

CHOOSE WHAT YOU WANT! EAT WHAT YOU CHOOSE!

OVS Finally Understood

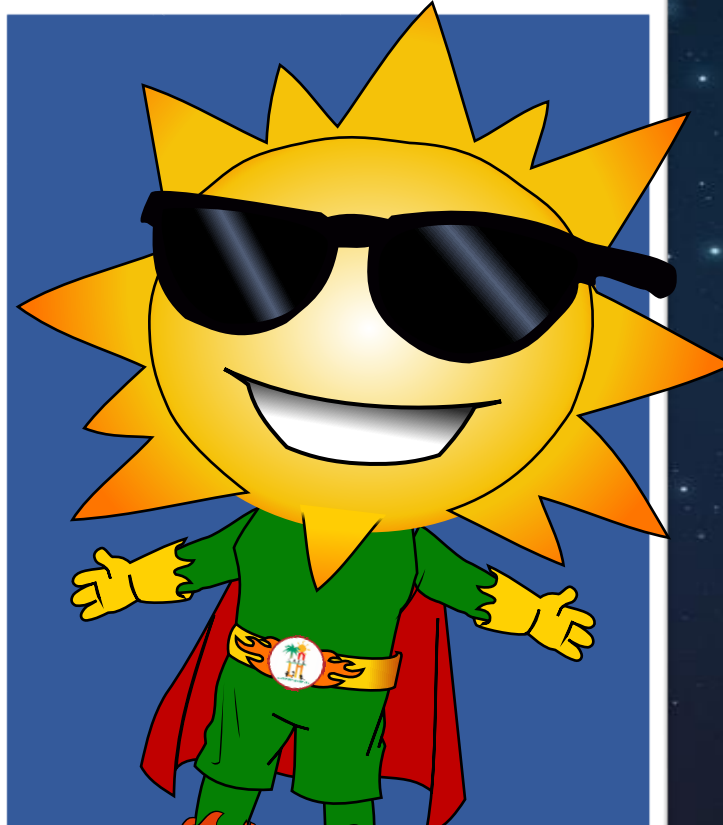
Selina Gordian
Training Specialist
LAUSD

