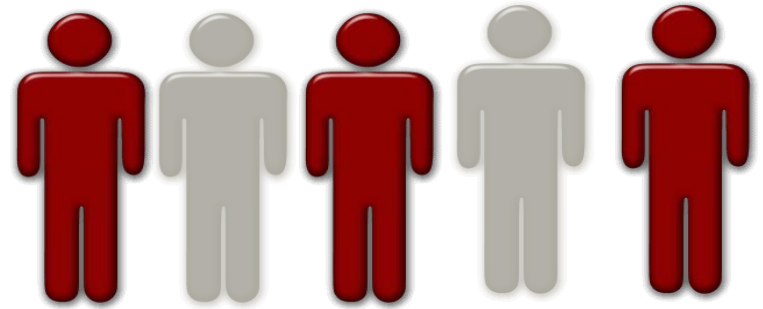
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# TECHNOMIC

INC.

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3/5



**of Americans consume meals without beef, pork, chicken or turkey at least once a week.**

# 14 hot food trends for 2016

Bret Thorn

Nov 6, 2015

NATION'S  
*Restaurant News*

“

Vegetables are the  
hero this year.



1 of 14

Share Image



## “Go veg or go home”

“Vegetables are the hero this year,” Freeman said, and that doesn't necessarily mean vegetarian or vegan. Vegetable portions are rising and meat portions are shrinking — something many Millennials see as being gentler on the planet.

“People want less animal protein and are requesting that veggies are ramped up to their fullest creative potential,” Freeman said, noting that Bon Appétit magazine's restaurant of the year went to Al's Place in San Francisco, where meat dishes are served as sides.

## Fruit and vegetable intake among adolescents and adults in the United States: percentage meeting individualized recommendations

Kimmons J<sup>1</sup>, Gillespie C, Seymour J, Serdula M, Blanck HM.

Abstract

CONCLUSION: Few

American adolescents or

adults reported consuming

the recommended

amounts of fruits or

vegetables.

CONTEXT: Fruit and vegetable intake is an important part of a healthy diet and is associated with numerous positive health outcomes. MyPyramid provides recommendations for fruit and vegetable consumption based on individual calorie requirements as determined by an individual's age, sex, and physical activity level.

OBJECTIVES: To determine (1) median fruit and vegetable consumption from all dietary sources among adolescent and adult consumers and the percentage of adolescents and adults meeting individual recommended intake levels based on caloric requirements and (2) consumption levels among various demographic groups, intake levels from subtypes of fruits and vegetables, and primary contributors to fruit and vegetable intake.

DESIGN: Analysis of 2-day, 24-hour recall data from the 2003-2004 National Health and Nutrition Examination Survey (NHANES), a continuous, nationally representative survey.

RESULTS: This study included dietary contributions of fruits and vegetables from all dietary sources. Fewer than 1 in 10 Americans meet their calorie-specific MyPyramid fruit or vegetable recommendations. Higher intake was not observed in subgroups with higher recommendations for fruit and vegetable consumption. The primary contributors to total fruit intake were whole fruits among adults and fruit juices among adolescents. The largest single contributor to overall fruit intake was orange juice. Potatoes dominated vegetable consumption, particularly among adolescents, in whom fried potatoes increased the median vegetable intake from 0.72 cup to 1.21 cups per day. Dark green and orange vegetables accounted for a small portion of vegetable intake, and few people met the recommendations.

CONCLUSIONS: Few American adolescents or adults reported consuming the recommended amounts of fruits or vegetables. Increasing consumption will probably require multifaceted approaches that augment educational campaigns with policy and environmental strategies aimed at the food system at large, from farm to plate, including schools, worksites, and retail establishments. Increasing America's fruit and vegetable consumption is an important public health strategy for weight management and reduction of risk for chronic disease.

**“Nationally, 37.7% of adults consume fruits less than one time a day.”**

**- State of Obesity Report**





**“Nationally, 22.6% of adults consume vegetables less than one time a day.”**

**- State of Obesity Report**











# Meat consumption and prospective weight change in participants of the EPIC-PANACEA study<sup>1-3</sup>

Anne-Claire Vergnaud, Teresa Norat, Dora Romaguera, Traci Mouw, Anne M May, Noemie Travier, Jian'an Luan, Nick Wareham, Nadia Slimani, Sabina Rinaldi, Elisabeth Couto, Françoise Clavel-Chapelon, Marie-Christine Boutron-Ruault, Vanessa Cottet, Domenico Palli, Claudia Agnoli, Salvatore Panico, Rosario Tumino, Paolo Vineis, Antonio Agudo, Laudina Rodriguez, Maria Jose Sanchez, Pilar Amiano, Aurelio Barricarte, Jose Maria Huerta, Teresa Tena-Sempere, Keya Hemkens, Bas Bueno-de-Mesquita, Frederike L Büchner, Philomena Orfanos, Androniki Naska, Antonia Trichopoulou, Sabine Rohrmann, Silke Hermann, Heiner Boeing, Brigitte Kesse, Ingegerd Johansson, Veronica Hellstrom, Jonas Manjer, Elisabet Wirfält, Marianne Uhre Jakobsen, Kim Overvad, Anne Tjønneland, Jytte Halkjaer, Eiliv Lund, Tonje Braaten, Dagrun Engeset, Andreani Odysseos, Elio Riboli, and Petra HM Peeters

“Conclusion: Our results suggest that a decrease in meat consumption may improve weight management.”

## ABSTRACT

**Background:** Meat intake may be related to weight gain because of its high energy and fat content. Some observational studies have shown that meat consumption is associated with weight gain, but intervention studies have shown mixed results.

**Objective:** Our objective was to assess the association between consumption of total meat, red meat, poultry, and processed meat and weight gain after 5 y of follow-up, on average, in the large European population-based EPIC-PANACEA project.

