

Healthy Recipes Made Easy

Part 4: Sides



Welcome

Jerry Herbick

Former Regional Chef at
Chartwells with Chicago
Public Schools



Greg Christian

Founder & 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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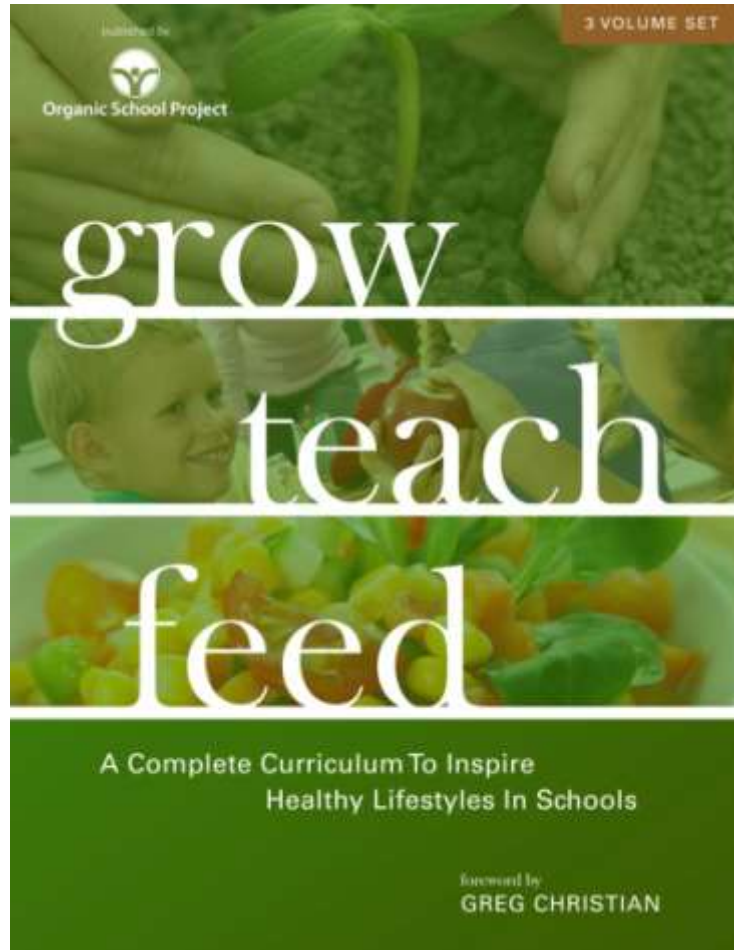
Image courtesy of Google Images



organicschoolproject.org

growteachfeed

A Complete Curriculum to Inspire Healthy Lifestyles in Schools



- Grow Volume
 - School gardening 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: 5-year vision for foodservice

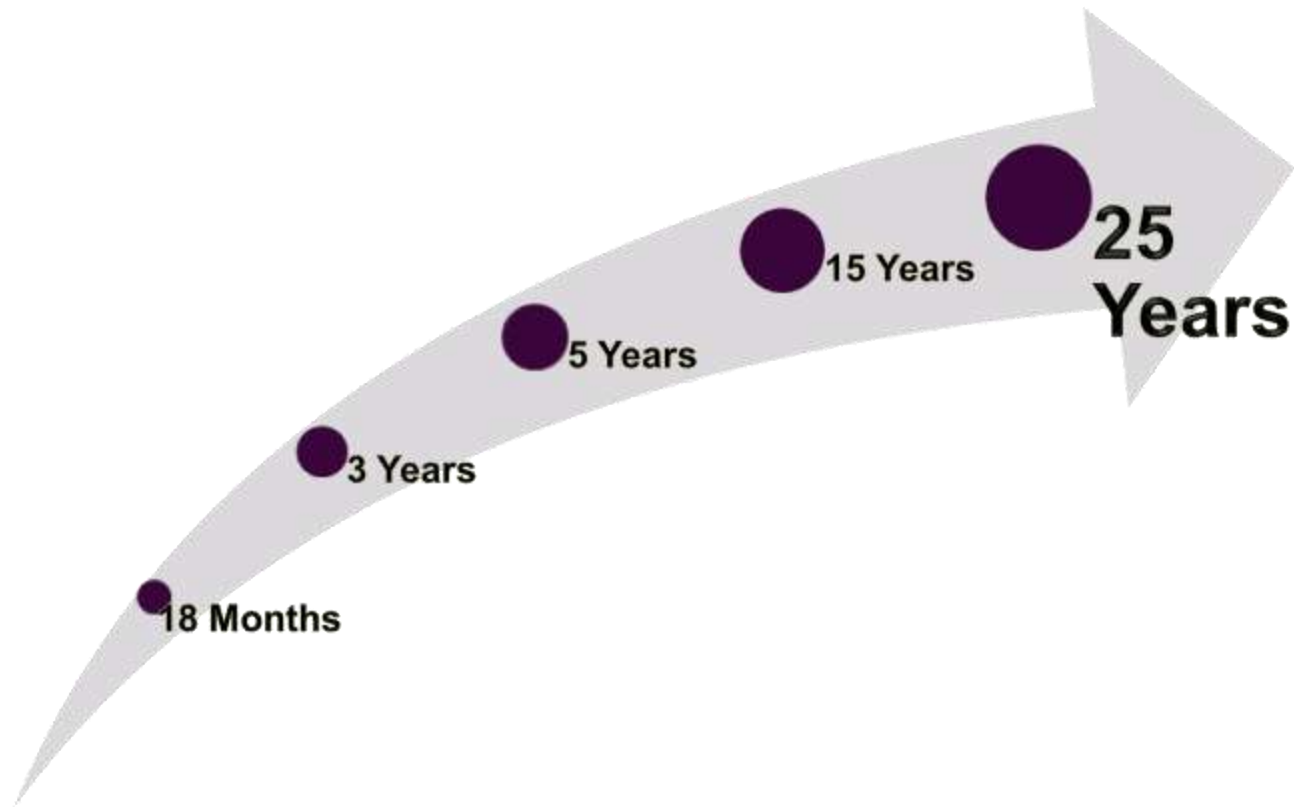
Point 2: Why healthy cooking is needed in school

