

Healthy Recipes Made Easy

Part 1: Breakfast



fwe.com



Organic School Project
Grow. Teach. Feed.

organicschoolproject.org



Welcome



Jerry Herbick

Former Regional Chef at
Chartwells with Chicago
Public Schools



Greg Christian

Executive Director of
Organic School Project

About Organic School Project

Since our founding in 2005, we have:

- **Grow:** Directed 10 school based garden projects.
- **Teach:** Taught wellness education in 3 schools for 3 years.
- **Feed:** Served over 225,000 healthy meals and snacks in school cafeterias—including fruits, vegetables, and herbs grown in school gardens.



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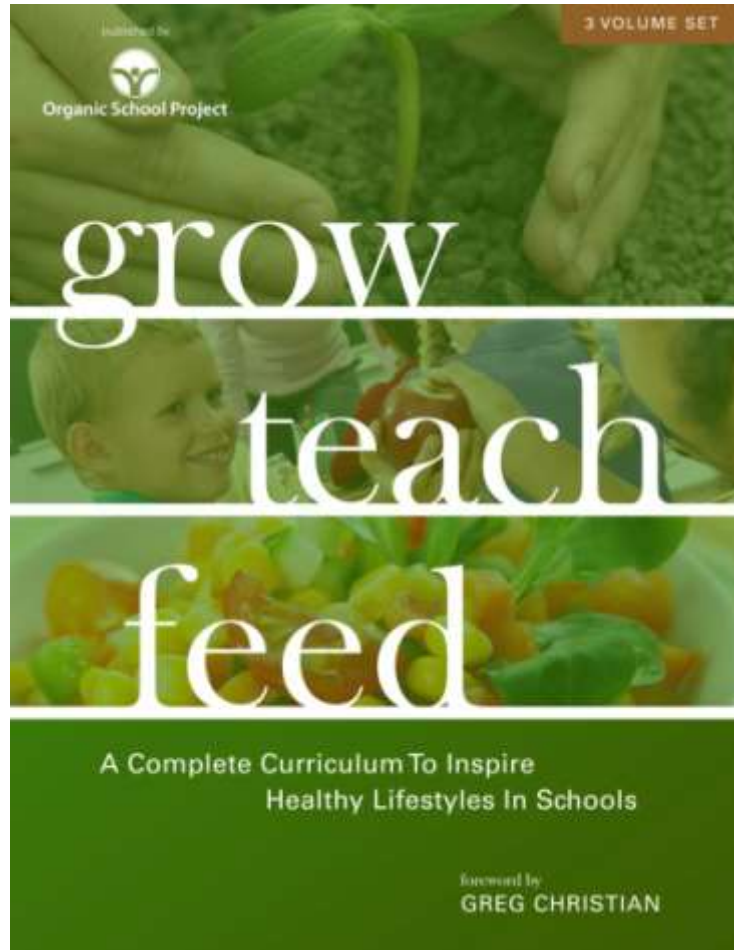
Image courtesy of Google Images



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growteachfeed

A Complete Curriculum to Inspire Healthy Lifestyles in Schools



- Grow Volume
 - School garden program guide
 - 1st -8th grade curriculum designed around the garden
- Teach Volume
 - Healthy lesson plans for grades 1st - 8th
- Feed Volume
 - More than 200 recipes with nutritionals
 - How to buy local
- Learn more at organicschoolproject.org



Objectives



Point 1: Current food system and its impact on the environment and health

Point 2: Why healthy cooking is needed in school

Point 3: Examine three breakfast recipes

Point 4: Using local food





THE REALITY OF WATER



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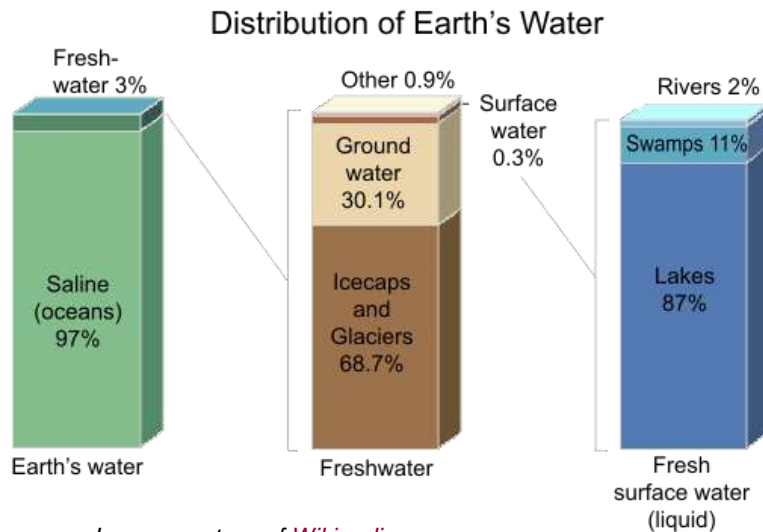


