



Making the Most of USDA Foods for Healthier Meals

- Laura Walter, USDA Foods
- Marilyn Moody, Wake County P.S.
- Carol Chong, Miami-Dade P.S



USDA Foods: Helping Schools Meet the New Regulations



USDA Meal Pattern Education Sessions



Day	Date	Time	Session Title	Room
Monday	7/16	2:15 - 3:15	The New Meal Pattern	2A
Monday	7/16	2:15 - 3:15	Menuing to Meet the New Meal Patterns	2C

Challenge:

Offer fruits and vegetables as two separate meal components

- ★ Lunch: $\frac{1}{2}$ - 1 cup fruit +
 $\frac{3}{4}$ - 1 cup vegetable
- ★ Breakfast: 1 cup fruit (SY 14-15)

USDA Food Solution:

USDA Fruits

- Canned-Extra light syrup; applesauce is unsweetened
 - Frozen - no sugar added*
 - Dried fruit – counts for 2X volume
 - Fresh – whole, fresh cut, bulk for processing
- * Can use sweetened products SY 2012-2013**



USDA Food Solution:



USDA Vegetables

- Canned:
 - Low sodium
 ≤ 140 mg/ $\frac{1}{2}$ cup serving
 - No salt added corn
 - Frozen – no salt added
 - Fresh

Challenge:



**Offer vegetables daily at
lunch, including specific
vegetable subgroups
weekly**

USDA Food Solution: USDA Vegetables



- Red/orange
- Dark green
- Legumes
- Starchy vegetables
- Other

Challenge:



Offer more whole grains:

- Half must be whole grain-rich beginning SY 2012-13
- All must be whole-grain rich beginning SY 2014-15



USDA Food Solution:

USDA Whole Grains

- **Whole grain pasta**
- **Whole grain tortillas**
- **Whole grain pancakes**
- **Whole wheat flour**
- **Rolled oats**
- **Regular and quick cooking brown rice**
- **Whole Kernel corn for further processing**
- **Exploring whole white wheat specification**



Challenge:

**Reduce the sodium
content of meals
gradually over a 10-year
period**

USDA Food Solution:



Reducing Sodium

- **USDA vegetables, meat, poultry, pork, cheeses all have reduced or low sodium levels to help school meet or exceed the two-year target.**
- **Continue to dialog with industry to modify specifications for SY 2013-14 (10-15% reduction from current levels.)**

Challenge:



Prepare meals using food products or ingredients that contain zero grams of *trans* fat per serving

USDA Food Solution:



Eliminating added *trans* fats:

- Peanut & Sunflower butters
- Vegetable oils
- Potato products
- Catfish strips

Challenge:



Schools need nutrition and allergen information to make ordering decisions

Solution:



- Centralize information in a web-based database “OHIO”
- Easily updated/maintained
- Requirement as part of bid package?
- Links to USDA recipes?

Challenge:



Schools need help creating specification language that results in successful bids for foods that meet their desired nutrition profile

Solution:



- **Web-based specification library**
- **Encourage USDA Foods attributes**
- **Tips reinforce procurement process**
- **Partnering with key stakeholders**

Resources



- Recipes featuring USDA Foods
- NFSMI training resources
- USDA Foods Mobile site – coming soon!
- www.fns.usda.gov/USDAFoods/

Wake County Schools



- 150,000 students, 35% F&R
- 160 schools with full service kitchens
- 104 HUSSC Elementary schools
- 66,000 lunches daily
- 18,000 breakfasts daily
- 25% revenue from a la carte sales



Wake County Schools

- **USDA Foods Used**
 - Beef processed into Kettle Products
 - Fruits – frozen and canned
 - Vegetables – frozen and canned
 - Legumes - canned
 - Pastas – brown box and processed
 - Flour & cheese diverted for whole grain pizza

Wake County Schools



Processed Foods

- Beef to JTM
 - Hamburger Patties
 - Spaghetti Sauce
 - Taco Sauce
 - Hot Dog Chili
- Other Foods



Wake County Schools



- Canned fruits
 - Packed in extra light syrup
 - peaches, pears, mixed
 - Unsweetened
 - applesauce
- Frozen fruits
 - Strawberry cups
 - Peach cups

