

1

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2. fax:
(833) 256-1665 or (202) 690-7442; or

3. email:
Program.intake@usda.gov


This institution is an equal opportunity provider.

2

Objectives

- Describe reasons to accommodate students with dietary practices in school nutrition programs.
- Describe common dietary practices among students.
- Recall recipe concepts and ideas to make dietary accommodations in school nutrition programs.
- List steps toward accommodating a variety of dietary practices in school nutrition programs.


3



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SCHOOL AND COMMUNITY
NUTRITION PROGRAMS
VIRGINIA DEPARTMENT OF EDUCATION

Professional Standards – Learning Codes


- Nutrition 1000
 - Menu Planning (1100)
 - General Nutrition (1300)



4

Religions in Virginia


- Christianity
 - Catholic
 - Mormon
- Judaism
- Islam
- Buddhism
- Hinduism



5

School Requirements

- Student's disability restricts his/her diet AND
- The disability is supported by a medical statement signed by a medical authority that is licensed by the State to write medical prescriptions or meal accommodation requirement in a student's individualized education program (IEP) as authorized by the Individuals with Disabilities Education Act or the Rehabilitation Act of 1973, Section 504.



6

Extra Burden?


- Fit into existing federal meal pattern requirements
- Many foods meet these diets
- No need for special crediting for Halal or Kosher foods




7

Why Accommodate?

- Minimal effort
- Welcome and include all students
- Show respect and value
- Increase participation
- Education
- Opportunity for scratch cooking and local foods



8




Dietary Preferences/Practices



9

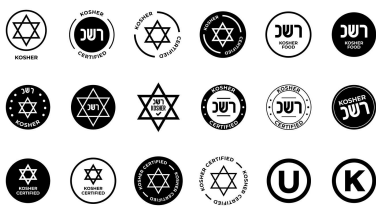

Kosher (Judaism)

- Restricts pork products and shellfish
- Cannot simultaneously consume meat and dairy products
- Foods with multiple ingredients must be certified Kosher
- Fast during Yom Kippur and Tisha B'Av and more



10

Kosher Certifications

11

School Recipe Ideas for Kosher Diets




12

Demo!

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13

Halal (Islam)

- Forbids pork and all its byproducts
- No predatory animals
- Animals must be slaughtered by a Muslim
- Foods with multiple ingredients must be certified Halal
- Fast during Ramadan


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14

Halal Certifications

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15




School Recipes for Halal Diets



16

Vegetarian/Vegan

- Option for many dietary practices
 - Hinduism
 - Jainism
 - Buddhism
 - Catholicism for Fridays during lent
 - Fish also an option



17

School Recipes for Vegetarian/Vegan Diets




18



School Recipes with Fish



19



Making Accommodations

Steps to take



20



Meet with Community Members



21

Designate a Kitchen Space

- Special equipment and tools
- Assigned area for preparation
- Train staff!





22

Scratch Cook





23



Menu Customizable Dishes

- BYO options
- Multiple meat/meat alternate options
 - Include plant based



24

Menu Plant-Based/Plant-Forward Dishes



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25

Express Interest with Food Brokers



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26

Consider the Calendar



Periods of restriction



Don't introduce fun new foods or events

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27



28
