What’s Shaking in Schools?
Strategies to Reduce Sodium in School Meals

Panel Presentation and Discussion
Sunday, July 9 * 9:15am to 10:15am

Child Nutrition Programs
USDA Food and Nutrition Service
Objectives

After this presentation, you will be able to:

• Describe 3 sodium reduction resources available to school nutrition professionals.
• Outline 3 sodium reduction strategies around menu planning, product procurement, and school meal program promotion to pursue in your own food service operation.
• Identify strategies for addressing common barriers to lowering sodium in school meals and gaining student acceptance and participation.
Today’s Presenters

Sonya Barnes, MS, RD, CHC - Moderator
Branch Chief
Nutrition and Technical Assistance Branch
USDA Food and Nutrition Service
Child Nutrition Programs

Debra Eisenbarth, MS, RD
Nutritionist
Nutrition and Technical Assistance Branch
USDA Food and Nutrition Service
Child Nutrition Programs
What’s Shaking?

Panelists

Brian Jones
Food Service Director
St. Labre Indian School Educational Association
Ashland, Montana

Cindy Culver
Director of School Nutrition
Marietta City Schools
Marietta, Georgia
Who’s in the Audience?
USDA Sodium Reduction Resources

Debra Eisenbarth, MS, RD
How Much Do Kids Eat?

Mean Sodium Intake (mg)

- DGA Recommendation: 2,300 mg
- 2-19 years: 3,033 mg
- 2-5 years: 2,248 mg
- 6-11 years: 2,992 mg
- 12-19 years: 3,411 mg

SOURCE: What We Eat in America, NHANES, 2013-2014. Available at: https://www.cdc.gov/mmwr/volumes/66/wr/mm6612a3.htm#T1_down
School Meals

- Have more whole grains, fruits, and vegetables
- Include only fat-free and low-fat types of milk
- Have less sodium (salt) and saturated fats
- Are balanced meals with “right-size” portions for children
School Meals Impact Sodium Intake

- **90%**: Food Consumed in School Cafeterias
- **10%**: Food Consumed from Other Sources

Top 10 contributors to sodium among U.S. schoolchildren:

1. Pizza
2. Mexican-mixed dishes
3. Sandwiches
4. Breads
5. Cold Cuts
6. Soups
7. Savory snacks
8. Cheese
9. Plain Milk
10. Poultry

What’s Shaking: Creative Ways to Boost Flavor With Less Sodium
What’s Shaking? Creative Ways to Boost Flavor With Less Sodium

- Nation-wide sodium reduction in school meals initiative
- Webinars, menus, best practice strategies, resources
- Partners supportive of sodium reduction in school meals
- Working with food industry

https://healthymeals.fns.usda.gov/whatsshaking
What’s Shaking? Partners

Society for Nutrition Education and Behavior
American Heart Association
Action for Healthy Kids®
American School Health Association
Center for Science in the Public Interest
American Academy of Pediatrics
Wellness in the Schools
American Public Health Association
Center for Ecoliteracy
Chartwells
FOOD CORPS
Institute of Child Nutrition
McCormick Science Institute
American College of Preventive Medicine
Asthoto™
YES!
Spice For Health
What's Shaking? Creative Ways to Boost Flavor With Less Sodium is a national collaborative sodium reduction initiative to foster creative ways to boost flavor and maximize taste to support efforts to lower the sodium content of school meals. This Web site is dedicated to helping the school community find the resources they need to increase awareness of the need for dietary sodium reduction, as well as ensure school meals meet current sodium standards.

About What's Shaking
Read on for more information about USDA's national collaborative sodium reduction initiative, its partners, and activities.

Background
Find information regarding sodium reduction in school meals, including timelines, amounts and school meal program rules.

http://healthymeals.fns.usda.gov/whatsshaking
Resources for School Nutrition Professionals
Find handouts, infographics, recipes, menus, culinary techniques, and other resources to support sodium reduction.

Resources for School Administrators, Teachers and Staff
Get information and new ideas on how to support sodium reduction and a healthy school environment.

Community Connection
Perfect for parents, other caregivers, youth engagement and others searching for resources on sodium reduction, including infographics, tip sheets, recipes and more!

