

# ACDA ANNUAL CONFERENCE

**Coming Together to Nourish the Nation**



**April 21 - 24, 2024**  
**Marriott St. Louis Grand**  
**St. Louis, Missouri**

# Enhancing School Meals: *Leveraging USDA Foods Programs for Health and Student Satisfaction*

# USDA Professional Standards

## Key Areas

- 1 – Nutrition
- 2 – Operations
- 4 – Communications and Marketing

## Learning Objectives

- 1300 General Nutrition
- 2400 Purchasing / USDA Foods
- 4100 Communications and Marketing

# Today's Speakers



Shannon FitzGerald  
Institute of Child  
Nutrition



Chef Chela Cooper  
Institute of Child  
Nutrition



# **Institute of Child Nutrition**

# Institute of Child Nutrition (ICN)

Applied  
Research

Educational  
Resources

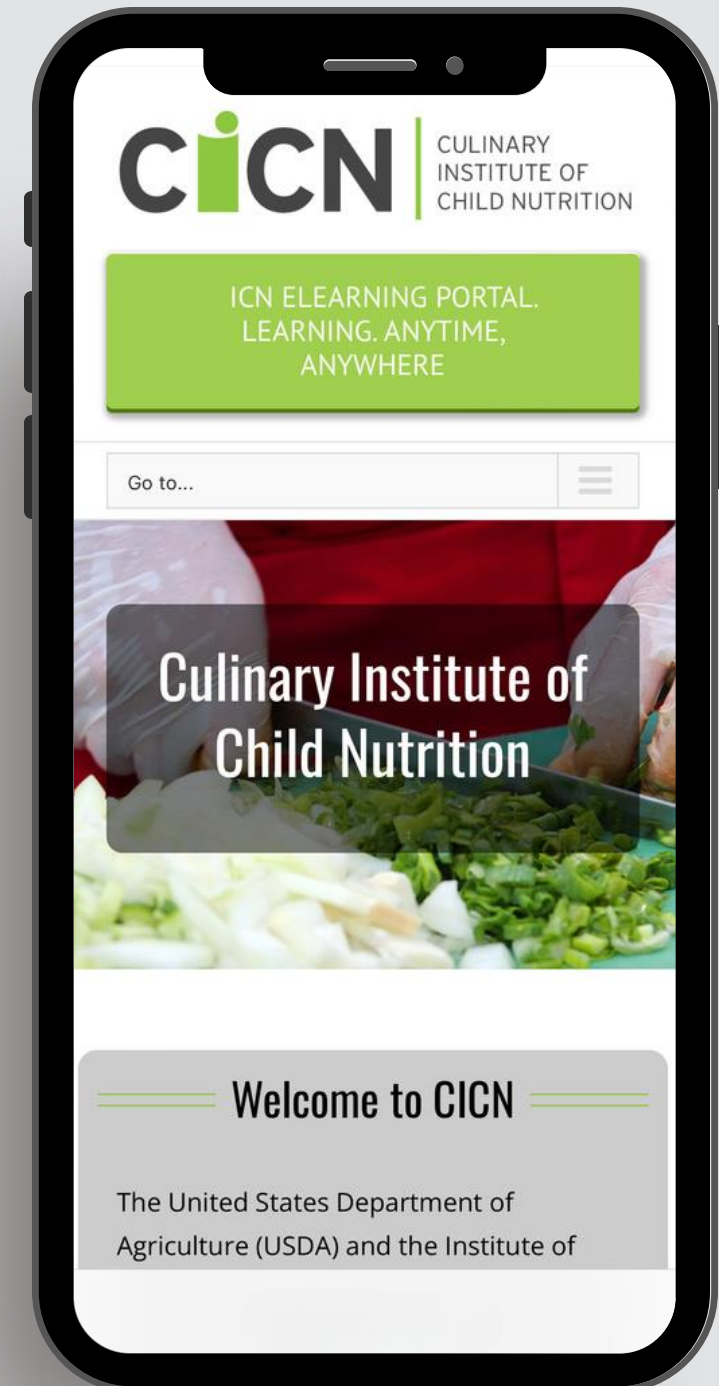
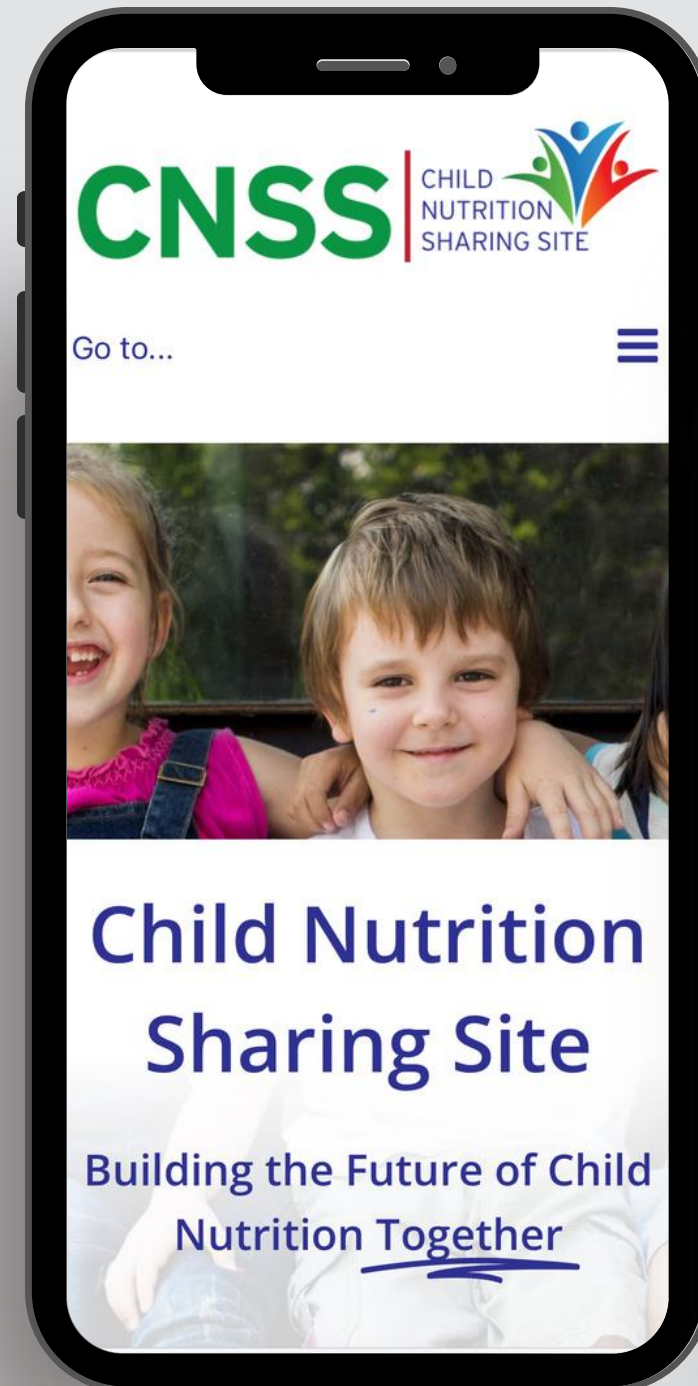
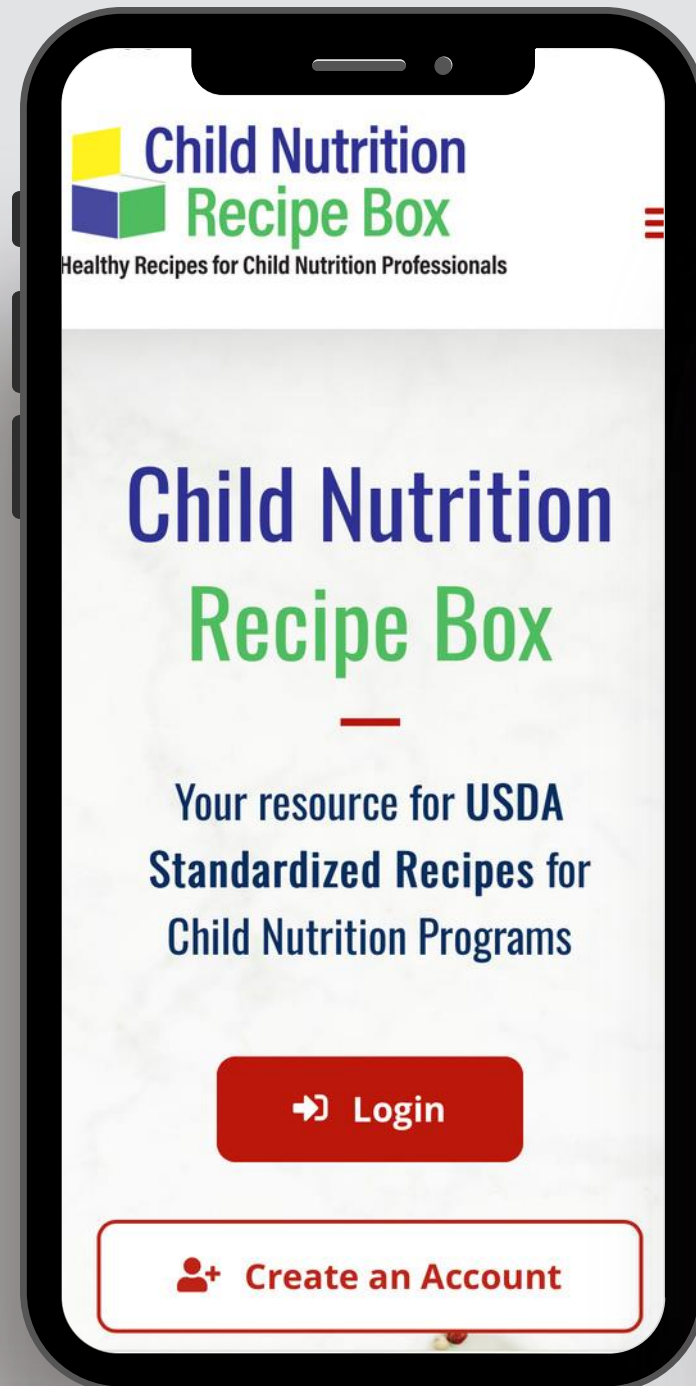
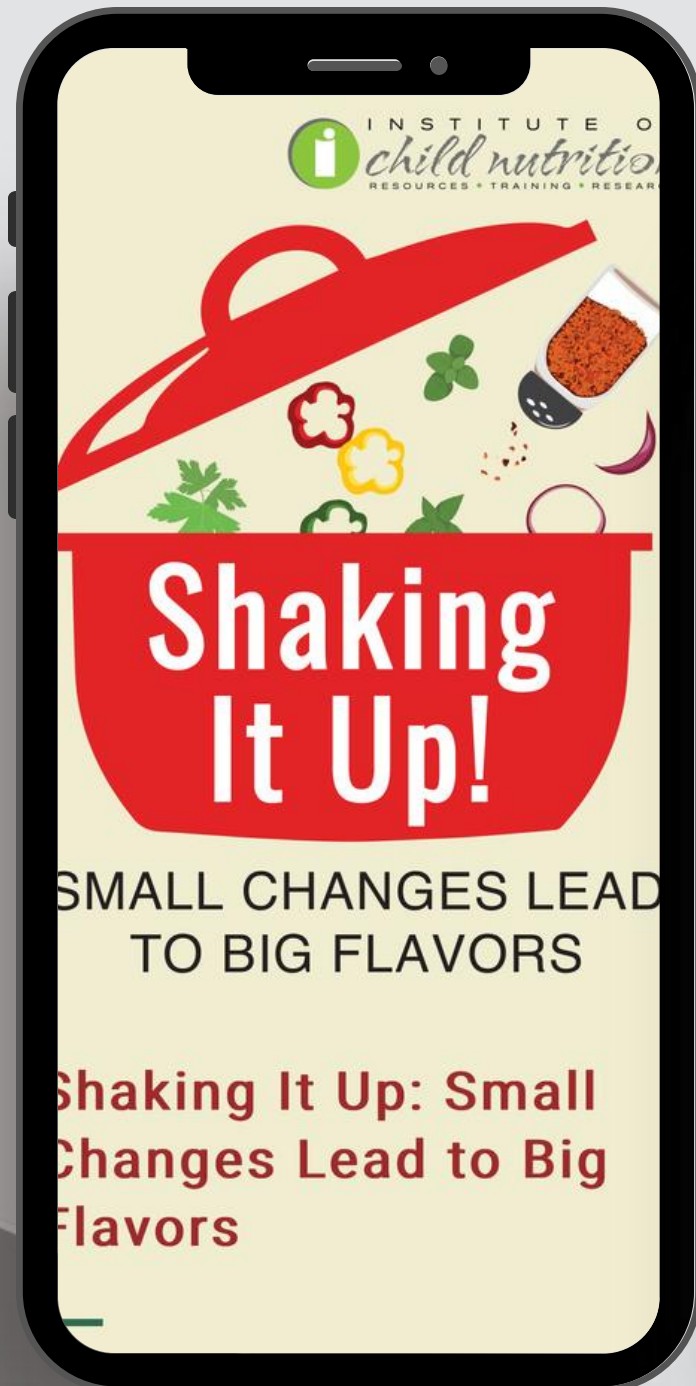
Online  
Learning

