



CHOOSE WHAT YOU WANT EAT WHAT YOU CHOOSE

OVS Finally Understood

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Presenters



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Café LA Ray

Café LA Mascot
Los Angeles Unified School District

Bridging the Gap

- ❖ Direct marketing approach
- ❖ Generate positive perception of school meals
- ❖ Reimbursable meal selections
- ❖ Increasing meal participation
- ❖ Waste reduction alternatives

Café LA Ray's Mission

- ❖ Encourage children to make healthier choices
- ❖ Teach Offer vs. Serve concepts
- ❖ Raise awareness on reducing food waste



About the Assembly



- ❖ Typically 2-4 assemblies per school in a day
- ❖ 30 minute assembly
- ❖ Materials and prizes made possible by Cool School Points

Equipment Checklist

On Site Items



Two Tables



Mic



Projector



Sound System

Banners

Breakfast

Lunch



Equipment Checklist

Miscellaneous Items

Two Tablecloths



BIC Bags

Student Prizes



Electronics



Laptop



Projector



Speaker



Clicker



Storage Drive

Props



Ray Bucks



Breakfast
Items



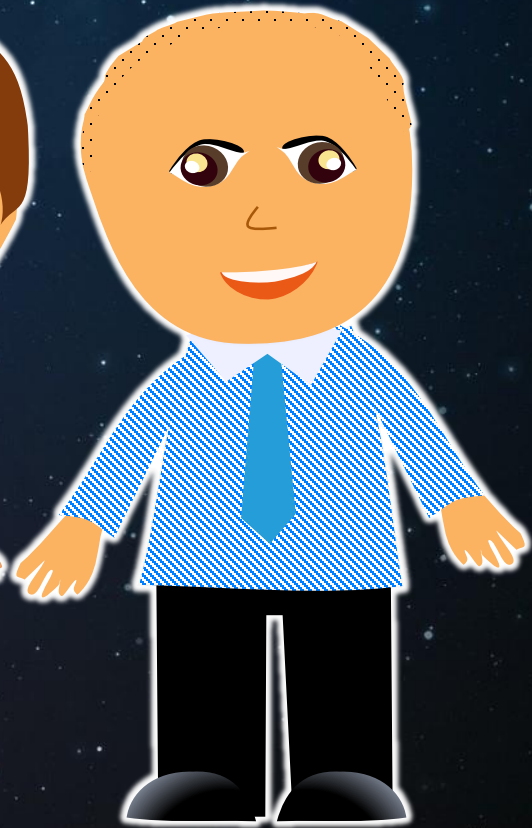
Lunch
Items

Marketing Café LA



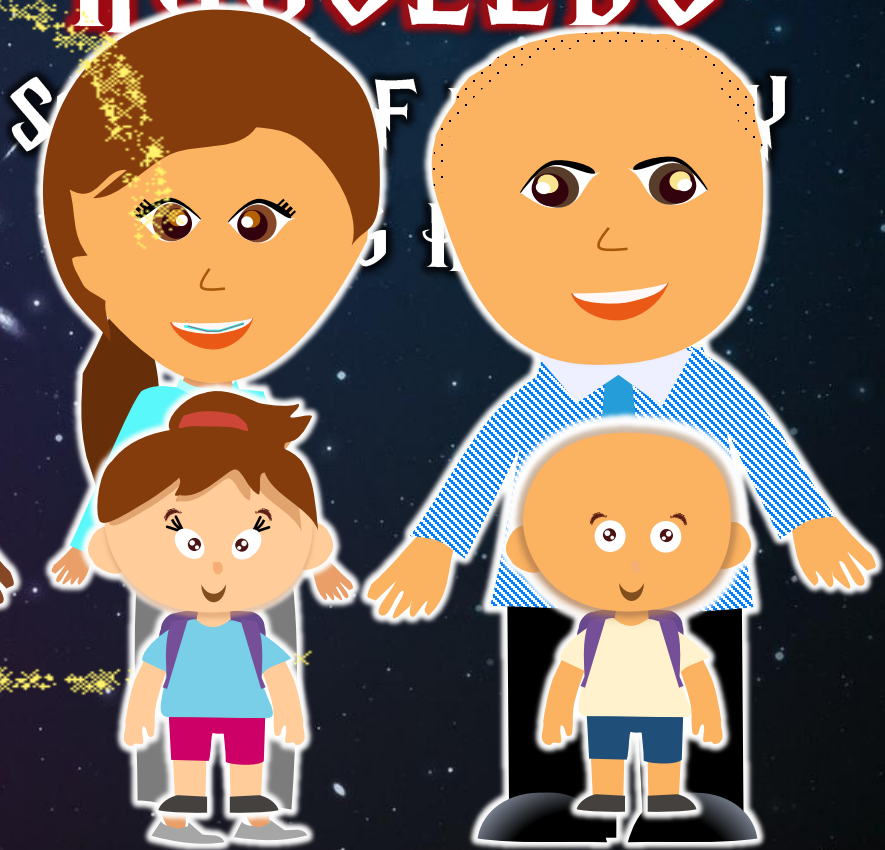


Imagine Yourself Going Back In Time





WELCOME TO HOGSEEDS



A circular frame made of golden sparkles and small stars is centered on a dark blue, starry night sky. The text "LET THE MAGIC BEGIN..." is written in a stylized, white, gothic font with a yellow outline, positioned in the center of the frame.

LET THE MAGIC BEGIN...

Ray Wants You to Eat Nutritious Foods!