Point 3: Examine three side recipes

Point 4: Using local food



Vision

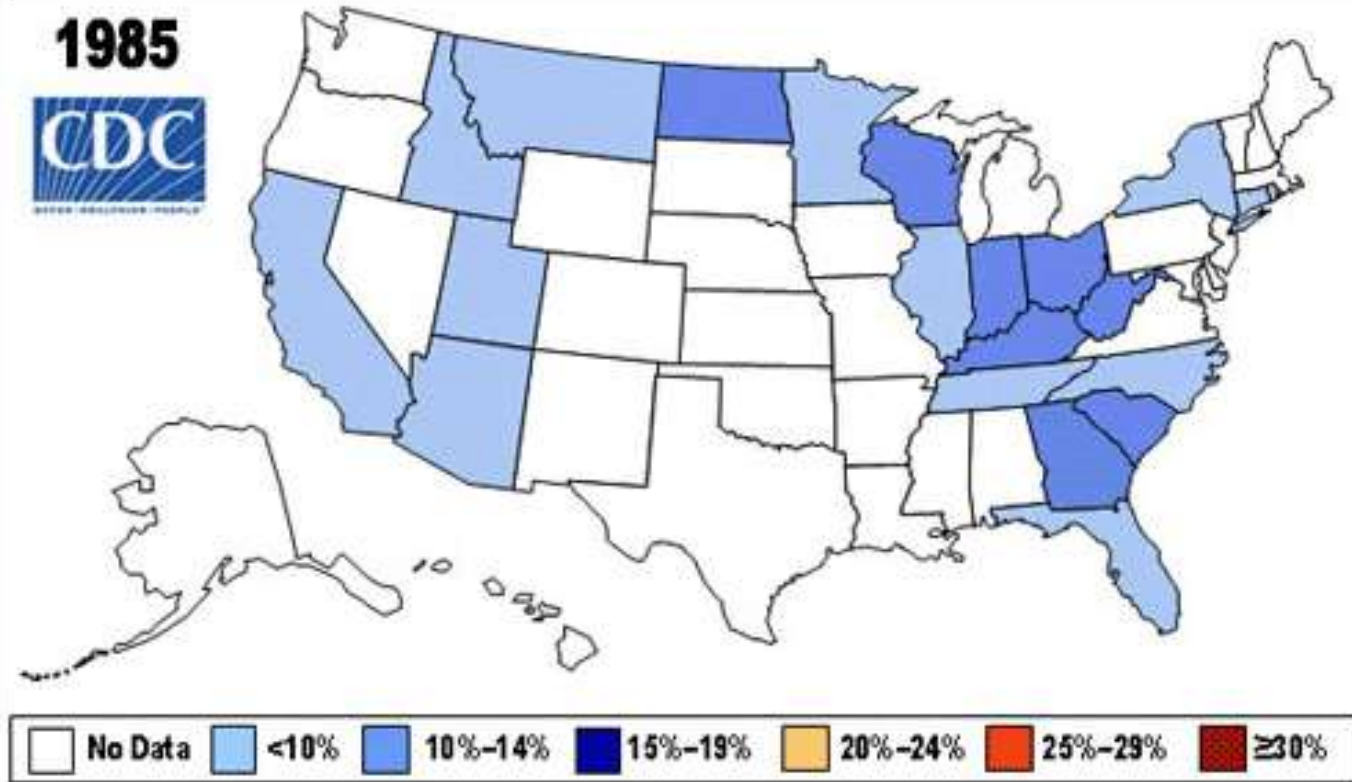


5-YEAR VISION FOR FOODSERVICE

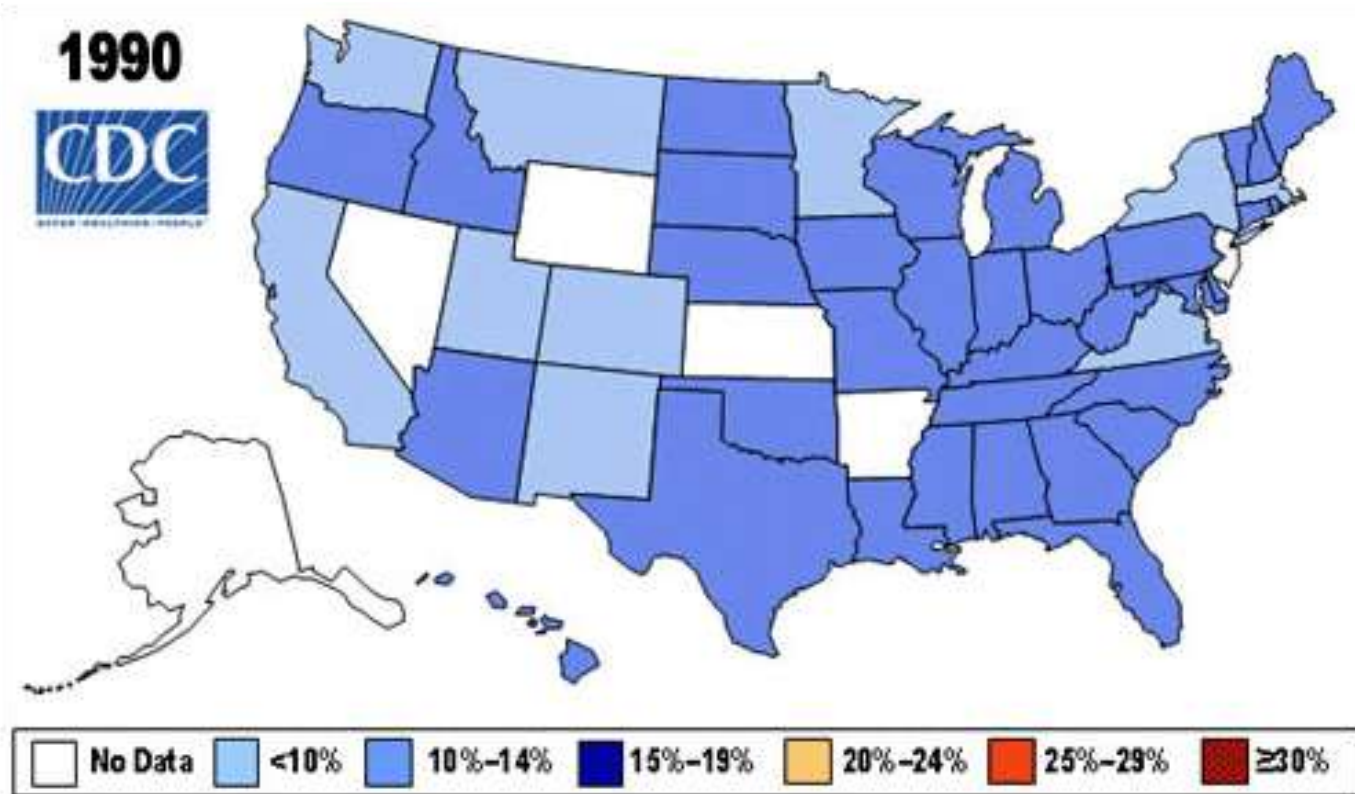
- Sourcing
- Menu Design
- Procurement
- Processing
- Distribution
- Kitchen Preparation
- Meal Service
- Dining Atmosphere
- Waste