Image courtesy of Wikipedia.org

The Water Footprint of a product is the volume of fresh water used to produce the product, summed over the various steps of the production chain.¹

- 135L of H₂O per 1 egg
- 1500L of H₂O per 1kg refined sugar
- 2400L of H₂O per 100g of chocolate
- 5000L of H₂O per 1kg of pork
- 15000L of H₂O per 1kg of beef
(2400L of water for 1 hamburger)



OIL IS NOT FOOD, BUT FOOD IS OIL



In the United States:

400 gallons of oil are spent annually to feed one person¹

Agriculture energy consumption includes:

- **31%** for the manufacture of inorganic fertilizer
- **16%** for transportation

Includes refrigerated trucks & planes used for transporting foods over great distances to distribution centers

¹ Oil is Not Food but Food is Oil: The Imminent Crisis of Food Production Dependence on Oil

<http://peakoil.com/consumption/oil-is-not-food-but-food-is-oil-the-imminent-crisis-of-food-production-dependence-on-oil/>



Compostable utensils from China (8050 miles).

Avocados from California (2150 miles)

Olive Oil from Greece (5800 miles)

Of course, not everything we purchase is from 1500 miles away.
Consider the foods we use everyday from all over the world.

Apples from New Zealand (8000 miles)

Grapes from Chile (4100 miles)

USAGE OF ANTIBIOTICS AND HORMONES

The use of six natural and artificial growth hormones in beef production poses a potential risk to human health.

European Union's Scientific Committee on Veterinary Measures Relating to Public Health

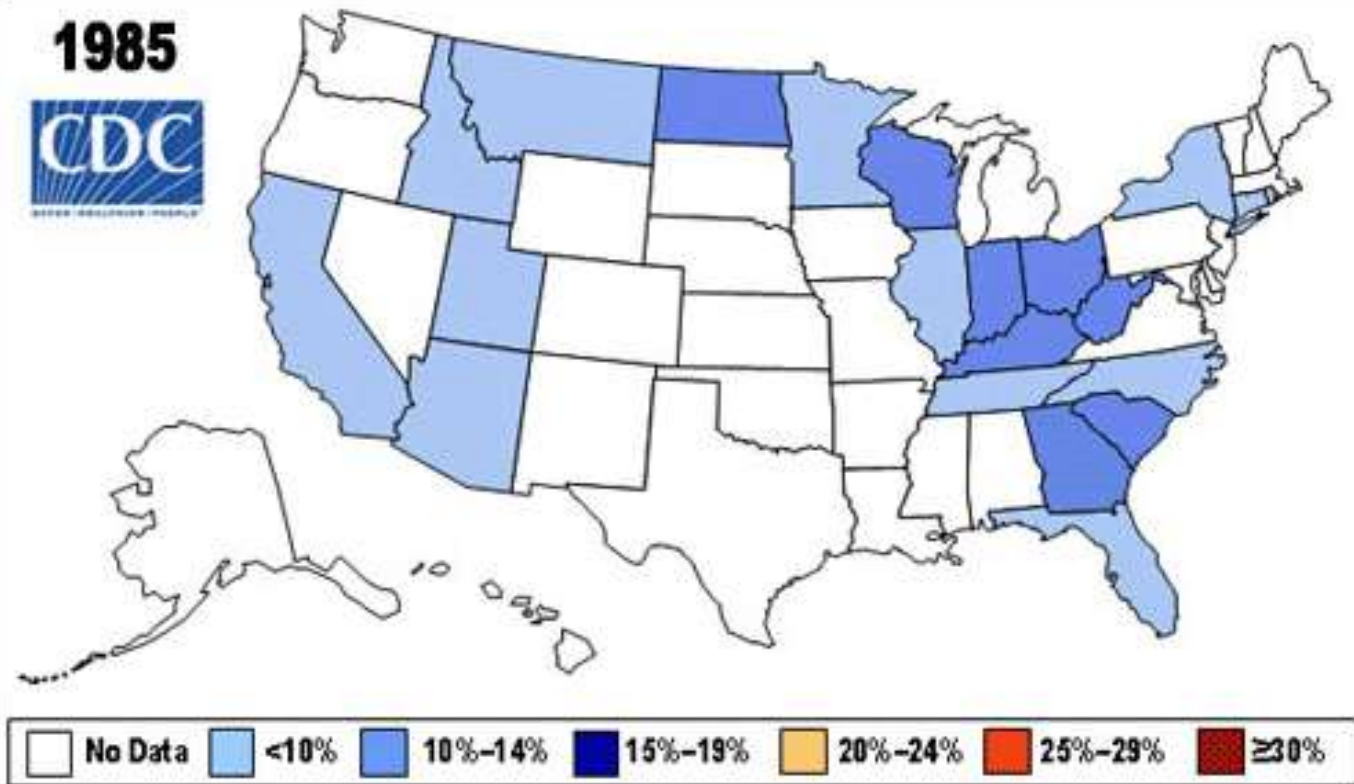
- Oestradiol
- Progesterone
- Testosterone
- Zeranol (synthetic)
- Trenbolone (synthetic)
- Melengestrol (synthetic)



