



## MARCH ACTIVITIES

# USDA's Great Nutrition Adventure

Each school district and Team Nutrition School was sent a USDA's Great Nutrition Adventure Action Packet that includes a detailed event planner, a lively and descriptive video, "A Taste of Regional Events," The Chef's Connection—A Directory of Chefs for School Partnerships, promotional materials, recipes, and full color photos to help you plan a successful activity. If you haven't already examined the packet, pull it off your shelf and put it to use! A basic plan is outlined below. For more information on USDA's Great Nutrition Adventure, contact your local school food service district director, state or regional FCS office.

### Getting Started

#### Identify Dates

- Plan a Great Nutrition Adventure planning meeting (include chefs and other partners).
- Choose a date for the Great Nutrition Adventure.

#### Handouts

- Decide on handouts to give to students, parents, and guests, such as chef's recipes and USDA nutrition information.
- Look for other resource materials from: State Nutrition Education and Training (NET) Coordinators, Cooperative Extension, "Ag in the Classroom," American Heart Association, American Cancer Society, American Academy of Pediatrics, 5 A Day, American Dietetic Association, and others.



### Action Plan

#### At 7-5 Weeks...

##### 1. Invite Chefs

Make a goal of inviting at least 4-6 chefs. How do you find them? Contact the local chapter president of the American Culinary Federation, the American Institute of Wine and Food, the James Beard Foundation, CHEFS from Public Voice for Food and Health Policy; refer to "The Chef's Connection" in your Great Nutrition Adventure Action Packet; or contact chefs in the local area from a restaurant or catering business.

##### 2. Schedule a Planning Meeting

Describe the Great Nutrition Adventure and invite chefs to be a part of the event—either to work with the food service staff preparing lunch or to talk to students in a classroom about foods. Suggest some ideas or activities they can do (see "Good Ideas, on page 49.) Tell them about the School Meals Initiative for Healthy Children and the goals of the Dietary Guidelines.

Give chefs the proposed date of the Great Nutrition Adventure. Once committed, ask for a good date and time

to attend a planning meeting at the school. Chefs will want to tour the kitchen and meet the school food service staff.

### At 6-4 Weeks...

#### Conduct a Planning Meeting

Discuss the following points in your meeting.

- Discuss possible ideas for your Great Nutrition Adventure (see Good Ideas, page 49.)
- Determine which chefs would like to talk to children in the classroom.
- Determine which chefs would like to work side-by-side with school food service staff to prepare school lunch. (If the school has satellite service of a large volume of food, discuss logistics of using the food preparation kitchen facility; some chefs may have to help the day before the event).
- Discuss and plan a Great Nutrition Adventure Menu that meets the Dietary Guidelines. Consider modifying the existing menu or ask chefs to bring in and share their specialties to add to the menu. Encourage the use of USDA commodities when possible.
- Be sure the menu is practical, yet offers a challenge. There should be something new for children to try: healthy, appetizing, and with eye appeal. Remember kids eat with their eyes!
- Plan for the procurement of foods. Look over current inventory. Ask chefs what food items they will need, compared to what is already in stock...particularly spices. Plan for extra numbers to feed, i.e. parents, visitors, guests, including the media. Order enough food!
- Discuss tie-ins and other activities that local food, nutrition, and health organizations can present at the Great Nutrition Adventure.
- Build excitement in schools! Discuss activities leading up to the Great Nutrition Adventure, i.e. public announcements, poster contests, newsletter items, bulletin board displays, nutrition education activities and games, other classroom events, etc.

- Ask for new ideas from the planning team and develop a specific plan.
- Discuss plans for media coverage, local TV, and pre-event publicity.
- Tie-in the activity with National Nutrition Month (March), or a School Health Fair.
- Consider inviting State Agency, local ASFSA representatives, or other local school food service managers to attend the event.
- Tour the school—show chefs the kitchen, classroom areas, cafeterias, entrances, parking areas, etc.
- Plan a final meeting, if necessary.

#### Media Plan

- Designate a specific spokesperson(s) to talk to the media.
- Develop a one-page press release—tell who, what, where, when and how, clearly and concisely. Include title, date, and location. Include a contact person and phone number for further information.

### Action Plan at 5-3 Weeks...

#### Write the Action Plan

Write the Great Nutrition Adventure Action Plan including all of the details determined in your first planning meeting, and remember to include:

- Publicity plan
- Atmosphere/decorations
- Equipment needs (helium tank rental, demonstration table)
- Foods/herbs/spices and utensils needed
- Identify possible use of USDA commodities
- Identify handouts for students and guests
- If possible, make plans to provide a nutrient analysis of the menu and/or recipes.

### Invite Guests

- Send out invitations to parents and guests discussed above, including school board officials, the school superintendent, and other important community leaders.