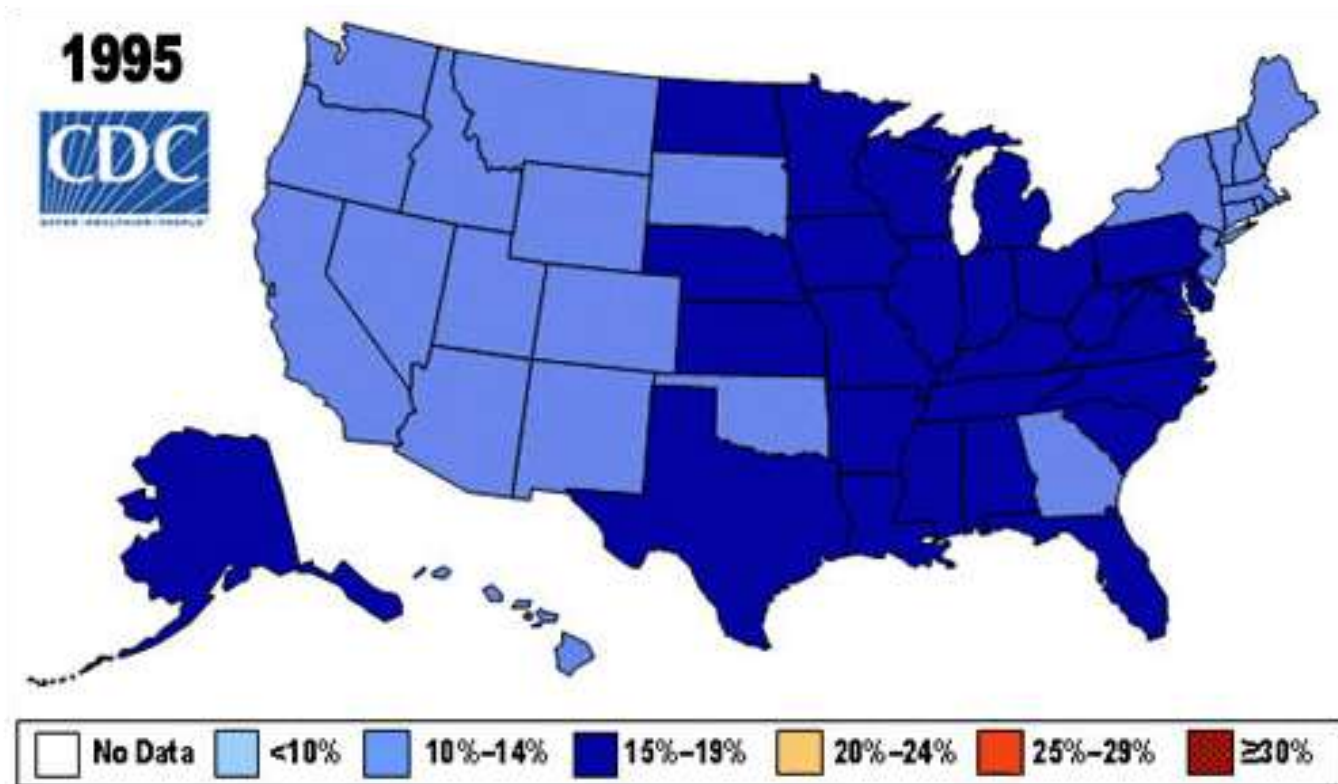
Center for Disease Control – Percentage of Obesity in U.S.