Chocolatiers



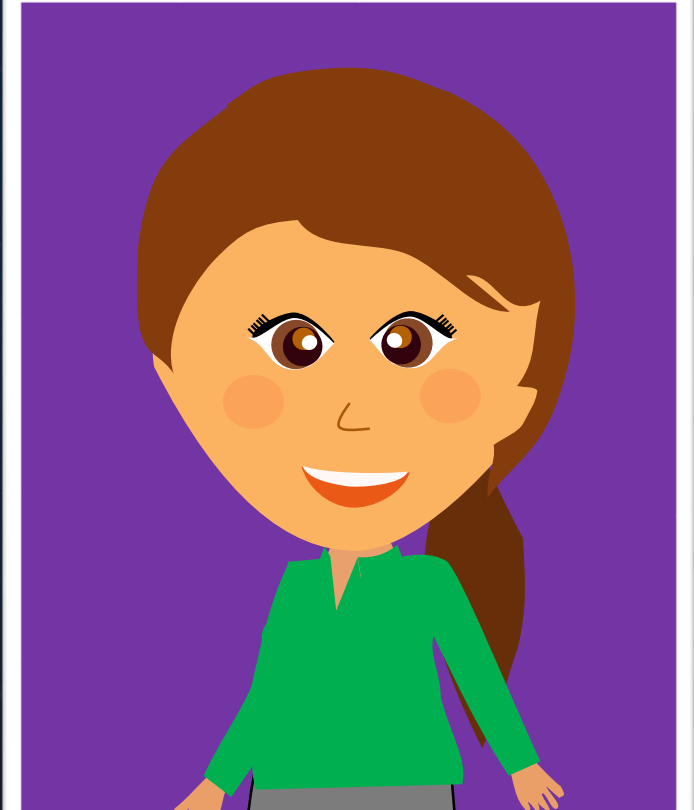
Dawn Soto

Sr. Training Specialist
Los Angeles Unified School District



Café LA Ray

Café LA Mascot
Los Angeles Unified School District



Selina Gordian

Training Specialist
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 Roy

Café LA Mascot

Los Angeles Unified School District

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



Speaker



Clicker



Projector



Storage Drive

Props



Ray Bucks



Breakfast
Items



Lunch
Items

Marketing



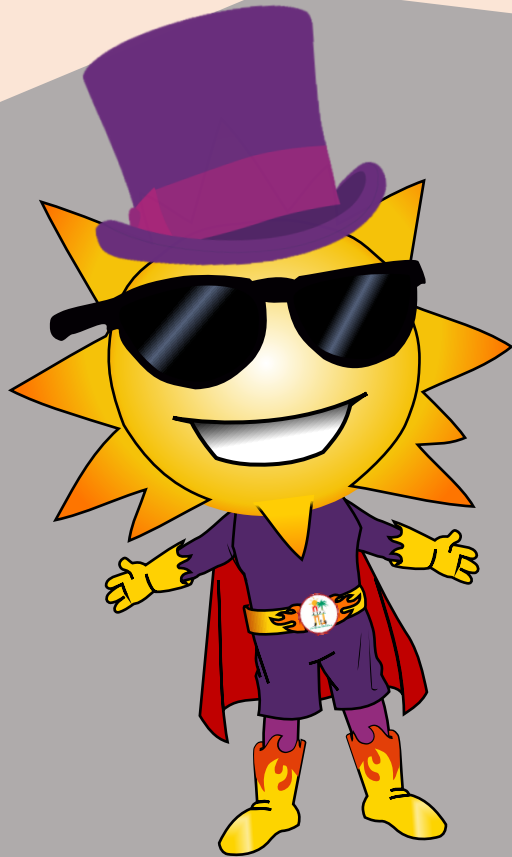
***GREETINGS TO YOU, LUCKY FINDER OF THIS GOLDEN
TICKET!***

***I shake you warmly by the hand! For now, I do invite
you to come to my cafeteria and be my guest for one
whole day. I, Ray Wonka, will conduct you around
the cafeteria myself, showing you everything there is
to know about Offer Versus Serve and afterwards you
will be able to Choose What You Want, and Eat
What You Choose. On this date, you will come to the
cafeteria with your minds open and you are allowed
to bring one brain with imagination to the room.***





Willy Ray Wonka Cafeteria



Ray Wants You to Eat Nutritious Foods!



Fruit Benefits



**Essential
Vitamins**

Energy

Vegetable Benefits



Antioxidants

**Healthy
Skin & Hair**

Protein Benefits



**Builds
Muscles**

**Strong
Immune
System**

Grain Benefits



**Healthy
Weight**

**Healthy
Heart**

Milk Benefits



**Strong
Bones**

**Strong
Teeth**

It's Not Nutrition...
If it goes in the trash can.



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





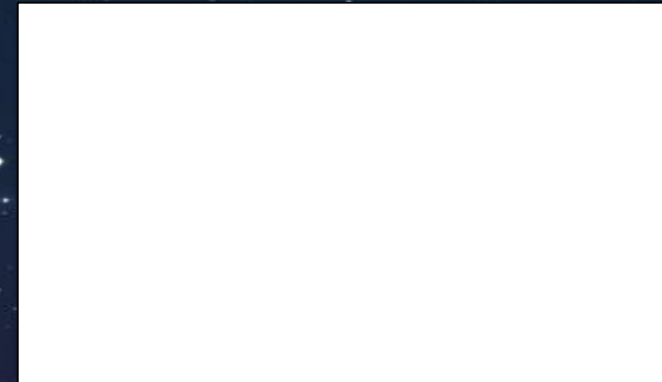
Taste It
DON'T
Waste It!

Breakfast Rules!



Examples of Food Items

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



Let's Count the Food Items!



4

FOOD ITEMS



Breakfast Rules

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

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



Remember Breakfast Rules



1 food item must be?

Who Wants to 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 the food items.

Not Too Hungry... Save it For Later!



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

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

This institution is an equal opportunity provider.
Site restrictions may preclude some items due to space availability.