Trainings

Archives

HelpDesk

# ICN Resources



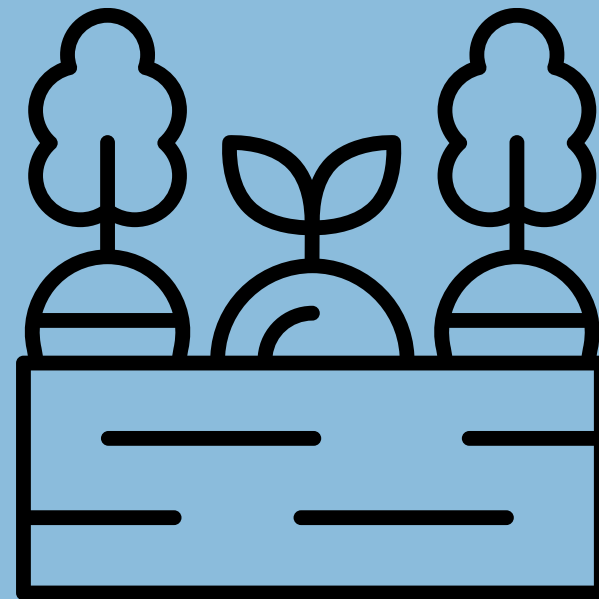
# How Does Your Program Use Annual Entitlement?

DIRECT DELIVERY

USDA DOD FRESH

PROCESSING

NOT USING IT







# Mentimeter for PowerPoint

# Learning Objectives



**Nutrients**



**Dietary Guidelines for Americans (DGAs)**



**USDA Food Programs**



**Preferences**

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# Learning Objectives

- Identify essential energy **Nutrients**, macronutrients, the major function each plays in a healthy body, and food sources of each.
- Describe ways the school meal programs may reflect aspects of the **Dietary Guidelines for Americans (DGAs)** that contribute to students' health and ability to learn.
- Discuss how to utilize **USDA Foods Programs** to promote and provide nutritious meals that are both appealing and accepted by students.
- Describe how school nutrition professionals can incorporate students' taste **Preferences** into daily meals that will contribute to students' health.

# Connecting School Meals with Dietary Guidelines and Nutrition

# Essential Nutrients



carbohydrates



protein

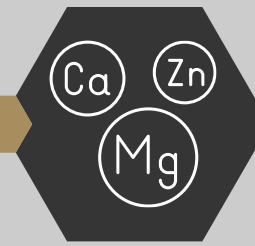


fats

vitamins



minerals



# Dietary Guidelines for Americans



Updated every 5 years

Nutrition science continuously evolves

Role in health

Impact on chronic disease risk

# Updates to Federal School Nutrition Standards

## Added Sugars



Limit added sugars in products and overall consumption

## Milk



Allow some flavored milk with reasonable limits

## Sodium



Reduce weekly limits

## Whole Grains



Offer primarily whole grain products

# Connecting Nutrition and USDA Foods in Schools



# USDA Food Programs



Commodity Supplemental Food Program



Food Distribution Program on Indian Reservations



The Emergency Food Assistance Program



USDA Foods in Schools



Disaster Assistance

# Annual Entitlement Value for School Meals

## HOW MUCH?

Claimed Lunches from previous program year multiplied by the federal assistance rate

## WHO GETS IT?

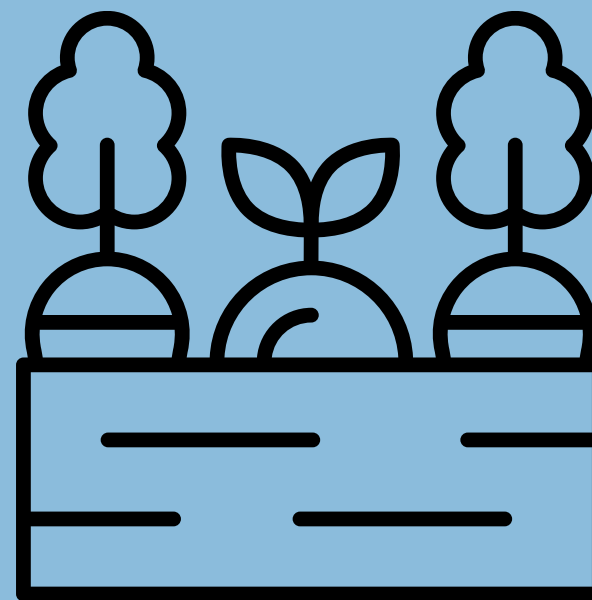
State Agency manages allocations for each SFA