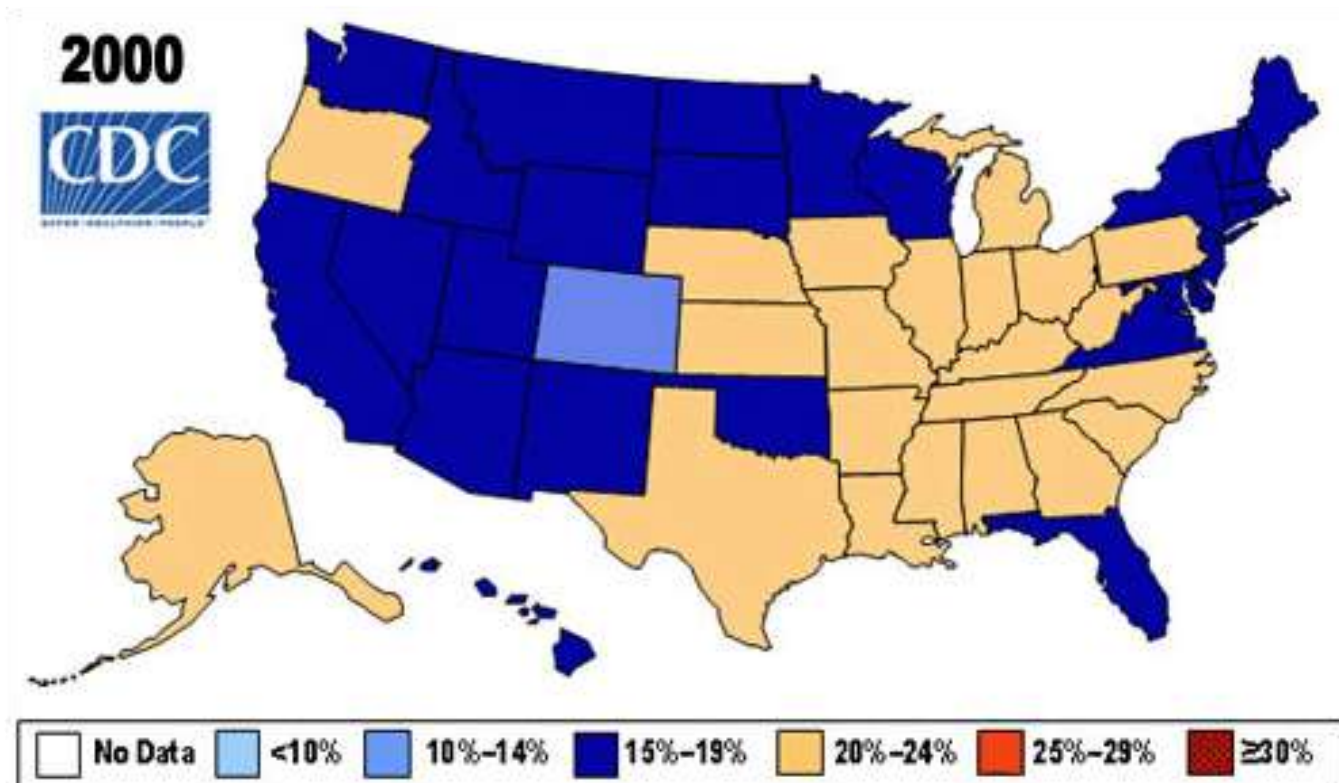
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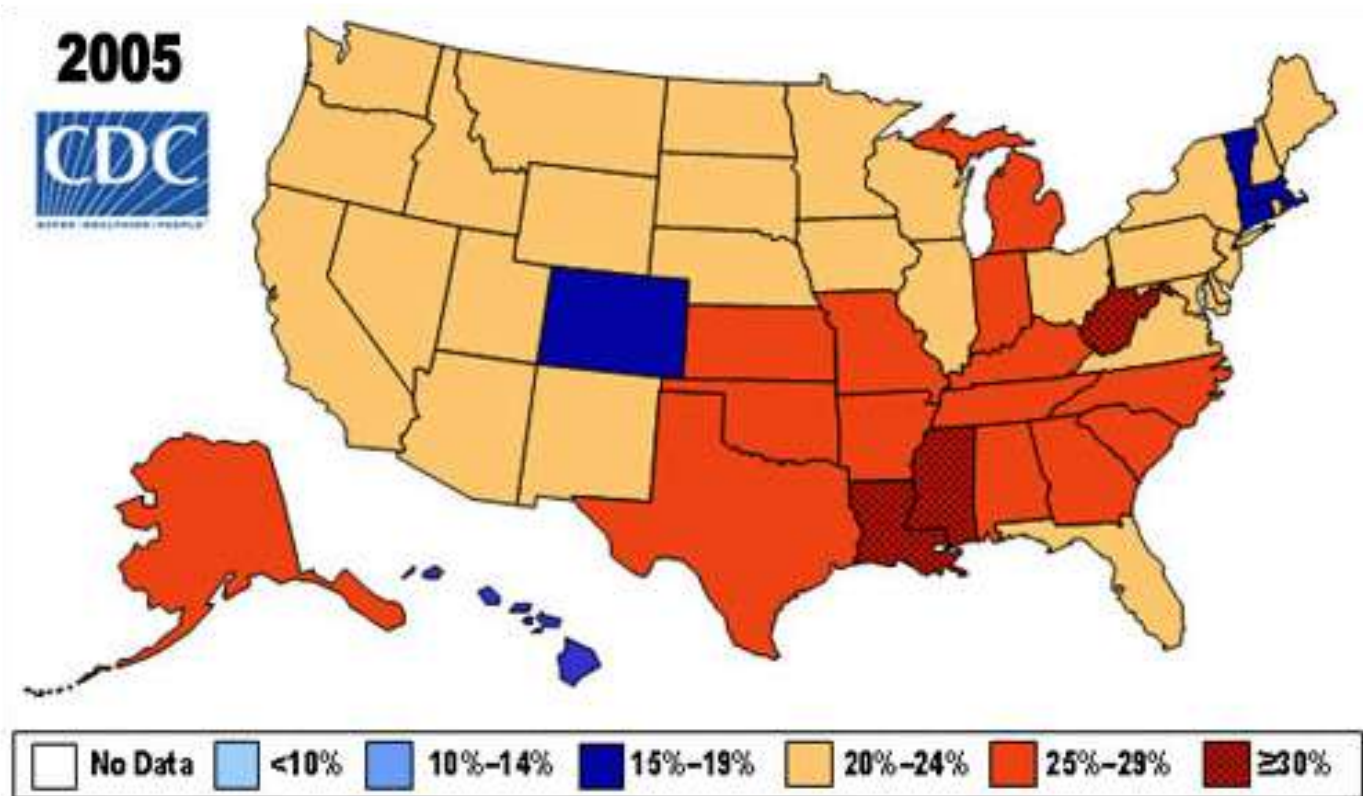
