

The Future and Practice of Healthy Food

Case Studies in "Healthy" School Lunch Programs

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Our Role

- Schools are powerful environmental influences of youth eating patterns.
- Provide well balanced nutritious meals to hungry children, rich and poor.





What is the Media Saying?

- Serve junk food
- Mice in our kitchens
- Full of trans fat and poor quality grains
- Why aren't we all doing what Berkeley, CA and Appleton, WI are doing?



What's the message here?



Darlene Prois, "New frontiers in the lunchroom," *Star Tribune*, January 26, 2007



What is Reality?

- True, not all programs are great.
- School kitchens beat out most restaurants in sanitation.
- Just like the rest of the food service industry we're working on eliminating trans fat and increasing whole grains.



- During the 5 years Natural Ovens managed the Appleton, WI Meal Program, Natural Ovens contributed \$30,000 to cover operating expenses. If Saint Paul were to receive \$30,000/yr. per 100 students, we would have an additional \$4.5 million to add to our \$20 million budget.

Jennifer Keeley, "Case Study: Appleton Central Alternative Charter High School's Nutrition and Wellness Program," (Wisconsin: Michael Fields Agricultural Institute, 2004), p. 10



- In 2004, Alice Waters committed herself to raise nearly \$4 million in 3 years through the Chez Panisse Foundation to reinvent the Berkeley School Lunch Program.

Matthew Artz, "Waters Signs Deal to Upgrade School Lunches," *Berkeley Daily Planet*, July 2, 2004



- In Berkeley, CA, Ann Cooper is permitted to lose \$250,000 per year for the 9,000 student district. In Saint Paul, that rate of subsidy would be more than \$1 million per year.

Amanda Bower, "Retooling School Lunch," *Time*, June 12, 2006



What's Reality?

2 oz protein
8 oz Milk
Whole grains
2 or more svgs. fruits
and vegetables
*USDA Minimum
requirements*



With
\$1.30
In food cost
on average

*Food Service Director,
January 15, 2007*



What is the reality for most schools?

- Meeting USDA Dietary Guidelines.
- Stay in the black!
- Contributing \$ to the General Fund through "charge backs".



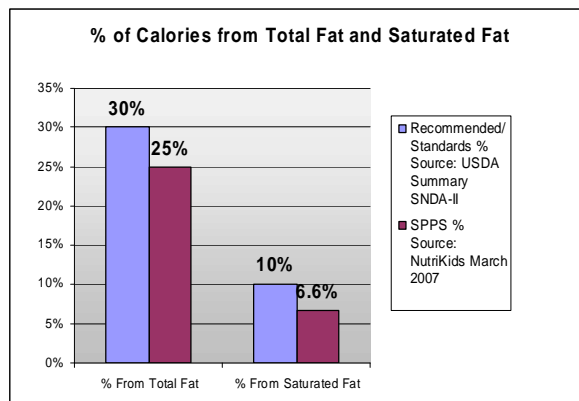


Saint Paul Schools Statistics:

- 40,000 students
- 69% eligible for free/reduced meals
- 82% lunch participation
(up 1.5% over last year)
- 40% breakfast participation
(up 5.4% over last year)



