

enhancing flavors

2021-22 Wall Calendar



CiCN | CULINARY
INSTITUTE OF
CHILD NUTRITION
theicn.org/cicn



The Enhancing Flavors calendar provides culinary-inspired tips to enhance flavors in menu items and recipes which can contribute to the reduction of sodium and improve student participation.

What is CICN?

The United States Department of Agriculture (USDA) and the Institute of Child Nutrition (ICN) have collaborated to create the Culinary Institute of Child Nutrition, a division of the ICN. CICN's principal mission is to increase the culinary skills of school nutrition programs by providing culinary training programs and resources to support child nutrition operators to prepare and serve healthy, culinary-inspired school meals from scratch and elevate the cafeteria atmosphere.

The CICN website is an online information center providing child nutrition programs (CNPs) with a means for accessing effective resources related to culinary aspects of program operation. It serves as a centralized place to store, organize, manage, and share culinary knowledge and tools with CNPs.


CICN Features

CICN WEBINAR SERIES
The CICN Webinar Series offers culinary-related topics and training to child nutrition professionals. Monthly webinars are live on the first Thursday of each month, and recordings are available on iLearn, ICN's online course system. Continuing Education Unit (CEU) certificates are provided following participation. Check the CICN home page for registration links each month.

THE MIXUP PODCAST
In The MixUp podcast series, Chef Patrick Garmong, Associate Director of Culinary Education and Training at ICN, takes you inside kitchens with chefs from around the country to see how they are inspiring child nutrition. Visit theicn.org/podcast to listen online.

Resource Categories

- Baking
- Basic Kitchen Equipment
- Batch Cooking
- Blanching & Shocking
- Cold Kitchen Techniques
- Cooking Grains
- Cooking Methods & Recipes
- Egg Cookery
- Flavor Enhancement
- Knife Skills
- Menu Planning Tools
- Mise En Place
- Portioning
- Preparing Beans & Legumes
- Preparing Fruits & Vegetables
- Salad Bars
- Weights & Measures



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child nutrition
RESOURCES • TRAINING • RESEARCH

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The Institute of Child Nutrition (ICN), part of the School of Applied Sciences at the University of Mississippi, is the only federally funded, national center dedicated to applied research, education and training, and technical assistance for child nutrition programs. The ICN's mission is to provide information and services that promote the continuous improvement of child nutrition programs.

2022

JANUARY							FEBRUARY							MARCH						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
						1			1	2	3	4	5							
2	3	4	5	6	7	8	6	7	8	9	10	11	12	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28						27	28	29	30	31		
30	31																			
APRIL							MAY							JUNE						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
						1 2														
3	4	5	6	7	8	9	1	2	3	4	5	6	7	5	6	7	8	9	10	11
10	11	12	13	14	15	16	8	9	10	11	12	13	14	12	13	14	15	16	17	18
17	18	19	20	21	22	23	15	16	17	18	19	20	21	19	20	21	22	23	24	25
24	25	26	27	28	29	30	22	23	24	25	26	27	28	26	27	28	29	30		
							29	30	31											
JULY							AUGUST							SEPTEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
						1 2														
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24
24	25	26	27	28	29	30	28	29	30	31				25	26	27	28	29	30	
31																				
OCTOBER							NOVEMBER							DECEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
						1														
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31
30	31																			

2023

JANUARY							FEBRUARY							MARCH						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7														
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25
29	30	31					26	27	28					26	27	28	29	30	31	
APRIL							MAY							JUNE						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
						1														
2	3	4	5	6	7	8	1	2	3	4	5	6								
9	10	11	12	13	14	15	7	8	9	10	11	12	13	4	5	6	7	8	9	10
16	17	18	19	20	21	22	14	15	16	17	18	19	20	11	12	13	14	15	16	17
23	24	25	26	27	28	29	21	22	23	24	25	26	27	18	19	20	21	22	23	24
30	31						28	29	30	31				25	26	27	28	29	30	
JULY							AUGUST							SEPTEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
						1														
2	3	4	5	6	7	8	6	7	8	9	10	11	12	3	4	5	6	7	8	9
9	10	11	12	13	14	15	13	14	15	16	17	18	19	10	11	12	13	14	15	16
16	17	18	19	20	21	22	20	21	22	23	24	25	26	17	18	19	20	21	22	23
23	24	25	26	27	28	29	27	28	29	30	31			24	25	26	27	28	29	30
30	31																			
OCTOBER							NOVEMBER							DECEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
						1														
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30
														31						