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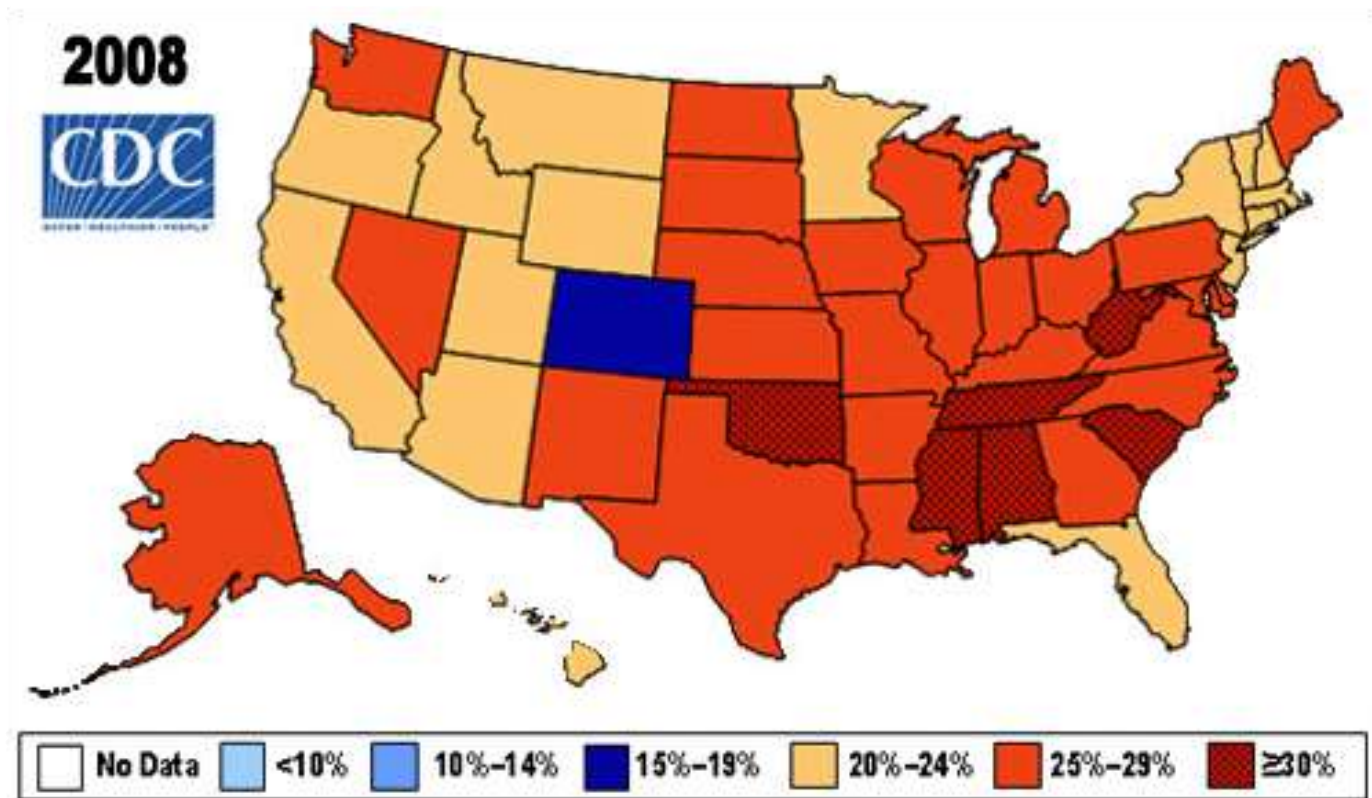
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