Saint Paul Schools: Exceeding Standards - Lunch

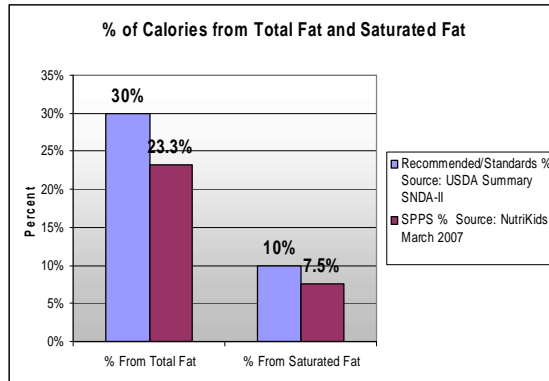


Elementary Lunch

- Target calories = 664
- Average SPPS offered = 735



Saint Paul Schools: Exceeding Standards - Breakfast

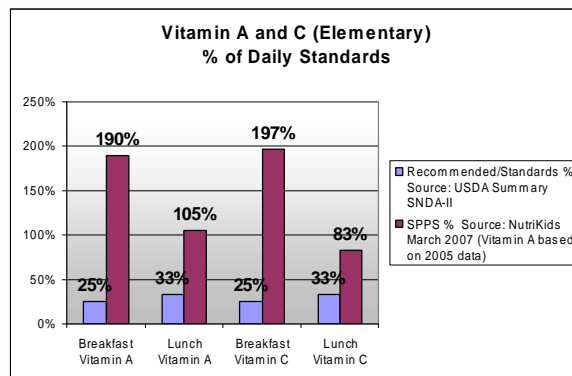


Elementary Breakfast

- Target calories = 554
- Average SPPS offered = 570

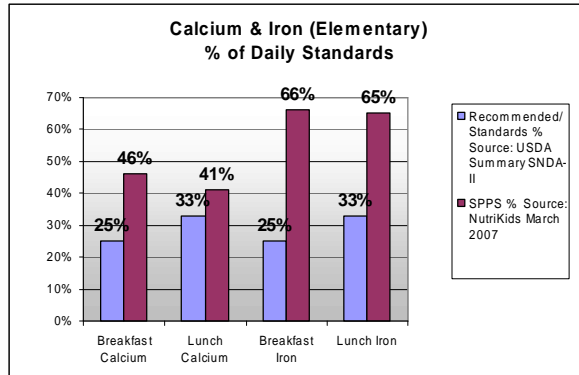


Saint Paul Schools: Exceeding Standards Vitamins A & C





Saint Paul Schools: Exceeding Standards Calcium & Iron



Saint Paul Schools:

Working Towards Standards

1. Reducing Sodium

- SNDA-II Standards <800 mg
- SPPS Average 1200-1500 mg

Eliminate Trans Fat

- Labeling law requires disclosure

3. Protein Levels & Sources

- K-6 – 28 grams Daily Total Recommended RDA
- SPPS – 55.6 grams Total for breakfast & lunch





Saint Paul Schools:

Our Strategies

1. **Reducing Sodium**
 - Use of spices – Five Star
 - Seeking lower sodium products
2. **Eliminate Trans Fat – Done!**
 - Modifying our recipes
 - Seeking Trans fat free purchased products
3. **Protein Levels & Sources**
 - Legislation! USDA requirements
 - Offer ½ portion of entrees
 - More plant based proteins



Healthy Hits: Choice Bars



Avg # of ½ cup svgs of fruits & vegetables/day
(if student takes breakfast and lunch)

01-02	2.98 svgs/day	
02-03	3.09	"
03-04	3.26	"
04-05	3.38	"
05-06	3.47	"
06-07	3.47	" (no second svgs of fries, no bonus applesauce)

Salad greens and/or fresh vegetables offered daily:

- Baby carrots
- Cold peas
- Grape tomatoes
- Sliced cucumbers
- Zucchini sticks
- Jicama
- Onions
- Canned and/or fresh fruit offered daily



Expanded Secondary Topper Bars

- Pickles-53,000 pounds/year
- Mayo
- Diced Tomatoes
- Diced Onions
- Shredded Lettuce
- Jalapeno Peppers-2,700 gallons/year
- Sour Cream
- Peanut Butter
- Butter
- Jelly



- French Dressing
- Italian Dressing
- Ranch Dressing
- BBQ Sauce
- Teriyaki Sauce
- Soy Sauce
- Salsa
- Louisiana Hot Sauce-2,100 gallons/year
- Sriracha Sauce-2,900 bottles/year
- Ketchup-20,300 gallons/year
- Mustard



Ethnic Meals—Community and Staff



Sharon Freeman, Seng Vang, Blia Vang, Jean Ronnei

- Hmong Beef Fried Rice
- Thai Sweet and Sour Chicken and Vegetables
- Mexican-style Pinto Beans and Mexican Rice
- Sweet Potato Pie
- Chicken Suqaar and Vegetable Rice
- Red Beans and Rice
- Thai Chicken & Noodles



Healthy Hits: Other New Veggie Offerings



- Baked Butternut Squash
- Sweet Potato Casserole
- Cooked Greens
- Broccoli with Olive Oil and Romano
- Corn with Couscous
- Chinese Mustard Greens
- Winter Melon Soup
- Locally Grown Sweet Corn



