

Chef Ann Foundation

Tools & Resources for Plant Forward Meals in Schools

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“If schools across the country, and even the world, make menu shifts towards plant-based foods, we could achieve significant environmental and health shifts in the planet and population.”

- Chef Ann & Team



OUR PROGRAMS



Salad Bars to Schools

A grant program that helps schools expand their commitment to serving fresh fruits and vegetables by implementing salad bars as part of their daily meal program.



Project Produce

A grant program that helps schools increase kids' access to fresh fruits and veggies while providing nutrition education through fun, lunchroom learning activities.



Get Schools Cooking

A program that provides hands-on support through an assessment of school food operations, strategic planning, funding opportunities and technical assistance, enabling school districts to increase their amount of scratch cooking.



The Lunch Box

An online resource that provides free step-by-step guides, tools, and recipes to help schools improve their food programs and transition to scratch-cooking.



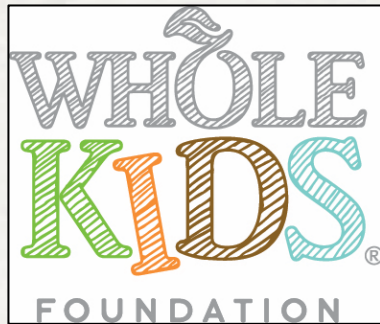
School Food Institute

Online courses that give school food service professionals and childhood nutrition advocates the in-depth training, operational skills, and strategic vision necessary to make school food fresh, healthy, and sustainable.



More Plants Please!

Now Serving: Plant Forward Meals!



healthy people
healthy planet
healthy bottom line



Free Resources:

**Recipes, Menu Cycles, Posters,
Flyers, Research and more...**



Plant Forward Recipes

- USDA Compliant with associated cost and nutrient analysis
- Tested in real school kitchens
- Taste-approved by students
- Scalable!




Recipe Resources

Recipes

- Bibimbap Bowl K-8 & 9-12
- Caprese Sliders
- Chickpea Masala
- Chile Relleno Casserole K-8
- Chile Relleno Casserole 9-12
- Greek Empanadas
- Pineapple Fried Rice K-8
- Pineapple Fried Rice 9-12
- Quinoa Burger
- Spanakopita Grilled Cheese
- Vegetable Lasagna K-8
- Vegetable Lasagna 9-12
- Veggie and Cheese Flatbread
- Zucchini Boats

Menu Cycles

		CHEF ANN FOUNDATION Scheduled Menu Plans Calendar		
June 2018	Serving Period: Lunch	Serving Line: Main	119 BEAR CREEK ELEMENTARY	
Monday	Tuesday	Wednesday	Thursday	Friday
				-1-
-4- EGGPLANT PARMESAN SALAD BAR MEAL W/ 2 OZ ROLL DINNER ROLL 2 OZ WG SALAD BAR SIDE K-5 FRUIT SIDE KS MILK, 1%, LOWFAT MILK, SKIM	-5- GREEN MAC AND CHICKEN BAKE K-8 SALAD BAR MEAL W/ 2 OZ ROLL SIDE BREAD STICK CURRIED CHICKPEAS PK-8 SALAD BAR SIDE K-5 FRUIT SIDE KS MILK, 1%, LOWFAT MILK, SKIM	-6- VEGETABLE LO MEIN SALAD BAR MEAL W/ 2 OZ ROLL FALL KALE AND APPLE SALAD SALAD BAR SIDE K-5 FRUIT SIDE KS MILK, 1%, LOWFAT MILK, SKIM	-7- ENCHILADA CHEESE K-8 SALAD BAR MEAL W/ 2 OZ ROLL SIDE BEANS REFRIED PINTO SALAD BAR SIDE K-5 FRUIT SIDE KS MILK, 1%, LOWFAT MILK, SKIM	-8- CHICKPEA MASALA SALAD BAR MEAL W/ 2 OZ ROLL SIDE BROWN RICE 1 CUP SALAD BAR SIDE K-5 FRUIT SIDE KS MILK, 1%, LOWFAT MILK, SKIM

← These new recipes have been combined with other recipes to create six, one-week plant forward menu cycles that are focused on incorporating more fruits and vegetables, whole grains and plant-based proteins into meal programs.