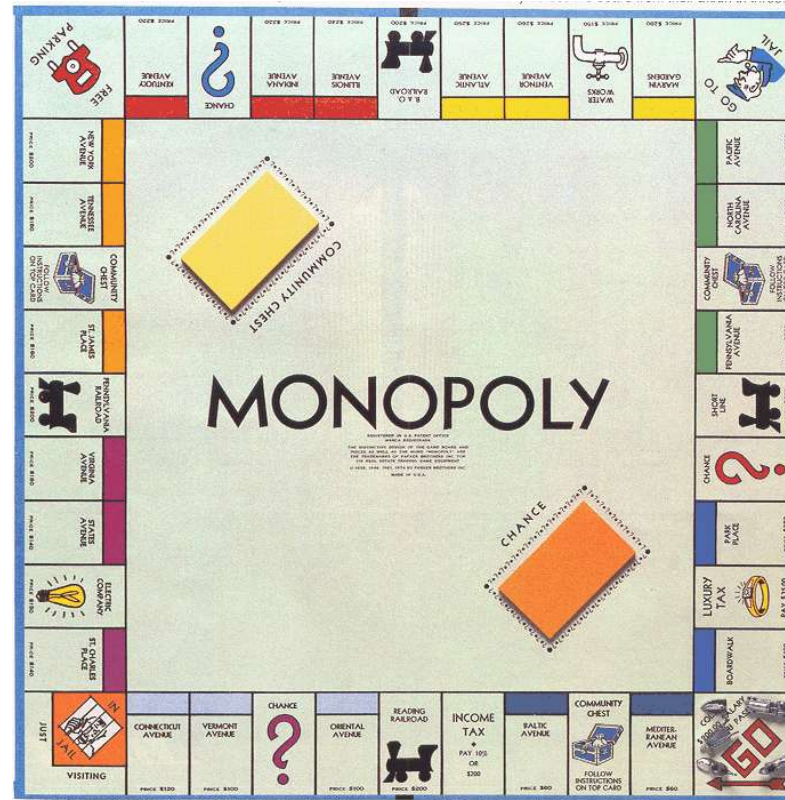
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Center for Disease Control – Percentage of Obesity in U.S.