**Design:** A total of 170,348 women aged 25–70 y were recruited between 1992 and 2000 in 10 European countries. Diet was assessed at baseline with the use of country-specific validated questionnaires. A dietary calibration study was conducted in a representative subsample of the cohort. Weight and height were measured at baseline and self-reported at follow-up in most centers. Associations between energy from meat (kcal/d) and annual weight change (g/y) were assessed with the use of linear mixed models, controlled for age, sex, total energy intake, physical activity, dietary patterns, and other potential confounders.

**Results:** Total meat consumption was positively associated with weight gain in men and women, in normal-weight and overweight subjects, and in smokers and nonsmokers. With adjustment for es-

a major public health concern, the European Prospective Investigation into Cancer and Nutrition–Physical Activity, Nutrition, Alcohol, Cessation of Smoking, Eating Out of Home and Obesity (EPIC-PANACEA) project aims to identify its predictors with the use of a large sample of European individuals with different dietary habits and lifestyles and large variation in obesity prevalence.<sup>1,2,3,4</sup>

Mainly because of its high energy density and fat content, meat consumption has been considered a determinant of weight gain (2–8). On the other hand, it has been suggested that a high protein diet may have potential beneficial effects because of increased satiety and thermogenesis (9). Some intervention

<sup>1</sup> From the Department of Epidemiology and Biostatistics, School of Public Health, Imperial College London, London, United Kingdom (A-CV, TN, DR, TM, PV, ER, and PHMP); Julius Center for Health Sciences and Primary Care, University Medical Center Utrecht, Utrecht, Netherlands (AMM and PHMP); National Institute for Public Health and the Environment (RIVM), Bilthoven, Netherlands (AMM, BB-de-M, and FLB); Unit of Nutrition, Environment and Cancer, Catalan Institute of Oncology, IDIBELL, Barcelona, Spain (NT and AA); Medical Research Council, Epidemiology Unit, Institute of Metabolic Science, Cambridge, United Kingdom (JL and NW); International Agency for Research on Cancer (IARC-WHO), Lyon, France (NS, SR, and EC); Institut National de la Santé et de la Recherche Médicale (INSERM), ERI 20, EA 4045 (EC-C, M-CB-R, and VC); Institut Gustave Roussy, Villejuif, France

“

When it comes to American health, the research shows one thing very clearly:

We all need to eat more plants and less meat.





“

The future of health care will involve an evolution toward a paradigm where the prevention and treatment of disease is centered, **not on a pill or surgical procedure, but on another serving of fruits and vegetables.**

“

“A pro-vegetarian diet that emphasizes a higher proportion of plant-based foods compared to animal-based foods may help lower the risks of dying from heart disease and stroke by up to 20 %.

**American Heart  
Association**







Use Meatless Mondays  
as another opportunity  
to eat a well-balanced  
diet.

**American Heart  
Association**







**OXFAM**  
International

“

The reality is that it takes massive amounts of land, water, fertilizer, oil and other resources to produce meat, significantly more than it takes to grow other nutritious and delicious kinds of food.



“

If Americans

reduced meat

consumption by just 20

percent,

it would be as though we all switched

from a sedan to a hybrid.

# MEATLESS MONDAY

• JOIN THE MILLIONS •



# UNITED STATES FOOD ADMINISTRATION







**JOHNS HOPKINS**  
**BLOOMBERG**  
SCHOOL of PUBLIC HEALTH

# WHO?



**“Go Meatless  
on Mondays!”**

**Good for You. Good for the Planet.**

For more information visit [EscambiaHealth.com](https://EscambiaHealth.com)



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*Eating Healthy Every Day!*



I'm in.

DETROIT  
PUBLIC  
SCHOOLS

Novato Unified School District  
Food and Nutritional Services



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# ENGAGING YOUR CUSTOMER







# Marketing Vegetables in Elementary School Cafeterias to Increase Uptake

Andrew S. Hanks, PhD,\* David R. Just, PhD,† and David R. Just, PhD,†

“

...in schools decorated

**OBJECTIVES:** Children do not eat enough servings of vegetables. Effective interventions encouraging this behavior. The purpose of this research was to measure the impact that daily exposure to branded vegetable characters has on vegetable selection among boys and girls in elementary schools.

**METHODS:** In a large urban school district, 10 elementary schools agreed to participate in the study. They were randomly assigned to a control condition or 1 of 3 treatment conditions: (1) a vinyl banner displaying vegetable characters that was placed in the base of the salad bar; (2) short television segments with health education delivered by vegetable characters; or (3) a combination of the vinyl banner and television segments. We collected 22 206 student-day observations over a 6-week period by tallying the number of boys and girls taking vegetables from the school's salad bar.

**RESULTS:** Results show that 90.5% (from 12.6% to 24.0%;  $P = .04$ ) more students took vegetables from the salad bar when exposed to the vinyl banner only, and 239.2% (from 10.2% to 34.6%;  $P < .001$ ) more students visited the salad bar when exposed to both the television segments and vinyl banners. Both boys and girls responded positively to the vinyl banners ( $P < .05$  in both cases).

**CONCLUSIONS:** Evidence from this study highlights the positive impact of branded media

with the banners alone, abstract

90.5 percent more students

took vegetables.



# Marketing Vegetables in Elementary School Cafeterias to Increase Uptake

Andrew S. Hanks, PhD,\* David R. Just, PhD,\* Adam Brumberg, BS\*



And where both the

banners and the TV

advertisements were used,

the number of students

taking vegetables increased

by 239.2 percent.

**OBJECTIVES:** Children do not eat enough servings of vegetables, underscoring the need for effective interventions encouraging this behavior. The purpose of this research was to measure the impact that daily exposure to branded vegetable characters has on vegetable selection among boys and girls in elementary schools.

**METHODS:** In a large urban school district, 10 elementary schools were randomly assigned to a control condition or 1 of 3 treatment conditions: (1) a vinyl banner displaying vegetable characters that was fastened around the base of the salad bar; (2) short television segments with health education about vegetables; or (3) a combination of the vinyl banner and television segments. We collected 22 206 student-day observations over a 6-week period by tallying the number of boys and girls taking vegetables from the school's salad bar.