## USE IT OR LOSE IT

Unused funds will be redistributed to others with the state

## HOW IS IT USED?

Direct Delivery  
USDA DOD Fresh  
Processing

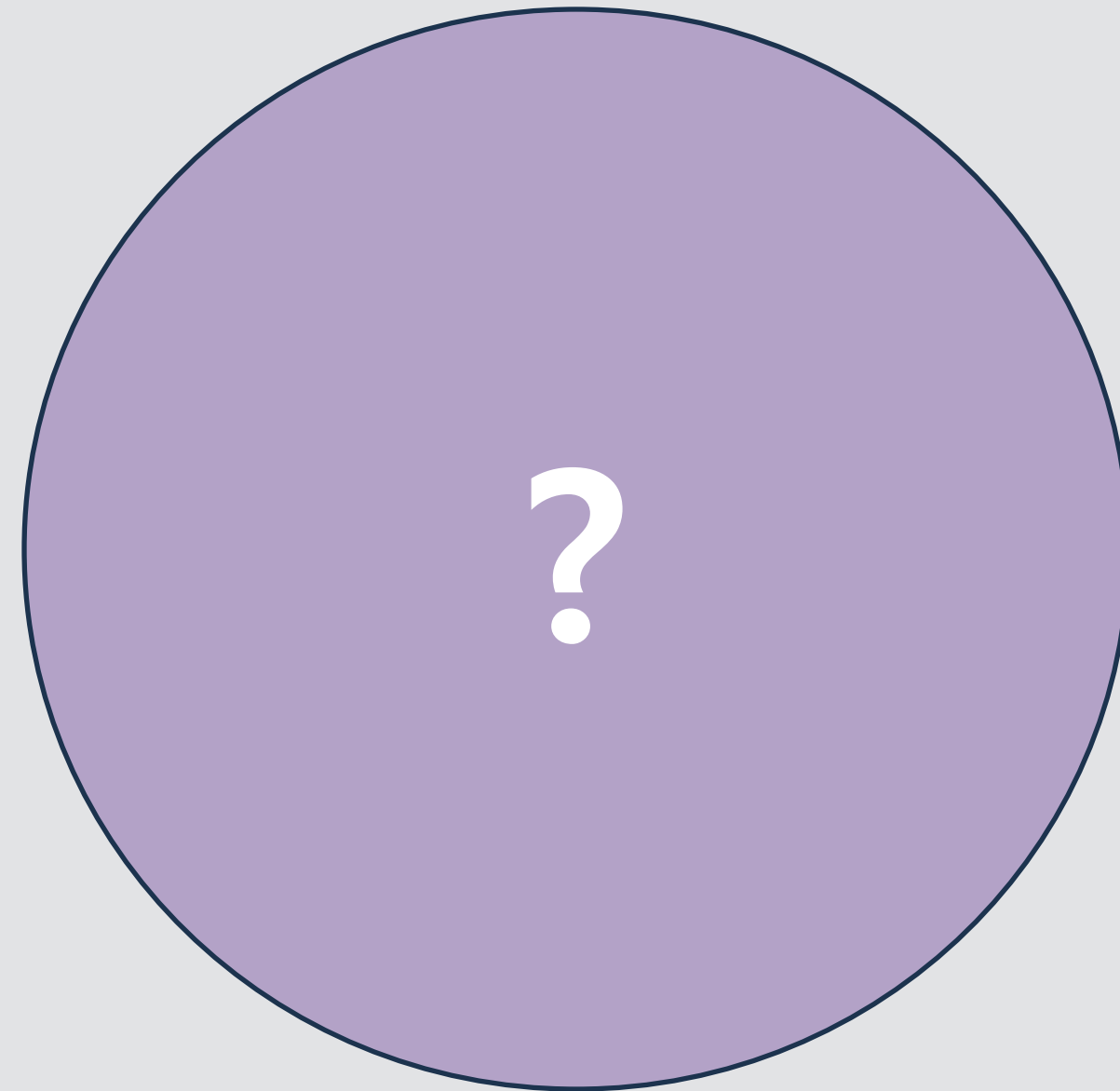


# Maximizing Fruits and Vegetables

**USDA DOD Fresh**

**Direct Delivery**

# Think Center of the Plate



# Rethink Center of the Plate



## FOCUS On Nutrition:

*Fully Reimbursable Meal*

*USDA DoD Fresh Produce*

*Direct Delivery*

# TheICN.org/CNRB



Healthy Recipes for Child Nutrition Professionals



CNRB



Recipes



Contact Us



About



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## Latest Recipes

### State Developed Recipes



Texas Mushroom Queso -  
State(Texas) Child  
Nutrition Agency  
Developed Recipe



