No Prep Required: Ready-to-Go Resources from Team Nutrition

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Affiliation or Financial Disclosure

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  • Nothing to Disclose

• Kaushalya Heendeniya
  • Nothing to Disclose
Stand Up for Team Nutrition

Stand up if....

1. You are from a school that is a Team Nutrition School
2. You work with a State Team Nutrition Training Grant
3. You have used a Team Nutrition publication, mobile app, video, recipe, or other resource
The Team Nutrition Initiative supports the Child Nutrition Programs by:

1. Providing training and technical assistance to food service professionals
2. Providing technical resources to support healthy school & child care environments
3. Developing nutrition education resources that help children learn about agriculture and make informed food choices
Presentation Roadmap

1. Connecting Cafeterias to Classrooms with Team Nutrition
2. Team Nutrition Training & Communication Tools
3. Team Nutrition Schools: Join the Team!
Connecting Cafeterias to Classrooms with Team Nutrition
Team Nutrition Classroom Materials

• Include connections to the school cafeteria
• Are flexible to fit needs and resources of different schools
• Are aligned to national education standards
• Have been audience-tested (teachers, parents, kids)
Start Right with Breakfast

- Eating a balanced breakfast helps give you the nutrients you need to grow and learn.
- Eating a well-balanced breakfast contributes to your daily food group needs.
- Many schools in the United States provide a convenient, quick, and healthy breakfast each day.
“I thought ['Eating Healthy with MyPlate] was different because normally teachers just tell you that you need to eat your fruits and vegetables, eat healthier fruits, but they didn’t tell you what was the things inside the food that made the food healthy or not.”

– 6th Grade Student, IA

“I like that there were different types of materials.” – 6th Grade Student, AZ
Have you ever wondered what people in other parts of the world eat? Take a trip around the world and explore what people in different countries may eat for breakfast.

I liked [‘Breakfast Around the World’] because it gave you facts about other things. It was interesting.” — 6th Grade, IA

“That [interactive application] was fun.” — 6th Grade, AZ

Breakfast in Colombia often includes arepas, eggs, and fruit juice. Arepas are corn meal patties or pockets that can vary in shape and size in different regions of the country. Sometimes, arepas are filled with eggs or meat.
**Arepa**

Arepas are flat, round patties usually made with ground corn flour. They can be grilled, baked, or boiled. Different kinds of arepas are eaten throughout all of South America. They are sometimes topped with cheese or avocado, or split into sandwiches filled with meat and vegetables.
Team Nutrition Cooks!

- Includes 5 cooking activities for kids 8-12 y
- Teaches children basic cooking skills while learning about MyPlate
- Includes an Activity Guide, Family Handouts, and cooking videos
Team Nutrition Cooks!

Applesauce

**Ingredients**
- Water
- Apples
- Cinnamon

**Directions**
1. Wash your hands.
2. Core and dice the apples.
3. Measure the water and pour into the pot.
4. Cook the apples.
5. Core and dice the apples.
6. Wash the apples.
7. Use the applesauce.

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**My Applesauce Story**

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**Making a MyPlate Meal with Applesauce**

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*Image of kitchen tools is also present.*
Team Nutrition Cooks!
5 Activities

“What I like most [...] was eating the food.”
- Student (DC)

“The thing that I like more is peeling and cutting.”
- Student (CT)

“Cutting carrots and whisking” (most liked)
- Student (IL)

“I most like about this activity is I like when I crack the eggs.”
- Student (DC)
Team Nutrition Cooks!

**Program Operator (IL)**

"Grain bowls were the biggest surprise...We loved it, kids loved it, [the] staff loved it. It was a teachable moment to be open-minded."

**Parent (CT)**

"For me it was like, ‘Oh, I need to try different stuff.’ I started trying different fruits, vegetables that I normally don’t use at all."

**Parent (IL)**

"When they bring it to the table, they are more willing to try it."

**Program Operator (DC)**

“I had kids come back to me and say I misplaced the family guide, and they asked for another copy. They said they enjoyed the food and they wanted to bring it home for their family to taste too. They wanted to suggest their own recipes, they did enjoy these and they got their cooking wheels turning.”

**Program Operator (CT)**

“More of an interest, willingness to try more foods, especially food that they assumed or thought that they wouldn’t try otherwise.”

Team Nutrition Cooks!

