

Healthy Recipes Made Easy

Part 2: Lunch



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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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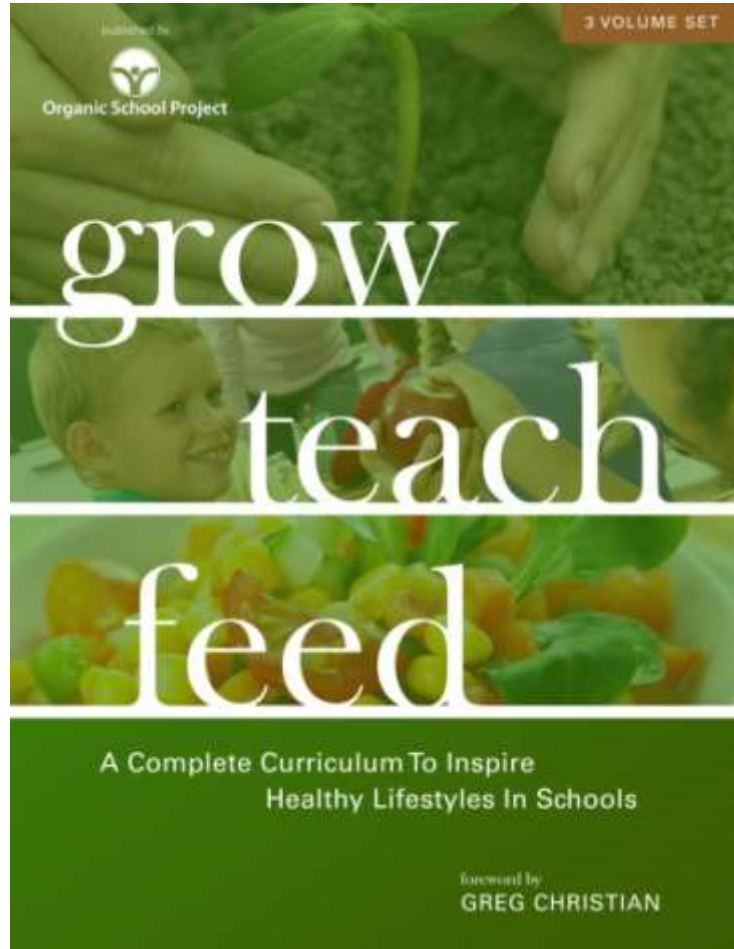
Image courtesy of Google Images



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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 lunch recipes

Point 4: Using local food



Take – Make – Waste



How Many Earths

2050



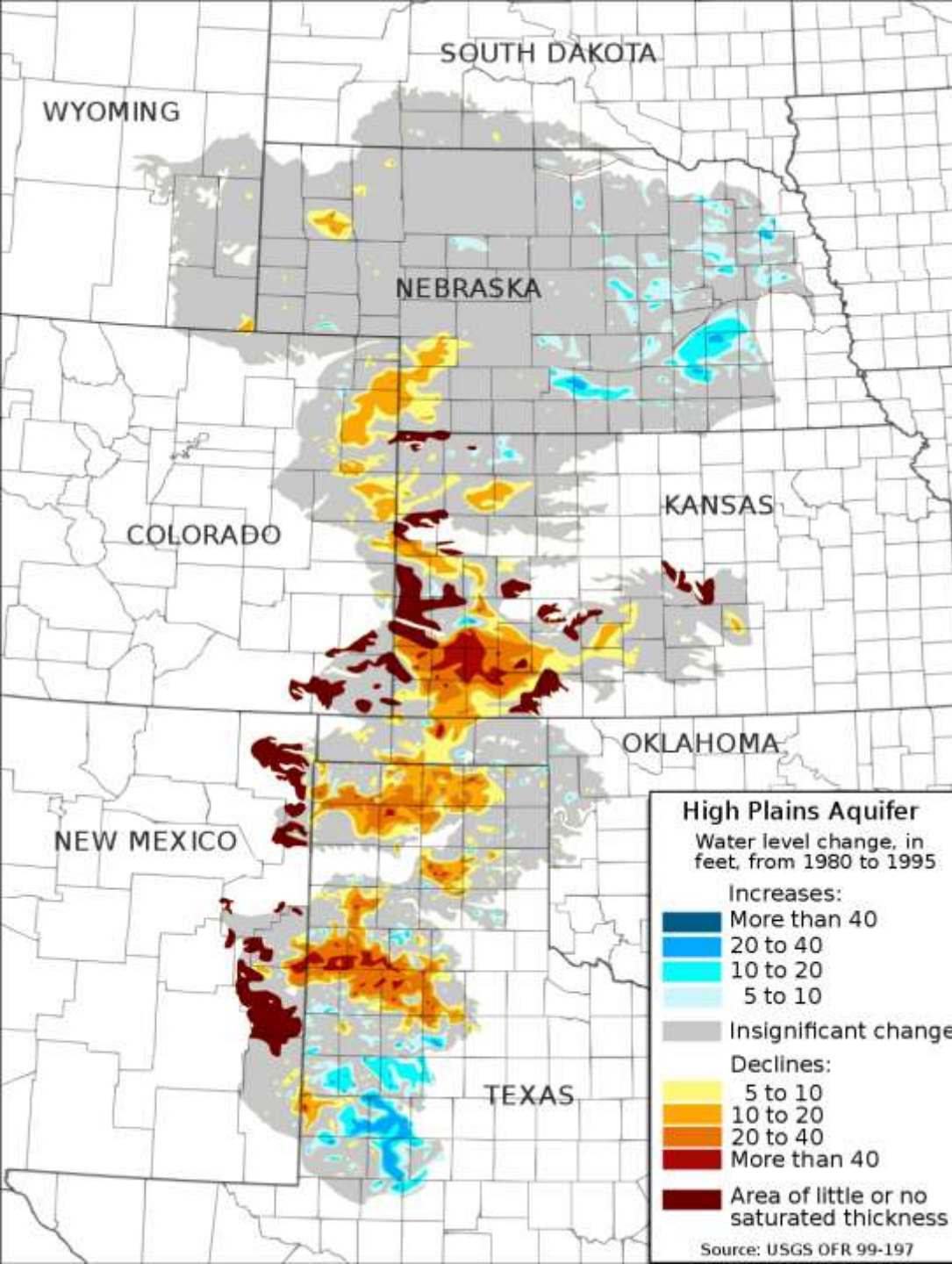
Source: World Wildlife Fund's *Living Planet Report*, 2010.
http://wwf.panda.org/about_our_earth/all_publications/living_planet_report/2010_lpr/