### Media Plan

- Find out who is the right person to fax, mail or e-mail press releases, background information and “teasers” to. Faxing is usually the best way.

- Ask to speak to that person to establish a personal contact and to get them interested in the upcoming event.

### At 4-2 Weeks...

#### Meet with School Professionals

- Work with the school principal and teachers to place chefs in classrooms. (The more chefs, the more classrooms will get a chef!)

- Meet with the entire food service professional staff and go over the menu planned for the Great Nutrition Adventure lunch. Identify who will be working with chefs and their duties based on the menu.

- Announce a poster contest in the school for targeted grades. Ask that students “Draw the Great Nutrition Adventure” or provide a theme, i.e. “What the Great Nutrition Adventure means to me.” Make it a contest. Put posters up in the cafeteria, classrooms, or hallways.

- Ask teachers to link curricula in the classroom with nutrition education. Present the Food Guide Pyramid and discuss health and fitness.

#### Follow up with Chefs

- Follow up with chefs for recipes and biographies.
- If a nutrient analysis of your menu will be provided, it's time to get all the information!

### Media Plan

- Create a media kit including press release, biographies/photos of chefs and chefs' recipes. Provide reporters with media kit as soon as available.

- Designate a photographer.

### At 2-1 Weeks...

#### School Activities

- Put up Great Nutrition Adventure announcements. Post the menu of the day.

- Check that proper food has arrived.
- Assemble all nutrition handouts and promotional materials for giveaway.

- Promote healthy eating on school bulletin boards.
- Prepare the school principal to provide “teasers” and promote the Great Nutrition Adventure over the public announcement system.

#### Chef Reminder

Contact chefs and remind them to wear their chef hats and uniform; gloves, in handling food; and bring their props for classroom education. Offer any other last-minute assistance.

### Media Plan

Touch base with local media contacts and school officials to let them know who may cover your activity.

### At 1 Week–3 Days...

#### Final Details

- Plan for registration/information tables at the front entrance of the school, for guests to receive handouts and information, and name tags, and sign the guest list.

- Plan for additional custodial and security services.
- Arrange for student guides or assistants to lead chefs, guests and media to classrooms and cafeteria.

- Make a map available of school layout with locations of activities highlighted.

**Media Plan**

- Fax new press release with most current information highlighted.
- Contact reporters to remind them of the event two or three days in advance.

**The Day Before...****Set Up**

- If school food is satellited, be sure food is assembled with the help of chefs. Set up displays, posters, table tents, etc.
- Direct the arrangement of fresh fruit and vegetable display.
- Display the poster contest winners in view for best recognition.
- Set up registration/information tables at the entrance with promotional materials, handouts, name tags, etc.
- Be sure the school is identified at the road entrance for outside guests. Identify parking for guests and put up signs pointing the way outside and inside, if needed.
- Put up a banner or poster on the door advertising the Great Nutrition Adventure.
- Put signs on classroom doors where events are taking place.
- Be sure teachers have the schedule of chefs in their classroom. Be sure all handouts and materials are given to teachers to distribute to students the next day.
- Prepare Certificates of Appreciation for Chefs and Food Service Staff.

**Media Plan**

- Telephone media contacts to remind them of the event the day before. If the contact is unable to attend, be sure to get follow up materials and photos to them.

**The Big Day!****They're Here!**

- Introduce the chefs to all food service staff again and encourage team to work together. Place chefs side-by-side with school food service staff.
- Escort other chefs to respective classrooms.
- Greet guests at the school entrance; provide promotional materials and handouts.
- Present certificates to chefs and food service staff.

**Media Plan**

- Have all press attendees sign in; give them a map of the school and a schedule. Capture addresses, phone numbers and affiliation.
- Assign a guide to direct all media to activities.

**Good Ideas****Make Your Great Nutrition Adventure Fun and Interesting!**

Below are some ideas to get the brainstorming started... Encourage Chefs and the Team to come up with creative ideas based on local characteristics and talents. Chefs may want to focus on one or more of the following areas:

- Taste-test events
- Ethnic recipes
- Recipe modification
- Sensory education/development
- "From seed to plate"
- Seasonality of foods
- Farmer's markets
- Nutrition education
- The Food Guide Pyramid
- The Dietary Guidelines



Recipe of the Month

The following recipe was provided to Team Nutrition's Great Nutrition Adventure by Chef Damian Martineau, CEC, AARP, Guest Services, Washington, DC.



Ham & Cheese Buns

Serves 12

- Frozen Bread Dough, thawed . . . . . 16 oz
Honey . . . . . 2 tbsp.
Dijon Mustard . . . . . 1 tbsp.
Ground Cloves . . . . . 1 pinch
Lean Ham, sliced . . . . . 5 oz
Mozzarella cheese, sliced . . . . . 5 oz
Vegetable spray
All purpose flour . . . . . 2 tbsp.