Lunch Rules!



ALL STAR LINE-UP

GRAINS



FRUITS



VEGETABLES



PROTEIN



MILK



Grain Facts



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



TORTILLA



BAGEL



BROCCOLI

Protein Facts



PROTEIN

- ❖ 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

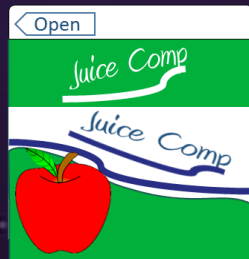
FRUITS



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



PEAR



FRUIT JUICE



**FROZEN
FRUIT CUP**

Vegetable Facts

VEGETABLES



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



**MASHED
POTATOES**



CARROTS



BROCCOLI



CORN

Lunch Rules

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

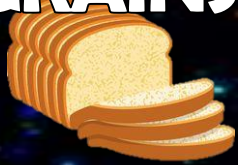
3 Food Groups
must be selected,
1 must be a FRUIT
or a **VEGETABLE**



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

Remember the 5 Food Groups

GRAINS



FRUITS



PROTEIN



VEGETABLES

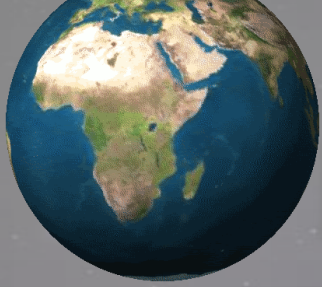


MILK



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



