CALIFORNIA FOOD FOR CALIFORNIA KIDS®

California Food for California Kids is an initiative of the Center for Ecoliteracy
LunchAssist PRO

SY 20-21 Professional Development
and The Collective
agenda

- district spotlights
- covid-19 updates
- policy & funding updates
- grants, resources + events
- leadership
- discussion

usda professional standards

1110, 1310, 2240, 2620, 2640, 3240, 3450, 4120, 4130, 4150

1 hour of professional development
SY 20-21 call schedule

FEBRUARY 4

join us...

9:00-10:15 a.m. PST / 12:00-1:15 p.m. EST
responding to the capitol events on january 6
district spotlights
¡Pase por su paquete de comidas para las vacaciones!

Recojan un paquete de comidas para las vacaciones de invierno para su estudiante el viernes, 16 de diciembre entre el mediodía y la 1:30 PM. Todas las escuelas y puntos de distribución de OUSD regulares van a estar cerradas durante las vacaciones, pero la Ciudad de Oceanside servirá comida para toda la familia por toda la comunidad, gratis.

VISITEN WWW.OSIDE.US
Monterey Peninsula, CA

Menu 1/12-1/15

Tuesday- **Monterey chicken sandwich, **green bean salad, **turkey/egg/cheese breakfast sandwich

Wednesday- **cheesy chicken+broccoli bake, **CA spinach+cranberry salad, buttery maple Snack’n waffle

Thursday- chicken hot dog, **tajin corn, Dave's muffin & yogurt cup

Friday- pizza, **zesty chickpeas, **overnight oats

all meals served with fresh CA fruit and optional milk. ** made from scratch in our central kitchen in Seaside
monterey peninsula, ca

GRAB & GO MEALS ON THE MOVE

1 Bus  3 Learning Communities  4 Stops

MONDAY - FRIDAY

11:30 a.m. | San Lucas St. & Amador Ave. (Ocean View Church)
11:50 a.m. | Montecito Park
12:20 p.m. | Marina Dr. (Back of Marina Child Development Center)
12:45 p.m. | Preston Park

No ID/enrollment needed. Student need not be present. Targeted for students ages 18 and younger.

UPDATED ROUTE!

(Seaside / Monterey / Marina)
rialto, ca
COVID-19 updates
covid-19 safety

- new strains of the virus
- vaccine distribution
- continue to emphasize covid-19 safety practices!

**resource:** [school food service safety precautions for SNPs](#)
WE WILL WIN.
educational materials

- “I’m a vaccine” video, Johns Hopkins Bloomberg School of Public Health
educational materials

- “I’m a vaccine” video, Johns Hopkins Bloomberg School of Public Health
- Vaccinate all 58 toolkit
educational materials

- “I’m a vaccine” video, Johns Hopkins Bloomberg School of Public Health
- Vaccinate all 58 toolkit
- COVID-19 symptom decision tree
educational materials

- “i’m a vaccine” video, johns hopkins bloomberg school of public health
- vaccinate all 58 toolkit
- COVID-19 symptom decision tree
- reporting and responding to confirmed positive COVID-19 case(s) at k-12 schools
- new materials for schools and parents
policy + funding
COVID-19 relief package 🎉

Liz Campbell
Senior Director, Legislative & Government Affairs
Academy of Nutrition & Dietetics
usda nationwide waiver q+a #4

● CACFP supper/snack
  ○ attendance records are required
    ■ Q&A specifies that with state agency approval, meal count records may be used to record attendance

● funding
  ○ severe need reimbursement may be based on the most favorable year between 2019 and 2022
  ○ SY 19-20 participation can be used for FFVP

● school meal applications
  ○ schools may continue to collect meal applications even if operating sso/sfsp
  ○ this helps to provide eligibility for P-EBT and other benefits
  ○ contradicts previous guidance from the California Department of Education
lunchassist resources

- SY 20-21 winter checklist
- program integrity plan
  - updated Jan. 2021
## 2021 SFSP reimbursement rates