Food = Oil

**400 gallons of oil are spent
annually to feed one person**





OGALLALA AQUIFER

Depleted at a rate of 12,000,000,000 meters³/year

Estimates say it may dry up in as little as 25 years.

Atrazine

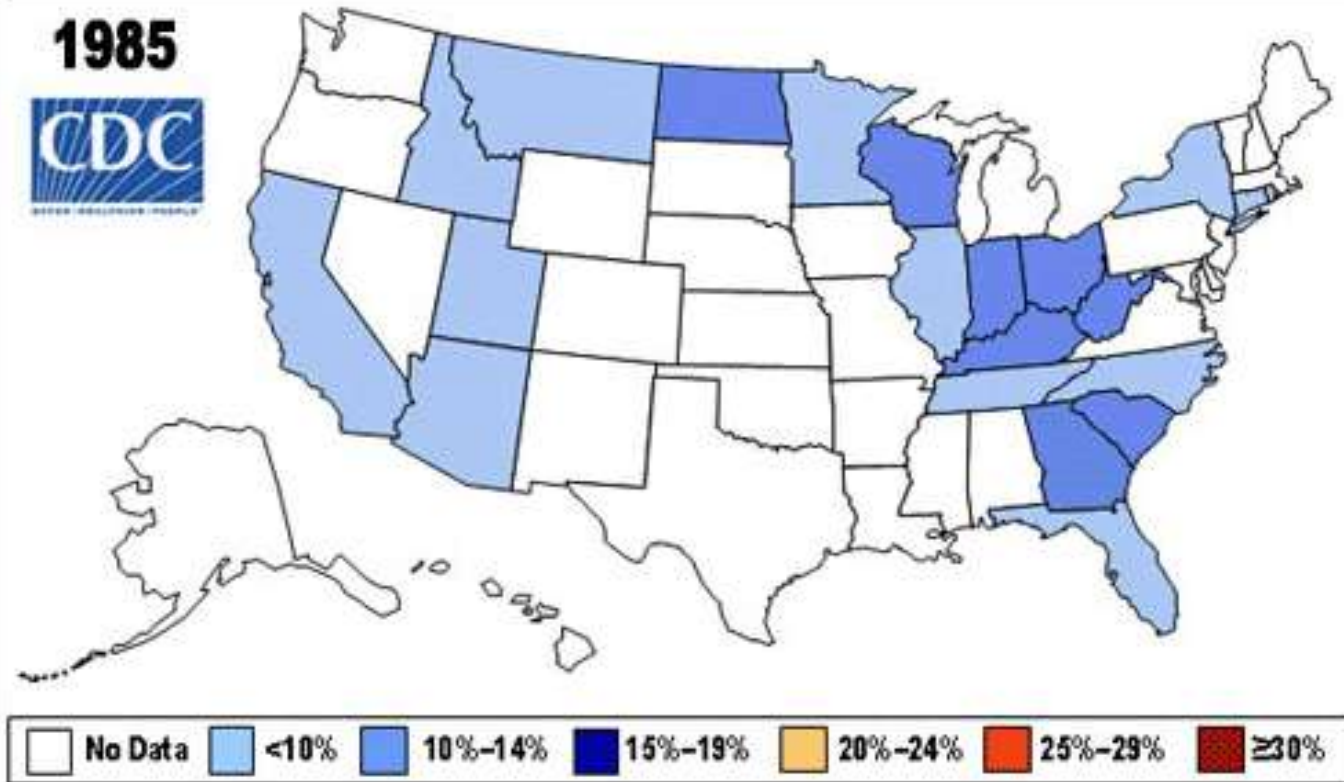
80,000,000



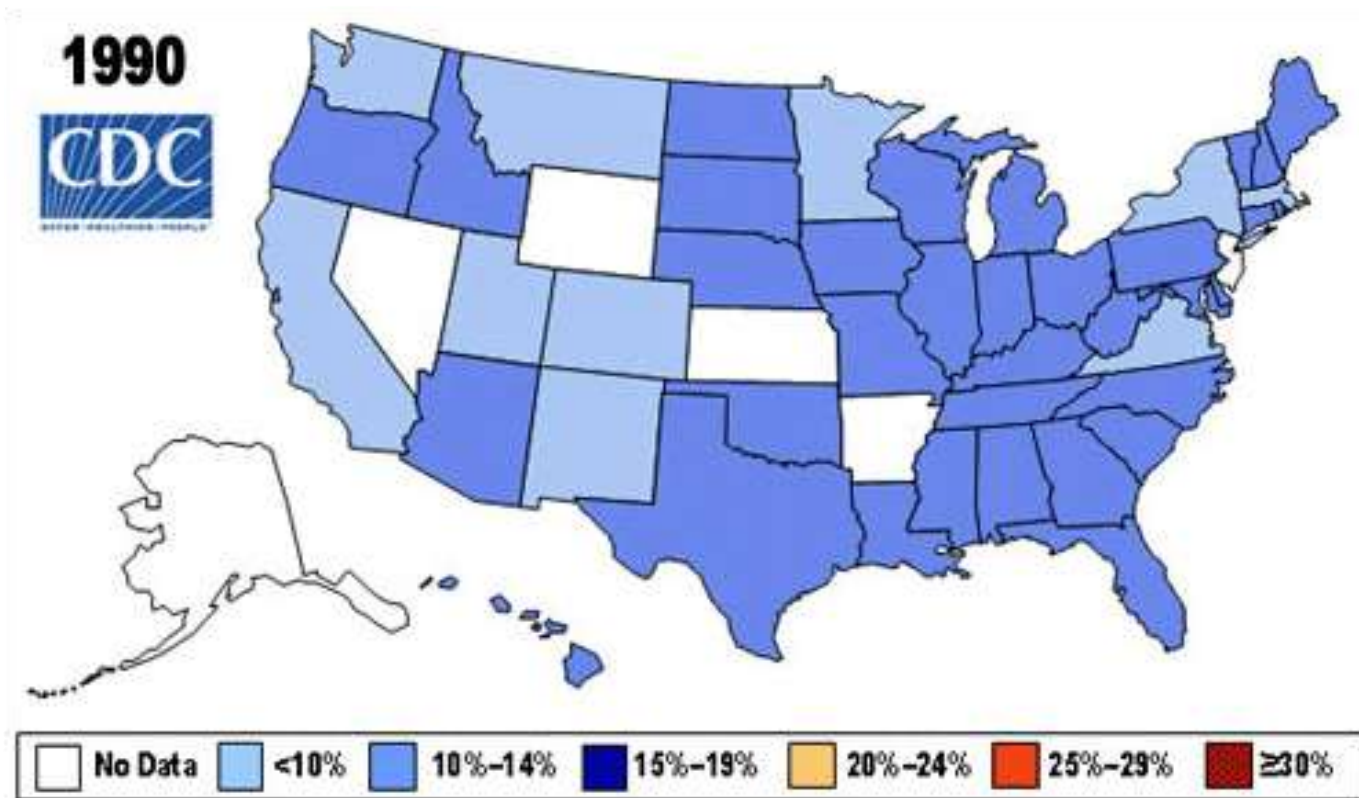


8,000 mi² dead zone

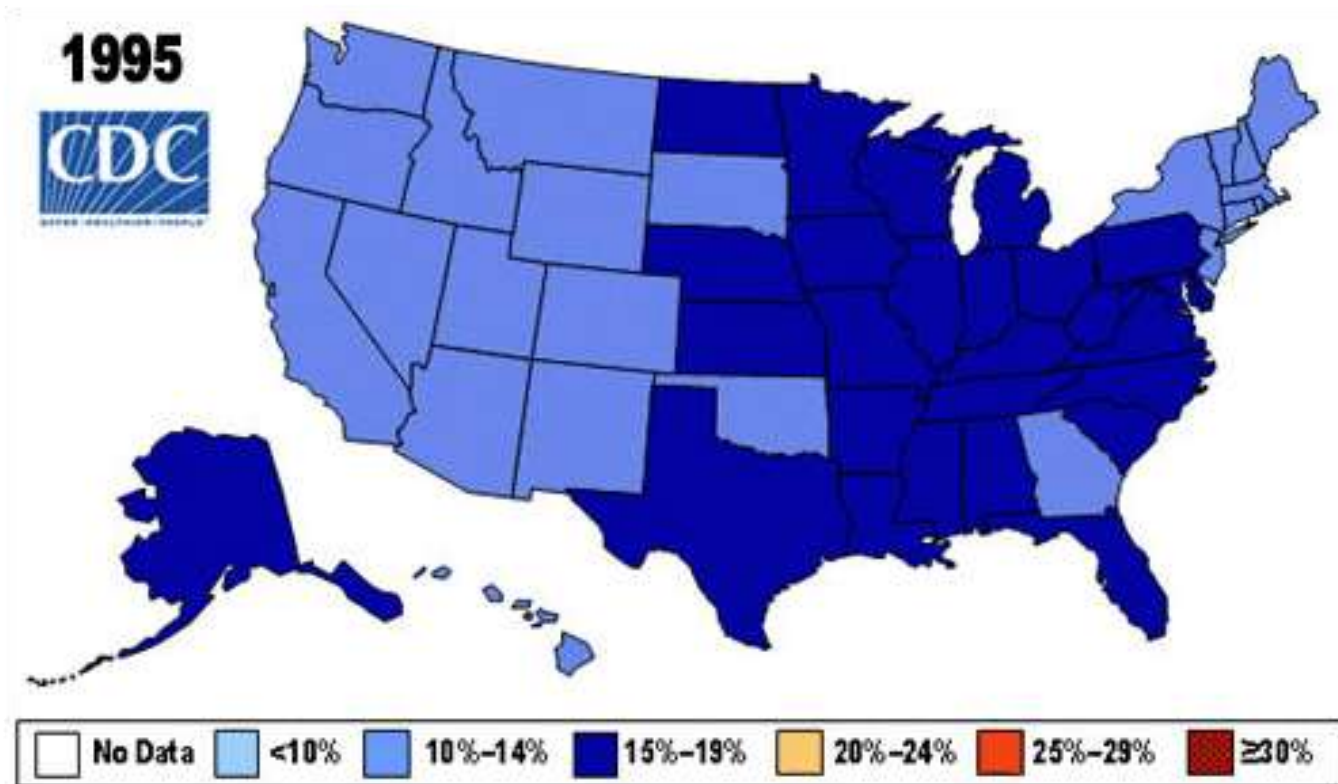
Center for Disease Control – Percentage of Obesity in U.S.