NOTES:



august

Sodium Reduction Tip:
Develop spice blends that appeal to your students.



sunday	monday	tuesday	wednesday	thursday	friday	saturday
1	2	3	4	5	6	7
		Watermelon Day				
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	2021			
		Trail Mix Day				



School-made salad dressings
are easy to make

september



Sodium Reduction Tip:
Make your own
salad dressings.

			wednesday	thursday	friday	saturday
			1	2	3	4
sunday	monday	tuesday				
5	6	7	8	9	10	11
Cheese Pizza Day	Labor Day	Acorn Squash Day				
12	13	14	15	16	17	18
	Peanut Day			Guacamole Day		
19	20	21	22	23	24	25
26	27	28	29	30	<div>2021</div> <div>CiCN CULINARY INSTITUTE OF CHILD NUTRITION</div> <div>theicn.org/cicn</div>	

FARM TO SCHOOL MONTH



Use vegetable trim
to make
a flavorful stock

october

					friday	saturday
					1	2
sunday	monday	tuesday	wednesday	thursday		
3	4	5	6	7	8	9
	Child Health Day		Walk to School Day			
10	11	12	13	14	15	16
	Columbus Day	NATIONAL SCHOOL LUNCH WEEK				
17	18	19	20	21	22	23
24	25	26	27	28	29	30
					Oatmeal Day	

31

Halloween



Sodium Reduction Tip:
Use vegetable stock to cook rice
and grains for added flavor.

2021



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AMERICAN DIABETES MONTH



Taste test new recipes with students

This allows you to standardize the recipe and get student feedback. The first time using a recipe, make a small batch to perfect the prep work and cooking techniques. Prepare 25 to 50 servings and divide the finished product into smaller portions for a taste test opportunity.

november

	monday	tuesday	wednesday	thursday	friday	saturday
	1	2	3	4	5	6
sunday			<i>Sandwich Day</i>			
7	8	9	10	11	12	13
<i>Daylight Savings Ends</i>				<i>Veterans Day</i>		
14	15	16	17	18	19	20
			<i>Take a Hike Day</i>			
21	22	23	24	25	26	27
				<i>Parfait Day</i> <i>Thanksgiving</i>		
28	29	30	2021			

Sodium Reduction Tip:
Teach students that tastes change. When students try a new dish, ask for their feedback.

FAMILY FIT LIFESTYLE MONTH



Batch cook

Batch cooking vegetables helps make sure your food items taste and look fresh. Batch cooking means cooking small amounts at a time — just enough for a single serving period.

january

						saturday
sunday	monday	tuesday	wednesday	thursday	friday	1
2	3	4	5	6	7	8
		Spaghetti Day		Bean Day		
9	10	11	12	13	14	15
16	17	18	19	20	21	22
	Martin Luther King Day		Popcorn Day			
23	24	25	26	27	28	29
	Peanut Butter Day				Blueberry Pancake Day	
30	31					

Sodium Reduction Tip:
Vegetables taste much better when served right after they are cooked which reduces the need for additional seasoning. Let the natural flavor and brightness of the food shine.

2022



Get the most flavor

To get the most aroma and flavor out of spices, buy them in small quantities and use them up quickly because spices lose flavor and potency over time. If possible, try grinding whole spices instead of buying them prepackaged to get the most flavor.

february

		tuesday	wednesday	thursday	friday	saturday
			1	2	3	4
						5
sunday	monday		Groundhog Day			
6	7	8	9	10	11	12
13	14	15	16	17	18	19
	Oatmeal Monday Valentine's Day					
20	21	22	23	24	25	26
	President's Day			Chili Day		
27	28	<div>2022</div> <div><div>Sodium Reduction Tip:</div><div>Spices add an array of flavors to a recipe. Spices contribute rich flavor to food without adding any calories, fat, sugar, or salt.</div></div> <div><div></div><div><div>CiCN</div><div>CULINARY INSTITUTE OF CHILD NUTRITION</div><div>theicn.org/cicn</div></div></div>				
Strawberry Day						

NATIONAL NUTRITION MONTH



Use fresh herbs

Certain herbs are always better fresh and lose their distinctive flavor when dried. Delicate, leafy herbs like parsley, cilantro, and mint are always superior when fresh, and should typically be avoided when dried since they don't add much flavor to a dish. They're also best when raw or cooked for just a few minutes.

march



Sodium Reduction Tip:
Fresh herbs increase flavor and eye appeal and add a quality of freshness to menu items.