Increased:

• Knowledge efficacy
• Preference for new foods
• Familiarity with kitchen tools
• Knowledge of food safety, kitchen safety, and food preparation methods
Team Nutrition Training & Communication Tools
Local School Wellness Policy Outreach Toolkit

Customizable Templates

- Letter to principal
- Materials for Parents
- Materials for Teachers and Staff
- Sample Social media posts

Local School Wellness Policy Outreach Toolkit

Social Media Posts

Help Us Make the Healthy Choice the Easy Choice at School!
#schoolwellness

Parents Have Power to Make Schools Healthier
#schoolwellness

Better Health = Better Learners
#schoolwellness
A Guide to Smart Snacks in School
For School Year 2019-2020

What are the Smart Snacks Standards for foods?
To qualify as a Smart Snack, a snack or entree must first meet the general nutrition standards:

- Be a single food product that contains 50 percent or more whole grains by weight, where whole grains are the first ingredient or:
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food, or:
- Be a combination food that contains at least 1/4 cup of fruit and/or vegetable, and:
- The food must meet the nutrient standards for calories, sodium, sugar, and fat.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Snack</th>
<th>Blend</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>&lt;150</td>
<td>&lt;150</td>
</tr>
<tr>
<td>Sodium</td>
<td>&lt;48</td>
<td>&lt;48</td>
</tr>
<tr>
<td>Total Fat</td>
<td>&lt;5%</td>
<td>&lt;5%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>&lt;0.5g</td>
<td>&lt;0.5g</td>
</tr>
<tr>
<td>Sugar</td>
<td>&lt;5%</td>
<td>&lt;5%</td>
</tr>
</tbody>
</table>

What are the Smart Snacks Standards for Beverages?

- **Water**: Plain, still, or without carbonation
- **Milk**: Unflavored or flavored low-fat or fat-free milk, with alternatives as permitted by the National School Lunch Program School Breakfast Program
- **Juice**: 100% fruit or vegetable juice, with or without carbonation

Elementary School | Middle School | High School
Serving School Meals to Preschoolers

- Preschool Meal Pattern at breakfast and lunch
- Side-by-side comparison of PreK to K-5 Meal Patterns
- Co-mingling information
- Available in English and Spanish
- Printed copies coming soon to order form (samples at booth #2551)

https://www.fns.usda.gov/tn/serving-school-meals-preschoolers

### Preschool Meal Pattern

<table>
<thead>
<tr>
<th></th>
<th>1-2 years</th>
<th>2-3 years</th>
<th>1-2 years</th>
<th>2-3 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meals</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>½ cup (4 oz)</td>
<td>½ cup (6 oz)</td>
<td>½ cup (4 oz)</td>
<td>½ cup (6 oz)</td>
</tr>
<tr>
<td>Fruits</td>
<td>½ cup (6 oz)</td>
<td>½ cup (6 oz)</td>
<td>½ cup (4 oz)</td>
<td>½ cup (6 oz)</td>
</tr>
<tr>
<td>Vegetables</td>
<td>½ oz (0.25 cup)</td>
<td>½ oz (0.25 cup)</td>
<td>½ oz (0.25 cup)</td>
<td>½ oz (0.25 cup)</td>
</tr>
<tr>
<td>Meats/Most Armoried</td>
<td>1 oz.</td>
<td>1½ oz.</td>
<td>1 oz.</td>
<td>1½ oz.</td>
</tr>
</tbody>
</table>

Optional: Muffin or alternative vegetable may be served in place of one of the entire grains served per meal. Minimum serving sizes for both age groups are ½ of a cup.
Team Nutrition Schools
Join the Team!
Team Nutrition Schools
Join the Team! https://www.fns.usda.gov/tn/schools

Team Nutrition School
Schools participating in the National School Lunch Program are invited to sign up as Team Nutrition Schools, and join an important network of schools working towards healthier school nutrition and physical activity environments. Today, almost half of the schools participating in the National School Lunch Program have signed up to be Team Nutrition Schools!
Are you from a Team Nutrition School? Stop by Booth #2551 for a Team Nutrition conference ribbon to wear at SNA!

https://www.fns.usda.gov/tn/schools
Just for Team Nutrition Schools!
Discover New Food Decals for Elementary Schools
Just for Team Nutrition Schools!

Fueling My Life Decals for Secondary Schools
What New Resources Would You Most Like To See?