- 1. Dust thawed bread dough with flour.
2. Roll out to 18" x 10" size.
3. In bowl, mix honey, mustard, and cloves.
4. Spread honey mustard sauce over entire surface of dough.
5. Cover honey glazed dough with ham slices and then cheese slices.
6. Roll dough lengthwise to form a log shape.
7. Cut into 12 even slices (approximately 1/2 inches thick)
8. Spray muffin tin with vegetable spray to coat.
9. Place rolled slices in a muffin tin with cut side facing up.
10. Allow dough to rise by placing muffin tin in a warm place for approximately 1 hour. (Longer depending on temperature)
11. Place in a preheated oven at 350°F and bake approximately 20 minutes until golden brown. Allow to cool slightly before removing.

Nutrients Per Serving

Table with 3 columns: Nutrient, Amount 1, Amount 2. Rows include Calories, Protein, Carbohydrate, Total Fat, Saturated Fat, Cholesterol, Vitamin A, Vitamin C, Iron, Calcium, Sodium, and Dietary Fiber.

# SCHOOL-SIZED

## Recipe of the Month

This recipe was taken from Team Nutrition's *Tool Kit for Healthy School Meals*.  
Turn to page 104 for more information on this resource.

# Breakfast Burrito with Salsa



Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Frozen whole eggs, thawed	6lb 4oz	3 qt	12 lb., 8 oz	1 gal 2 qt
or				
Fresh large eggs		50 each		100 each
Frozen corn	10 oz	2 cups	1 lb., 4oz	1 qt
Lowfat milk		3/4 cup		1½ cup
*Fresh green peppers, diced	12 oz	2½ cups	1 lb., 8 oz	1 qt 1/2 cup
or				
** Dried green peppers		1/4 cup		1/2 cup
*Onions, diced	14 oz	2¼ cups	1 lb. 12 oz	1 qt 1/2 cup
or				
** Dried minced onions	10 oz	1/4 cup	1 lb. 4 oz	1/2 cup
*Fresh tomatoes, diced	2 oz	1 cup	4 oz	2 cups
Prepared mustard		1/4 cup		1/2 cup
Granulated garlic		2 tsp.		1 Tbsp., 1 tsp.
Hot peppers sauce		1 Tbsp.		2 Tbsp.
Salt		2 tsp.		1 Tbsp., 1 tsp.
Flour tortillas, 7-inch		50 each		100each
Canned salsa	3 lb., 2oz	1 qt., 2 cups	6 lb., 4 oz	3 qt

## Directions

1. In a mixer, using a paddle attachment, blend the eggs, corn, milk, green peppers, onions, tomatoes, prepared mustard, granulated garlic, hot pepper sauce, and salt.

## Breakfast Burrito with Salsa



- 2.** Pour 1 gal 2 cups of the above egg mixture into each oiled 12"× 20"× 2½" steam table pan. Cover with foil or metal lid.

**To Bake:**

- Conventional Oven, 350°F, 60 minutes
- Convection Oven, 325°F, 50 minutes
- Compartment Steamer 30 minutes
- Bake until thoroughly cooked

- 3.** Arrange 25 tortillas in each 12"× 20"× 2½" steam table pan, so that they overlap.

**To Heat:**

- Compartment Steamer—2 to 3 minutes, covered with plastic wrap
- Conventional Oven 300oF, 3 minutes—covered with a clean damp cloth
- Convection Oven 300oF, 3 minutes—covered with a clean damp cloth

- 4.** Fill each tortilla with a No. 10 scoop of cooked egg mixture and fold or roll.
- 5.** Serve each burrito with 2 Tbsp. (1oz) of salsa as a garnish.

**Special Tip:** For best result, cook egg filling in a steamer.

**Serving:** 1 burrito provides 2 ounces of meat, 1/4 cup of vegetable, and 1 serving of grains/breads

**Yield:** 50 servings: 9lb 12 oz (filling)  
100 servings: 19lb 8 oz (filling)

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**Nutrients Per Serving**

Calories . . . . . 242	Saturated Fat . . . . . 2.3 g	Iron . . . . . 2.5 mg
Protein . . . . . 12 g	Cholesterol . . . . . 241 mg	Calcium . . . . . 92 mg
Carbohydrate . . . . . 28 g	Vitamin A . . . . . 140 RE/657 IU	Sodium . . . . . 442 mg
Total Fat . . . . . 8.9 g	Vitamin C . . . . . 8 mg	Dietary Fiber . . . . . 2 g

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**Marketing Guide for Selected Items**

Food as Purchased	For 50 Serving Recipe	For 100 Serving Recipe
Green peppers	15 oz	1 lb., 14 oz
Onions	1 lb.	2 lb.
Tomatoes	11 oz	1 lb., 6 oz