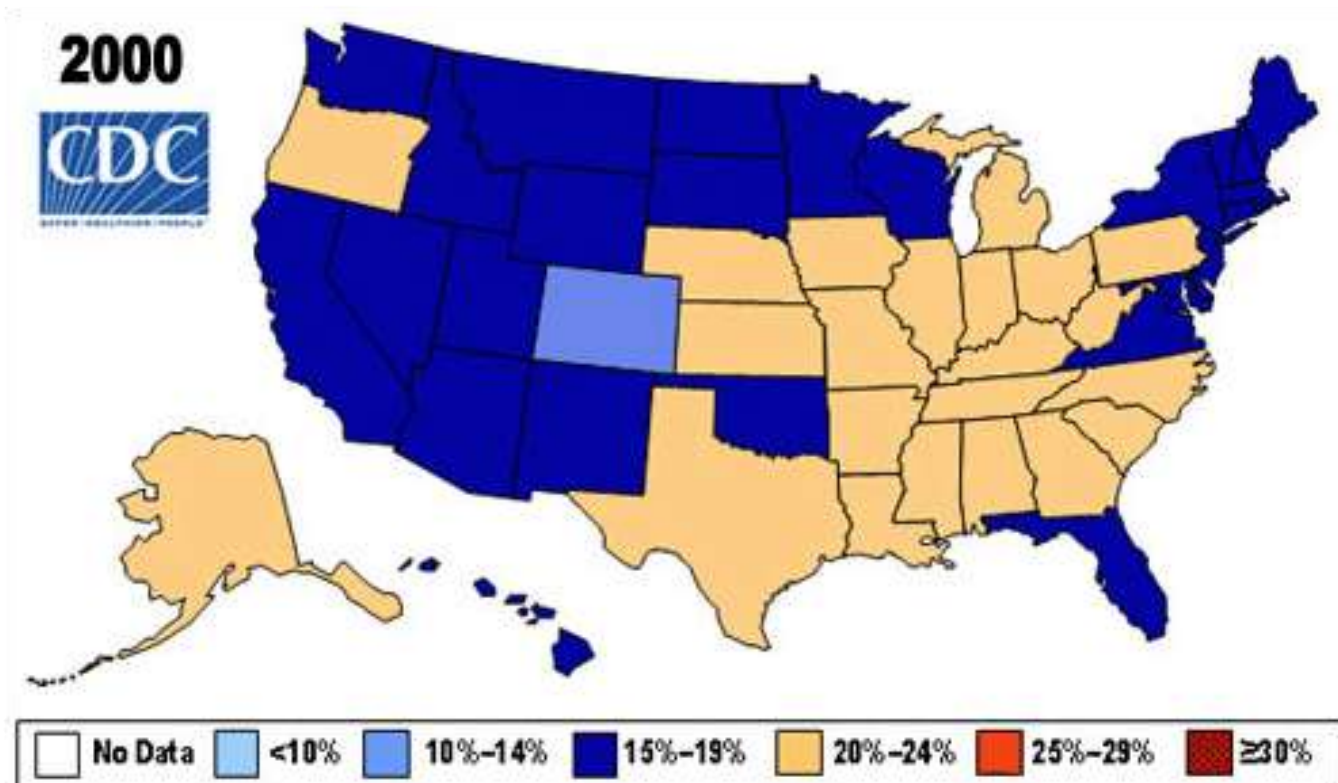
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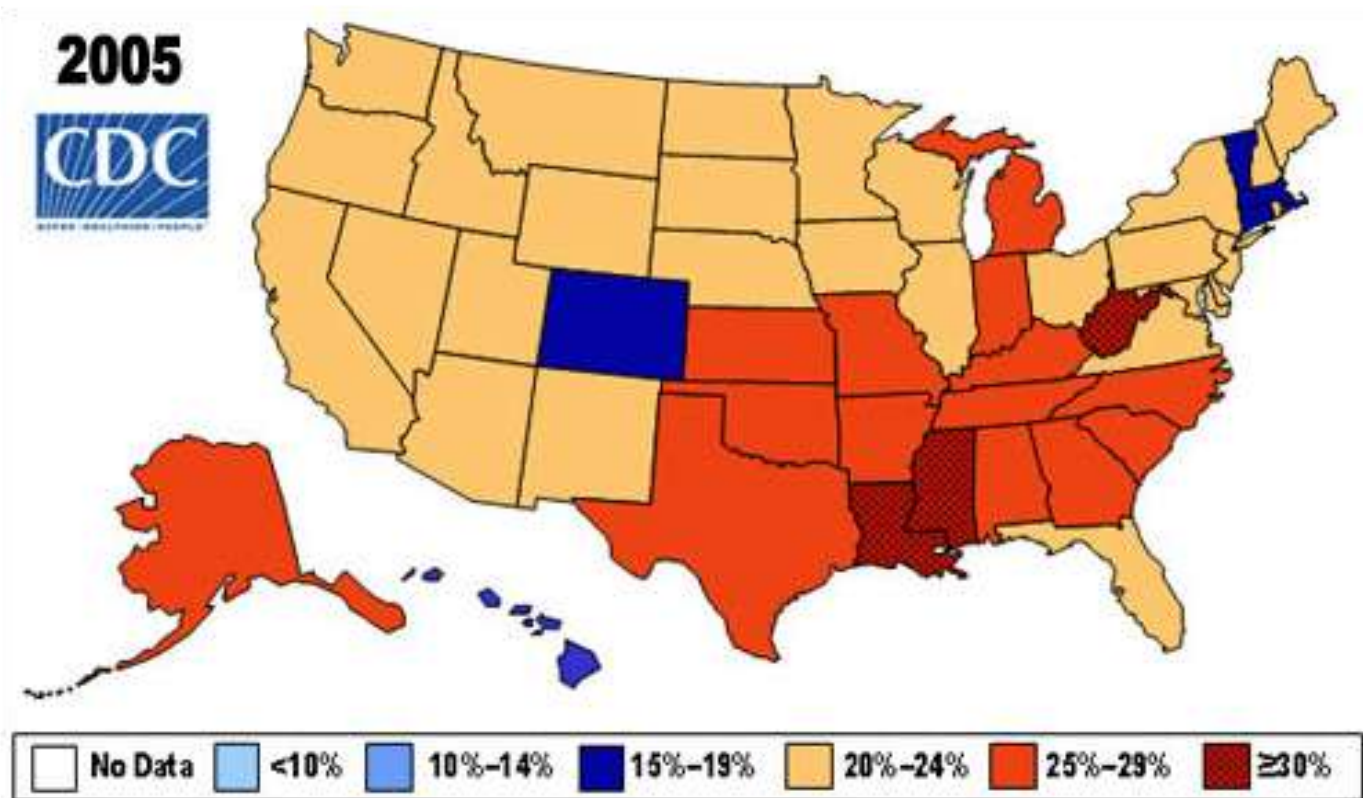
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