Write your vote on your index card and leave it with us

1. Job aide ("how-to") on Serving Smoothies in the Child Nutrition Programs
2. Training worksheet on serving Meat/Meat Alternates at breakfast
3. Training worksheet on grains in the Pre-K Meal Pattern
4. New school breakfast posters and promotional materials
5. New recipes
6. Other:____________________
Additional Technical Assistance Resources from Team Nutrition
Team Nutrition has a free online resource for school nutrition professionals that can track training hours for all employees in a school district all at once.
Record your training hours with the Professional Standards Training Tracker Tool!

https://pstrainingtracker.fns.usda.gov/
Manager/Director set up employee profiles and create employee roster

Auto populate school contact information

Records trainings for multiple employees at once

Notification of required training hours and completed training hours

Certificates of completion

List of trainings from the Professional Standards Training Database

Multiple reporting options

https://pstrainingtracker.fns.usda.gov/
Professional Standards Training Database

Operations
Administration
Nutrition
Communications/Marketing

500+ Trainings

https://professionalstandards.fns.usda.gov/
What resource can you use to determine the amount of food items to purchase for your meals?

- Crediting Handbook
- The Food Buying Guide for Child Nutrition Programs
- The Purchasing Manual
- There isn’t a resource for this purpose.
Have You Used the New Digital FBG Resources?

- Used both the FBG Interactive Web Tool and the FBG Mobile App
- Downloaded & Used the FBG Mobile App
- Used the FBG Interactive Web Tool
- I knew about the new resources, but I have not used either
- I did not know about the FBG digital resources till today
Food Buying Guide Tools

- Recipe Analysis Workbook
- Product Formulation Statement Workbook
- FBG Calculator
- Exhibit A Grains Tool
Recipe Analysis Workbook (RAW)
Product Formulation Statement
Interactive Workbook

Easily calculate a product’s contribution statement and generate crediting documentation

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**Meat**

<table>
<thead>
<tr>
<th>Description of Creditable Ingredients per FBG</th>
<th>Ounce per Raw Portion of Creditable Ingredient (A)</th>
<th>FBG Yield (B)</th>
<th>Creditable Amount (A x B)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken, fresh or frozen, mechanically or hand separated, Raw, bone-cooked (pulled)</td>
<td>2.86 oz</td>
<td>0.70 lb</td>
<td>2.0030 oz</td>
</tr>
</tbody>
</table>

**Total Meat Creditable Amount:** 2.0030 oz

**Vegetables**

<table>
<thead>
<tr>
<th>Description of Creditable Ingredients per FBG</th>
<th>Vegetable Subgroup</th>
<th>Ounce per Raw Portion of Creditable Ingredient (A)</th>
<th>FBG Yield (B)</th>
<th>Purchase Unit (C)</th>
<th>Creditable Amount (A x B / C)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots, fresh, Navel orange, raw vegetable strips (about 3 strips, 4 inch by 1/2 inch)</td>
<td>Dark Green Vegetables</td>
<td>3.00 oz</td>
<td>10.70</td>
<td>16.00 oz</td>
<td>2.0040 oz / 16 oz</td>
</tr>
<tr>
<td>Spinach, fresh, Freshly trimmed, raw, chopped vegetable strips (each is 1/16 cup or less, 5 oz or less)</td>
<td>Dark Green Vegetables</td>
<td>2.50 oz</td>
<td>30.70</td>
<td>16.00 oz</td>
<td>2.0030 oz / 16 oz</td>
</tr>
</tbody>
</table>

**Total Cups Dark Green Vegetables:** 0.0996 cups
**Total Cups Red/Orange Vegetables:** 0.0316 cups

**Grains Based on Exhibit A**

Does this product meet the Whole Grain Rich Criteria: [ ]
Does this product contain non-creditable grains: [ ]

<table>
<thead>
<tr>
<th>Description of Creditable Ingredients per Exhibit A</th>
<th>Exhibit A Group (A)</th>
<th>Portion Size of Product as Purchased (B)</th>
<th>Portion Size as Exhibited on Label (C)</th>
<th>Weight of one ounce as Exhibited on Label (D)</th>
<th>Creditable Amount (A x D)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pasta (all shapes)</td>
<td>Group H</td>
<td>21.00 g</td>
<td>20.00 g</td>
<td>1.0000 oz</td>
<td>1.00 oz</td>
</tr>
</tbody>
</table>

**Total Grains Based on Exhibit A Creditable Amount:** 1.00 oz

**Meal Pattern Contribution Statement**

I certify that the above information is true and correct and that a 1 Cup ounce serving of the above product (ready for serving) provides 2.00 ounces of equivalent meat/meat alternate, 0.5 cup(s) of Dark Green vegetables, 0.5 cup(s) of Red/Orange vegetables, 1.00 oz equivalent Grains when prepared according to directions.

