



School Nutrition E-STAR Program

Enhanced • Strategies • Training • Action Plans • Resources

Workforce Development and Job Skills Training

Improving the Quality of School Meals (Strategies and Corresponding Activities)

Strategy 1: Increase Menu Variety and Choices for Student Selections

- Activity 1: Provide at least **1 (2 or 3) cultural menu option(s)** a **week (month)**.
- Activity 2: Use **food bars or salad bars** to provide students with menu variety and choices of at least **2 (3, 4, or 5) fruit and/or vegetable** offerings served each **day (week)**.
- Activity 3: Make fruit available **daily** at all points of sale.
- “Other” activity option: This allows managers to include a different activity that is not listed above, but it should be related to the concept of the strategy.

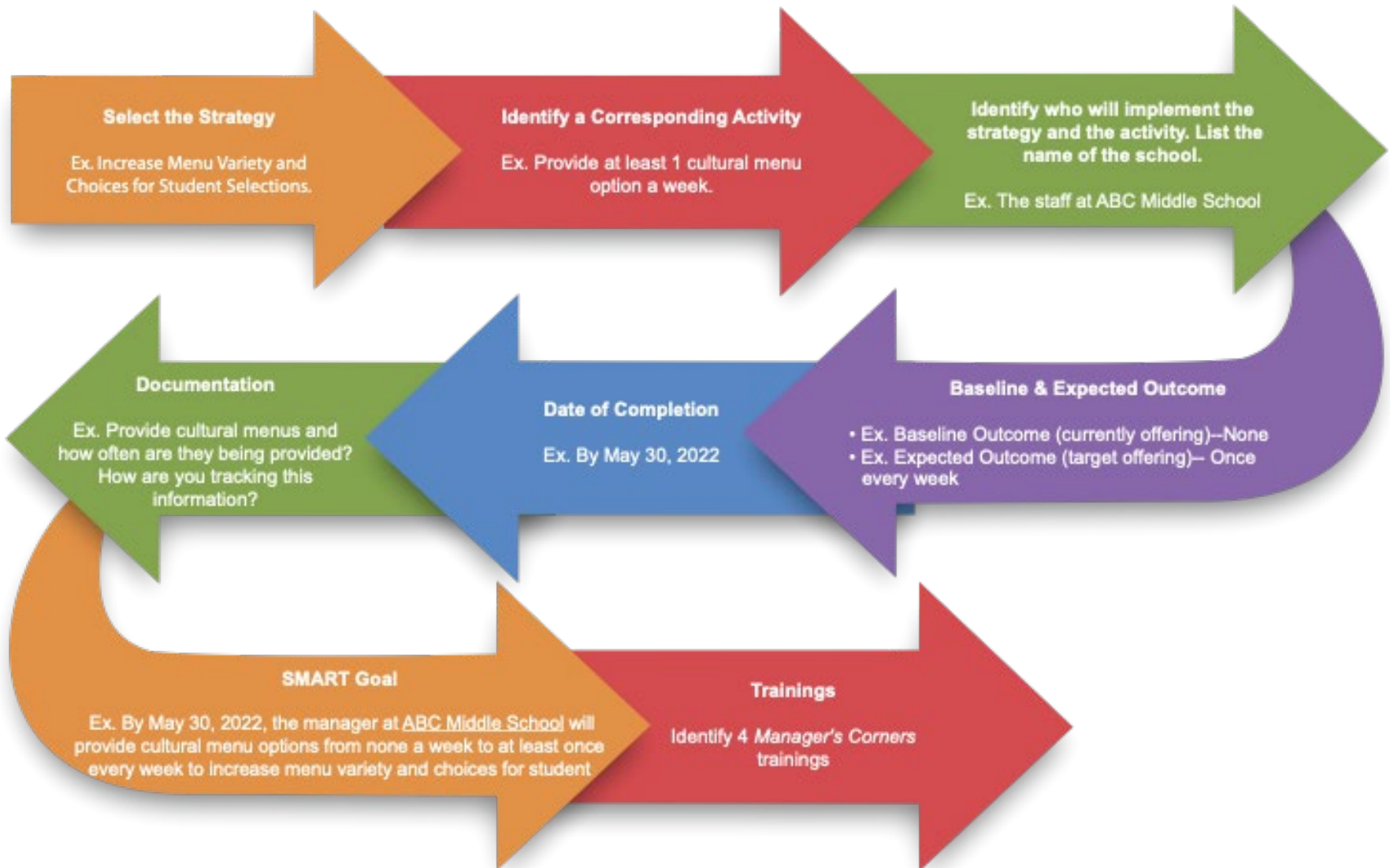
Strategy 2: Enhance Visual Appeal of Meals at Breakfast and Lunch

- Activity 1: The staff will **use garnishes** to add color and eye appeal to dishes served **daily (weekly)**.
- Activity 2: The manager will **utilize quality scorecards daily (weekly)** to identify **acceptable quality products of each meal** prepared to ensure meals meet a set of quality standards.
- Activity 3: The manager will **ensure the staff does not serve brown, bruised, or otherwise damaged produce** on serving lines or salad bars **daily**.
- “Other” activity option: This allows managers to include a different activity that is not listed above, but it should be related to the concept of the strategy.