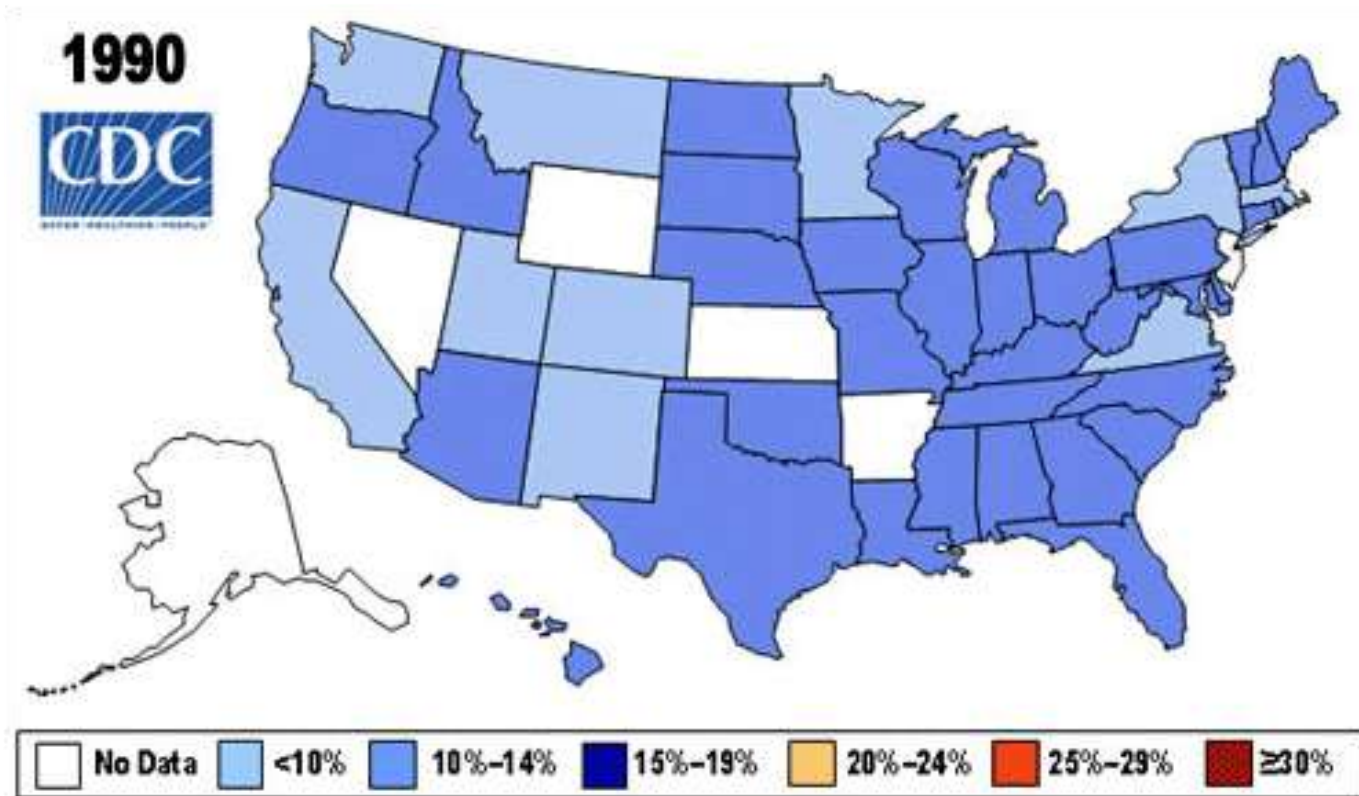
Image: Cow with mastitis ([Monica Morgan](#) on Flickr)



