



# Incorporating USDA Foods + Live Culinary Demo

1

---

---

---

---

---

---

---

---

---

---

### USDA Funding and Non-Discrimination Statements:

\*This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 725-2200 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-6892, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- 1. mail:  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
- 2. fax:  
(833) 256-1665 or (202) 690-7442; or
- 3. email:  
[Program.intake@usda.gov](mailto:Program.intake@usda.gov)

This institution is an equal opportunity provider.

2

---

---

---

---

---

---

---

---

---

---

Welcome!



3

---

---

---

---

---

---

---

---

---

---

Office of  
SCHOOL NUTRITION PROGRAMS  
VIRGINIA DEPARTMENT OF EDUCATION

## Objectives

---

- Summarize the history of USDA Foods in schools.
- Identify the USDA Foods categories available for 2023-2024.
- Recall the different uses of USDA foods in schools.
- Explain how USDA food can support scratch cooking.
- Identify the best ways to pair USDA Foods with local foods.
- Apply culinary techniques and global flavors to create culturally inclusive meals with USDA Foods and local produce.

4

---

---

---


---

---

---

---

---



Professional Standards – Learning Codes

- Menu Planning (1100)
- Food Production (2100)

Office of  
SCHOOL NUTRITION PROGRAMS  
VIRGINIA DEPARTMENT OF EDUCATION

5

---

---

---

---

---

---

---

---

# USDA Foods History

---

Office of  
SCHOOL NUTRITION PROGRAMS  
VIRGINIA DEPARTMENT OF EDUCATION

6

---

---

---

---

---



---

---

---

### USDA Foods History

- American grown
- Nutritious & cost effective
- Started in 1930s
- Part of NSLP in 1946

7

---

---

---


---

---

---


---

---



### USDA Foods History

Farmers + kids



8

---

---

---

---

---

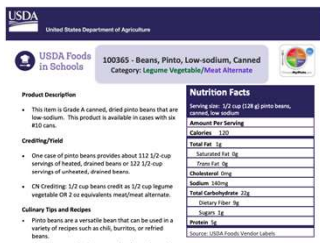

---

---

---

### USDA Foods Available List

- Fruits
- Vegetables
- Legumes
- Nuts and seeds
- Yogurt
- Grain
- Cheese
- Oil
- Egg, beef, poultry, pork, fish products

9

---

---

---

---



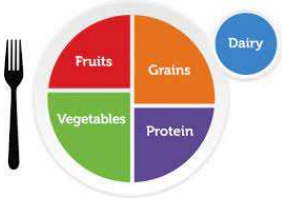
---

---

---

---

# USDA Foods



10

---

---

---

---

---


---

---

---

## Choosing USDA Foods with Versatility

- Use in many different dishes



11

---

---

---

---

---


---

---

---

## Choosing USDA Foods with Versatility

- Use in many different dishes



12

---

---

---

---

---

---

---

---



**Choosing USDA Foods with Versatility**

- Select foods that can be used in multiple recipes – *Menu Ingredient Approach (MIA)*
- Ability to change or modify recipes without a new product or waste

Office of School Nutrition Programs  
Virginia Department of Education

13

---

---

---

---

---

---

---

---

**Versatile Ingredients Meet Cultural Inclusivity**

- Italian – Chicken alfredo
- Mexican – Street tacos
- American – Chicken salad
- Indian – Chicken tikka masala
- Asian – Teriyaki chicken
- Middle Eastern – Chicken & hummus wrap



Office of School Nutrition Programs  
Virginia Department of Education

14

---

---

---

---

---

---

---

---

**Versatile Ingredients Meet Cultural Inclusivity**

**Vietnamese Bánh mì**



Office of School Nutrition Programs  
Virginia Department of Education

15

---

---

---

---

---


---

---

---

**Live Culinary Demo**

Thai Chicken Bowl with Zucchini



Office of  
SCHOOL NUTRITION PROGRAMS  
VIRGINIA DEPARTMENT OF EDUCATION

16

---

---

---

---

---

---

---

---


**Ingredients**

GROUND BEEF (no more than 20% fat), WATER, COOKED RED KIDNEY BEANS, TOMATO PASTE, CONTAINS LESS THAN 2% OF DEHYDRATED ONION, CHILI POWDER (red pepper, onion, salt, garlic powder), SEASONING (potassium chloride, flavor [contains maltodextrin], SUGAR, SALT, SPICES, PAPRIKA EXTRACT.

**USDA Foods are Reliable**

- Take control of your menu/products
- READ the ingredients

Chili from Scratch



Office of  
SCHOOL NUTRITION PROGRAMS  
VIRGINIA DEPARTMENT OF EDUCATION

17

---

---

---

---

---

---

---

---

**USDA Foods are Reliable**

- USDA Foods to commercial products
- Complaints to manufacturer



Office of  
SCHOOL NUTRITION PROGRAMS  
VIRGINIA DEPARTMENT OF EDUCATION

18

---

---

---

---

---


---

---

---

### Complement USDA Foods with Local Foods

- More flavor, nutrition and community support
- Reduce cost of recipe



19

---

---

---

---

---

---

---

---



### Culinary Demo



20

---

---

---

---

---

---

---

---



Thank you!

21

---

---

---

---

---

---

---

---

# Resources

---

- <https://www.fns.usda.gov/USDAFoods>
- <https://www.commodityfoods.org>



22

---

---

---

---

---

---

---

---

# Questions

---



23

---

---

---

---

---

---

---

---