<table>
<thead>
<tr>
<th></th>
<th>rural or self-preparation sites</th>
<th>other types of sites</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>breakfast</strong></td>
<td>$2.4625</td>
<td>$2.4150</td>
</tr>
<tr>
<td><strong>lunch or supper</strong></td>
<td>$4.3175</td>
<td>$4.2500</td>
</tr>
<tr>
<td><strong>snack</strong></td>
<td>$1.0200</td>
<td>$0.9975</td>
</tr>
</tbody>
</table>
new dietary guidelines for americans

- **Make every bite count**
- summary:
  - ↑ fruits & veggies
  - ↑ whole grains
  - ↓ excess sodium

- national nutrition month
  - opportunity to promote/educate parents + staff
  - more resources coming next month!
grants  □  events  □  resources
grants (national)

- **usda team nutrition training grant for school meal recipes**
  - varies by state
  - support for developing recipes that reflect local agriculture and preferences
  - [webinar on january 27th](#)
  - [letter of intent due: feb 8th](#)
  - [states already awarded funds](#)

- **gro more good**
  - new or expanding youth gardens that serve at least 15 youth
  - all non-profits, including schools can apply
  - $500-$1,000, with 175 grants awarded
  - [applications due: feb 5th](#)
grants (ca)

- **cde: school breakfast and summer meal expansion**
  - SY 20-21
  - up to $15,000 per school site, for non-recurring expenses
  - **applications due:** march 1st

- **cde: fresh fruit and vegetable program**
  - july 1, 2021-june 30, 2022
  - eligible elementary schools
  - use enrollment data from oct. 2019
  - **applications due:** march 5th
cdfa

farm to school incubator grant (ca only)
Join us for a FREE Wednesday webinar series

Healthy, Climate-Friendly School Food: Strategies for Success

A FREE series for school food staff and stakeholders on bringing climate-friendly cuisine to your district. Opportunities for USDA Professional Standard Credits will be provided.

The Organic School Food Roadmap: Getting Started and Forging Partnerships

January 27th, 2:30-4:00pm

Learn about six key strategies, available resources, and funding opportunities outlined in Friends of the Earth’s new Organic School Food Roadmap. This session will highlight the importance of community partnerships and feature several non-profit partners who provide technical and marketing support to help California school districts increase food purchases from local, organic producers.

Register at foe.org/SchoolFoodWebinars
scratch cooking to-go | chef ann foundation
Air quality, inconvenient pickup times and lack of information were the most common challenges for accessing school meals.

Here is a list of challenges some families may face in accessing free or discounted school, preschool, or childcare meals when school is out of session. Please indicate if this has been a major challenge, a minor challenge, or not a challenge for you and your family in accessing these meals.

(Asked of All Parents/Guardians of Children Under 19 Years of Age)

<table>
<thead>
<tr>
<th>Challenge</th>
<th>Major Challenge</th>
<th>Minor Challenge</th>
<th>Not a Challenge</th>
<th>Don't Know</th>
<th>Total Challenge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Limited ability to go outside because of poor air quality or safety reasons</td>
<td>24%</td>
<td>36%</td>
<td>28%</td>
<td>12%</td>
<td>60%</td>
</tr>
<tr>
<td>Meal pickup times are inconvenient</td>
<td>26%</td>
<td>29%</td>
<td>29%</td>
<td>15%</td>
<td>55%</td>
</tr>
<tr>
<td>No information on when and where meals are available</td>
<td>23%</td>
<td>30%</td>
<td>32%</td>
<td>14%</td>
<td>53%</td>
</tr>
<tr>
<td>Low quantities of school meals available</td>
<td>21%</td>
<td>32%</td>
<td>31%</td>
<td>16%</td>
<td>53%</td>
</tr>
<tr>
<td>Limited access to transportation to access school sites or pickup locations</td>
<td>20%</td>
<td>31%</td>
<td>35%</td>
<td>14%</td>
<td>51%</td>
</tr>
<tr>
<td>Information on school meals is not available in your language</td>
<td>16%</td>
<td>22%</td>
<td>46%</td>
<td>16%</td>
<td>38%</td>
</tr>
</tbody>
</table>
Healthy @ Home
Resources from Alliance for a Healthier Generation
Healthy @ Home

Feeling Healthy at Home
Managing stress, regulating emotions and maintaining strong relationships at home are crucial to the health and well-being of everyone. Together with Healthier Generation, Kohli's Healthy at Home is helping families build social-emotional skills together.