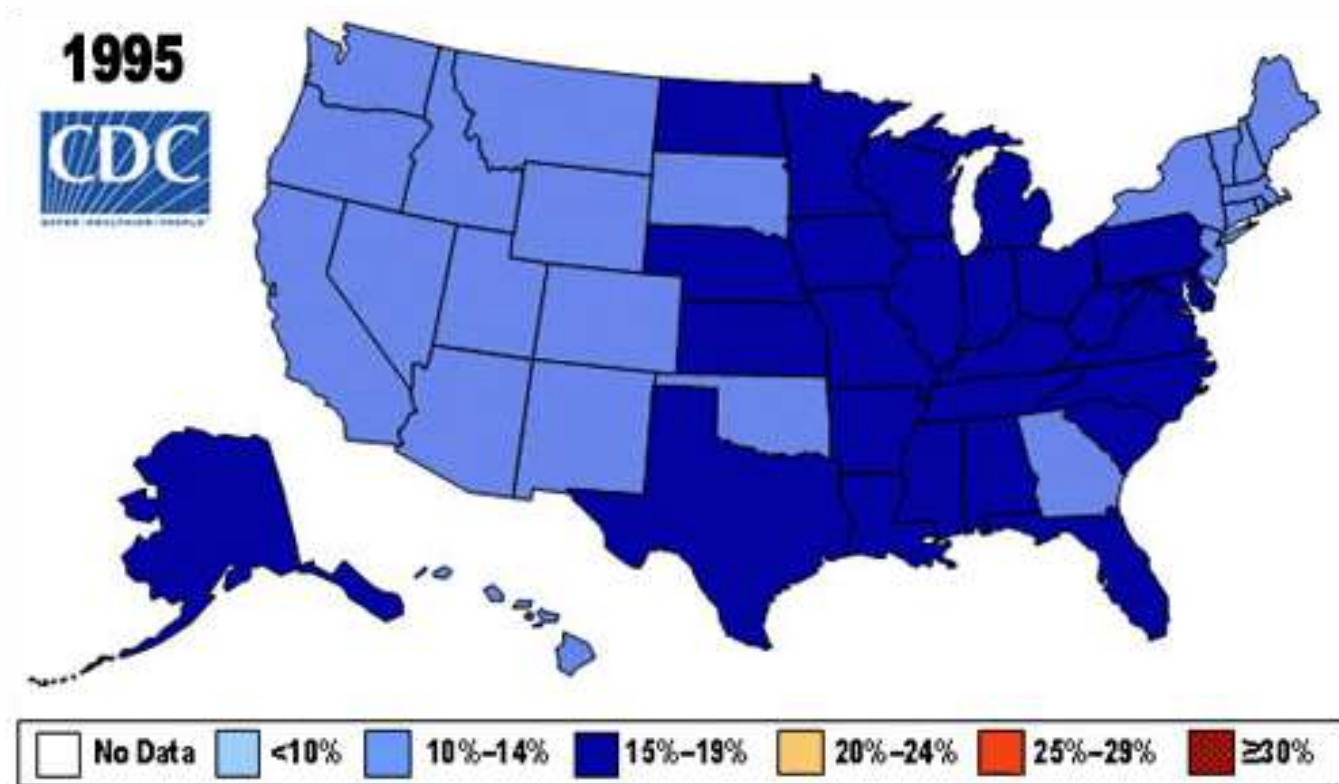
Center for Disease Control – Percentage of Obesity in U.S.



