

Cafeteria Chronicles: Lunch Trailblazer Recognition Award

Are you blazing a trail in your school lunch program?

Watch how these schools earned the Lunch Trailblazer Recognition Award in this [video](#)!

What counts as a sodium reduction strategy?

Examples of a sodium reduction strategy include changing processed meat to a fresh protein (with no saline or salt solution added), switching to a no salt added canned vegetable, or purchasing a lower sodium product from a food vendor.

Hear from past awardee's success stories:

- Sevier School District (Utah) switched from precooked beef to scratch cooked beef in their tacos, lasagna, Salisbury steak and Shepard's pie
- Frankfurt Independent Schools (Kentucky) reduced sodium by using spices like paprika, cumin and black pepper to flavor food instead of salt
- Marcola School District 79J (Oregon) used herbs from their school garden in scratch made tomato sauce to improve taste without the need for more salt

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