Fruit Benefits



Essential
Vitamins

Energy

Vegetable Benefits



Antioxidants

**Healthy
Skin & Hair**

Meat/Meat Alternate Benefits

**Builds
Muscles**

**Strong
Immune
System**



Grain Benefits



Milk Benefits



It's Not Nutrition...

If it goes in the trash can.



BLIND!
**Choose! What
You Want!**
**Eat What
You Choose!**

A collage of food items. At the top is a chicken sandwich. Below it are several orange carrots and a yellow banana. At the bottom left is a carton of Driftwood All Natural 1% Lowfat Milk. At the bottom right is a Zee's Mango Pop, Unsweetened Applesauce.

**What happens to food
that is thrown in the trash?**





Taste It
DON'T
Waste It!

Breakfast Rules!



Examples of Food Items

- A food item is one specific item offered on the menu.



1-31

Let's Count the Food Items!



4
FOOD ITEMS



Breakfast Rules

1-31

- ★ Chicken Biscuit
- ★ Fruit Cup
- ★ Fruit Juice
- ★ Got Milk

3 Food ITEMS
must be selected,
1 must be a FRUIT



Remember Big Breakfast



1 food item must be?

Build-A-Breakfast

1-31

- ★ Chicken Biscuit
- ★ Fruit Cup
- ★ Fruit Juice
- ★ Got Milk

3 Food ITEMS
must be selected,
1 must be a FRUIT



*Remember, you do not have to take all of the food items.

Not Too Hungry... Save it For Later!



- ✓ Fresh Fruit
- ✓ Fruit Cups (*Unopened*)
- ✓ Cereal (*Unopened*)
- ✓ Coffee Cake (*Unopened*)

Pick at least 3 ★s 1★ must be a fruit ★
Items with an (S) can be saved for later.

This institution is an equal opportunity provider.
Esta institución es un proveedor de igualdad de oportunidades.



Dance Off



Lunch Rules!