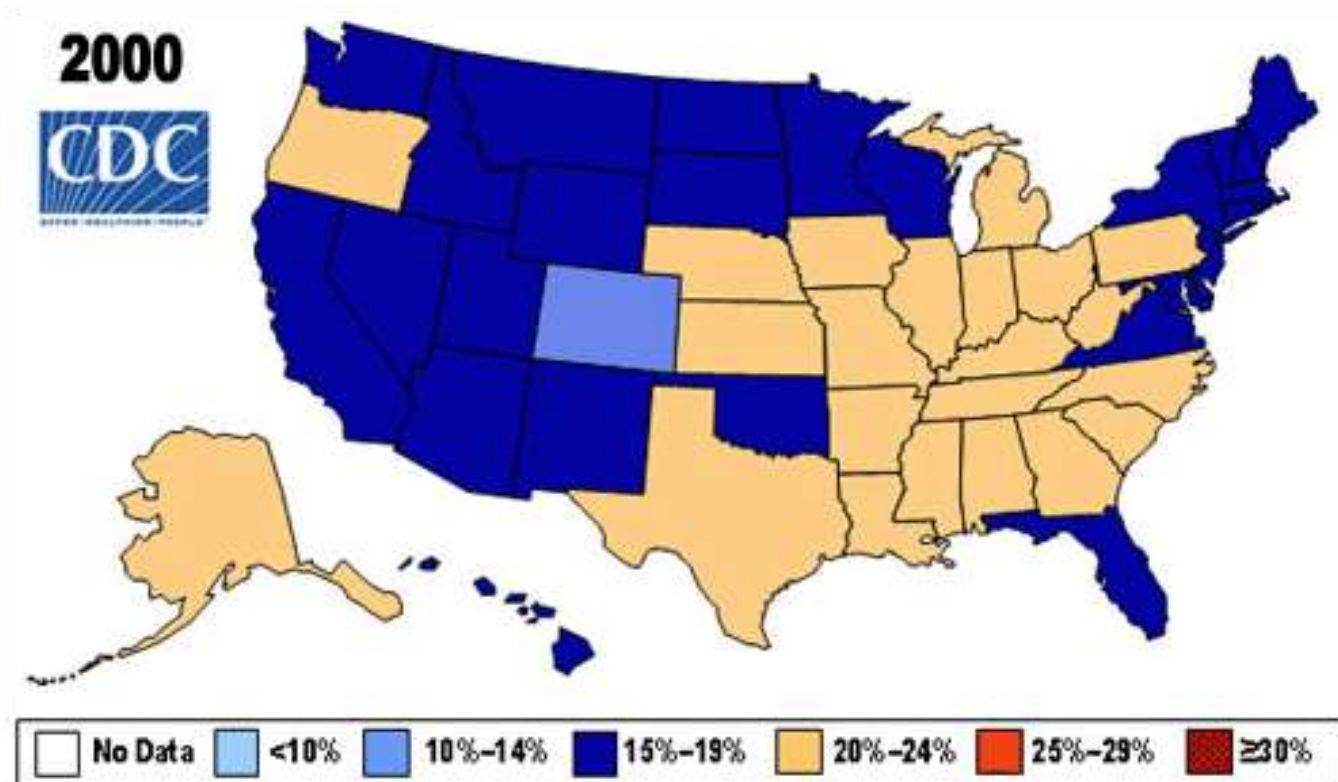
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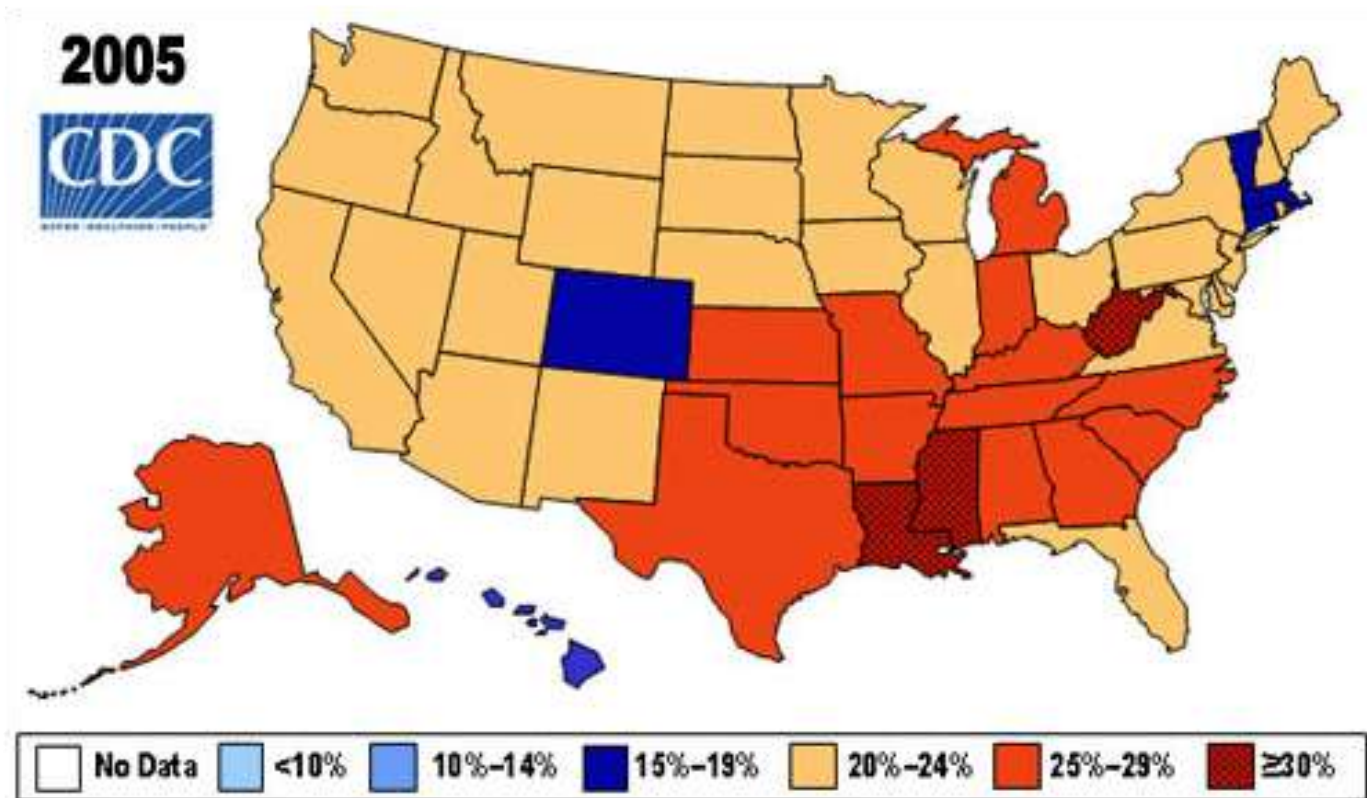
Center for Disease Control – Percentage of Obesity in U.S.



