Integrating Local Foods into Child Nutrition Programs

Team Up Thursday
Todays Speakers

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Overview

• What are local foods?
• What does local mean?
• Ways to integrate local foods
  » Weld County
  » Milton School District
Local Can Span the Meal Tray

- Vegetables
- Meat, Poultry, and Fish
- Beans, Grain, and Flour
- Dairy
- Fruit
- Eggs
Integrating Local Foods: Defining Local

- Within a state
- Within a city or county
- Within a radius
- Within a region

Definition may change depending on:
- Season
- Product
- Special events
The Menu Planning Cycle

- Assessing and adjusting
- Creating menus
- Budgeting and forecasting
- Purchasing
- Taste testing and marketing
Ingredient Substitution + New Recipes
Themed Menu – Minnesota Thursday
Take 4 Actions
LOCAL MEAT:
Increasing Opportunities for Squealed Livestock Ranchers

CHICKEN LEGS IN CALIFORNIA are meats, poultry, and seafood for
grown in the CA
53 percent of school districts in California.

Procurement and Procurement
Partnerships make the difference. In order for locally grown and locally
farms need to buy a whole
beef, a whole chicken, and so

Types of Products
The ability to supply products only to unprocessed or minimally
processed meats and seafood can help to meet the

Farm to School Works to Create Community Benefits
In response to the

INTEGRATING LOCAL FOODS INTO CHILD NUTRITION PROGRAMS
FRUITS AND VEGETABLES, milk and cheese, whole grain breads and pastas, beans, meats, seafood, and poultry; the
opportunities for serving local foods in child nutrition programs are abundant. Not only can local foods span the plate, operators
serve local foods in all types of programs – summer meal programs (Summer Food Service Program (SFSP) and Seamless
Summer Option (SSO)), afterschool and early childhood settings (Child and Adult Care Food Program (CACFP)), snack programs
(Fresh Fruit and Vegetable Program (FFVP)), and National School Lunch (NSLP) and School Breakfast Programs (SBP). From
childcare to afterschool settings, through the school-year and during summer months, the following steps will help program
operators find, buy, and incorporate local foods into any child nutrition program.

Defining Local
It is up to you to define what local means for your program, and there are many options. Local for one program operator might
mean within the county while local for another might include
the entire state and even adjacent states. Definitions of local can also vary depending on the season, type of product, and may also
change by program or state.

Getting Started
When planning how to integrate local items into meals, start by reviewing your menus to see what local foods you are already
serving. Talking with suppliers and checking packaging and invoices for city/state of origin may reveal that local foods are already being
served. The next step is determining how to feature additional local foods/products. Here are some ideas for incorporating local foods:

Harvest of the month programs: Pick one seasonal item to highlight each month your program is in operation. Feature special
menus, taste tests, or educational activities to showcase local products.

Learn More
A list of helpful resources and recipe ideas can be found on USDA’s Office of Community Food Systems website.
http://www.fns.usda.gov/fns/loaf/farm-school-resources
Menu Planning

The questions and resources below are meant to help you move towards developing menus that feature more locally produced foods. As you work through the prompts, you will be encouraged to think through the stages of the menu planning process, from taste testing to budgeting and forecasting to serving local foods and assessing the results.

Menu Planning Questions to Consider

The Five Step Menu Planning Cycle

1. Creating Menus
2. Budgeting and Forecasting
3. Purchasing
4. Assisting with Ordering
5. Marketing

Background and Progress to Date

To date, what steps have you taken to assess your budget to determine how much you might be able to spend on local items, begin incorporating local foods into existing menus, and even develop or use new recipes that feature local foods? Have you taste-tested any local foods or new recipes?

Budgeting & Forecasting

How will the procurement of local items affect your budget? Are the local foods you intend to purchase more or less expensive than what you currently buy? Will they take more or less staff time or training to prepare? What is your budget for holding taste tests?

Will you build taste-tests in as a regular part of your budget?

Once you have a sense of what students will eat, what your budget will allow, and what menu items you’ll serve, how will you determine exactly what quantities of which products to procure? What is your current food forecasting process and how will you incorporate local foods into that process?

TIP! The budgeting and forecasting processes will play an important role in determining what type of procurement you conduct. For example, your budget for a local item or several local items will help you determine whether it falls above, or below, your small procurement threshold.

"We analyzed a typical month’s breakfast and lunch menu to find all the products used. We then rated the produce items by frequency of use and separated the produce by season and ability to produce locally.

Fond Du Lac Ojibwe School, MN"
Five Ways to Integrate Local Foods

1. Identify what is local on the current menu
   Conduct a menu audit and find out what products the school is already purchasing locally.

2. Substitute ingredients
   Explore what products are available locally and substitute a non-local item with one available locally.

3. Serve local products on the salad bar
   The salad bar offers the perfect opportunity to serve fruits and vegetables. The offerings can easily be modified as seasons change.

4. Start a “harvest of the month” program
   Consider showcasing one local ingredient every month or each season. Schools may serve the item just once or may prepare the food in several different ways throughout the month to highlight how it can be used.

5. Develop new recipes
   Create brand new menu items to highlight local foods.
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Start or go further with local in 2016-17!