Pioneering Family Style Service

Sunday, July 14\textsuperscript{th}, 2019
1:00 PM – 2:00 PM

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Nutrition Services Area Manager

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Nutrition Services Area Manager
Affiliation or Financial Disclosure

• Kory Keimig
  • Nothing to Disclose

• Valarie Meinen
  • Nothing to Disclose
Learning Objectives

• Best practices for implementing Family Style Service in your National School Lunch Program.

• A visual guide to implementation.

• Benefits of Family Style Service.
HISD At a Glance

**Educating**
- **209,772** students

**27,395 Employees**
- One of the largest employers in Houston

**280 Schools**
- Serve our students

**About 100 Languages**
- Are spoken across the district

**Dual-Language Instruction**
- Is offered in 53 schools

**Largest School District in Texas**
Nutrition Services At a Glance

Department

46,375,000 meals served a year
40,000,000 cartons of milk served each year
8,000,000 apples served each year
265,000 meals served each day
2,200 employees
287 schools
7th largest school district in US
5th in US for breakfast participation
#1 largest school district in TX

Chefs

Taste Tests
Taste tests are conducted with students to improve menu items

Training
Training programs help school staff refine their culinary skills

Recipes
Recipes are developed to meet federal guidelines and provide delicious meals

Catering
We have a full-service catering department that serves our customers needs.

Dietitians

Plan Menus
Provide classroom nutrition education
Present at parent meetings & school open houses
Plan special diets for students with medical needs
Participate in school & community health fairs and events
Good Food

Good food is simple, wholesome and accessible. Good food is flavorful, colorful and fresh. Good food is made with seasonal ingredients, displayed intentionally and served with love. Good food is thoughtful, diverse and educational. Good food makes consumers smile, supports academic achievement and meets all state and federal guidelines.
What is Family Style Service?

• Children serve themselves:
  • *What and how much* is up to them
  • Encourages children to try each food
  • Encourages children to take more of the foods they want to eat
• Food is passed around the table.
• Food and beverages are placed in common serving bowls, plates, dishes, pitchers, and containers on the table.
Benefits for Students:

• Develops healthy eating behaviors
  o Try New foods
  o Healthier choices
  o Eat based on hunger and fullness cues
• Builds self-esteem and confidence
  o Encourages independence
  o Social skills
  o Language skills
  o Table manners
• The food comes to the children.
Benefits for Nutrition Services:

• Takes a large part of the student population out of the cafeteria during service.
  o Less crowding.
  o Students eat at a more normalized lunch time.
• Another way to reach students that bring their lunch.
• Helps build relationships with the school administration.
Securing Support

- Buy-in from principals
  - Discuss needs/concerns at school-level
  - Clearly demonstrate how program meets the need of the school population
- Buy-in from staff
  - Get school staff on board to do the work
  - Planning logistics with the nutrition staff
- Buy-in from the community:
  - Communicate the benefits to parents
  - Remove the stigma associated with school food
Required Trainings

• Program Training
• Civil Rights
• Food Handler’s Certification
• Transporting Carts Training
Training on the proper methods to move the cart

**DO:**

- Ensure that all latches on cart are secured and closed before starting transport.
- Always ensure that there are no students around the cart when you are moving the cart.
- The handles located on the back of the cart must be used to push/pull the cart.
- When going in and out of any doorways, please use the handles to help lift the cart up and over the door jam and then pull the cart through he door backwards.
  - Please check that the way is clear before doing this.

**DON’T:**

- Do not leave latches open while attempting to transport.
- Allow any students to touch or move the cart.
- Attempt to stop or catch the cart. The cart is very heavy. If the cart goes off the path or starts to tip over in any way, clear the area as much as possible and just let it fall.
What is the Menu?

• Daily Menu Sheet
  o Will be completed and left on the cart for the teacher to review before service.
  o This sheet will tell the teacher what the menu is for the day and what the serving size is for each menu item.
## Daily Menu

**Teacher Name:** John Jones  
**Date:** 8/22/2018  
**School Name:** ABC Elementary

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Serving Size</th>
<th>Food Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Entrée:</strong></td>
<td>1 Slice</td>
<td>Cheese Pizza</td>
</tr>
<tr>
<td><strong>Vegetable 1:</strong></td>
<td>1 x 4 oz Spoodle scoop.</td>
<td>Peas</td>
</tr>
<tr>
<td><strong>Vegetable 2:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fruit:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Milk:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Other Info:</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
What makes a reimbursable meal?