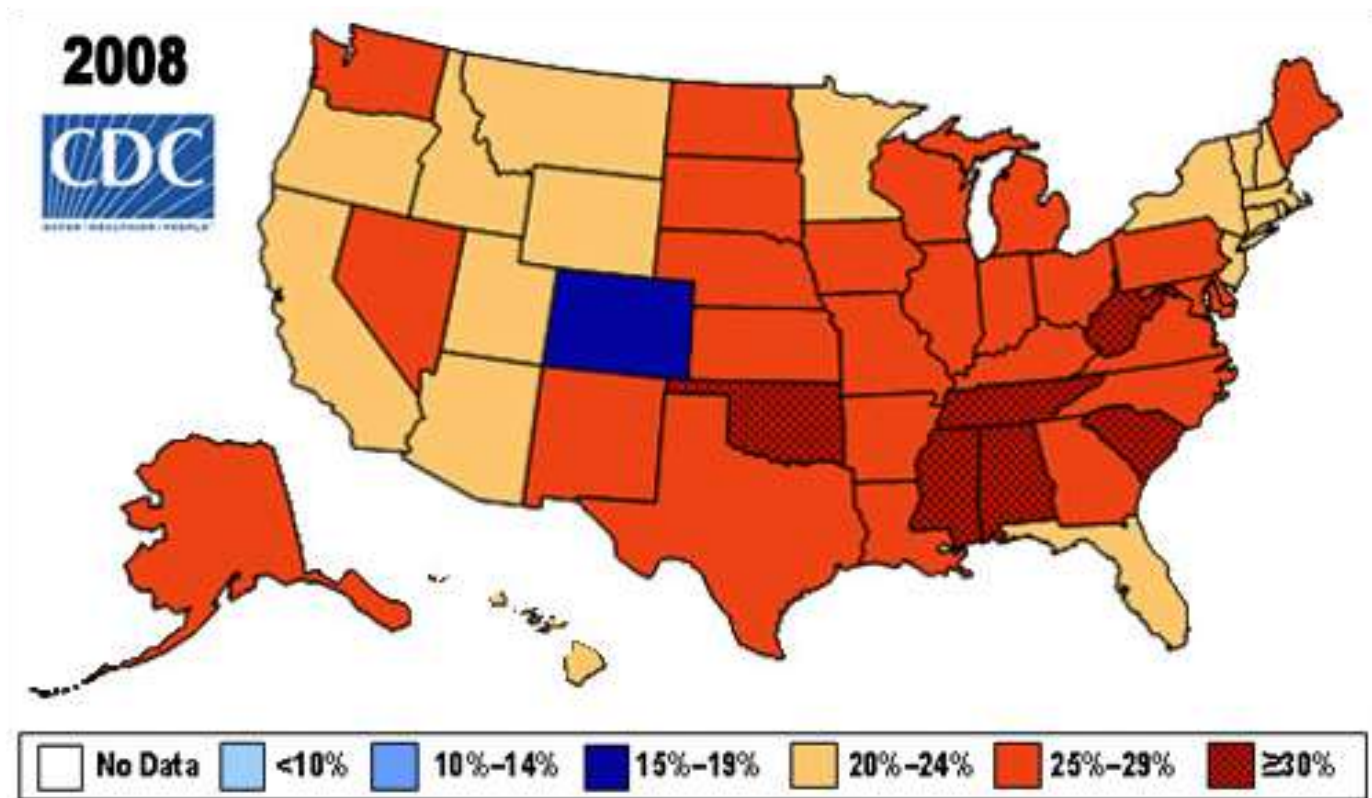
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Center for Disease Control – Percentage of Obesity in U.S.



Center for Disease Control – Percentage of Obesity in U.S.



Frittata

Nutritional Information & Cost



Calories 144 mg | Iron 1.74 mg | Protein 11.08 g | Protein 30.76%

Cholesterol 262 mg | Calcium 101.94 mg | Carbohydrates 7.55 g | Carbohydrates 20.94%

Sodium 378 mg | Vitamin A 514.5 IU | Total Fat 7.83 g | Total Fat 48.88%

Dietary Fiber 1.03 g | Vitamin A 167.7 RE | Saturated Fat 2.73 g | Saturated Fat. 17.06%

Vitamin C 22.7 mg | Trans Fat 0.00 g | Trans Fat 0.00%

Yields: 179 5 oz portions

Cost: \$0.34 per portion





Frittata





Frittata

Ingredients



Bread, Wheat	4 lb (sliced, dry)
Broccoli, Raw	10 lb (chopped)
Cheddar Cheese	2 lb (shredded)
American Cheese	2 lb (shredded)
Eggs	24 lb (beaten)
Milk 2% Lo Fat	2 gal
Salt, Table	2 oz
Mustard Yellow Prepared	4 oz
Hot Sauce	1 t
Paprika	1 t



Frittata





Frittata





Frittata





Frittata





Frittata





Frittata





Frittata



Breakfast Burrito

Nutritional Information & Cost



Calories 476 mg | Iron 3.41 mg | Protein 23.43 g | Protein 19.67%

Cholesterol 347 mg | Calcium 268.26 mg | Carbohydrates 34.11 g | Carbohydrates 28.65%