Wake County Schools



- Canned vegetables
 - Reduced Sodium (140 mg or less)
 - Green beans, tomato sauce, salsa
- Frozen vegetables
 - no salt added
 - Corn, carrots
 - potato wedges are fat free

Wake County Schools



- Canned Legumes
 - Pinto beans – new for 2012-13
 - Black-eyed peas
 - Vegetarian beans



Wake County Schools



- Pasta – whole grain
 - Spaghetti, macaroni, & rotini brown box
 - Diverted to Land O Lakes for mac-n-cheese
 - Brown box for menu items: pasta salad

Wake County Schools



- Whole Wheat Flour – Diverted
 - Used in pizza crust – NOI



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Wake County Schools



Assault on SODIUM™

Status: Ahead of Schedule

- ✓ Taco Fillings: -43.3%
- ✓ Spaghetti Sauces: -47.8%
- ✓ Beef Patties: -38.9%
- ✓ Meatballs: -56.3%
- ✓ Ribs, Meatloaf & Salisbury Steak: -40.8%
- ✓ Breakfast Sausages: -50.8%
- ✓ Cheese Sauces: -25.7%
- ✓ Macaroni & Cheese: -26.5%

Let's Create Great Dishes Together!™

Wake County Schools



Menu Planning Template for Grades K-5

Component	Requirements		Weekly Component Planning										Weekly Evaluation Component Totals		
	Daily	Weekly	Schools that choose to offer a variety of reimbursable lunches, or provide multiple serving lines, must make all required food components available to all students, on every lunch line, in at least the minimum required amounts.												
			Monday		Tuesday		Wednesday		Thursday		Friday				
Component Contribution	Menu Item & Portion size	Component Contribution	Menu Item & Portion size	Component Contribution	Menu Item & Portion size	Component Contribution	Menu Item & Portion size	Component Contribution	Menu Item & Portion size	Component Contribution	Menu Item & Portion size				
Milk	1 cup	5 cups	cup		cup		cup		cup		cup		cup		0 cup
³ Meat/Meat Alternate - highest daily component credit offered on any serving line.	at least 1 oz	total of 8 to 10 oz	oz		oz		oz		oz		oz		oz		0.0 oz
¹ Meat/Meat Alternate - lowest daily component credit offered on any serving line.	at least 1 oz	total of 8 to 10 oz	oz		oz		oz		oz		oz		oz		0.0 oz
¹ Total Grains for highest daily component credit offered on any serving line	at least 1 oz eq	total of 8 to 9 oz eq	oz eq		oz eq		oz eq		oz eq		oz eq		oz eq		0.0 oz eq
¹ Total Grains for lowest daily component credit offered on any serving line	at least 1 oz eq	total of 8 to 9 oz eq	oz eq		oz eq		oz eq		oz eq		oz eq		oz eq		0.0 oz eq
¹ Total Grain oz eq offered on all serving lines			oz eq		oz eq		oz eq		oz eq		oz eq		oz eq		0.0 oz eq
¹ Total Whole Grain-rich oz eq offered on all serving lines		half of the weekly total offered	oz eq		oz eq		oz eq		oz eq		oz eq		oz eq		0.0 oz eq
Fruit	At least 1/2 cup	2 1/2 cups	cup		cup		cup		cup		cup		cup		0 cup
² Total Vegetables	at least 3/4 cup	at least 9 3/4 cups	cup		cup		cup		cup		cup		cup		0 cup
Dark Green		1/2 cup	cup		cup		cup		cup		cup		cup		0 cup
Red/Orange		3/4 cup	cup		cup		cup		cup		cup		cup		0 cup
Legumes/Beans		1/2 cup	cup		cup		cup		cup		cup		cup		0 cup
Starchy		1/2 cup	cup		cup		cup		cup		cup		cup		0 cup
Other		1/2 cup	cup		cup		cup		cup		cup		cup		0 cup
¹ Additional		1 cup	cup		cup		cup		cup		cup		cup		0 cup

¹ All meat/meat alternates and grains should be rounded down to the nearest 1/4 oz or oz eq component contribution.