Resource Libraries
Browse research-backed resources by topic

Eating Healthy at Home
Recipes, tools, and resources to make bite-sized changes that have a big impact on your family's health and well-being

Moving More at Home
Get ideas for quick and easy physical activity breaks to integrate into your daily routine so you can move more and feel better

Feeling Healthy at Home
Build your family's social-emotional skills through communication, collaboration, self-reflection, and self-care
Feelings Chart

Emotions are a big part of our health and well-being. Each person will experience emotions differently and the way we feel can change day-to-day. To successfully manage our emotions, we must first identify how we feel and acknowledge that no feeling is "good" or "bad." All feelings are useful information to help us navigate our world with success!

**HOW TO USE:**
- Print and post this chart somewhere visible, like the refrigerator
- Every day, family members and educators can guide young people to name their emotions, then provide support through active listening and encouragement

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**Right now, I am feeling ...**

<table>
<thead>
<tr>
<th>Happy</th>
<th>Excited</th>
<th>Silly</th>
<th>Energized</th>
</tr>
</thead>
<tbody>
<tr>
<td>Confident</td>
<td>Loved</td>
<td>Grateful</td>
<td>Surprised</td>
</tr>
<tr>
<td>Thoughtful</td>
<td>Calm</td>
<td>Sensitive</td>
<td>Tired</td>
</tr>
<tr>
<td>Bored</td>
<td>Sad</td>
<td>Jealous</td>
<td>Disappointed</td>
</tr>
<tr>
<td>Sick</td>
<td>Frustrated</td>
<td>Worried</td>
<td>Angry</td>
</tr>
</tbody>
</table>
Moving More @ Home

All-Weather Family Activities

Cool-Weather Activities

- Rake leaves and jump into the pile!
- Step into rainboots and splash in the puddles
- Help family and neighbors by raking leaves or shoveling snow
- Go sledding
- Challenge your family to a snow-building competition
- Get in the seasonal spirit by going apple-picking, strolling a corn maze, or browsing a pumpkin patch
- Hand-deliver items that are sure to warm your neighbors’ hearts, such as homemade holiday cards and healthy apple cider

I love to be physically active with my family by playing catch with my football.
- Jovon, age 13

I like to go ice-skating together!
- Arielle, age 14

Indoor Activities

- Try these quick physical activity break cards – no equipment necessary!
- Turn on the music and have a dance party
- Do some spring cleaning by sorting old food, clothes, books, and other items
  (Bonus: Donate any useable items that you no longer want to charity)
- Help with household tasks like dusting, vacuuming, and mopping
- Play a game of indoor Hide-and-Seek

“My favorite activity is showing my family my gymnastics exercises – like frog jumps, wall handstands and planks!”
- Amelia, age 7
EATING HEALTHY @ HOME

RECIPE GUIDE FOR
A Week of Simple, Healthy Meals

Try the plan below or mix-and-match the following simple recipes for 5 days of healthy meals (plus leftovers!) the whole family will enjoy.

Use the Eating Healthy at Home Recipe Cards for fun and easy instructions for preparing each meal.

Monday
Meatless Monday – tasty alternative sources of protein!

- **BREAKFAST**
  - Apple Pie Smoothie

- **LUNCH**
  - Green-and-Bean Quesadilla

- **SNACK**
  - Energy Bars

- **DINNER**
  - Zucchini "Spaghetti"