Strategy 3: Enhance Culinary Preparation Techniques

- Activity 1: The manager will **incorporate batch cooking** within the operation based on the menu offerings to ensure the best appearance, temperature, and texture of food are provided to maintain meal quality.
- Activity 2: The staff will prepare menu items using **a different culinary technique** (i.e., roasting, steaming, sautéing, etc.) **each month (semester, etc.)**.
- Activity 3: The staff will incorporate the **use of at least 1 (2 or 3) herb(s) and spice(s) to enhance flavor each week** to a menu item.
- “Other” activity option: This allows managers to include a different activity that is not listed above, but it should be related to the concept of the strategy.

Meal Quality Improvement Goal and Action Plan Process



Meal Quality Improvement Goal and Action Plan

Identify one (1) strategy under Meal Quality that you want to implement in your operation.

Select an activity that corresponds with the chosen strategy.

Why did you select the strategy and activity?

Identify who will be doing the activity and where will the activity take place (name of school)?

Baseline Outcome: What can you currently measure as it relates to the activity (how often, how many, numbers, frequency, etc.)? This measure will be tracked over time to monitor the progress and show improvement as a result of implementation of the activity.

Target Outcome: What will you want the change to be as it relates to the activity (how often, how many, measurements, numbers, frequency, etc.)?

Date of Completion: When do you anticipate to reach your goal?

Documentation: What type of documentation will illustrate the accomplishment of the goal (i.e., menus, photos, etc.)? Who will be responsible for developing the documentation to track the measure? How often will you track the measure?

Goal: Write out your goal.

Identify four (4) *Manager's Corner* lessons that you plan to train your staff as it relates to your selected strategy and activity.

Improving Student Perception of Meal Quality (Strategies and Corresponding Activities)

Strategy 1: School Environment

- Activity 1: The staff will maintain a **pleasant, safe, and clean physical environment** **daily** in the school cafeteria to encourage student participation.
- Activity 2: The staff will **display posters and signs in the cafeteria** **each year** to promote healthy eating among students.
- Activity 3: The staff will **upgrade one aspect within the cafeteria environment** (i.e., painting walls, seating arrangements, serving dishes, baskets for displays, updated signs, etc.) **each year**.
- “Other” activity option: This allows managers to include a different activity that is not listed above, but it should be related to the concept of the strategy.