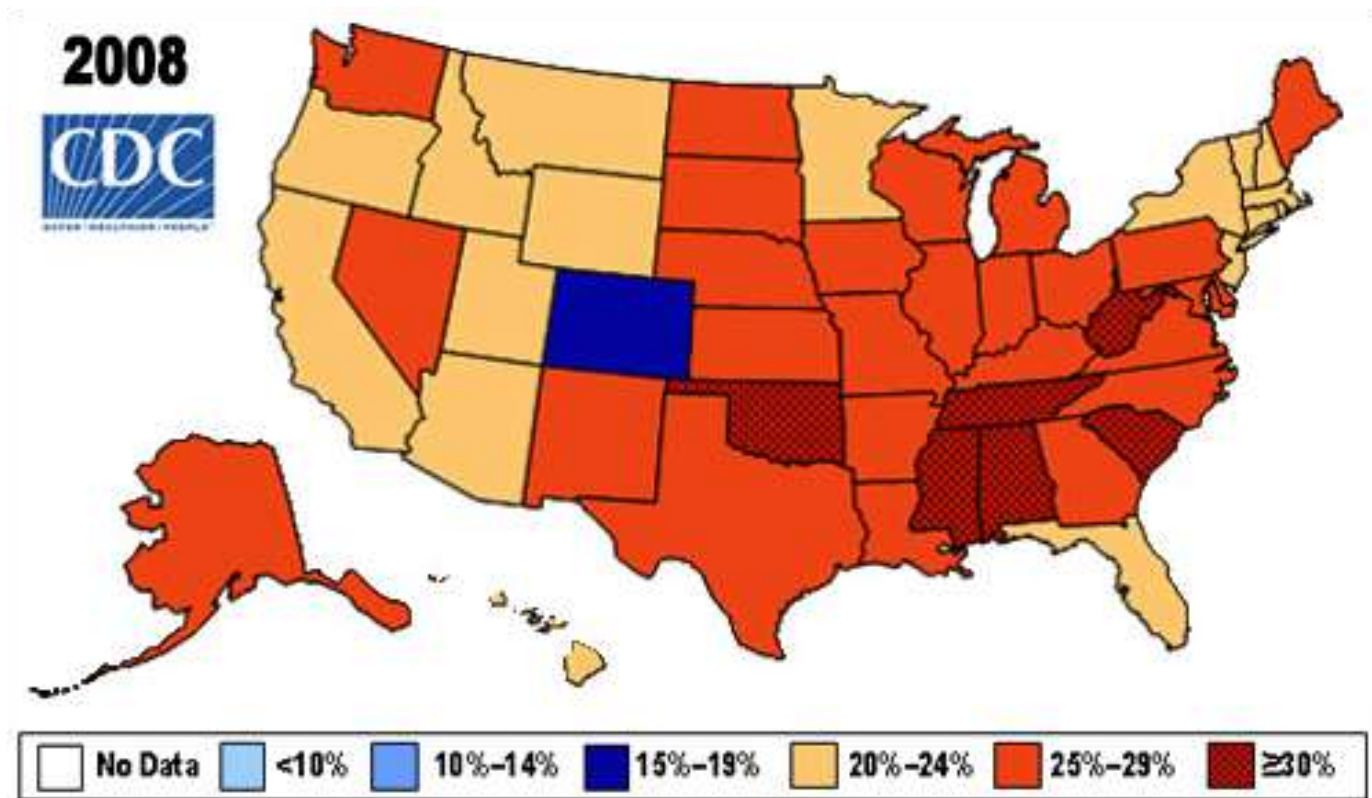
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Center for Disease Control – Percentage of Obesity in U.S.