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**CONCLUSIONS:** Evidence from this study highlights the positive impact of branded media

UP HERE

Have a healthy Monday. Go meatless.

MEATLESS  
MONDAY











Mo	Tu
MEATLESS MONDAY <sup>2</sup>	









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# MEATLESS MONDAY

· JOIN THE MILLIONS ·

*Countless Americans are choosing  
to cut back on meat. Here's why....*







# LOOK AND FEEL GREAT

Taking a holiday  
from meat one day  
a week is a great  
way to look and feel  
better, save precious  
natural resources and  
spare animals from  
factory farms.



THE HUMANE SOCIETY  
OF THE UNITED STATES



# HELP THE PLANET

Taking a holiday  
from meat one day  
a week is a great  
way to look and feel  
better, save precious  
natural resources and  
spare animals from  
factory farms.

## MEATLESS MONDAY



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# MEATLESS MONDAY

• JOIN THE MILLIONS •



try a  
veggie burger...  
MEAT-FREE!



Post your  
meat-free pic!  
#meatlessmonday

LAURA MARANO FOR



THE HUMANE SOCIETY  
OF THE UNITED STATES

[humanesociety.org/meatfree](http://humanesociety.org/meatfree)

PHOTO BY SUZANNE WONG/GETTY IMAGES





# MEATLESS MONDAY

· JOIN THE MILLIONS ·

[humanesociety.org/meatfree](http://humanesociety.org/meatfree)

*Start your  
week off right!*

*xo,  
Holland*

Get a free weekly  
Meatless Monday  
recipe sent right to  
your phone!

**Text DELISH to 30644**

*(message & data rates may apply)*

Holland Roden for



**THE HUMANE SOCIETY**  
OF THE UNITED STATES

A close-up portrait of Daniella Monet, a young woman with long, wavy brown hair, looking directly at the camera with a slight smile. She is wearing a denim shirt. The background is dark and out of focus.

# JOIN ME IN THE **MEATLESS MONDAY** MOVEMENT!

**Eating meat-free  
meals even one day a  
week makes a huge  
difference for animals,  
the environment and  
your health.**

[humanesociety.org/meatlessmonday](http://humanesociety.org/meatlessmonday)

Daniella Monet for



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OF THE UNITED STATES**

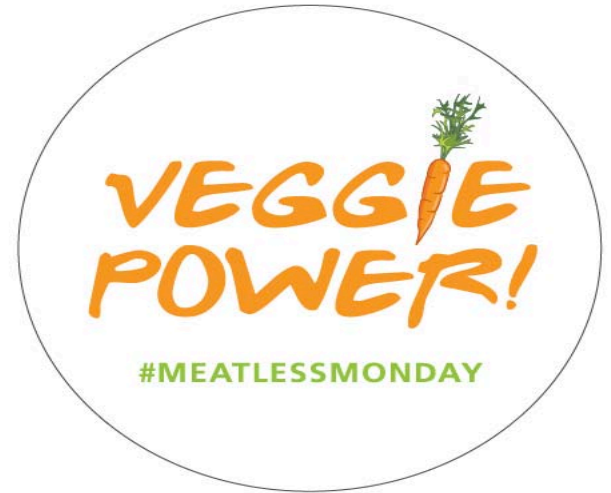


















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Rio Child Nutrition @RioChildNutr · Sep 12

3 Bean Chili with homemade corn bread @NorteEagles! #rioschools  
#MeatlessMonday #eatrealfood





sanysidroschool...

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sanysidroschoolnutrition Have you Tried our #vegan pasta for #meatlessmonday ? 🍝 pts pts let me tell you a secret...it's made from lentils! That means it's #highprotein #fiberrich & so good for you! #schoolnutrition

larrythelunchlion Looks great!!!



Add a comment...





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## Every Monday is Meatless Mondays!

Meatless Monday is global movement with a simple message: once a week, cut the meat.

Launched in 2003, Meatless Monday is a non-profit initiative of [The Monday Campaigns](#), working in collaboration with the Center for a Livable Future (CLF) at the Johns Hopkins Bloomberg School of Public Health. The goal is to reduce meat consumption by 15% for our personal health and the health of the planet.



## Sample letter to faculty

[School Logo]

[Date]

Dear Faculty:

It's with great excitement that I announce that [name of school] will be taking part in a new program to improve student health and environmental sustainability. This important campaign, called Lean & Green, will begin on [when]. You will also find an attached guide with links to multiple resources you might find helpful, as well as an invitation to a launch event.

The mission of our Lean & Green program is to promote healthier, more sustainable choices by choosing to eat meatless meals one day a week. It's one of the easiest and effective ways for us, and especially our students, to enjoy the numerous benefits associated with eating healthy plant-strong meals. Students and the larger community can make a great impact by choosing to make one small change, one day a week in our schools and in our homes.

It will come as no surprise to you that obesity is largely preventable through simple choices, such as eating more fruits and vegetables. Scientific studies show that eating more fruits and vegetables is a key way of fighting obesity. Organizations like the American Heart Association support increasing plant-based meals in schools.

## Sample letter to parents

[School Logo]

[Date]

Dear Parents:

It's with great excitement that I announce that [name of school] will be taking part in a new program to improve student health and environmental sustainability. This important campaign, called Lean & Green, will begin on [when]. You will also find an attached guide with links to multiple resources you might find helpful, as well as an invitation to a launch event.

The mission of our Lean & Green program is to promote healthier, more sustainable choices by choosing to eat meatless meals one day a week. It's one of the easiest and effective ways for us, and especially our children, to enjoy the numerous benefits associated with eating healthy plant-strong meals. Students and the larger community can make a great impact by choosing to make one small change, one day a week in our schools and in our homes.