I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not

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DISCLAIMER: The Product Formulation Statement (PFS) Workbook can be used by manufacturers to develop certified PFS documents. However, documents developed and certified using the PFS workbook do not constitute approval by USDA. Please note, USDA DOES NOT approve manufacturers' PFS documents.
# Food Buying Guide (FBG) Calculator

## Shopping List

<table>
<thead>
<tr>
<th>Name: Menu 1</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bay Purchase Unit</strong></td>
</tr>
<tr>
<td>---</td>
</tr>
<tr>
<td>44.75</td>
</tr>
<tr>
<td>44.75</td>
</tr>
<tr>
<td>44.75</td>
</tr>
<tr>
<td>41.75</td>
</tr>
<tr>
<td>7.00</td>
</tr>
<tr>
<td>2.00</td>
</tr>
<tr>
<td>24.50</td>
</tr>
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</tr>
<tr>
<td>17.00</td>
</tr>
<tr>
<td>14.00</td>
</tr>
<tr>
<td>34.50</td>
</tr>
<tr>
<td>34.50</td>
</tr>
<tr>
<td>13.00</td>
</tr>
</tbody>
</table>
Exhibit A Grains Tool
New Food Yields Available

Food Buying Guide for Child Nutrition Programs (FBG)

Feedback on New Enhancements

Write your wishes on back of your index card and leave it with us.

Are there additional capabilities you would like to see?

- Food Buying Guide Web Tool
- Food Buying Guide Mobile App
- Professional Standards Training Tracker Tool
Hands-on Practice and examples!

- Dried, Shelf-stable, Meat Snacks
- Coconut
- Hominy, Corn Masa, and Corn Flour
- Popcorn
- Surimi Seafood
- Tempeh
- Pasta Products made of Vegetable Flour

First 3 recorded webinars available!

Register for upcoming webinars!

Whole Grain Resource for the National School Lunch and School Breakfast Programs

A Guide to Meeting the Whole Grain-Rich Criteria

http://www.fns.usda.gov/tn/whole-grain-resource
Is there a Team Nutrition resource available to help me verify the crediting information for CN Labeled products?
CN Label Verification Reporting System

- Assists in verifying:
  - Status of CN Label
  - Validity of CN Labels copied with a watermark

Menu Planner for School Meals

- 7 Comprehensive Chapters
- Appendixes
- School Spotlights
- Check Your Understanding Quizzes
- Food Safety Tips
- And: Much, Much More!

https://www.fns.usda.gov/tn/menu-planner
Menu Planner for School Meals

Tips to help you prepare for an Administrative Review

Calls out practices that help you create a Culture of Food Safety

Identifies foods, amounts, and nutrients needed for a reimbursable meal
Menu Planner for School Meals

Identifies best practices and ideas for improving your school nutrition program

Identifies detailed information on regulations, procedures, and resources

Short quiz at the end of each chapter
Recipes for Healthy Kids Cookbooks

For Homes (6 svgs)

For Schools (50 to 100 svgs)

For Child Care Centers (25 to 50 svgs)

https://teamnutrition.usda.gov
For nutrient analyses required in the school meal programs
✓ Currently 19 approved nutrient analysis software

For assessment of compliance of menus with the current meal pattern
✓ Currently 16 approved nutrient analysis software

Offer Versus Serve - Lunch Posters

Color Your Lunch Tray!
Choose 3 or more food groups

Pick at least ½ cup fresh and/or vegetable

Fruit
Vegetable
Milk
Grain

Color is FLAVOR
#5formaxflavor

Choose 3 or more colorful food groups

Take at least ½ cup fruit and/or vegetable

Select at least ½ cup fresh and/or vegetable

Choose at least 3 food groups

COMING SOON!
Offer versus Serve Breakfast Posters

Elementary School

COMING SOON!