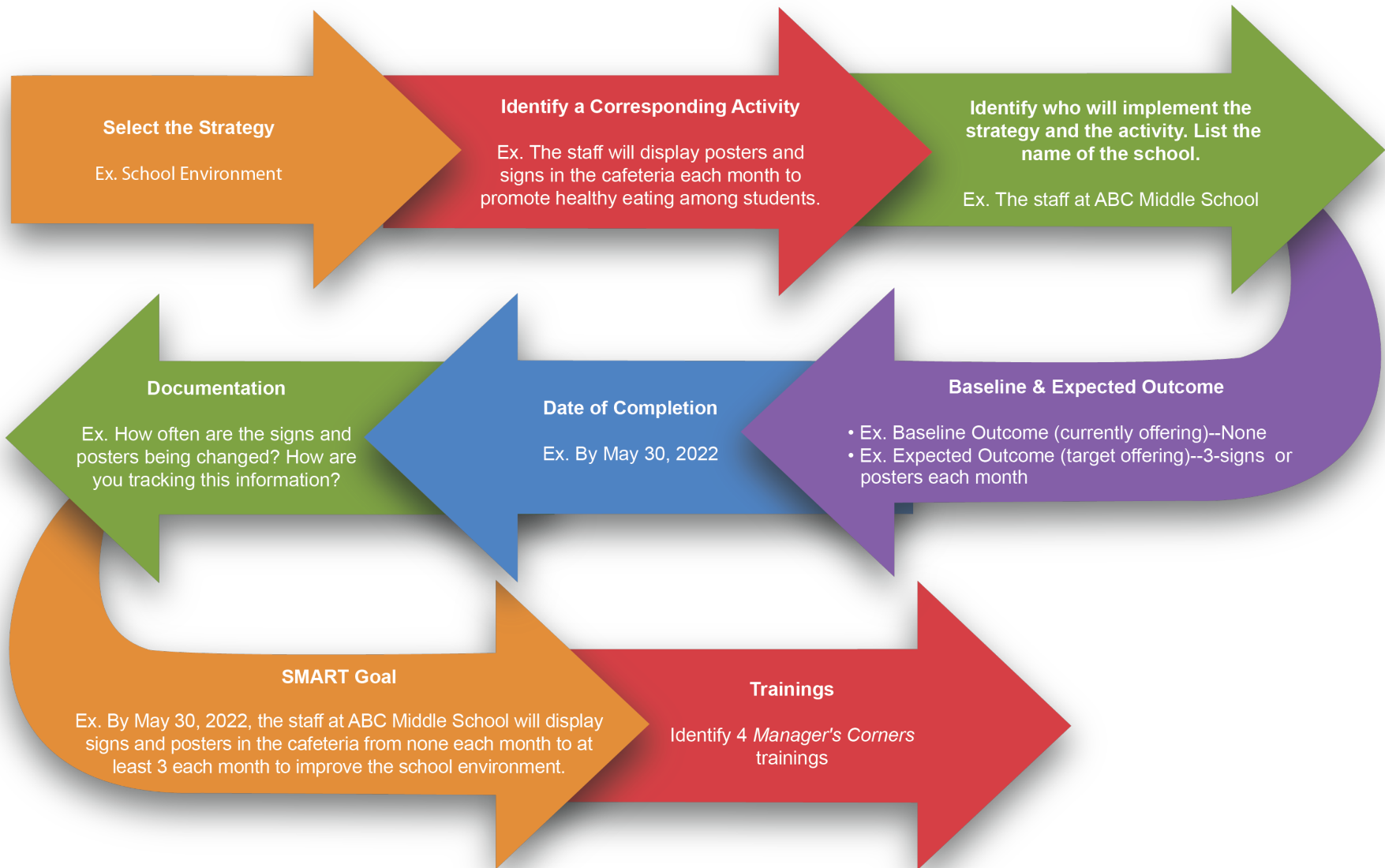
Strategy 2: Nutrition Education

- Activity 1: The staff will **provide students with nutrition education** **each month (semester)**.
- Activity 2: The staff will work with the **school/classes to incorporate food from classroom themes/lessons** on the menus **each month (semester)**.
- Activity 3: The staff will **provide nutrition education messages on the website or on menus** **each week**.
- “Other” activity option: This allows managers to include a different activity that is not listed above, but it should be related to the concept of the strategy.

Strategy 3: Marketing Efforts

- Activity 1: The staff will **provide teachers with promotional materials** **each month (semester)**.
- Activity 2: The manager will develop a **student advisory committee** **each year**.
- Activity 3: The staff will host a **student recipe competition** **each year**.
- “Other” activity option: This allows managers to include a different activity that is not listed above, but it should be related to the concept of the strategy.

Student Perception of Meal Quality Goal and Action Plan Process



Student Perception of Meal Quality Goal and Action Plan

Identify one (1) strategy under Student Perception that you want to implement in your operation.

Select an activity that corresponds with the chosen strategy.

Why did you select the strategy and activity?

Identify who will be doing the activity and where will the activity take place (name of school)?

Baseline Outcome: What are you currently doing as it relates to the activity (how often, how many, numbers, frequency, etc.)?

Target Outcome: What is your target goal as it relates to the activity (how often, how many, measurements, numbers, frequency, etc.)?

Date of Completion: When do you anticipate to reach your goal?

Documentation: What type of documentation will illustrate the accomplishment of the goal (i.e., menus, photos, etc.)? Who will be responsible for developing the documentation?

Goal: Write out your goal.

Identify four (4) *Manager's Corner* lessons that you plan to train your staff as it relates to your selected strategy and activity.

Action Plans Tracking in REDCap

Each action plan will track “what was accomplished” as a result of the implemented activity. This accomplishment will be documented as defined in the action plan above and tracked by the E-STAR participant and uploaded in REDCap!

1. Tracking “what was accomplished” —you can upload multiple trackers over the course of the year.
 - a. Upload the tracker
 - i. Date uploaded
 - b. Upload the tracker
 - i. Date uploaded
 - c. Upload the tracker
 - i. Date uploaded
 - d. Upload the tracker
 - i. Date uploaded
 - e. Upload the tracker
 - i. Date uploaded
2. Delivery of Manager’s Corner lessons (4 for each action plan; 8 total for year 1) to frontline staff
 - a. Meal Quality Improvement Action Plan Manager’s Corner Topic 1
 - i. When did the training happen?
 - ii. Who delivered the training?
 - iii. How many frontline staff were present at the training?
 - b. Meal Quality Improvement Action Plan Manager’s Corner Topic 2
 - i. When did the training happen?
 - ii. Who delivered the training?
 - iii. How many frontline staff were present at the training?

- c. Meal Quality Improvement Action Plan Manager's Corner Topic 3
 - i. When did the training happen?
 - ii. Who delivered the training?
 - iii. How many frontline staff were present at the training?
- d. Meal Quality Improvement Action Plan Manager's Corner Topic 4
 - i. When did the training happen?
 - ii. Who delivered the training?
 - iii. How many frontline staff were present at the training?
- e. Student Perception of Meal Quality Manager's Corner Topic 1
 - i. When did the training happen?
 - ii. Who delivered the training?
 - iii. How many frontline staff were present at the training?
- f. Student Perception of Meal Quality Action Plan Manager's Corner Topic 2
 - i. When did the training happen?
 - ii. Who delivered the training?
 - iii. How many frontline staff were present at the training?
- g. Student Perception of Meal Quality Action Plan Manager's Corner Topic 3
 - i. When did the training happen?
 - ii. Who delivered the training?
 - iii. How many frontline staff were present at the training?
- h. Student Perception of Meal Quality Action Plan Manager's Corner Topic 4
 - i. When did the training happen?
 - ii. Who delivered the training?
 - iii. How many frontline staff were present at the training?