Shining Star Items



1 Item = 1 Food Group

Superstar Items

Burrito

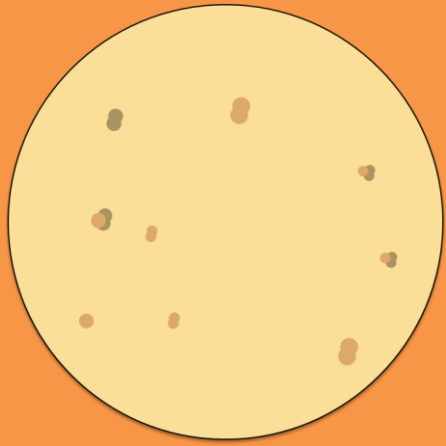


Hamburger



1 Food Item = 2 Food Groups

1 Burrito = 2 Food Groups



Tortilla

GRAINS



+



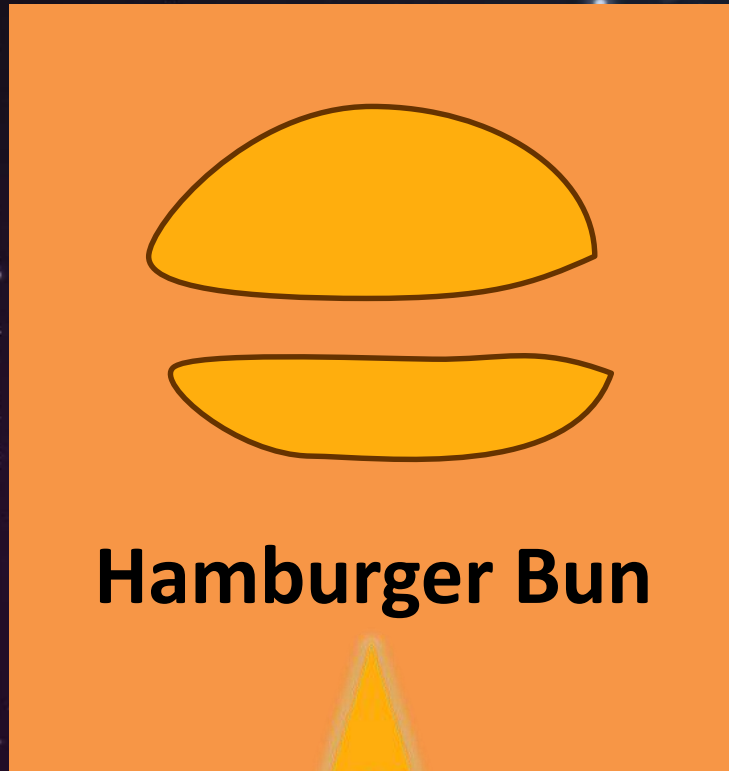
Beans

Cheese

PROTEIN



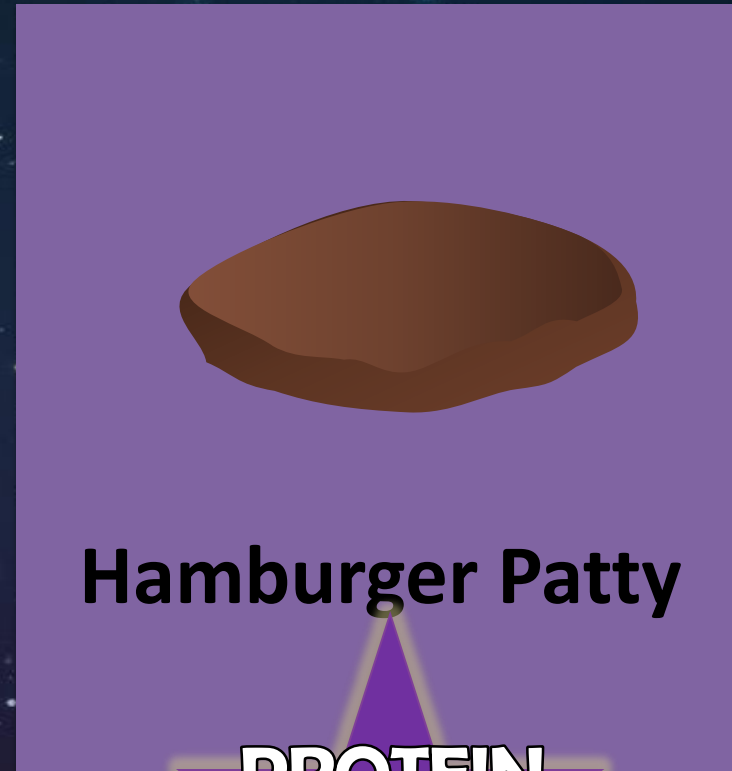
1 Hamburger = 2 Food Groups



GRAINS



+



PROTEIN



Who Wants to Build-A-Lunch?

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

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- ✓ Carrots (*Unopened*)

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Este institución es un proveedor de igualdad de oportunidades.



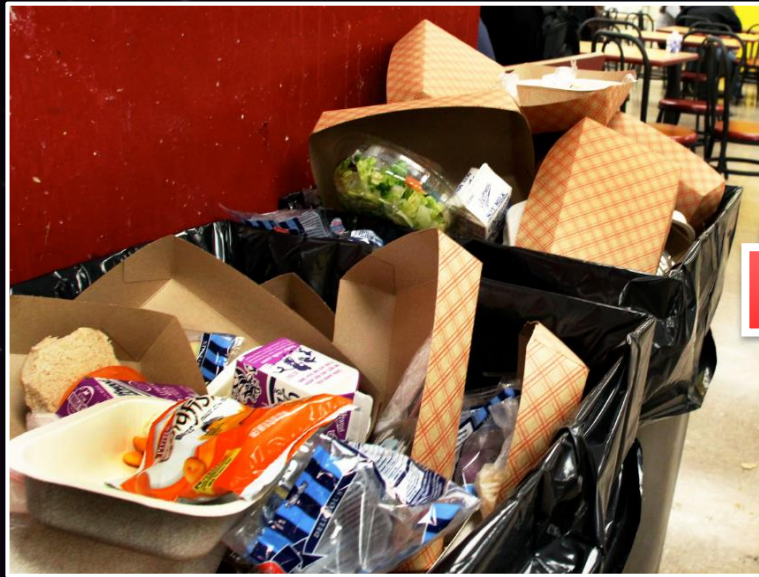


Remember, you **DO NOT**
have to take all the food.

Take at least **3**

During
Breakfast & Lunch

Taste It Don't Waste It



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!

Sweet
Talk



Q & A With
Willy Ray Wonka & Selina