² All vegetable subgroups must be offered on each independent serving line to meet both the daily and weekly requirements in order to ensure that a student is able to select a reimbursable meal in any line they may choose.

³ If both the daily and weekly minimum servings required by the meal pattern have been met by serving more than the minimum amounts of dark green, red/orange, legumes, starchy, and other vegetables, you are not required to offer additional vegetables.

<http://childnutrition.ncpublicschools.gov>



Miami-Dade County Public Schools Department of Food and Nutrition

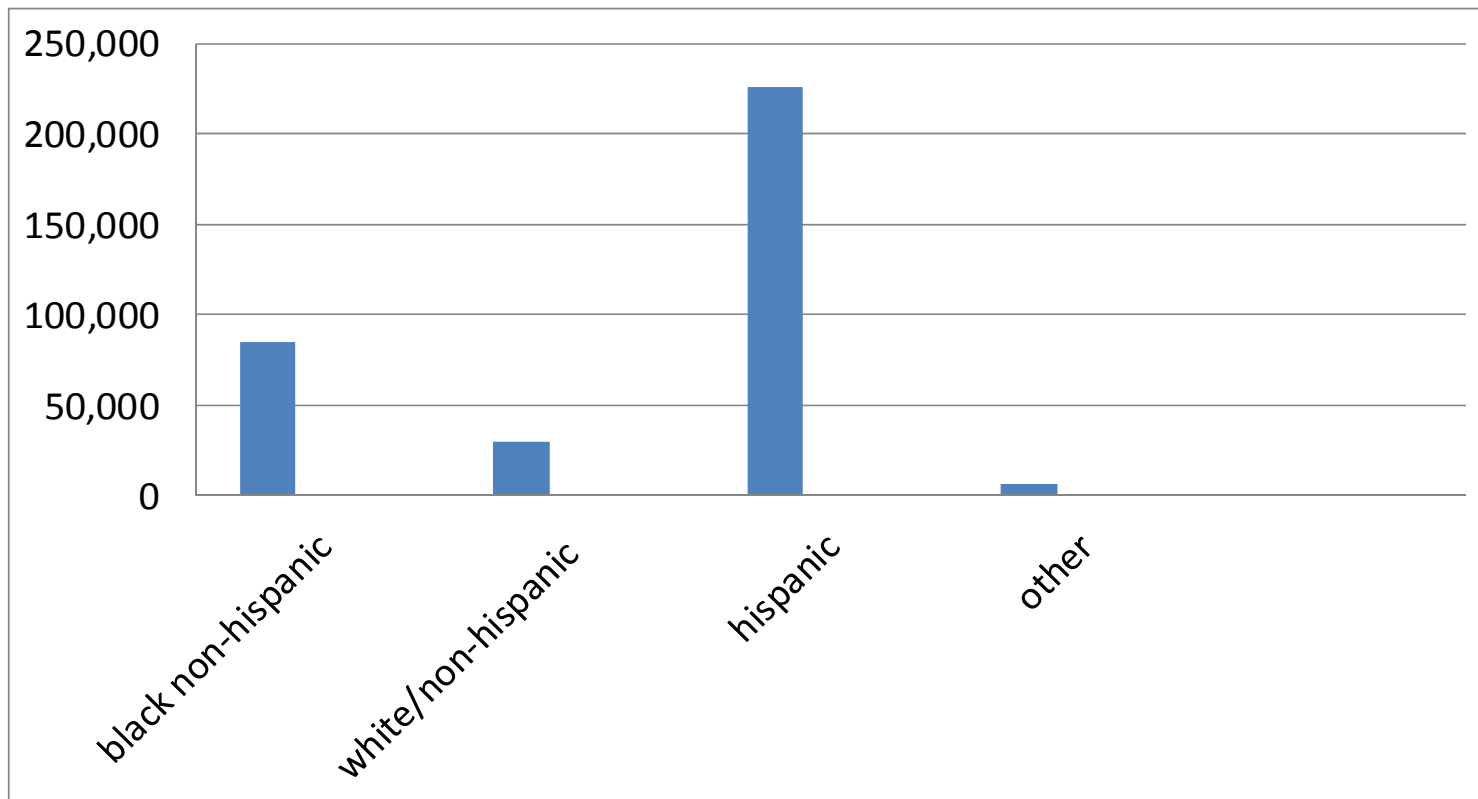


Making the Most out of USDA Foods for Healthier Meals

Carol Chong, MA;RD;LD/N
Director, Food and Menu Management



Ethnic Composition of Students in Miami-Dade County



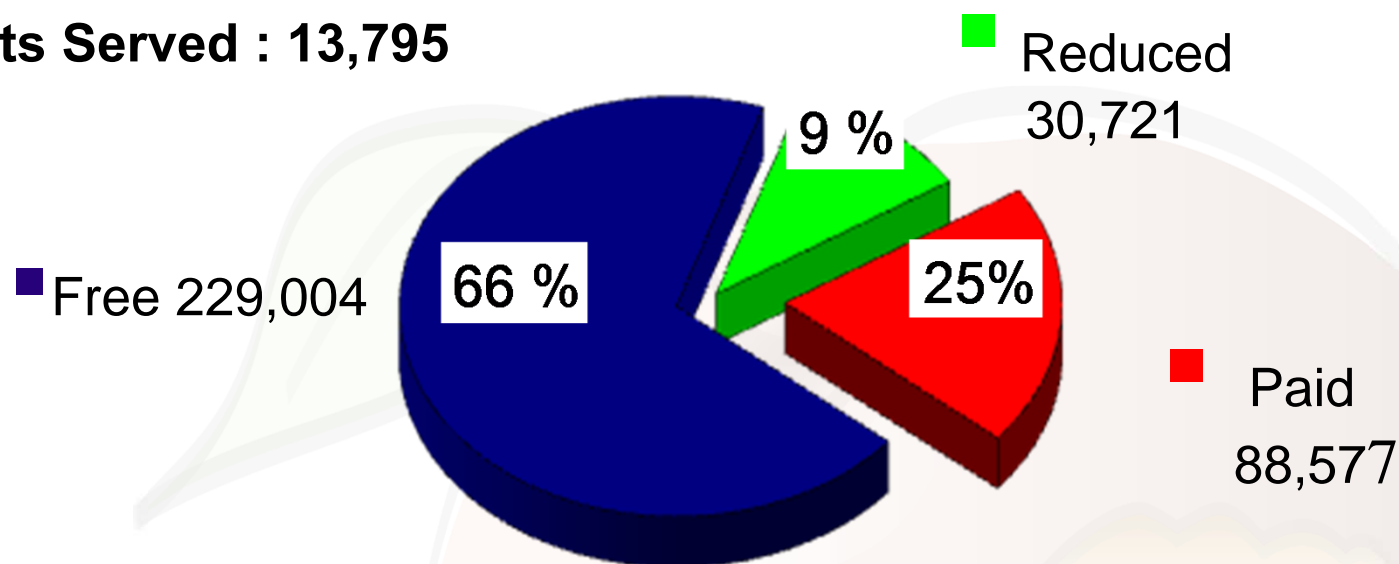
Percentage of Students Served by Eligibility 2011-12



Active Students: 348,302

✓ Lunches Served: 35,723,443

✓ Breakfasts Served : 13,795



School Meal Program:



FOOD AND MENU:

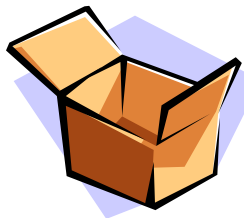
- Food is obtained through USDA \$\$ allocations and purchased through competitive bids, RFP' s and/or Quotes
- Product specifications are made for each food item that we purchase and serve according to guidelines and wellness policy
Example: No trans fats; No MSG; No fillers; Low fat -1% butterfat content; (District policy) ; no artificial sweeteners (senior highs exception); no caffeine; no carbonated beverages
Limit of 35% sugar by weight; (Federal and AFHG)
- Product testing and evaluation for acceptance by students for menu

School Meal Program:

FOOD AND MENU:

- USDA Commodities - \$\$ allocation to the district

Choices for procurement are:



- **Direct Deliveries** – about 10 % of our allocation is used to make the purchases with “Brown Box”
- **Processed** – School district chooses to send/divert USDA Commodity Foods to an approved manufacturer to be made into specific products.