Sodium Reports and Studies
Review research related to levels of sodium intake in children and adults.

NEW! Calendar of Events
Stay updated on upcoming webinars, conferences, presentations and more related to sodium reduction.

https://healthymeals.fns.usda.gov/whatssshaking
Resources for School Nutrition Professionals

Find handouts, infographics, recipes, menus, culinary techniques, and other resources to support sodium reduction, meant especially for professionals working in school nutrition. Information on this page

- At a Glance: Handouts and Tip Sheets All About Sodium In the Kitchen: Meal Planning, Cooking and Recipes

Reducing Sodium with the World’s Premier Culinary College: Training Videos for Food Service Professionals

National Network Public Health Institutes

Training Videos for Food Service Professionals. Featuring chefs from The Culinary Institute of America, this series of four instructional videos highlights simple culinary strategies and techniques to reduce sodium in food service settings.

Partnering with Food Service to Reduce Sodium: A Toolkit for Public Health Practitioners

National Network of Public Health Institutes

The toolkit highlights a list of strategies, case studies, tools, and resources for building new and/or enhancing existing partnerships with food service providers to reduce sodium in foods prepared, served, and sold. It aims to help public health practitioners understand the context of food service settings as well as the language and drivers of food service providers to support effective partnerships. This electronic toolkit can be also accessed for free at www.nnphi.org/sodium.

Connecting Public Health and Food Sector Collaborators

The third event of a 3-part web forum series called Connecting Public Health and Food Sector Collaborators (click to watch part 1) CDC has collaborated with NNPHI to launch this resource to feature representatives from both public health practitioners and food sector partners who share lessons learned and real-life examples from their sodium reduction experiences. Each event is archived on the Dialogue4Health website (click to watch part 2 of the series).

https://healthymeals.fns.usda.gov/whatsshaking
At a Glance: Handouts and Tip Sheets

Sodium Reduction Infographic for School Nutrition Professionals (May 2015) (PDF | 346 KB)

This infographic visually depicts the public health importance of sodium reduction as well as practical tips for schools that are already making great strides on preparing and serving healthy school meals.

Flavor Shakers (PDF | 389 KB)

Iowa Department of Education.

Chef Deanna Olson created these low-sodium herb/seasoning mixtures to be utilized in child care and schools to decrease sodium consumption.

Reducing Sodium in Children’s Diets Infographics

CDC, NCCDPHP, Division for Heart Disease and Stroke Prevention.

View three infographics that give information regarding sodium intake in children and ways to reduce this intake.

http://healthymeals.nal.usda.gov/whatsshaking
WHAT'S SHAKING?

creative ways to
BOOST FLAVOR with LESS SODIUM

WHAT YOU SHOULD KNOW...
The sodium targets for school meals help kids eat less sodium while still getting the amount they need to stay healthy.

SCHOOLS ARE MAKING A DIFFERENCE!

Reduced sodium in children’s diets today can help prevent heart disease tomorrow.

TOP SOURCES OF SODIUM FOR CHILDREN
- pizza
- bread
- cheese
- lunch meats
- chips

90% of children in the United States consume too much sodium.

HOW YOU CAN
REDUCE SODIUM in SCHOOL MEALS

1. USE HERBS & SPICES
   Feature “Flavor Stations” in your cafeteria where students can add seasonings (without added sodium) that appeal to their tastes.

2. EXPLORE NEW RECIPES
   Find large quantity recipes for school food service on the new recipe Web site: http://www.whatscooking.fns.usda.gov

3. ORDER USDA FOODS
   Stretch your budget and serve nutritious foods by planning your school meals around no-salt-added or low-sodium USDA foods.

4. CONTACT VENDORS
   Write bid specs that request lower sodium options. Depending on the brand, a food item may have different amounts of sodium.