- Teacher **MUST** offer all items provided to the students.
- Students **MUST** take 1 full serving of vegetable or fruit or combination of the two.
- Students **CAN** refuse a food item.
- Students **CAN** take only partial portions of food item offered.
- Teacher **MUST** offer food items to students again before service is complete, especially to those students that refused a food item or only took a partial portion.
- Access to water **MUST** be available for students to use if they want them.
How do we claim the meals?

• Daily Roster with Food Items form.
  o Teacher MUST put an “X” in the box beneath each food item that each student took.
  o If the student only took a partial portion of food, mark the food item with a “\ “. If they take another portion of the item later in service, then you can add a “ / “ to the box completing the “X”.
  o Once service is complete, all students that have an “X” in at least one blank for Vegetable or Fruit, or any students that have a “ \ “ under Fruit and a “ \ “ under Vegetable will have taken enough to claim the meal as reimbursable.
  o Please leave a copy of this Roster on the cart to send back to the Team Lead.
# Daily Roster with Food Items

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Student ID Number</th>
<th>Entrée</th>
<th>Vegetable 1</th>
<th>Vegetable 2</th>
<th>Fruit</th>
<th>Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kory</td>
<td>Keimig</td>
<td>778759</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
What does an average serving day look like?

• 11:15AM – Cart with food will be dropped off outside of classrooms.
  o During the 15 minutes in between drop off and service below are some ideas for what to do:
    ▪ Have all students go and wash hands before service starts.
    ▪ Distribute out plates and utensils to the students.
    ▪ Setup or Prepare any kind of instructional lesson that was made for lunch service.
• 11:30AM – Lunch service in the classroom will begin.
  o During service students are highly encouraged to serve themselves, with minimal help from teachers.
  o Students are encouraged to try all food that is offered.
  o Teachers are allowed to enjoy a meal as well. It is encouraged that teachers participate not just in facilitating the serving but also in trying new things and eating with the students as well.
• 11:50AM – Teachers should offer all food items one more time to all students, particularly encouraging those that did not try something the first time around.
• 12:00PM – Lunch service ends. All platters, bowls, utensils, extra food, and paperwork will all be loaded back in the cart which will be placed back into the hallway, LATCHED SHUT.
Family Style Service Cart Checklist

❖ All food must be cooked and plated by 10:30am in the warmers.
❖ Bus Tub and Paperwork sections should be stocked on the cart by 10:30am.
❖ Loading of plated food onto carts should start at 10:45am.
❖ Carts should leave cafeteria for classrooms by 11:10am.

- Overall Cart
  - Plastic Bus Tub – 4 sections.
    - Forks – fill one section with forks.
    - Plates – 28 per cart. * One cart with 12.
    - Water Cups – 28 per cart.
    - Napkins – fill one section with napkins.
    - Milk Straws – fill one section with straws.
    - Trash Bag – one bag per cart with the bus tub.
  - Paperwork
    - Each cart will get one Daily Menu filled out by Team Lead, and placed in the plastic sleeve on the cart.
    - Each cart will get a blank Daily Roster placed in the plastic sleeve on the cart.
  - Entrée – 3 platters to a sheet pan.
    - Try to get all 28 servings split on 3 platters depending on meal.
    - 2 tongs for the entrée on the Carts.
  - Veggie 1 – Popular veggie of the day.
    - 4 bowls to a sheet pan.
    - 7 servings to a bowl, 28 servings total.
    - 2 spoodles for veggie 1 per cart.
  - Veggie 2 – Least popular veggie of the day.
    - 3 bowls to a sheet pan.
    - 7 servings to a bowl, 21 servings total.
    - 2 spoodles for veggie 2 per cart.
  - Fruit – 4 bowls to a sheet pan.
    - 7 servings to a bowl, 28 servings total.
    - 2 spoodles for fruit per cart.
  - Milk – 28 milk total, per pan.
    - 20 each 1% per sheet pan along with 8 each Skim per sheet pan.
  - Condiments – 28 of each on the cart.
    - Put these in on compartment one the black bus tub.
  - Other – Sauces or gravy.
    - 28 servings total per cart.
    - 2 bowls with 14 servings each.
Who cleans up when we are done?

• Part of the program is to:
  o Teach the students about sanitation
  o Teach students to be responsible
  o Empower students to clean and be proactive about hygiene

• Trash bags are provided on each cart. Our staff picks up the trash after service is complete.
Educational Lessons

• Schools are encouraged to make this a learning experience for their students as much as possible.

• Nutrition Services has dieticians on staff that can help provide ideas for different nutrition-based education for this part.
What Else?

• Special dietary accommodations

• HACCP plan:
  o Additional SOP
Thank You!!!

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J U L Y  1 4 - 1 6 ,  2 0 1 9
Thank You!