School Meal Program:



The BIG Question?????

To Process or not to process?

What are my Options?

Direct - Brown Box – USDA purchases



- » lowest bidder
- » their product specifications
- » Storage and delivery costs may be incurred

OR Processed – Divert to an approved manufacturer/ processor



- » District selects based upon quality, pricing, product variety
- » District's product specification

School Meal Program:



District decision-making processes –

- ? Quality of product – specifications for nutrient content
- ? Costs – comparisons – for brown box versus processed
- ? Customer recognition and satisfaction –
Brand recognition (Mystery food perceptions)



School Meal Program:



- **Cost Comparisons:**

Brown Box Turkey – Cost per lb x 40 lb

$$\text{\$1.78} \times 40 = \text{\$71.20}$$

$$\text{Storage Cost/60 days} = \text{\$ 1.06}$$

$$\text{Delivery cost/case} = \text{\$ 1.26}$$

$$\textbf{\underline{Total cost per case} = \text{\$ 73.52}}$$

Processed – Diversion to Jennie O

$$\text{Cost per lb} \times 39.86 = \text{\$106.83}$$

$$\text{Storage Cost} = \text{\$ 0.00}$$

$$\text{Delivery cost/case} = \text{\$ 1.26}$$

$$\text{MINUS \$ DV/case} = \text{\$ 40.43}$$

$$\textbf{\underline{Total cost per case} = \text{\$66.40}}$$

School Meal Program:



? WHY PROCESS?

- Commercially **BRANDED** items are preferred for student recognition and quality validation



- Food is ordered “ Just in time” - 2 to 3 weeks before being served. –Fresher products, no storage fees, flexibility with products, portion cost may be lower

School Meal Program:



Processing of USDA Commodities

We choose the manufacturer and products based upon product identification, marketability, cost, availability, quality, market reputation, customer satisfaction and preferences

School Meal Program:



Food and Menu

- Food Products – Evaluation and Testing for student acceptance
 - All products must meet district's wellness policy's Healthy Food and Beverages guidelines; alliance for a healthier generation guidelines
 - Nutritional data sheets and product ingredient information submitted to F & N for approval (paper screen)
 - Sample submitted for taste evaluation and acceptability (Appearance Screen)



School Meal Program:



- Taste testing and focus group activity conducted with students at various locations – usually at menu committee member's school sites (Student Taste Test)
- Product(s) must pass with a minimum of 70% acceptability rating score



School Meal Program:



- Processing allows for getting ethnic – flavored products that appeal to customers –
 - Turkey -Tinga – latin-flavored, tacos
 - Pork - Cuban-style, roasted
 - Chicken – teriyaki, curried, General Tso’ s
 - Beef – Philly-style steak, carne guisada



School Meal Program:



- Our menu must meet District Wellness Policy and USDA nutritional requirements.
- Reviewed by menu committee made up of FS Managers and Administrators
- Menu – 2 week cycle

Lunch

- » Choice of hot entrée/sandwich/salad plate
- » Vegetables – cooked/ Fresh - salad
- » Fresh , canned and frozen Fruit/100% fruit juice
- » Milk – Low fat – white , skim and fat-free chocolate flavored,

School Meal Program:



- **Farm to School** – USDA initiative – support of locally, regionally and domestically grown produce for schools
- Local - within the state of Florida – **lower costs**
- Regional – includes Carolina's (N and S), Tennessee, Georgia
- Domestic – rest of the United States

Why do we do all of this? Because – “We Feed the Future”



- **Miami-Dade County Public Schools**
- **Department of Food and Nutrition**
- **7042 West Flagler Street**
- **Miami, Florida 33144-2703**
- **(786) 275-0400 Fax: (786) 275-0841**
- **[http: www.nutrition.dadeschools.net](http://www.nutrition.dadeschools.net).**



THANK YOU!

Contact Us at:

- www.fns.usda.gov/USDAFoods
- www.wcpss.net/child-nutrition
- www.nutrition.dadeschools.net
- www.SchoolFoodFOCUS.org