Check out all of our resources at the "What’s Shaking?" Web site:
http://healthymeals.usda.gov/whatsshaking

Sources:
http://www.epa.gov/scaer/Reports/2006/School-Mecls-Building-Blockstry-Fo_right/HealthyChildren.aspx
http://www.epa.gov/scaer/Career/Services/HealthyChildren.pdf
http://www.epa.gov/scaer/HealthyChildren/Web%20Recipes/NS2010.pdf
Lower-Sodium Flavorings

- Spices & Herbs
- Flavored vinegars
- Fresh salsa
- Lemon or lime juice
- Pepper sauce
- Salt-free seasoning mixes
- Seasoning powders (onion powder, garlic powder)
- Simple salad dressings (such as vinegar and oil)

1 USE HERBS & SPICES

Feature “Flavor Stations” in your cafeteria where students can add seasonings (without added sodium) that appeal to their tastes.
Empowering Choice, Respecting Preferences

“Spice Station” at the Salad Bar

No sodium spices allow the students to become the chef

Photos courtesy of Jessica Shelly, MBS, SNS, REHS, Food Services Director, Cincinnati Public Schools (Shellyj@cpsboe.k12.oh.us)
Focus on what you can serve!

Photo courtesy of Jessica Kourkounis, USDA Farm to School
• Reduce salt in recipes by half, and conduct taste-tests
• Low sodium bouillon cubes, ham base, and chicken base
• Low-sodium broths
• Use less or no salt when cooking pasta, rice, beans, and hot cereals.

Porcupine Sliders
GRAND PRIZE WINNER Recipes for Healthy Kids These mouth-watering turkey burgers are made with the right amount of spices and a burst of sweet cranberries and served on small whole-wheat rolls; watch children delight in the flavors.
USDA Standardized Recipes

**Whole Grains**
- Rice Pilaf
- Baking Powder Biscuits
- Tuscan Grilled Cheese Sandwich

**Main Dishes**
- Taco Salad
- Salisbury steak
- Chicken Noodles

**Vegetables**
- Mexicali corn
- Chinese Vegetables
- Orange Glazed Carrots

https://www.fns.usda.gov/usda-standardized-recipe
Recipes for Healthy Kids Cookbooks

For Schools (50 to 100 svgs)

For Homes (6 svgs)

For Child Care Centers (25 to 50 svgs)

http://teamnutrition.usda.gov
View options on the Foods Available List

ORDER USDA FOODS

Stretch your budget and serve nutritious foods by planning your school meals around no-salt-added or low-sodium USDA Foods.

https://www.fns.usda.gov/fdd/foods-expected-be-available
• Alerting food distributors to the new lower-sodium standards

• Asking for a list of low-sodium products that are available

• Asking for price comparison sheets for similar items, then comparing the sodium content.

4 CONTACT VENDORS

Write bid specs that request lower sodium options. Depending on the brand, a food item may have different amounts of sodium.
More tips from successful schools

- Conduct culinary trainings for staff
- Utilize scratch cooking techniques; reformulate recipes and add spices
- Use reduced sodium versions of dressings, soups, cheese, sauces
- Attend food shows; work with vendors
- Reduce sodium levels of food items over time
- Taste-test products with students
Turlock Unified School District

Photos courtesy of Scott Soiseth, Director, Turlock Unified School District (ssoiseth@turlock.k12.ca.us)
What’s Next for *What’s Shaking*?

- Tip Sheets for School Nutrition Professionals
- Collaborate with established partners
- Focus on success stories, best practices, and actionable strategies!
- Continued conversations with food industry
- Presentations at conferences.

[https://healthymeals.fns.usda.gov/whatsshaking](https://healthymeals.fns.usda.gov/whatsshaking)
What’s Shaking in Schools? Strategies in Reducing Sodium in School Meals’’

"Create" the Buy in to School Nutrition
I am a Lunch Lady And Proud of It Everyday

BRIAN S. JONES
Food Service Director
St. Labre Indian Schools
Ashland, Montana

Serving Gods Children One Meal at a Time
Strategies

- Creating healthy meals with great flavors
- Educating staff on the use of sodium
- Change the way we look at making healthy choices in the kitchen and schools
Strategies

- Educating students on nutrition
- Engaging students to be involved in nutrition
- Building relationships with students and staff
## Challenges Tackled

### 2014
- They won’t eat the food now!
- Can only eat fresh fruit and vegetables
- Telling us how to cook
- Nothing is good anymore

### 2015
- Education in sodium
- Taste testing
- Work with teachers
- Student Council
- Cafeteria makeover
- Student involvement
- Food waste study
How we get it done