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



Baked Fish with Lemon

Nutritional Information & Cost



Calories 243 mg | Iron 0.56 mg | Protein 26.30 g | Protein 43.31%

Cholesterol 66 mg | Calcium 25.69 mg | Carbohydrates 0.30 g | Carbohydrates 0.50%

Sodium 253 mg | Vitamin A 190.9 IU | Total Fat 15.27 g | Total Fat 56.58%

Dietary Fiber 0.11 g | Vitamin A.. 25.8 RE | Saturated Fat 2.32 g | Saturated Fat. 8.60%

Vitamin C 1.0 mg | Trans Fat 0.00 g | Trans Fat 0.00%

Yields: 100 5 oz portions

Cost: \$0.85per portion





Baked Fish with Lemon



Baked Fish with Lemon

Ingredients

5 oz Fish Filets	100
Oil	3 lb
Salt	2 T
Paprika	4 T
Fresh Lemon Juice	6 oz





Baked Fish with Lemon





Baked Fish with Lemon





Baked Fish with Lemon





Baked Fish with Lemon



Beef Stew

Nutritional Information & Cost



Calories 378 mg | Iron 3.30 mg | Protein 3.58 g | Protein 3.78%

Cholesterol 56 mg | Calcium 62.12 mg | Carbohydrates 20.99 g | Carbohydrates. 22.18%