Plant Forward Continuum

100% Animal-Based Protein

100% Plant-Based Protein

M/MA*
Traditional
Animal-Based
Protein

M/MA
Includes
Creditable
Plant-Based
Protein

M/MA
at least 50%
Plant-Based
Protein

M/MA
100%
Plant-Based
Protein

Protein
Source
Examples



School
Meal
Examples



Oven Fried
Chicken

Beef & Bean
Nachos

Bibimbap
Bowl

Chickpea
Masala

*meat/meat alternate

Marketing Materials: Elementary & Secondary Age Posters

More Plants Please!
Eat Your Way to Health

Can You Grow it...

...on a tree? ...on a vine?

...in the ground?

**Put It On Your Tray
and Try It Today!**

More Plants Please!
Choices with Impact: Reduce Greenhouse Gas Emissions

What is the impact of meat production on the quality of our air?

Each serving of beef produces 4.5 lbs of carbon dioxide equivalents, but what does that really mean?

1 Serving of Beef = Driving 5 mi

10 Servings of Beef = Driving 10 mi

1,000 Servings of Beef = Driving 5,003 mi

30 million
servings of beef from students across the country
= 151,586,568 miles
Equal to driving around the Earth roughly 6,000 times!

Make the air a little cleaner by swapping your beef for plants at lunch today!

Calculations are approximations and intended to give a general idea of the carbon dioxide equivalent of a 2 oz equivalent serving of beef.

More Plants Please!
Choices with Impact: Save Water

How much water does it take to produce the proteins we eat?

beef		1851 gal/lb
pork		719 gal/lb
chicken		520 gal/lb
soy bean		283 gal/lb

Water use is based on the global average water footprint.

Marketing Materials: Staff and School Community Flyers



More Plants Please!

Now Serving: Plant Forward Meals!

We are bringing some new recipes to the lunchroom! These recipes are part of a plant forward initiative to bring more plant-based foods into our school meals for students and staff.

What is Plant Forward?

- These meals emphasize plants as foundational to a healthy diet that consists of whole, fresh foods.
- Plant forward is inclusive, which means adding more plants into meals, rather than eliminating foods.

How to Eat Plant Forward?

- Eat ONE meal per week that is made entirely from plants.
- Fill half your plate with plants first. Choose from whole grains, fruits, and vegetables.
- Eat the rainbow by getting as many colors onto your plate as possible.

Why Eat Plant Forward?

- Plant forward meals help cultivate life long eating habits that can prevent disease.
- Plant forward meals have little or no processed ingredients because they start with fresh whole foods.
- Filling our plates with more foods that come directly from plants ensures we use our resources most efficiently.

Support Healthy Eating
Encourage Our Students to Eat Plant Forward!



More Plants Please – at home!

1: Pick your favorite vegetables



2: Put them over whole grains



3: Top off with protein



Bowls! Bowls! Bowls!

Asian
soba noodles
carrots
celery
onions
broccoli
tofu
soy sauce
rice wine vinegar

Southwest
brown rice
onions
tomatoes
peppers
black beans
cilantro
sour cream
lime juice

Mediterranean
couscous
onions
tomato
cucumber
beef
oregano
greek yogurt
red wine vinegar



School Food Institute

- ***NEW*** *Plant Forward in Schools*
 - Coming this November!
 - www.schoolfoodinstitute.org
- Scholarships for **CA School Food Service Professionals!**
 - Generously donated by the EACH Foundation



Apply here:

www.schoolfoodinstitute.org/scholarship-application-northern-california-school-food-service-professionals/

Awarded on a first come, first-served basis
Questions? info@schoolfoodinstitute.org

Take-Aways

Feel free to reach out!

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1. **School Food Service** has an important role to play to help support a healthy planet and healthy students.
2. **Food shifts** are achievable and affordable.
3. **Small Steps** are important, progress will be incremental.
4. **Engage** with staff and students to be successful. Make district commitments.
5. **Get creative** with recipes and follow the *Plant Forward Continuum*.
6. **Use resources and assistance** there are a lot of people ready to help.
7. **Celebrate successes**, big or small!