- 5 Head Cooks, 3 Head Bakers
- 3 Fruit and Vegetable Specialists
- 3 Assistant Cooks and Cook Helpers
- 4 Fully operational kitchens
- Dishwashers & Custodial personnel
- 2 Administrative staff (plus myself)
Our Strategy

#1 Recipe Review

- Look at all the added ingredients for sodium levels
- Use note cards to make adjustments to recipe
Our Strategy

#2 Product Education

- What ingredients were being added
- Calculated the amount of “product” added sodium first
- Researched other brands, if needed
- “Asked for help from our suppliers”
- “Did Internet searches”
“Our Ranch”

- We produce 8,400 lbs
- Bulk burger for cooking
- Pre-formed patties
- Roasts, stew meat
- Prime cuts of steak
- Educational purposes

Tatanka

Buffalo

4 oz = 60 mg sodium
How we use buffalo

- Buffalo and turkey 60/40
- Buffalo and beef 80/20
- Buffalo burger patties with cheese
- Absorbs added flavor profile
- Buffalo food items yield more volume being served.
### Nutrition Comparison

<table>
<thead>
<tr>
<th>Buffalo 4 oz serv.</th>
<th>Turkey 4 oz serv.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 124</td>
<td>Calories 160</td>
</tr>
<tr>
<td>Sodium 60mg</td>
<td>Sodium 100 mg</td>
</tr>
<tr>
<td>Potassium 388 mg</td>
<td>Potassium 241 mg</td>
</tr>
<tr>
<td>Protein 24.5 gm</td>
<td>Protein 23 gm</td>
</tr>
<tr>
<td>Beef Protein = 22.07</td>
<td>Beef Sodium = 448</td>
</tr>
<tr>
<td>Calories = 284 (80-20)</td>
<td>Potassium = 247</td>
</tr>
</tbody>
</table>
Adding salt is Learned Behavior
Fresh salad bar every day with new items along with fresh fruit

Adding art work and information board
Benefits of Composting

- Transformed school bus into greenhouse
- Students do composting and recycling
- Learn gardening skills
- Gather data on food waste
- Discarded foods assist with menu forecasting
- Students make healthier choices
Create special moments in the cafeteria

Pope’s visit

Get to create a fun place to call the cafeteria
Contact Information:
Brian Jones, Food Service Director
Email: bjones@stlabre.org
Phone: 406-784-4530
Healthy School Environments and Meals with Less Sodium

Cindy Culver MS, RDN, LD
Director of School Nutrition
Marietta City Schools
MCS Blue Devil School Nutrition Program

- Why is sodium so important?
- How do we meet these standards?
- Staff Training Matters
- Students
Sodium & Taste

Sodium Reduction Goal:

• Reduce by 10% in SY 2014 - 2015
Blue Devil Methods

Be creative while getting back to the basics
Favorites from the Basics
Training Matters

Success starts with understanding
Manager-in-Training with Georgia Organics
What do students want?

The customer is always right.
PEOPLE WHO LOVE TO EAT ARE ALWAYS THE BEST PEOPLE

-JULIA CHILD
Fresh Ingredients Excite the Eye
Meal Marketing
Golden Radish Award 2016
Thank you!

Eat Learn Graduate

School Nutrition Program

Contact Information:
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Developed by:
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What’s Shaking?

Team Up to Lower Sodium and Boost Flavor in School Meals

Questions?
Roundtable Discussion!
Best Practices in Reducing Sodium in School Meals

Monday, July 10
3:30-4:30pm
Room B308- Level 3
Contact Us! Share Your Story!

Email: TeamNutrition@fns.usda.gov

Follow Us on twitter @TeamNutrition

http://teamnutrition.usda.gov
USDA is Here to Help!

Visit the USDA Help Desk to speak with subject matter experts

Come see us in the Exhibit Hall → USDA Lane Booths #2206-2215

Become a Team Nutrition School → www.fns.usda.gov/tn/join-team

Visit us online

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@USDANutrition
@TeamNutrition
fns.usda.gov
Thank You!
This session provides one (1) CEUs

Presentation Key Area: Key Area 1 – Nutrition

Professional Standards Code: 1320