Annual National Conference 2019
Customizing School Meals: Raising the BAR
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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!!
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Thank you!
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