Sodium 640 mg | Vitamin A 5542.9 IU | Total Fat 24.86g | Total Fat 59.11 %

Dietary Fiber 2.13 g | Vitamin A 839.0 RE | Saturated Fat 7.64 g | Saturated Fat. 18.16%

Vitamin C 21.0mg | Trans Fat 0.00 g | Trans Fat 0.00%

Yields: 100 7 oz portions

Cost: \$0.83per portion





Beef Stew





Beef Stew

Ingredients



Beef, 1 inch cubes	30 lbs
Diced Tomatoes	1 gal
Water	1 gal
Salt	2 oz
Pepper	2 T
Potatoes, cubed	8 lb
Carrots , cubed	6 lb
Onions, cubed	3 lb
Celery, ½ inch dice	2 lb
Flour, all purpose	24 oz
Oil	24 oz



Beef Stew





Beef Stew





Beef Stew





Beef Stew





Beef Stew





Beef Stew





Beef Stew





Beef Stew





Beef Stew



Beef Stroganoff

Nutritional Information & Cost



Calories 487 mg | Iron 4.98 mg | Protein 28.70 g | Protein 23.58%

Cholesterol 101 mg | Calcium 126.78 mg | Carbohydrates 36.20 g | Carbohydrates. 29.75%

Sodium 294 mg | Vitamin A 173.2 IU | Total Fat 25.61 g | Total Fat 47.36%

Dietary Fiber 1.97 g | Vitamin A 33.7 RE | Saturated Fat 8.41 g | Saturated Fat. 15.56%

Vitamin C 1.4 mg | Trans Fat 0.03 g | Trans Fat 0.05%

Yields: 100 portions, 6 oz stroganoff, 4 oz noodles

Cost: \$0.74 per portion



Beef Stroganoff



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Beef Stroganoff

Ingredients



Beef, round cut into ¼ inch strips	20 lb
Oil	1 lb 8 oz
Onion, chopped	2 lb 8 oz
Salt	2 T
Pepper	2 t
Celery, small dice	2 c
Beef Stock	1 gal 2 qt
Flour	1 lb
Mushrooms, sliced	5 lb
Sour Cream	2 qt
Tofu, ½ inch diced	4.5 lb
Noodles	9 lb
Water	9 gal



Beef Stroganoff





Beef Stroganoff





Beef Stroganoff





Beef Stroganoff





Beef Stroganoff





Beef Stroganoff





Beef Stroganoff



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Beef Stroganoff





Beef Stroganoff





Beef Stroganoff





Beef Stroganoff



Seasonal Purchasing- Find Your Region

Region 2 (North):

MI,WI,MN,ND,SD,MT

Region 3

(NW):

ID,OR,WA,CA

Region 8

(Mountain):