# HUMANESOCIETY.ORG/MMTOOLKIT

## MEATLESS MONDAY



THE HUMANE SOCIETY  
OF THE UNITED STATES

### **Meatless Monday: A Win-Win Proposition**

Meatless Monday was started by the U.S. government as a resource-saving measure during World Wars I and II. In 2003, it was revived by The Monday Campaigns in association with the Johns Hopkins Bloomberg School of Public Health to reduce meat consumption by 15 percent for our personal health and the health of the planet.

Implementing Meatless Monday at your school can help meet the demand for healthier meals, demonstrate the school's commitment to sustainability, and spare animals from factory farms. In this toolkit you'll learn why Meatless Monday is sweeping the nation, what to serve, and how to implement and market the program.

WHERE  
TO START?





# POWERING UP

with

# PLANT-STRONG ENTREES



**Section**

**1**

Food Buying Guide for Child Nutrition Programs

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# **Meat/Meat Alternates**

## Red Beans:

- Pinto
- Kidney
- Black

## Peas:

- Black Eyed
- Split



## White Beans:

- Navy
- Great Northern
- Cannellini
- Garbanzo

## Lentils

## Soy Beans





# 2016

## INTERNATIONAL YEAR OF PULSES

*nutritious seeds for a sustainable future*





American  
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## The Benefits of Beans and Legumes



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Updated: May 4, 2015

Protein comes from plant sources as well as animal sources.

In fact, every plant we eat has at least a little bit of protein in it, and some have a lot—like beans also called legumes! Beans also have some health benefits that animal sources don't.

Beans are high in minerals and fiber without the saturated fat found in some animal proteins.



Eating beans as part of a heart healthy diet and lifestyle may help improve your [blood cholesterol](#), a leading cause of [heart disease](#). Adding beans to your diet may help keep you feeling full longer.

Drain canned beans in a colander and rinse with water to remove some of the excess salt; or buy canned beans with no salt added if they have them at your store. Or, you can make your own salt-free beans from scratch.

**There are lots of easy ways to add beans to your meals and reap the healthy benefits of the lovely legume.**

- Famously, the English eat beans on toast, and beans and rice is an everyday dish in many of the world's cuisines.
- Tuck beans into whole-grain tortillas or pita bread.
- Add them to soups, salads, and pasta dishes.
- Toss beans into sautéed veggies or mix them with cooked greens and garlic.

# OMG!!!



Did you hear that?

It must have been the beans!





















# Radical Rice & Bean Enchiladas

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



**THE HUMANE SOCIETY**  
OF THE UNITED STATES

## Process # 2 – Same Day Service

### YIELD:

### 50 Servings

### 100 Servings

Ingredients	Weight	Measure	Weight	Measure
Tortilla, 10 inch, whole grain rich		50 each		100 each
Rice, brown, dry	2 lb		4 lb	
Water		½ gallon		1 gallon
Kidney beans, canned, drained	8 lb 10 oz	2 - #10 can	17 lb 4 oz	4 - #10 can
Black beans, canned, drained	3 lb 9 oz	1 - #10 can	7 lb 1 oz	2 - #10 can
Salsa, canned	6 lb 10 oz	1-#10 can 3 qt + 1 ¼ cup	13 lb 4 oz	2-#10 cans 1 ½ gal + 2 ½ cups

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

## Preparation

1. Combine rice and water. Cook uncovered in steamer for 20-25 minutes or until water is absorbed.
2. Hold cooked rice in warmer, covered.
3. Heat beans in steamer until internal temperature reach 145°F. Cover and hold in warmer.
4. To assemble: Lay tortillas on parchment paper on work surface. Spread ¼ cup rice down center of each tortilla. Spread 1½ cups of beans down center. Spread 12 Tbsp salsa down center.

# Baja Bean Fajitas

ADAPTED FROM SARASOTA COUNTY SCHOOLS

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



**THE HUMANE SOCIETY**  
OF THE UNITED STATES

## Process # 2 – Same Day Service

### YIELD:

### 50 Servings

### 100 Servings

Ingredients	Weight	Measure	Weight	Measure
Tortilla, 10 inch, whole grain rich		50 each		100 each
Black beans, canned, drained	14 lb 1 oz	4 - #10 can	28 lb 2 oz	8 - #10 can
Salsa, canned	6 lb 10 oz	1-#10 can 3 qt + 1 ¼ cup	13 lb 4 oz	2-#10 cans 1 ½ gal + 2 ½ cups
Onions, cut in strips	6 lb		12 lb	
Green peppers, cut in strips	2 lb		4 lb	
Oil		¼ cup		½ cup

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

## Preparation

1. Sauté onion and pepper strips in tilt skillet or steam kettle in small amount of oil until tender. Do not overcook vegetables.

2. Transfer vegetables to serving pan. Hold in warmer until service.





# Loaded Baked Potato

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



**Process # 2 – Same Day Service**

**YIELD:**

**50 Servings**

**100 Servings**

Ingredients	Weight	Measure	Weight	Measure
Protein Packed Two Bean Chili Recipe		See Recipe		See Recipe
Potatoes, medium		50 Each		100 Each
Corn Tortilla Chips, prepackaged	6 lb 4 oz	50 Each	12 lb 8 oz	100 Each

***HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.***

***HACCP- Standard Operating Procedure – Wash all produce before starting this recipe.***

## Preparation

1. Bake potatoes at 400°F until internal temperature reaches 165°F for 15 seconds.
2. Split potatoes; serve whole potato to each student.