Tuesday

- **BREAKFAST**
  - Peanut Butter and Jelly Smoothie

- **LUNCH**
  - Pasta with Peas

- **DINNER**
  - Oven-Roasted Salmon with Cheesy Roasted Asparagus

Wednesday

- **BREAKFAST**
  - Top-Your-Own Breakfast Tacos

- **LUNCH**
  - Rainbow Sandwich

- **DINNER**
  - Chicken Your Way

Thursday

- **BREAKFAST**
  - Pizza Toast

- **LUNCH**
  - Delicious Do-It-Yourself Lettuce Wraps

- **DINNER**
  - Classic Burgers with Crispy Carrot Fries

Friday

- **BREAKFAST**
  - Cheesy Scrambled Eggs

- **LUNCH**
  - Any-Vegetable Easy-Crust Pizza

- **DINNER**
  - Not Your Grandma’s Fried Chicken

- **SNACK**
  - Cauliflower Popcorn

The above meal plan was developed to represent a variety of meal options containing a balance of whole grains, lean proteins, and fruits/vegetables each day.

Recipes available online at HealthierGeneration.org/EatingHealthyAtHome
Apple Pie Smoothie

This smoothie has protein-rich almonds and yogurt to give you lots of energy — and the cinnamon and vanilla gives it a rich sweetness that might remind you of a favorite dessert!

**HANDS-ON TIME:** 5 MINUTES  
**TOTAL TIME:** 5 MINUTES  
**MAKES:** 2 SERVINGS

**KITCHEN GEAR**
- Cutting board
- Sharp knife (adult needed)
- Measuring cup
- Measuring spoons
- Blender (adult needed)

**INGREDIENTS**
- ¾ cup plain low-fat yogurt or whole milk yogurt
- ½ cup low-fat or whole milk
- 2 tablespoons raw almonds* (*If you’re allergic to nuts, skip the almonds and substitute 2 tablespoons old-fashioned oats.)
- ½ apple, cored and sliced
- 1 overripe banana, sliced (frozen if possible)
- ¼ teaspoon ground cinnamon
- ¼ teaspoon vanilla extract
- 2 ice cubes

Crispy Carrot Fries

Carrots are usually orange, but have you ever seen them in other colors? There are purple, white, red, and yellow varieties too. You can use any color in this recipe, where the natural sugar in the carrots caramelizes to turn the vegetables dark, sweet, and crisp-edged.

**HANDS-ON TIME:** 10 MINUTES  
**TOTAL TIME:** 40 MINUTES  
**MAKES:** 4 SERVINGS

**KITCHEN GEAR**
- Cutting board
- Sharp knife (adult needed)
- Scrub brush
- Rimmed baking sheet
- Measuring spoons
- Pot holder

**INGREDIENTS**
- 1 pound carrots, scrubbed but not peeled
- 1 tablespoon olive or vegetable oil
- 1 teaspoon kosher salt
Kids Can Cook - Making Simple Snacks and Meals at Home

Family Engagement in School Food & Nutrition

WEBINAR ON FEBRUARY 24
Thank you!
leadership
align your time mgt. with your goals

1. list your goals
2. track your time - 2 weeks

<table>
<thead>
<tr>
<th>WEEK ENDING 4/14</th>
<th>Core responsibilities</th>
<th>Personal growth</th>
<th>Managing people</th>
<th>Crises and fires</th>
<th>Free time</th>
<th>Administrative tasks</th>
<th>TOTAL TIME/DAY</th>
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<td>2 hrs</td>
<td>1 hr</td>
<td>3 hrs</td>
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<td>0 hrs</td>
<td>2 hrs</td>
<td>8 hrs</td>
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<td>3</td>
<td>1</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>2</td>
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<td>2</td>
<td>10</td>
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<td>3</td>
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<td>0</td>
<td>2</td>
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<td>Friday</td>
<td>1</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>3</td>
<td>2</td>
<td>9</td>
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<tr>
<td>TOTAL TIME/ACTIVITY</td>
<td>13 hrs</td>
<td>7 hrs</td>
<td>10 hrs</td>
<td>2 hrs</td>
<td>3 hrs</td>
<td>10 hrs</td>
<td>45 hrs</td>
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<tr>
<td>PERCENTAGE OF TIME</td>
<td>29%</td>
<td>16%</td>
<td>22%</td>
<td>4%</td>
<td>7%</td>
<td>22%</td>
<td>100%</td>
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source: Harvard Business Review
discussion