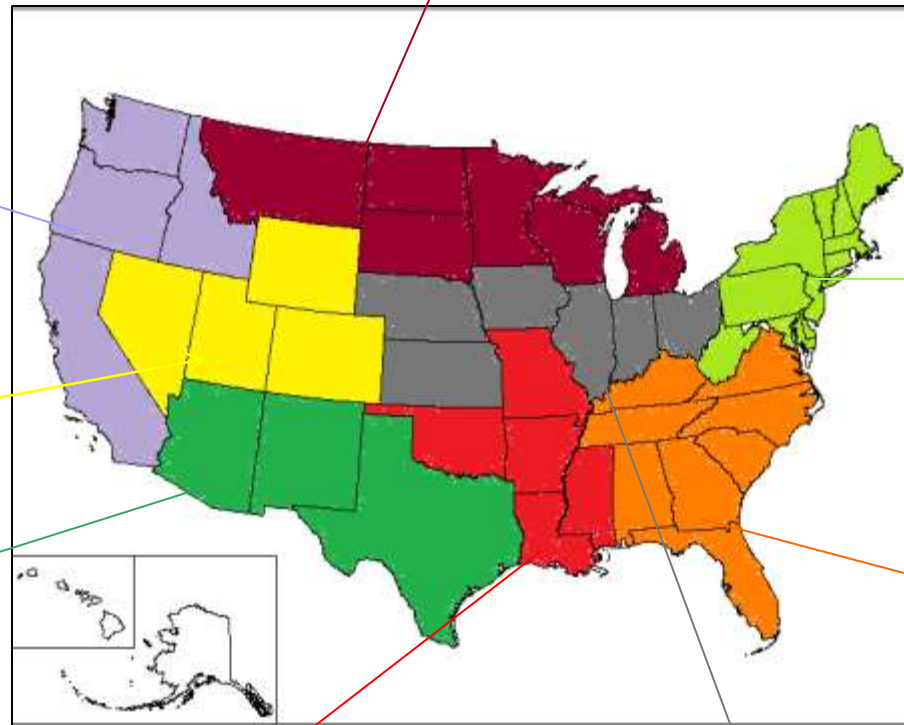
WY,CO,NM,NV

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

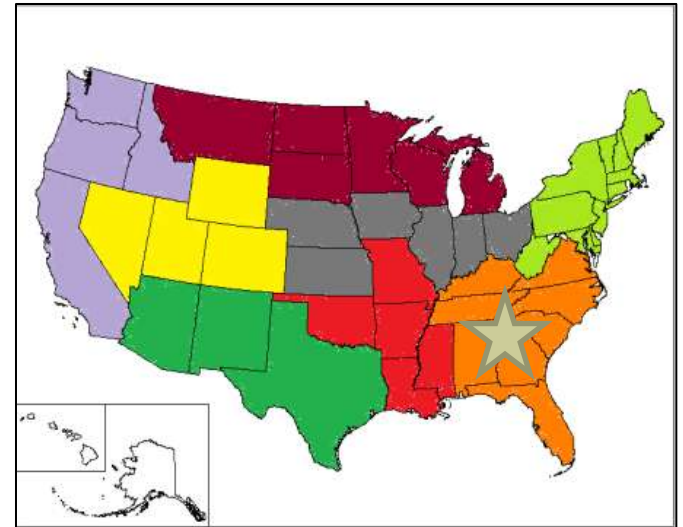
Region 6 (SW):

TX,NM,AZ

What's In Season... And When

Region 4 (VA, KY, TN, NC, SC, GA, AL, FL)

	Season	Extended Season
Broccoli	Apr-May, Sep-Nov	Nov-May (FL), Jun-Sep (KY)
Carrots	Yr Rnd	May-Aug (MS), Oct-Dec (LA)
Celery	-	Nov-Jun (FL), Jul-Aug (KY)
Corn	May-Oct	Yr Rnd (FL)
Cucumbers	May-Nov	Yr Rnd (FL)
Mushrooms	Yr Rnd	-
Peas	Jul-Oct	Apr-Jun (OK), Nov-Dec (LA)
Potatoes	May-Sep	Jan-Apr (FL)
Spinach	Mar-Jun	Feb (FL), Sep-Dec (VA)
Sweet Potatoes	Yr Rnd	-
Tomatoes	Apr-Nov	Yr Rnd (FL)



Conclusion

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ANC in Nashville, TN

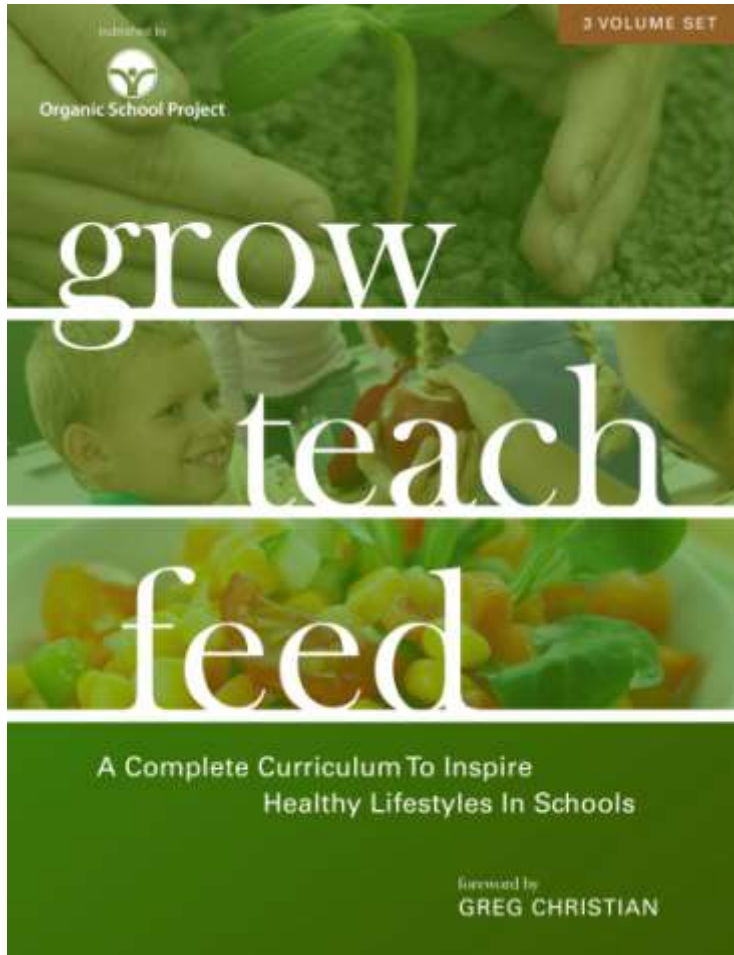
July 10-13



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