# Mighty Marinara with Chickpeas

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



**Process # 2 – Same Day Service**

**YIELD:**

**50 Servings**

**100 Servings**

Ingredients	Weight	Measure	Weight	Measure
Diced tomatoes and sauce, canned		1 ¼ - #10 can 1 gallon		2 ½ - #10 can 2 gallon
Tomato Sauce		1 - #10 can		2 - #10 can
Garbanzo beans, drained	10 lb 3 oz	2 ½ -#10 can	20 lb 6 oz	5 -#10 can
Salad Oil		½ cup		1 cup
Oregano, dried		1 ½ Tbsp		3 Tbsp
Garlic, granulated		2 Tbsp		¼ Cup
Basil, dried		2 Tbsp		¼ cup
Salt		1 Tbsp		2 Tbsp
Sugar		½ cup		1 Cup







# Bento Box Combinations

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



**THE HUMANE SOCIETY  
OF THE UNITED STATES**

## Process # 2 – Same Day Service

### YIELD:

Ingredients	50 Servings Measure	100 Servings Measure
<b>Choose two of the following options:</b>		
Rockin' Roasted Chickpeas (recipe)	$\frac{3}{4}$ gal + $\frac{1}{2}$ cup (12 $\frac{1}{2}$ cups)	1 $\frac{1}{2}$ gal + 1 cup (25 cups)
Roasted Chickpeas (individually packaged product like Go'Bonzo's)	50 Each	100 Each
Energizing Edamame Salad (recipe)	3 gal + 1 pint	6 $\frac{1}{4}$ gal
Edamame (individually packaged product like Dr. Praeger's)	50 Each	50 Each
Hearty Hummus (recipe)	$\frac{3}{4}$ gal + $\frac{1}{2}$ cup (12 $\frac{1}{2}$ cups)	1 $\frac{1}{2}$ gal + 1 cup (25 cups)
Prepared Hummus (bulk or individually packaged product, like JTM or Truitt Family Foods)	$\frac{3}{4}$ gal + $\frac{1}{2}$ cup or 50 Each	1 $\frac{1}{2}$ gal + 1 cup or 100 Each







# 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:

### 50 Servings

### 100 Servings

Ingredients	Weight	Measure	Weight	Measure
Prohealth Bean Pasta, Penne or Rotini, dry	3 lb 2 oz		6 lb 4 oz	
Frozen spinach, thawed and drained	3 lb		6 lb	
Tofu, firm	6 lb 14 oz		13 lb 12 oz	
Sugar		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups
Soy Milk		1 pint + 1 cup		1 quart + 1 pint
Lemon Juice		1 cup		2 cups
Garlic powder		$\frac{1}{8}$ cup		$\frac{1}{3}$ cup
Basil, fresh, minced OR Basil, dried		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups ( $\frac{3}{4}$ cup)
Salt		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup

**Section**

**3**

Food Buying Guide for Child Nutrition Programs

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# Grains/Breads





# Bulgur









# Quinoa

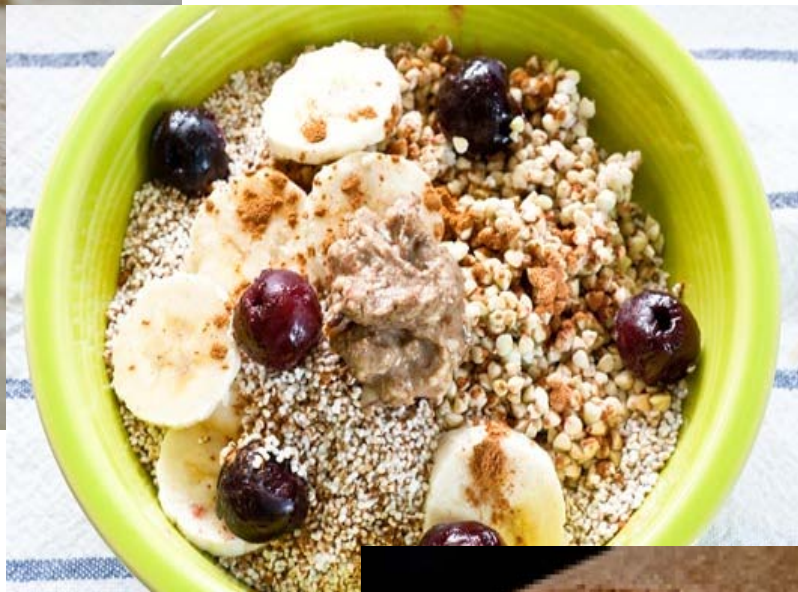






# Amaranth







# Buckwheat









# Millet



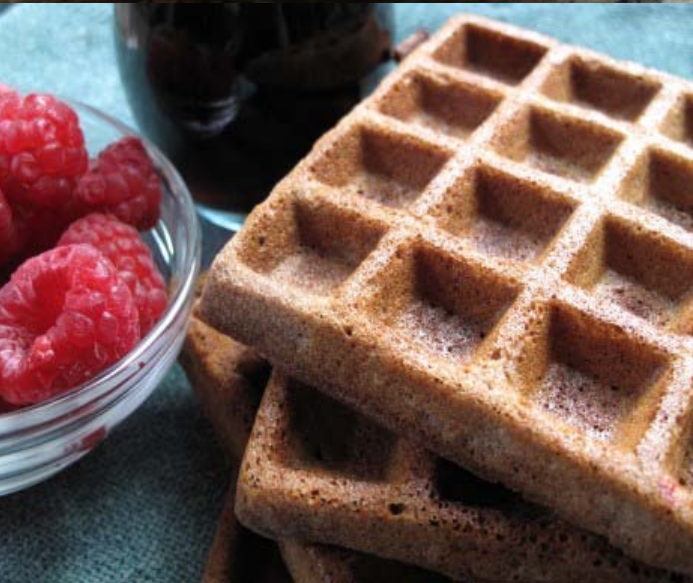




# Teff







# Sorghum







# Amazing Lo Mein

ADAPTED FROM HOOVER CITY SCHOOLS, ALABAMA  
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



