

Annual National Conference 2019
Customizing School Meals: Raising the BAR
Shannon Gleave RDN, SNS



Ideas@Work education sessions are intended to inspire and encourage innovation in school nutrition through peer-to-peer learning and engagement.

Affiliation or Financial Disclosure



- Shannon Gleave, RDN, SNS
Glendale Elementary School District
- List any affiliations/financial disclosures.
 - Nothing to disclose



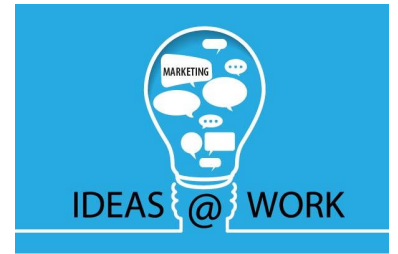
Ideas@Work



- 30 minute sessions walking through a big idea
- From concept to implementation
- Ways attendees can do it too



The Big Idea



- Trying to increase breakfast & lunch salad bar participation
- What inspired you to try this?
 - Talking to my SNA peers
- Low participation at breakfast and low salad bar during lunch had us thinking outside of the box...



A Bit About Our District



- Glendale Elementary School District
- Enrollment
- 96% Free/Reduced
- SBP, NSLP
- Salad bars at 15 of the 17 sites offer fresh fruits and veggies
- BIC in 12 sites with decent participation. 5 sites cafeteria with low breakfast participation.



Planning



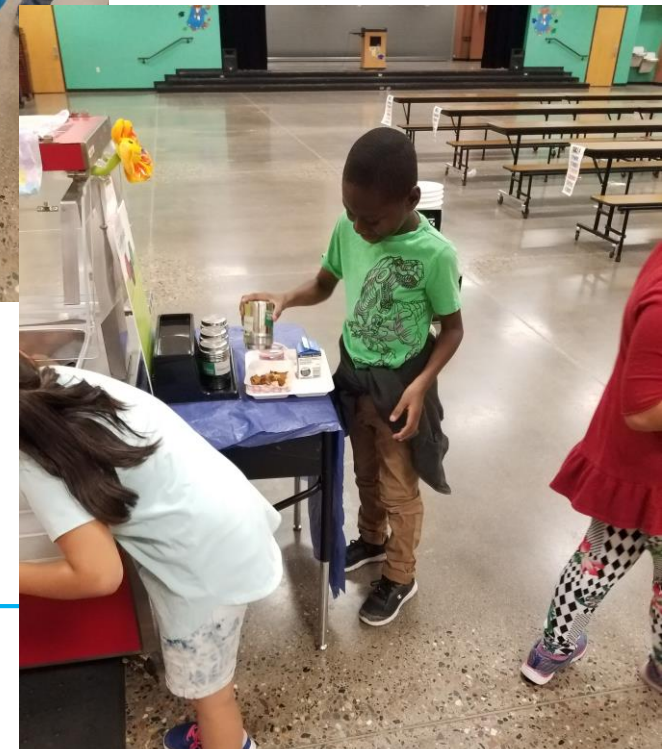
- The big Idea
 - Observed lunch time and kids walking right past the salad bar. Kids complaining not enough choices.... [Saw a presentation on flavor labs.....](#)
 - Talked to staff explained concept. Piloted at 3 sites to get feedback from school community.
 - Staff resistance – [concern students would over-use or steal the shakers!](#) Provided guidance and information to students.
 - Researched location that was best to be visible to students and accessible.
 - *Keeping in mind that taste profiles are different with students and adults.*

Implementation – What?



We piloted at 3 sites and did the shaker concept at 1 site for breakfast

- Three of our five kitchens put the shaker stations up near the end of salad bar. *Had staff explain what they were and how they worked.*
- One of sites was offering **hot chocolate for two months.**
- *We thought why not add a station to spice up the hot chocolate milk...*



Implementation – How?



- How did we do it?
 - Worked with vendors to purchase seasoning low in sodium that students enjoy.
 - Conducted taste testing at one of our vendor shows.
- How long did it take to implement?
 - A full school year. We started small and kept increasing schools until all sites were on board.
 - Made sure to include school community to promote the concept.



Results: More Kids Used the Salad Bar



- What went well?
 - Kids loved it!! They use it on pizza, tacos, fries and corn.
- What surprised you?
 - The buy-in from staff and teachers.
- What needed improvement?
 - Better marketing at beginning of school year.
 - Make sure vendor has all flavors available!



Your Turn...Create a Bar with Shakers



- We do not have staff or kitchen layout to create build your own stations, so we improvised.
- Many manufacturers are coming out with seasonings.
 - Create a bar for the shakers and have fun with it!
 - Go on Pinterest and see fun ideas.
 - Don't get discouraged if you are not crafty, someone in your staff always is!

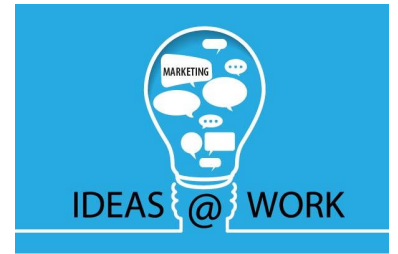
Your Turn



- Be open minded and allow the school to participate
- Really focus on the time it will take to get students through
- Have multiple stations for shaking toppings
- Don't be afraid to think outside the box
 - Make it a fun event and involve the whole school
 - Make it seasonal- in the winter add a milk bar for breakfast!



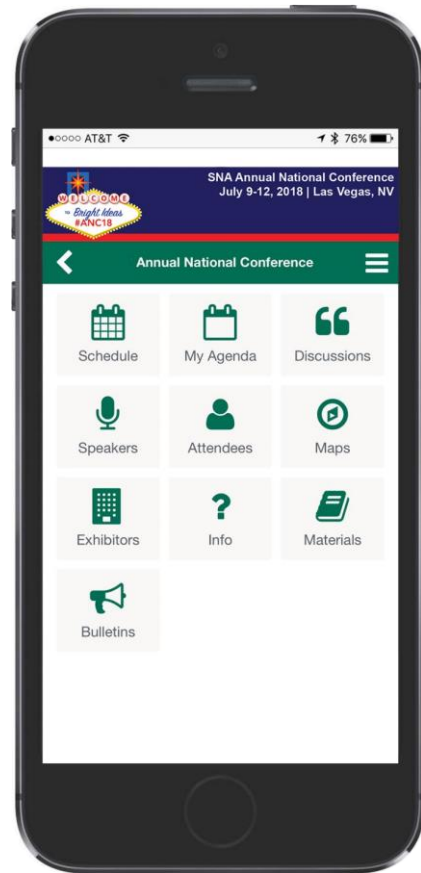
Closing Thoughts



- Flavor stations do not have to be fancy. Have a variety and allow kids to customize.
- Our setup does not allow us to have different food stations. By having shakers out it gives students power to enhance and customize their meals.
- Stay tuned... we have bigger plans for next year!!



Evaluate This Session



Use the ANC App to evaluate the sessions you attend and you will automatically be entered to win a FREE registration to ANC 2020 in Nashville.*

One entry per person. VOID WHERE PROHIBITED OR RESTRICTED BY LAW.





Thank you!
sgleave@gesd40.org