No ratings yet

[View Recipe](#)



Texas Beef and  
Chimichurri Rice Bowl -  
State(Texas) Child  
Nutrition Agency  
Developed Recipe



No ratings yet

[View Recipe](#)



Asian-inspired Chop  
Salad with Ginger  
Sunbutter Dressing -  
State(Texas) Child  
Nutrition Agency  
Developed Recipe



No ratings yet

[View Recipe](#)

## Child Nutrition Recipe Box

Your resource for **USDA Standardized  
Recipes** for Child Nutrition Programs

# State Developed Recipes

Rise n' Shine Strawberry Oats

📌 VA



Spiced Apple Parfait

📌 VA



Apple Cinnamon Crumb Muffin

📌 IA



# State Developed Recipes

Chickpea Masala

📌 WA



Bison and Lentil

📌 MT



Squash and Broccoli Chicken Pasta

📌 WI





# State Developed Recipes

Marinated Chicken and Asparagus Wrap

📌 PA



Peach Pork Tacos

📌 GA



Ginger Citrus Noodle Salad

📌 GA



# Incorporating Student Taste Preferences

# Incorporating Preferences

- Promote healthy eating habits
- Reduce food waste
- Cultural sensitivity and improvement
- Feedback loop for improvement
- Educational opportunities



[Planning, Implementing, and Assessing Taste-Test Surveys](#)



[Developing, Implementing, and Assessing Menu Surveys](#)

# Incorporating Preferences



## Surveys

Today we served a new menu item, chili mac. Did you like the chili mac?



I liked it!



I did not like it.



Not sure.

I did not try it.





# Mentimeter for PowerPoint

# ICN resources for incorporating student preferences



NUTRITION



OPERATIONS



ADMINISTRATION



COMMUNICATIONS/  
MARKETING




# QUESTIONS?



# Contact Us – The ICN Help Desk

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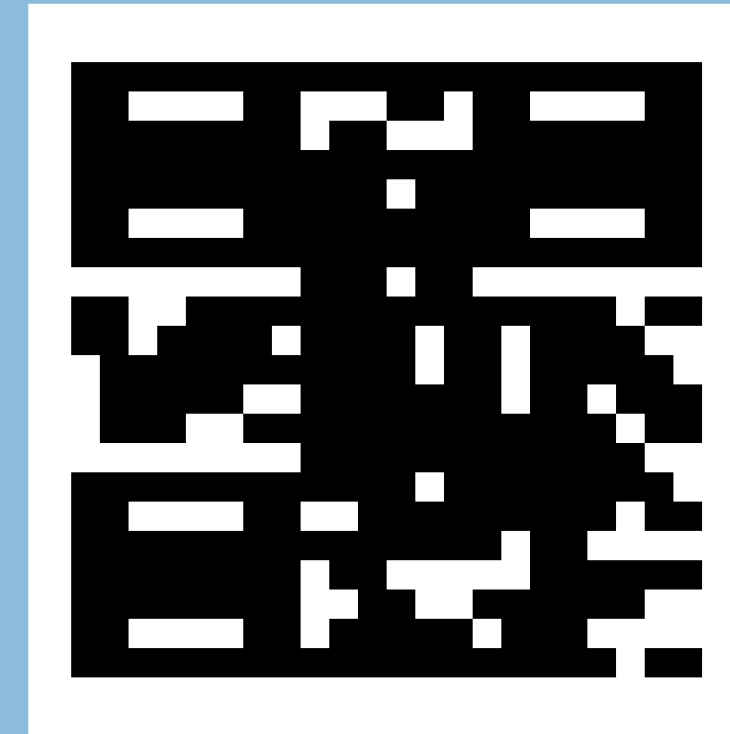
We are here to answer questions about child nutrition programs, our resources, and connect you with subject matter experts.

 800-321-3054

 helpdesk@theicn.org

 [www.theicn.org](http://www.theicn.org)

To open our website, scan here:



Subscribe to our newsletter to stay connected and be the first to know about new resources!





I N S T I T U T E O F

*child nutrition*

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School of Applied Sciences  
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