## Process # 2 – Same Day Service

### YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Noodles, Spaghetti, prepared, dry weight	6 lb 4 oz		12 lb 8 oz	
Oil, Olive or Vegetable		1 pint		1 quart
Garlic, minced		1/3 cup + 1 Tbsp		¾ cup
Onion, diced		1 pint		1 quart
Celery, diced		1 quart		2 quarts
Carrots, shredded		1 quart		2 quarts
Peppers, red, diced		1 pint		1 quart
Peppers, green, diced		1 pint		1 quart
Vegetables, stir-fry variety, frozen		1 ½ gallons + 1 cup		3 gallons + 1 pint
Soy Sauce, low sodium		1 ½ cups		1 pint + 1 cup

# Energizing Edamame & Rice Shaker

ADAPTED FROM CALIFORNIA WALNUT FOODSERVICE  
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



**THE HUMANE SOCIETY**  
OF THE UNITED STATES

## Process # 2 – Same Day Service

### YIELD:

### 50 Servings

### 100 Servings

Ingredients	Weight	Measure	Weight	Measure
Rockin' Roasted Chickpeas		1 gal + 3 ½ cups (12 ½ cups total)		1 ½ gal + 1 cup (25 cups total)
Edamame, shelled, cooked and drained	4 lb 12 oz		9 lb 8 oz	
Rice, Brown, dry	6 lb 4 oz		12 lb 8 oz	
Water		1 gal + 1 qt		2 ½ gal
Pepper, bell, green or red variety, diced, fresh or frozen	5 lb 4 oz		10 lb 8 oz	
Corn, frozen, thawed	4 lb 8 oz		9 lb 4 oz	
Mandarin Oranges, canned, drained	8 lb 5 oz		16 lb 10 oz	



# Southwest Sweets, Bean & Quinoa Shaker



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ADAPTED FROM INHARVEST FOODSERVICE

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

## Process # 2 – Same Day Service

### YIELD:

### 50 Servings

### 100 Servings

Ingredients	Weight	Measure	Weight	Measure
Rice, Brown, dry	3 lb 7 oz		6 lb 14 oz	
Quinoa, dry	3 lb 2 oz		6 lb 45 oz	
Water		1 ½ gal		3 gal
Lime Juice		1 pint		1 quart
Cumin		¼ cup		½ cup
Salt		2 Tbsp		¼ cup
Pepper		3 Tbsp		1/3 cup + 1 Tbsp
Corn, frozen, thawed	4 lb 8 oz		9 lb 4 oz	



PROHEALTH PASTA



# Sriracha Beyond Chicken Salad



ADAPTED FROM BEYOND MEAT RECIPE DATABASE  
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

## Process # 2 – Same Day Service

### YIELD:

### 50 Servings

### 100 Servings

Ingredients	Weight	Measure	Weight	Measure
Beyond Meat Chicken-Free Strips , thawed	9 lb 6 oz		18 lb 12 oz	
Celery, chopped	1 lb 4 oz		2 lb 8 oz	
Onions, chopped	1 lb 4 oz		2 lb 8 oz	
Relish, undrained	1 lb		2 lb	
Pepper		2 tsp		1 Tbsp + 1 tsp
Dry mustard		1 ½ Tbsp		3 Tbsp
Mayonnaise, egg free	1 lb 10 oz		3 lb 4 oz	



# Blazin' Buffalo Wrap

ADAPTED FROM BEYOND MEAT RECIPE DATABASE  
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



## Process # 2 – Same Day Service

### YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Beyond Meat Chicken-Free Strips	6 lb 4 oz		12 lb 8 oz	
Tortilla, 10", whole grain rich		50 each		100 each
Hot or wing sauce		1 ½ cups + 1 Tbsp		3 cups + 2 Tbsp
Romaine lettuce, chopped	1 lb 2 oz		2 lb 4 oz	
Carrots, shredded	1 lb 8 oz		3 lb	

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

*HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.*

## Preparation

1. Preheat oven to 350°F.

# Super Sloppy Joes

BBQ SAUCE – ADAPTED FROM SARASOTA COUNTY SCHOOLS  
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



**Process # 2 – Same Day Service**

**YIELD:**

**50 Servings**

**100 Servings**

Ingredients	Weight	Measure	Weight	Measure
Beyond Meat Beefless Crumbles	6 lb 4 oz		12 lb 8 oz	
Hamburger bun, whole grain rich		50 each		100 each
BBQ Sauce, prepared OR		½ gallon		1 gallon
Vegetable stock, prepared		1 ¼ cups		2 ½ cups
Onions, dehydrated or fresh, diced	2 oz		4 oz	
Catsup		½ - #10 can 1 ¼ qt		1 - #10 can 2 ¾ qt
Garlic powder		1 Tbsp		2 Tbsp
Brown sugar	12 oz		16 oz	

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

*HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.*

# Tijuana Taco Pizza

ADAPTED FROM CHAPEL-HILL-CARRBORO CITY SCHOOLS  
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



## Process # 2 – Same Day Service

### YIELD:

### 50 Servings (48)

### 100 Servings (96)

Ingredients	Weight	Measure	Weight	Measure
Pizza crust, par-baked, 16 inch, whole grain rich OR		6 each		12 each
Flatbread, individual round or square		50 each		100 each
Meatless sausage-style crumbles	5 lb 2 oz		10 lb 4 oz	
Salad Oil		½ Cup		1 cup
<b>Bean Spread:</b>				
Beans, great northern, drained OR	6 lb 10 oz	2 - #10 can	13 lb 4 oz	4 - #10 can
Beans, garbanzo, drained	6 lb 7 oz	1 ½ - #10 can	12 lb 14 oz	3 - #10 can
Lemon Juice		1 ½ Tbsp		3 Tbsp
Onion Powder		1 Tbsp		2 Tbsp
Garlic Powder		1/8 cup		1/4 cup







# Meatless Monday is Creating Healthier Eating Habits!

**36%** say that the campaign had influenced their decision to cut back on meat.

**62%** say they've worked Meatless Monday into their weekly routine.

## Thanks to Meatless Monday I eat more...

<b>Vegetables</b>	<b>73%</b>
<b>Fruits</b>	<b>65%</b>
<b>Whole grains</b>	<b>47%</b>
<b>Beans</b>	<b>42%</b>
<b>Nuts</b>	<b>38%</b>