Conditions of the Game



MONOPOLY® game equipment ©1933, 1946, 1961 Parker Brothers, Beverly, MA 01915. Used by permission. MONOPOLY is Parker Brothers' registered trademark for its most famous board game.

Rice Pilaf

Nutritional Information & Cost



Calories 143 mg | Iron 0.64 mg | Protein 3.51 g | Protein 9.83%

Cholesterol 173 mg | Calcium 13.32 mg | Carbohydrates 22.02 g | Carbohydrates. 61.61%

Sodium 50 mg | Vitamin A 113.7 IU | Total Fat 4.42 g | Total Fat 27.85%

Dietary Fiber 1.48 g | Vitamin A 34.3 RE | Saturated Fat 2.48 g | Saturated Fat. 15.63%

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

Yields: 100 4 oz portions

Cost: \$0.09 per portion





Rice Pilaf

Ingredients



Onion, finely chopped	3 lb
Butter	1 lb
Rice	6 lb
Salt	2 t
Pepper	1 t
Bay Leaves	4
Chicken Stock	2 gal



Rice Pilaf





Rice Pilaf





Rice Pilaf





Rice Pilaf





Rice Pilaf





Rice Pilaf





Rice Pilaf



Cucumber Salad

Nutritional Information & Cost



Calories 99 mg | Iron 0.21 mg | Protein 0.48 g | Protein 1.92%

Cholesterol 0 mg | Calcium 12.46 mg | Carbohydrates 10.76 g | Carbohydrates. 43.36%

Sodium 156 mg | Vitamin A 57.7 IU | Total Fat 5.93 g | Total Fat 53.79%

Dietary Fiber 0.48 g | Vitamin A 11.5 RE | Saturated Fat 0.59 g | Saturated Fat. 5.32%

Vitamin C 2.5 mg | Trans Fat 0.00 g | Trans Fat 0.00%

Yields: 100 2.5 oz portions

Cost: \$0.11 per portion





Cucumber Salad

Ingredients



Cucumbers	12 lb
Onions	2 lb
Radishes	1 lb
Salt	3 t
Sugar	3 t
Cider Vinegar	3 c
Water	3 c
Rice Vinegar	3 c
Grape Seed Oil	2 c
Black Pepper	To taste



Cucumber Salad





Cucumber Salad





Cucumber Salad





Cucumber Salad



Lentil Salad

Nutritional Information & Cost



Calories 282 mg | Iron 4.59 mg | Protein 14.83 g | Protein 21.07%

Cholesterol 0 mg | Calcium 46.21 mg | Carbohydrates 34.83 g | Carbohydrates. 49.48%

Sodium 13 mg | Vitamin A 415.5 IU | Total Fat 9.72 g | Total Fat 31.06%

Dietary Fiber 17.56 g | Vitamin A 27.8 RE | Saturated Fat 1.39 g | Saturated Fat. 4.46%

Vitamin C 11.2 mg | Trans Fat 0.00 g | Trans Fat 0.00%

Yields: 100 4 oz portions

Cost:\$0.06 per portion





Lentil Salad

Ingredients



Raw Lentils	12.5 lb
Water	6 gal & 1 cup
Onions, diced	2 c
Parsley, chopped	1 c
Green Pepper, diced	2 c
Salt	2 t
Pepper	1 T
Oil	1 qt



Lentil Salad





Lentil Salad





Lentil Salad





Lentil Salad





Lentil Salad



Seasonal Purchasing- Find Your Region

Region 2 (North):

MI,WI,MN,ND,SD,MT

Region 3

(NW):

ID,OR,WA,CA

Region 8

(Mountain):