Sodium 915 mg | Vitamin A 867.6 IU | Total Fat 27.35 g | Total Fat 51.68%

Dietary Fiber 1.33 g | Vitamin A 261.5 RE | Saturated Fat 12.08 g | Saturated Fat. 22.83%

Vitamin C 5.3 mg | Trans Fat 0.00 g | Trans Fat 0.00%

Yields: 100 3 oz portions

Cost: \$0.50 per portion





Breakfast Burrito





Breakfast Burrito

Ingredients



Butter	16 oz
Eggs	16 lb
Milk	2 qt
Salt	2 T
Onions	1 lb (diced or chopped)
Green Peppers	2 lb (chopped)
Celery	1 lb (chopped)
Tomatoes	2 lb (diced)
Cheese	6.25 lb (grated)
Flour Tortillas	100



Breakfast Burrito



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Breakfast Burrito



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Cooked Oatmeal with Fruit

Nutritional Information & Cost

Calories 71 mg | Iron 0.87 mg | Protein 3.07 g | Protein 17.33%

Cholesterol 0 mg | Calcium 21.10 mg | Carbohydrates 12.10 g | Carbohydrates. 68.34%

Sodium 294 mg | Vitamin A 0.3 IU | Total Fat 1.25 g | Total Fat 15.93%

Dietary Fiber 1.97 g | Vitamin A 0.0 RE | Saturated Fat 0.22 g | Saturated Fat. 2.81%

Vitamin C 0.0 mg | Trans Fat 0.00 g | Trans Fat 0.00%

Yields: 50 6 oz portions

Cost: \$0.22 per portion





Cooked Oatmeal with Fruit



Cooked Oatmeal with Fruit

Ingredients

Water	2-2 ½ gal
Salt	2 oz
Oatmeal	2 t
Apple	2 lb (chopped)





Cooked Oatmeal with Fruit





Cooked Oatmeal with Fruit





Cooked Oatmeal with Fruit





Cooked Oatmeal with Fruit





Cooked Oatmeal with Fruit





Cooked Oatmeal with Fruit



Seasonal Purchasing- Find Your Region

Region 2 (North):

MI,WI,MN,ND,SD,MT

Region 3

(NW):

ID,OR,WA,CA

Region 8

(Mountain):

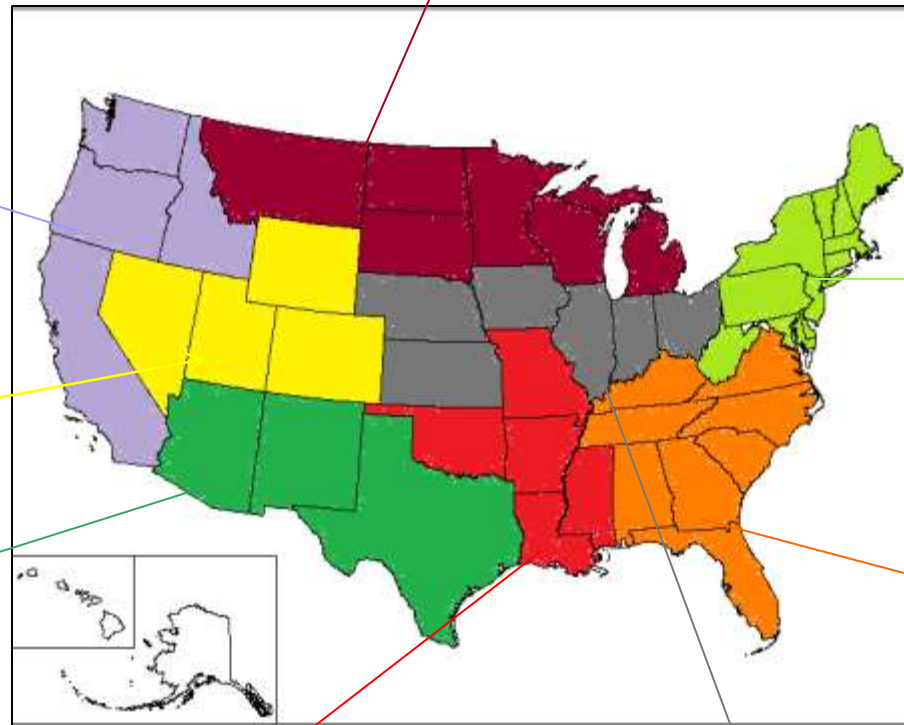
WY,CO,NM,NV

Region 1 (NW):

ME,NH,VT,NY,
MA,CT,RI,PA,DE,MD,WV

Region 4 (SE):

VA,KY,TN,NC,
SC,GA,AL,FL



Region 5 (Ozarks):

MO, OK, AR, LA, MS

Region 7 (Midwest):