ALL STAR LINE-UP

GRAINS



FRUITS



VEGETABLES



**MEAT/ MEAT
ALTERNATE**



MILK



Grain Facts



GRAINS

- ❖ Healthy arteries and heart
- ❖ Supports good digestion
- ❖ Long-lasting energy
- ❖ Helps prevent heart diseases and diabetes



TORTILLA



CEREAL



BAGEL



BROCCOLI

Meat/Meat Alternate Facts

**MEAT/MEAT
ALTERNATE**

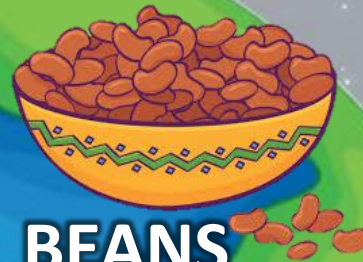
- ❖ Builds muscles
- ❖ Supports brain development
- ❖ Maintains healthy weight
- ❖ Boosts energy levels



**CHICKEN
DRUMSTICK**



YOGURT



BEANS



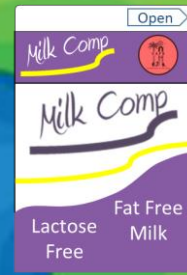
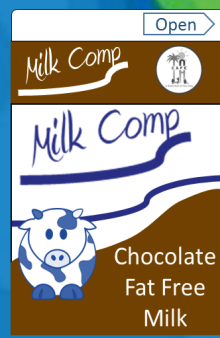
CHEESE

Milk Facts

MILK



- ❖ Strong bones and teeth
- ❖ Promotes glowing skin
- ❖ Improves hair
- ❖ Promotes good sleep



Fruit Facts

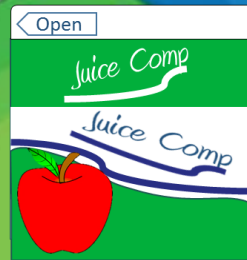
FRUITS



- ❖ Gives you energy
- ❖ Essential vitamins and minerals
- ❖ Boosts immune system
- ❖ Supports overall body functions



PEAR



JUICE



PASTA



**FROZEN
FRUIT CUP**

Vegetable Facts

VEGETABLES

- ❖ Promotes healthy weight
- ❖ Prevents diseases
- ❖ Promotes wound healing
- ❖ Essential for growth



**MASHED
POTATOES**



CARROTS



BROCCOLI



CORN

Pick the Food Groups in Custody...

GRAINS



FRUITS



FRUITS

VEGETABLES

VEGETABLES

**MEAT/ MEAT
ALTERNATE**



MILK



Choose at least 3 Food Groups for Lunch



Building An All Star Lunch



Café LA Lunch

MAKE a 3, 4 or MORE STAR MEAL!

At least 1 star item must be a *fruit* or *vegetable*

Choose a balanced meal for your Mind and Body to Thrive!



★
FRUITS



★
VEGETABLES



★
MEAT/
MEAT
ALTERNATE



★
GRAINS



★
MILK

In compliance with USDA Offer vs. Serve guidelines, 5 food components are required. For a reimbursable meal, select a minimum of 3 food components of which 1 must be a fruit or vegetable.



Grades K-5 Lunch

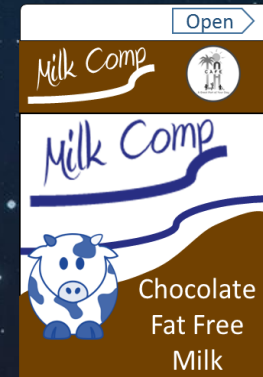
January 2018 - Menus

1-31

- ★★ Zesty Beef Chalupa
- ★★ Yellow Submarine Sandwich
- ★ Tangy Salsa Cup
- ★ Fresh Garden Salad
- ★ Fruit Cup
- ★ Got Milk