Healthy Hits: Coolest New Veggie Contest—Student Involvement



- Students tasted and voted for Pickled Beets, Portabella Mushrooms, Jicama and Red and Green Pepper Strips
- Jicama was clear winner
- Jicama is now rotating between other fresh vegetables served in schools



Healthy Hits: Partnerships

Five Star Foods

- Taco seasoning
- Garlic Pepper Seasoning
- Chili Lime Seasoning
- Baja Squeeze Seasoning
- Chipotle Paste
- Sun-Dried Tomato Seasoning



ConAgra

- UltraGrain® whole-wheat white flour used in:
 - Pizza crusts
 - Muffins and Danish
 - Cookies
 - Breads



Healthy Hits: Partnerships

Real Food Initiatives: Executive Chef Seth Bixby-Daugherty



Reinventing Recipes:

- Reduce Sodium
- More fresh ingredients
- Better flavor
- More Whole Grain
- Less Animal Protein

So far:

- Rosemary, Olive Oil, Garlic, Fresh Potatoes
- Lasagna
- Squash Soup
- Meat Sauce for Spaghetti
- Beef Barley Soup
- Coolest New Grain Salad Contest



A la Carte Line: Now Good to Go



Students \$1.75
Adults \$3.25 **Create Your Own**

Choose 1 Main,
Add 3 Sides plus Milk
-or-
Choose 2 Different Mains,
Add 2 Sides plus Milk

Sides
• Assorted Fresh Fruit
• Assorted Fresh Veggies • Fruit Juice

Extras
Salad \$1.50 • 1/2 Sandwich \$1.50
1/2 Wrap \$1.50 • Sides \$1.00
Bottled Water \$1.00 • Milk \$1.00

New In March!

Your Favorites!

Delish'ous Danish Sides
Fresh, flaky and delicious! Choose from:
• Assorted Danish Sides (1.25 oz bags)
• Assorted Danish Sides (1.25 oz bags)

Tasty Baked Chips
Fresh, baked and delicious! Choose from:
• Assorted Baked Chips (1.25 oz bags)
• Assorted Baked Chips (1.25 oz bags)

Power Quinoa and Jobs
Fresh, healthy and delicious! Choose from:
• Assorted Quinoa and Jobs (1.25 oz bags)
• Assorted Quinoa and Jobs (1.25 oz bags)

Delish'ous Salad Line
Fresh, healthy and delicious! Choose from:
• Assorted Salad Line (1.25 oz bags)
• Assorted Salad Line (1.25 oz bags)

Delish'ous Sides
Fresh, healthy and delicious! Choose from:
• Assorted Sides (1.25 oz bags)
• Assorted Sides (1.25 oz bags)



Healthy Hits: "Right-sized" Products

- Frozen treats are 4 oz or less
- Juice is 4 oz
- Milk is 8 oz
- Baked Chips are 1.25 oz bags
- Fries are 1/2 cup only, no seconds
- Muffins, Bagels and Danish are smaller
- Cookies are 1 oz
- Sugar cannot be first ingredient in products
- Sales of a la carte dropped in half—ouch!



Our a la carte sales are \$2500 per day for entire district.



Marketing Posters



Tell our message about health, waste, food safety through professional posters and signs



Truck Fleet Marketing



Trucks carry messages about our school meals program and the district



Secret Diner



- **Freelance restaurant critic visits schools**
- **Rates food:**
 - Taste
 - Appearance
 - Temperature
 - Customer Service
 - Cleanliness
- **Ideas for improvement**



Recent Partnerships

- **STEPS Grant**
- **PEP Grant**
- **Dietetic Interns**
 - Fairview Hospital, University of Minnesota
 - Dietary Interns in Graduate Studies (DIGS), University of Minnesota



Recent Partnerships

- **Food Waste to Live Stock Program**
 - Ramsey County Resource Recovery
 - Barthold Farms
 - 17 Tons per elementary school
 - 1,500 tons district-wide



Want more information or
have a question?

- Web page: www.sppscafe.org
- Email: Jean.ronnei@spps.org