OH,IN,IL,IA,NE,KS

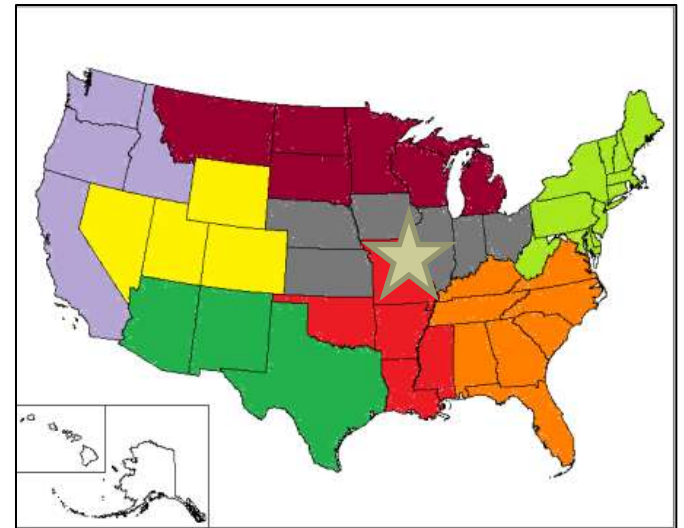
Region 6 (SW):

TX,NM,AZ

What's In Season...And When

Region 7 (OH,IN,IL,IA,NE,KS)

	Season	Extended Season
Apples	Jul-Oct	Jun-Nov (IL)
Asparagus	Apr-Jun	-
Blueberries	Jun-Aug	-
Broccoli	Jun-Nov	Dec (IA)
Carrots	May-Oct	-
Cucumbers	Jun-Sep	Oct (IL)
Grapes	Jul-Aug	Sep (IL)
Lettuce	Apr-Oct	Yr Rnd (IA)
Peas	May-Jul	Apr-Nov (IL)
Raspberries	July-Sep	Oct (IA)
Spinach	Apr-Jun, Oct-Nov	Aug-Jun (IA)
Sweet Potatoes	Sep-Oct	Aug-Nov (IL)
Tomatoes	Jun-Oct	May (IL)



Conclusion

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Point 2: Why healthy cooking is needed in school

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Point 4: Local Food



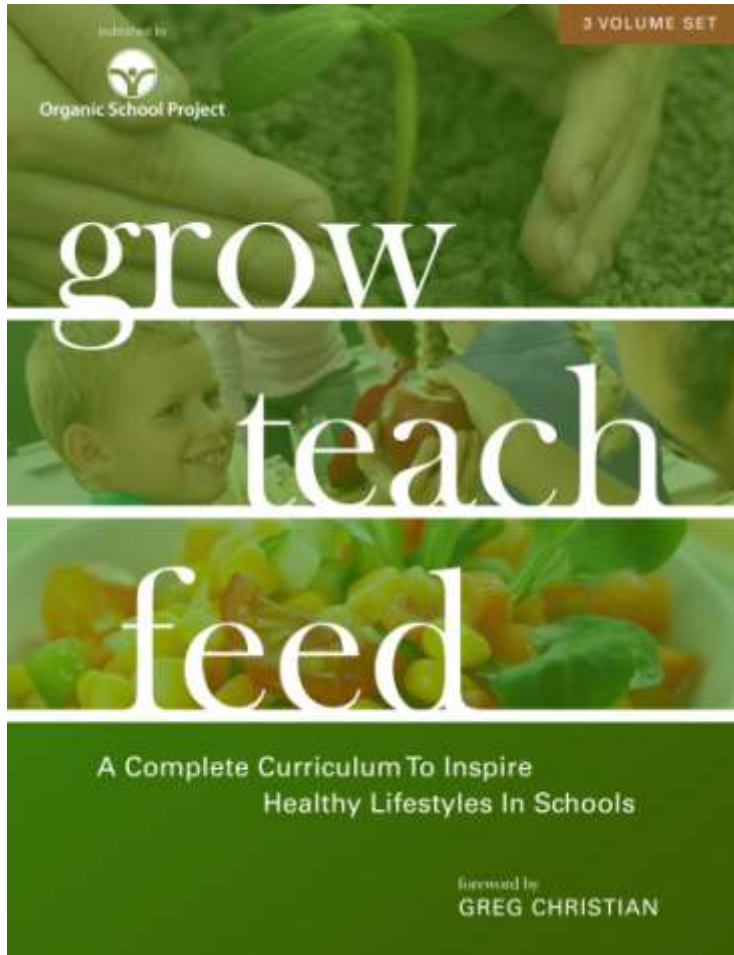
ANC in Nashville, TN
July 10-13



Stop by Booth # **317** at this year's **Annual Nutrition Conference**

- Watch Greg Christian demo healthy recipes
- Enter a chance to win
 - *Grow Teach Feed: A Complete Curriculum to Inspire Healthy Lifestyles In Schools*
 - Full size Clymate IQ Heated & Humidified Holding Cabinet

Don't forget to take our survey!



For more information:

www.organicsschoolproject.org

www.fwe.com/webinar/hrme1