Some Food Items are Shining Stars



1 Item = 1 Food Group

Some Food Items are Superstars

Burrito

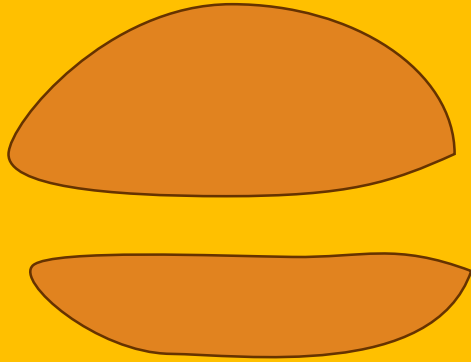


Hamburger

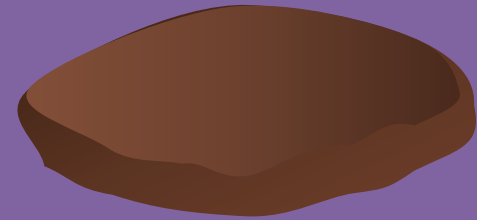
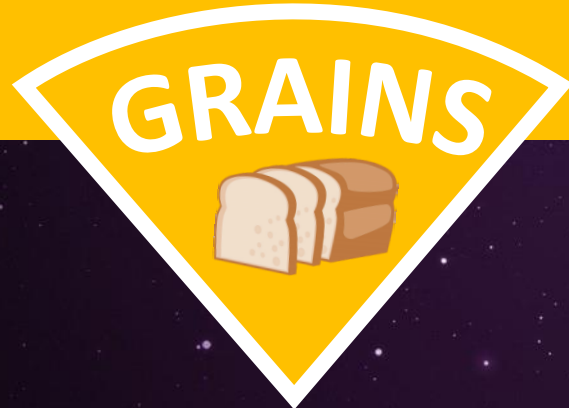


1 Food Item = 2 Food Groups

1 Hamburger = 2 Food Groups



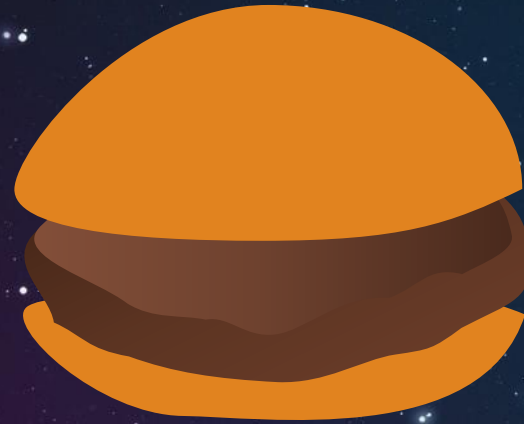
Hamburger Bun



Hamburger Patty



1 Hamburger = 2 Food Groups



Hamburger

Build-A-Lunch

- ★★ Café LA Burger
- ★ Roasted Potato Wedges
- ★ Petite Baby Carrots
 - ★ Fruit
 - ★ Got Milk

3 Food Groups
must be selected,
1 must be a FRUIT
or a **VEGETABLE**



*Remember, you do not have to take all of the food items.

Not Too Hungry... Save it For Later!



- ✓ Fresh Fruit
- ✓ Fruit Cups (*Unopened*)
- ✓ Carrots (*Unopened*)

Pick at least 3 ★s 1★ must be a fruit ★
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Remember, you **DO NOT**
have to take all the food.



Take at least **3**

During
Breakfast & Lunch

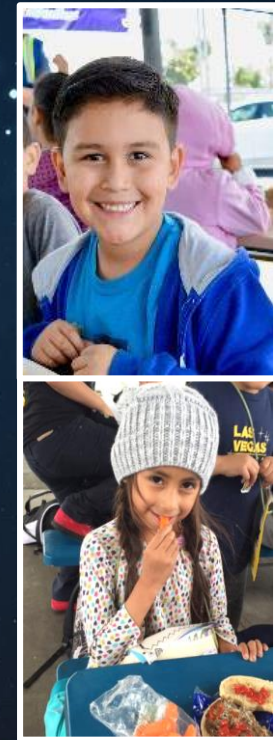
Taste Don't Waste



Help reduce food waste and what you throw away.

**“Choose What You Want,
Eat What You Choose”**

You Can Make A Difference!



By reducing waste in your school, home, and community!

Café LA Ray

DANCE PARTY!





Mystical Wisdom

Q + A