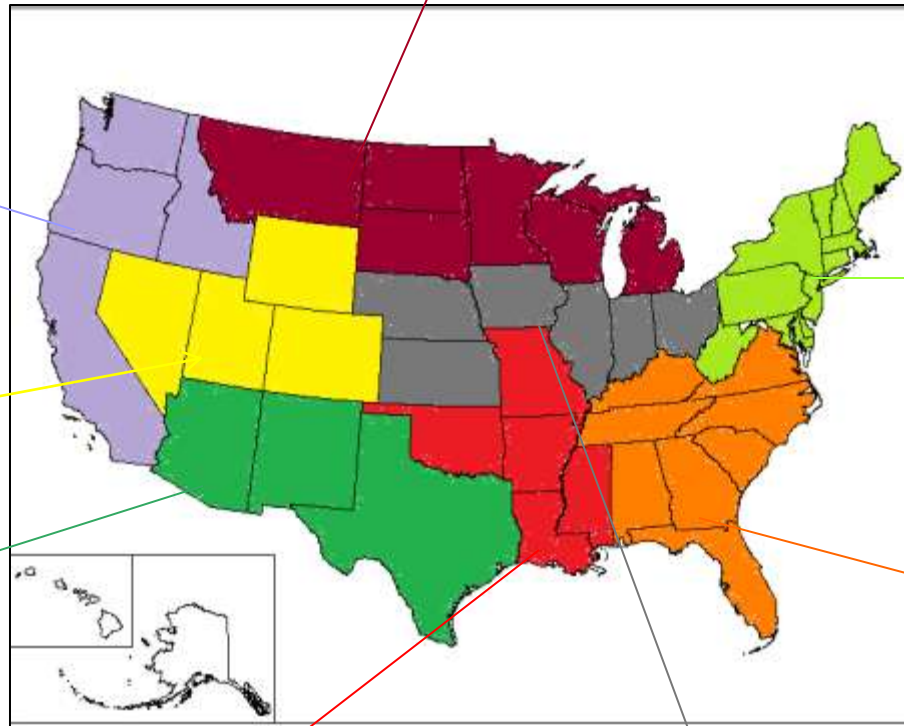
WY,CO,NM,NV

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

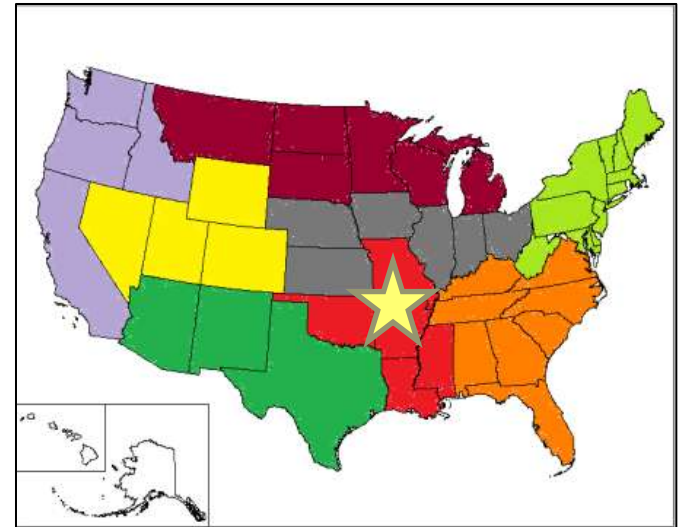
Region 6 (SW):

TX,NM,AZ

What's In Season...And When

Region 5 (Ozarks) MO,OK,AR,LA,MS

	Season	Extended Season
Asparagus	Mar-Jun	-
Broccoli	May-Jun, Sep-Dec	July (MO)
Cabbage	May-Nov	Dec (LA)
Carrots	Sep	Nov-Dec (LA)
Cucumbers	May-Oct	-
Onions	May-Nov	Apr (OK), Dec (LA)
Peas	May, Oct	-
Spinach	Sep-Dec	Apr-Jun (MO)
Squash	Jun-Oct	May (OK), Nov-Dec (LA)
Tomatoes	Apr-Nov	Dec (MO)



Conclusion

Point 1: 5-year vision for foodservice

Point 2: Why healthy cooking is needed in school

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Point 4: Using local food



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Grow. Teach. Feed.

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ANC in Nashville, TN

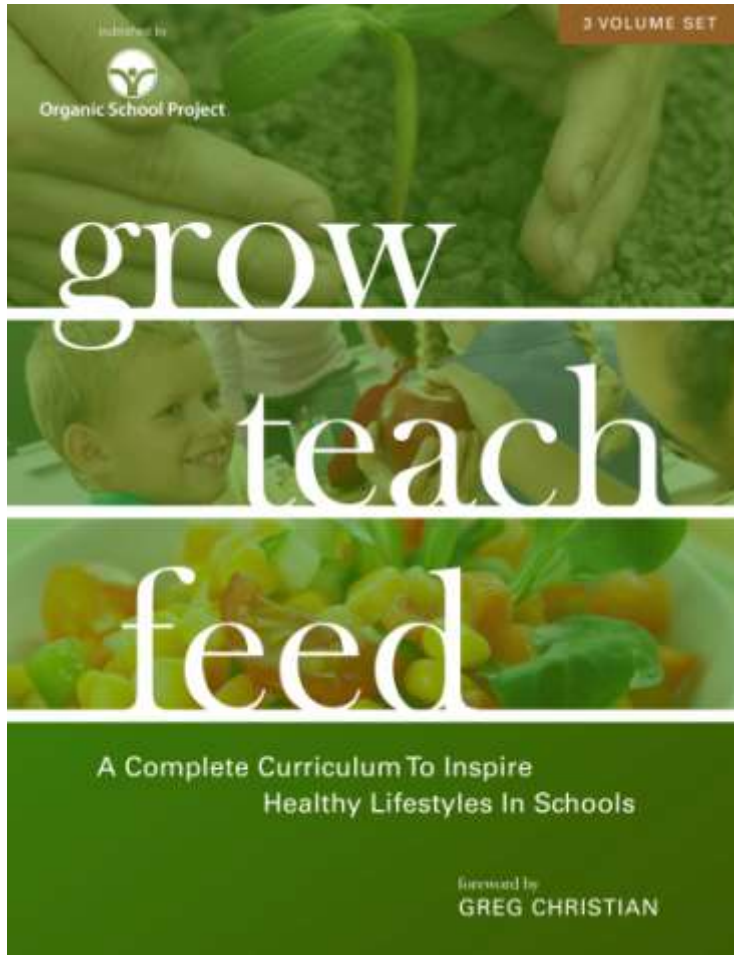
July 10-13



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