FGI Research online panel of 1000 18+ adults. Proportions/Mean tested at a 95% confidence level +/- 3%







# Cool Corn & Edamame Salad

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



**THE HUMANE SOCIETY**  
OF THE UNITED STATES

## Process # 2 – Same Day Service

### YIELD:

### 50 Servings

### 100 Servings

Ingredients	Weight	Measure	Weight	Measure
Edamame, shelled, cooked and drained	4 lb 12 oz		9 lb 8 oz	
Pepper, bell, green or red variety, diced, fresh or frozen	2 lb 4 oz		4 lb 8 oz	
Corn, frozen, thawed	4 lb 8 oz		9 lb 4 oz	
Peas, frozen, thawed	5 lb 4 oz		10 lb 8 oz	
Cranberries, dried	3 lb 12 oz		7 lb 8 oz	
Onion, red, minced		½ - 1 Each		1 - 2 Each
Olive or Vegetable Oil		1 cup		1 pint
Vinegar, red		1 cup		1 pint
Parslev, dried		1 ½ Tbsp		3 Tbsp

# Herb Roasted Potatoes

ADAPTED FROM CHEF JOHN MERCER

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



**THE HUMANE SOCIETY**  
OF THE UNITED STATES

## Process # 2 – Same Day Service

### YIELD:

### 50 Servings

### 100 Servings

Ingredients	Weight	Measure	Weight	Measure
Red potatoes	12 lb 8 oz		25 lb	
Oil, cooking		½ cup		1 cup
Thyme, fresh, chopped (dried)		¼ cup (1 Tbsp)		½ cup (2 Tbsp)
Oregano, fresh, chopped (dried)		1/3 cup (1 ½ tsp)		2/3 cup (1 ½ Tbsp)
Italian Parsley, fresh, chopped (dried)		1/3 cup (1 ½ tsp)		2/3 cup (1 ½ Tbsp)
Salt		1 Tbsp		2 Tbsp
Black Pepper, ground		1 tsp		2 tsp











**LEAN &  
GREEN**  
• JOIN THE MILLIONS •





# Salud Heroes

WATCH. LEARN. MAKE A CHANGE.







meat-free  
protein sources



=





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# 4 Ways Vegetarian Living Can Help Your Wallet

Debunking the myth that vegetarian living – even part time – costs more than being a full-time meat eater.

By Lacie Glover | June 5, 2014 | 8:00 a.m. EDT

[+ More](#)

For some reason, the myth that [vegetarianism is expensive](#) persists. Of course, avoiding meat *can* be expensive, if you insist on buying heavily processed, meat-imitating foods. That goes for any diet, though: Eating more processed food leads to higher grocery bills. Processed food also has fewer nutrients and is generally less filling than natural food, so you'll probably end up needing more of it to feel full. So whether you're committed to going vegetarian full time, or just part time to feel better, [you can save money](#) – now and in the long run. Here's why, plus a few tips on how to save even more at the grocery store:

**1. You'll skip out on high meat prices.**

# **Meal Price Comparison**

## **Meatless Monday Entrée Examples**

**Veggie Pasta Bake with Garlic Toast = \$0.51**

**Bean Burrito = \$0.53**

**VS.**

## **Typical Entrée Example**

**Crispy Chicken with Garlic Toast = \$0.70**

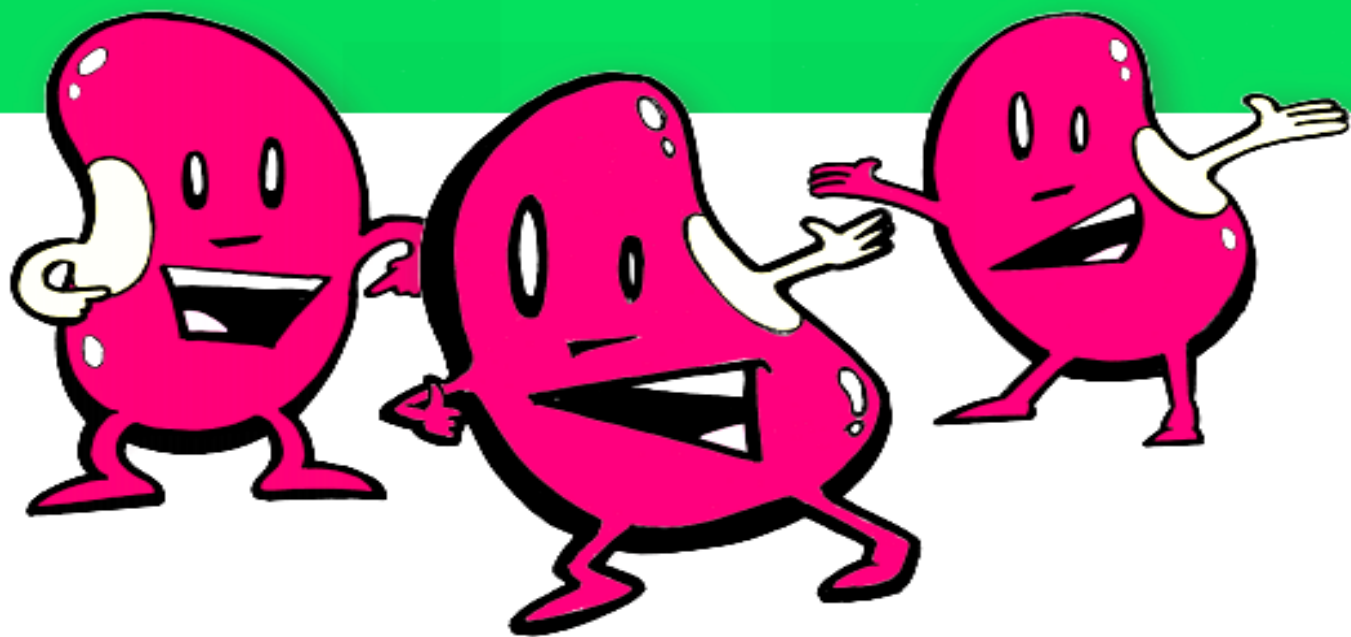
**Chicken Nuggets with Roll = \$0.72**

# Average Ingredient Comparison

<b>Popular Protein Sources in Child Nutrition Programs</b>	<b>Commercial pricing per 2 ounce serving in Florida schools</b>
<b>Beans</b>	<b>\$0.15 - \$0.28</b>
<b>Dark &amp; White Meat Chicken, diced or fajita-style</b>	<b>\$0.33 - \$0.52</b>
<b>Beef Crumbles</b>	<b>\$0.33 - \$0.53</b>
<b>Fish Sticks</b>	<b>\$0.45 - \$0.66</b>



**If you think  
chili needs meat,  
you don't  
know beans.**



# RECIPE DEMONSTRATION

# Mighty Marinara with Chickpeas

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



**Process # 2 – Same Day Service**

**YIELD:**

**50 Servings**

**100 Servings**

Ingredients	Weight	Measure	Weight	Measure
Diced tomatoes and sauce, canned		1 ¼ - #10 can 1 gallon		2 ½ - #10 can 2 gallon
Tomato Sauce		1 - #10 can		2 - #10 can
Garbanzo beans, drained	10 lb 3 oz	2 ½ -#10 can	20 lb 6 oz	5 -#10 can
Salad Oil		½ cup		1 cup
Oregano, dried		1 ½ Tbsp		3 Tbsp
Garlic, granulated		2 Tbsp		¼ Cup
Basil, dried		2 Tbsp		¼ cup
Salt		1 Tbsp		2 Tbsp
Sugar		½ cup		1 Cup





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# Rockin' Roasted Chickpeas

## Process #2 – Same Day Service

### YIELD:

**50 Servings (1 m/ma)**

**100 Servings (1 m/ma)**

Ingredients	Weight	Measure	Weight	Measure
Garbanzo Beans, low-sodium, canned, drained or cooked from dry	5 lbs. 6 oz.	<b>OR</b> $\frac{3}{4}$ gallon + $\frac{1}{2}$ cup	10 lbs. 12 oz.	<b>OR</b> 1 $\frac{1}{2}$ gallons + 1 cup
Oil, Olive or Vegetable		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Salt		1- 2 Tbsp.		2 – 4 Tbsp.
Pepper, Red or Cayenne		$\frac{3}{4}$ - 1 tsp.		1 $\frac{1}{2}$ - 2 tsp.
Rosemary, fresh, chopped <b>OR</b> Rosemary, dried		$\frac{1}{3}$ cup + 1 Tbsp.  1/8 cup + 1 tsp.		$\frac{3}{4}$ cup  $\frac{1}{4}$ cup + 2 tsp.

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

# Energizing Edamame & Rice Shaker

ADAPTED FROM CALIFORNIA WALNUT FOODSERVICE  
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



## Process # 2 – Same Day Service

### YIELD:

### 50 Servings

### 100 Servings

Ingredients	Weight	Measure	Weight	Measure
Rockin' Roasted Chickpeas		½ gal+1 qt+ ½ cup (12 ½ cups total)		1 ½ gal + 1 cup (25 cups total)
Edamame, shelled, cooked, tempered		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Rice, Brown, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		1 gallon + 1 quart		2 ½ gallons
Pepper, bell, green or red variety, diced, fresh or frozen	5 lbs. 4 oz.	<b>OR</b> ¾ gallon + ½ cup	10 lbs. 8 oz.	<b>OR</b> 1 ½ gallons + 1 cup
Corn, frozen, thawed	4 lbs. 8 oz.	<b>OR</b> ¾ gallon + ½ cup	9 lbs. 4 oz.	<b>OR</b> 1 ½ gallons + 1 cup
Mandarin Oranges, canned, drained	8 lbs. 5 oz.	<b>OR</b> ¾ gallon + ½ cup	16 lbs. 10 oz.	<b>OR</b> 1 ½ gallons + 1 cup

# Rainbow Hummus Wrap

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



**THE HUMANE SOCIETY**  
OF THE UNITED STATES

## Process # 2 – Same Day Service

### YIELD:

### 50 Servings

### 100 Servings

Ingredients	Weight	Measure	Weight	Measure
<b>Select a minimum of four vegetable options below:</b>				
Romaine lettuce, chopped	1 lb. 12 oz.		3 lbs. 8 oz.	
Mushrooms, sliced	1 lb. 8 oz.		3 lbs.	
Carrots, shredded	2 lbs.		4 lbs.	
Radishes, sliced	1 lb. 12 oz.		3 lbs. 8 oz.	
Spinach, chopped	2 lbs.		4 lbs.	
Tomatoes, diced	3 lbs. 8 oz.		7 lbs.	
Corn kernels, tempered	2 lbs. 4 oz.	1 ½ quarts + ¼ cup	4 lbs. 8 oz.	¾ gallon + ½ cup
Beets, shredded	2 lbs. 4 oz.		4 lbs. 8 oz.	
Zucchini, shredded	2 lbs.		4 lbs.	
Onion, sliced	2 lbs.		4 lbs.	



Thank You!

THANK  
YOU!

Kristie Middleton

[kmiddleton@HumaneSociety.org](mailto:kmiddleton@HumaneSociety.org)

Lauren Pitts, RDN, LDN

[LPitts@HumaneSociety.org](mailto:LPitts@HumaneSociety.org)

[Bringfoodforward.org](http://Bringfoodforward.org)

[HumaneSociety.org/mmresources](http://HumaneSociety.org/mmresources)

[HumaneSociety.org/meatfree](http://HumaneSociety.org/meatfree)