



New training opportunity for School Food Service

Keeping Kids from Falling Short: A New Look at Fruits and Vegetables in the School Cafeteria

This 3-hour workshop will focus on:

- Important nutrition and health benefits that result from enhancing school menus with a variety of fruits and vegetables.
- Safe handling techniques for produce to optimize quality, appeal, and nutritional benefits.
- Creative preparation techniques to maximize taste, appeal, and health-promoting properties of your fruits and vegetables.

Cutting edge information included in this training:

- Nutrition, health and obesity information about our children - how can food service be a part of the solution?
- Organics - what does the term mean? Should I include organic foods in my food service?
- Food Preparation - tasty, creative, easy preparation ideas leading to increased nutrient density and reduced calories in school meals.
- New Food Code - how will this affect the way I handle produce in my kitchen?
- Institute of Medicine (IOM) report - will this impact my school nutrition environment?
- Creating appeal from menu to tray - how can I get the fruits and vegetables into student's mouths?
- Working together - connecting with classroom, parents, and community - we all play a part in supporting the health of our children!

Training Details:

- Training site must have licensed kitchen availability (for food preparation) and training area (tables, chairs, wall/screen for projector).
- Fee: \$30 per participant or \$600 for group registration of 20 or more participants. Optimal group size: 15-25 participants.
- Bring your aprons, hair nets, and appetites, because cooking and tasting with will be an important aspect of this training time!

This training is worth 3 credits in the Nutrition Key Area for SNA certification

Call us to arrange training in your area!

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UNIVERSITY OF MINNESOTA

EXTENSION