Build a Power Fueled Breakfast

Choose at least 3 items
Take 1/2 cup fruit or vegetable

Middle/High School

FUEL UP @ Breakfast

Choose at least 3 items (4 for maximum fuel)

Take 1/2 cup fruit and/or vegetable
Offer versus Serve Tip Sheets

OFFER VERSUS SERVE (OVS)
Tip Sheet for School Food Service Managers

School Breakfast Program

What is Offer versus Serve (OVS)?
The goal of OVS is to reduce food waste while allowing students to choose the foods they want to eat. Everyone plays a role. When students and cafeteria staff understand OVS, breakfast lines move smoothly, allowing students to make the most of meal time and enjoy the wholesome and appealing foods they are served. It also helps reduce overall food costs. Under OVS at breakfast, schools must offer at least four food items from the three required food components (fruit, grains, and fluid milk).

- A food component is one of three required food groups in a reimbursable breakfast. These are fruits, grains, and fluid milk.
- A food item is a specific food offered within the three food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS breakfast requirements because there are three food components and four food items are offered.

Students must select at least three of the four offered food items under OVS at breakfast, choosing at least 1/3 cup of fruit and/or vegetable. Please note, OVS is optional at breakfast for all grade levels.

Required Components at Breakfast

<table>
<thead>
<tr>
<th>Required Components</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>1 cup</td>
</tr>
<tr>
<td>Grains</td>
<td>1 ounce equivalent (oz eq)</td>
</tr>
<tr>
<td>Fluid Milk*</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

Optional Components at Breakfast

Vegetables
- Vegetables may be offered as a substitute for fruits.

Meats/Meat Alternates
- A meal/meat alternate may be served to meet the weekly grain requirement, as long as a 1 oz equivalent of grains is offered daily.
- A meal/meat alternate may also be offered as an “extra” food (not credited toward meal pattern requirements) if a reimbursable meal is selected.

Sample OVS Breakfast Menu:
- Variety of milk*: fat free or low-fat (1 cup milk)
- Slice of whole grain-rich toast (1 oz eq grain)
- Whole grain-rich cereal (1 oz eq grain)
- Orange slices (1 cup fruit)

National School Lunch Program

What is OVS?
The goal of OVS is to reduce food waste and allow students to choose the foods they want to eat. Everyone plays a role. When students and cafeteria staff understand OVS, lunch lines move smoothly, allowing students to make the most of the lunch break and enjoy the wholesome and appealing foods they are served. It also helps reduce overall food costs.

Schools must offer all five food components in at least the minimum required quantities:
- A food component is one of five required food groups in reimbursable lunches. These are meats/meat alternates, grains, fruits, vegetables, and fluid milk.
- A food item is a specific food offered within the five food components. For example, spaghetti (whole grain-rich pasta with tomato sauce) is one food item that contains a grain and a vegetable component.

Students may select three meal components to ensure they get the nutritional benefits of a meal, required for lunches served in high schools, but is optional in middle and elementary schools. OVS is not for meals offered as part of field trips or for any other meals served away from the school campus.

The food components must be served for school lunch. Students must select at least three of the five required food components, including at least 1/2 cup of fruit and/or vegetable, to have a reimbursable lunch. See the Required Food Components table for a listing of required food components and their minimum quantities that must be offered. Meats/meat alternates and grains are measured in ounce equivalents (oz eq) considered the amount of food product that is equal to one ounce.

Is it Reimbursable?
Use this simple checklist to determine if student lunches are reimbursable under OVS:
- Does the meal offered to students include the minimum required amounts of vegetables, fruits, grains, meats/meat alternates, and fluid milk?
- Does the meal selected by the student contain at least three components, including at least 1/2 cup fruit and/or vegetable?

If the answer to each of these questions is yes, then the school lunch is reimbursable under OVS. *Water does not count as one of the three required food components and cannot be served as a substitute for milk.*
Visit the Team Nutrition Booth

BOOTH 2551

- Browse through resources
- Demonstration of digital resources
  - Food Buying Guide
  - Professional Standards Training Tracker Tool
  - Fueling My Healthy Life
- Q&A
During and After the Conference

- Visit us at Booth # 2551
- Join us during USDA sessions
- Check out the Crediting Updates for Child Nutrition Programs: Be in the Know! Webinar Series
- Spread the Word #TeamNutrition
- Follow Us @TeamNutrition
- Subscribe to Team Nutrition E-Newsletter
- Visit TeamNutrition.usda.gov
Questions?