		tuesday	wednesday	thursday	friday	saturday
		1	2	3	4	5
sunday	monday					
6	7	8	9	10	11	12
	Cereal Day	NATIONAL SCHOOL BREAKFAST WEEK				
13	14	15	16	17	18	19
Daylight Savings Begins				St. Patrick's Day		
20	21	22	23	24	25	26
						Spinach Day
27	28	29	30	31	<div>2022</div> <div><div>CiCN</div>CULINARY INSTITUTE OF CHILD NUTRITION</div> <div>theicn.org/cicn</div>	



Toast your grains

To toast your grains, simply place them in a dry hotel pan in a 400 °F oven for 8 to 10 minutes, shaking and stirring regularly, until they smell nutty. Don't brown them too much, though, or you'll risk a bitter flavor for the sake of a good tan.

april 2022

Sodium Reduction Tip:
Add a more robust flavor to whole grains by toasting them prior to cooking. Toasting grains adds a slightly nutty flavor. Lightly toasting can reduce the required cooking time and enhance the flavor of the grain.



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					friday	saturday
					1	2
					<i>April Fool's Day</i>	
sunday	monday	tuesday	wednesday	thursday		
3	4	5	6	7	8	9
			<i>Fresh Tomato Day</i>			
		NATIONAL PUBLIC HEALTH WEEK				
10	11	12	13	14	15	16
						<i>Day of the Mushroom</i>
17	18	19	20	21	22	23
<i>Easter</i>		<i>Garlic Day</i>	<i>Banana Day</i>		<i>Earth Day</i>	
24	25	26	27	28	29	30
						<i>Raisin Day</i>

SALAD MONTH



Roast your vegetables

Spread the vegetables onto a baking sheet. Make sure there is a little space around each vegetable. Split the recipe between multiple sheet pans if necessary. Crowding will make the vegetables steam instead of roast, not allowing the natural sugars to caramelize.

may

Sodium Reduction Tip: Roasting vegetables allows the natural sugar in the vegetable to caramelize, bringing out an amazing depth of flavor. Bitter veggies such as broccoli, cauliflower, and Brussels sprouts take on a whole new flavor as the bitter quality mellows out, and the natural sugars add a caramelized flavor that kids enjoy!



sunday	monday	tuesday	wednesday	thursday	friday	saturday
1	2	3	4	5	6	7
				Enchilada Day Cinco de Mayo	School Lunch Hero Day	
8	9	10	11	12	13	14
Mother's Day					Hummus Day	
15	16	17	18	19	20	21
22	23	24	25	26	27	28
						Hamburger Day
29	30	31	2022			
	Memorial Day					

FRESH FRUIT AND VEGETABLE MONTH

Add fresh fruit

The acid in fresh citrus juices balances out the flavor of a recipe and adds brightness. A squeeze of lemon juice in chicken noodle soup is a game changer! The zest from the fruit can be used to add color, aroma, and a fresh, bright flavor to menu items like steamed broccoli or green beans. Using the whole fruit prevents excess waste, increases flavor, and adds a perception of quality to the foods you serve.



june 2022



Sodium Reduction Tip:
Use fresh ingredients like citrus fruits to add flavor and aroma.

			wednesday	thursday	friday	saturday
			1	2	3	4
					Egg Day	Cheese Day
sunday	monday	tuesday	8	9	10	11
5	6	7			Herbs and Spices Day	
12	13	14	15	16	17	18
					Eat Your Vegetables Day	
19	20	21	22	23	24	25
Juneteenth National Independence Day Father's Day						
26	27	28	29	30		

CULINARY ARTS MONTH



Use focus groups or student committees to inform you about the foods they like to eat outside of school. Work to find or develop recipes that excite them. Have the students participate in a taste test and use their feedback and the Edgy Veggie Toolkit to come up with engaging names.

july

Sodium Reduction Tip:
Engage students by creating taste-focused names for your recipes with the Edgy Veggies Toolkit. Visit sparqtools.org/edgyveggies to find the toolkit.

					friday	saturday
					1	2
sunday	monday	tuesday	wednesday	thursday		
3	4	5	6	7	8	9
Eat Beans Day	Independence Day			Macaroni Day		
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

2022



Create your own spice blend



Salad dressings are easy to make



Use vegetables to make stock



Taste test new recipes with students



Bloom spices



Batch cook



Get the most flavor



Use fresh herbs



Toast your grains



Roast your vegetables



Add fresh fruit



Include your students



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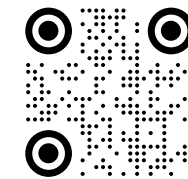
@ichildnutrition



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