Fresh from California

Menu Planning Support Session

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CALIFORNIA FOOD FOR CALIFORNIA KIDS®

California Food for California Kids is an initiative of the Center for Ecoliteracy
session 2 | agenda

- fresh from california
- specialty crops
- special diets
- resources
- discussion
offerings

- **Marketing Materials.** Beautifully designed promotional banners and posters for your cafeterias offered in both English and Spanish.

- **Menu Planning Support.** Online group sessions providing best practices for menu planning and substitutions, recipe development, and nutrition analysis with a Registered Dietitian.

- **Media Support.** Media training and outreach to promote your district’s Farm to School program.
specialty crops

fresh from ca
fruits & veggies in focus

- avocado
- broccoli
- cantaloupe
- cucumber
- grapes
- kale
- kiwi
- strawberries
- tangerines
- watermelon
special diets

101
special diets

the why

- our #1 job is to keep students safe
- legal obligation
- great customer service
- inclusive and equitable practice
the positives of special diets

flip the perspective

- build trust with families
- help families save time and money
- help students participate in the communal aspect of food
- opportunity to expand your skill set
- practice speed-scratch cooking on a smaller scale
- opportunity to highlight fresh fruits and vegetables
special diet forms

friendly reminders

- special diet form not required to start accommodating a food allergy
- document that you have attempted to get a special diet form completed by the family
- student safety, trust, and customer service are priorities
top 9 allergens in the U.S.

- egg
- fish
- milk
- peanut
- sesame
- shellfish
- soy
- tree nuts
- wheat
special diets + equity

- 1 in 13 American children have a food allergy or sensitivity\(^1\)
- ~40% of children with food allergy are allergic to >1 food\(^1\)
- Black Americans significantly more likely to develop food allergies
- Rates of official diagnosis of food allergies 87% lower for Medicaid
- Black and Latino/Latinx/Latine people 2x as likely to have Medicaid

sources: 1) fare, 2) fooddive
special diets + equity

people w/ food allergies spend 5% more on food than the average customer (fare)

● have to visit multiple stores to find safe foods
  ○ requires reliable transportation
  ○ access to specialty foods and stores
  ○ additional money to shop in bulk in order to save time
true or false?
labels must include the “contains...” statement at the end with the major allergens bolded
false!
food labeling

manufacturers have 2 options to indicate a major food allergen on product labels:

- list the allergen **in parentheses** after the ingredient

  *or*

- list the allergen **at the end** of the ingredient list (often this “contains...” statement is bolded)

**Example 1:**
Ingredients: Whey protein (milk), lecithin (soy), cherry, sugar, natural flavors (almond), salt.

**Example 2:**
Ingredients: Whey protein, lecithin, cherry, sugar, natural flavors, salt. Contains: Milk, soy, and almond.
Major food allergens contained in dyes (food coloring), spices, flavorings, additives, and processing aids must be listed on labels.
true!
both crustacean shellfish (i.e. shrimp, crab, lobster) and molluscan shellfish (i.e., scallops, clams, mussels, oysters) have to be declared on food labels
false!
specific types of nuts, fish, or shellfish must be indicated on the label

example:

“cashew” or “walnut” (type of tree nut)
true!
precautionary food labeling

these labels warn about unintentional inclusion of allergens

- “may contain…”
- “may contain traces of…”
- “manufactured in a facility that processes…”
- “made on shared equipment with…”
precautionary food labeling

**voluntary, not regulated**

- laws don’t require these or govern how they are worded
- labeling not based on the amount of allergen present
- best practice: avoid serving foods w/ precautionary allergen labeling
  - example: “may contain peanuts…” label on crackers should not be given to a student with a peanut allergy
“free-from” food labeling

also voluntary; often misunderstood

- no requirement that foods with free-from labeling be made on dedicated equipment or in a dedicated facility
resources

food allergy resource and education (fare) has great resources in english & spanish

- farecheck instructor training
  - f.i.t. scholarship
    - school settings with underserved student populations qualify for a scholarship covering 100% of the class tuition
- “tips for avoiding your food allergen”
  - english & spanish
    - sesame is not yet included on this resource

For an Egg-Free Diet

Avoid foods that contain eggs or any of these ingredients:
- albumin (also spelled albumin)
- egg (dried, powdered, solids, white, yolk)
- egg white
- egg yolk
- lentil
- soy
- tofu
- wheat
- yeast
- words starting with “ovo” or “ova” (such as ovalbumin)

Egg Is sometimes found in the following:

- bread
- breakfast items
- cream cheese (margarine, specialty cheese)
- eggs
- mayonnaise
- meringue powder
- mustard
- nuts
- peanuts
- sesame
- sesame seeds
- sesame oil
- tahini
- marran
- marshmallows
- meatballs
- noodle
- pasta

Keep the following in mind:
- Individuals with egg allergy should also avoid eggs from duck, turkey, goose, quail, etc., as these are known to be cross-reactive with chicken egg.
- While the whites of an egg contain the allergenic proteins, patients with an egg allergy must avoid all eggs completely.
what about dietary preferences?

vegetarian, vegan, plant-forward
Plant-forward vs. Vegetarian vs. Vegan

- **Plant-Forward**
  - Eats fruits, vegetables, legumes, nuts, whole grains
  - Eats dairy & eggs
  - Eats meat, poultry, & seafood

- **Vegetarian**
  - Eats fruits, vegetables, legumes, nuts, whole grains
  - Eats dairy & eggs
  - Eats meat, poultry, & seafood

- **Vegan**
  - Eats fruits, vegetables, legumes, nuts, whole grains
  - Eats dairy & eggs
  - Eats meat, poultry, & seafood
menu planning

featuring locally grown fruits & vegetables
strategies

- align special diet/preference meals with the main menu
- pre-pack cold grab & go lunch for your most common allergens
- implement a 1-week cycle menu for special diets
- showcase fresh fruits and vegetables to add variety
allergen-friendly, plant-forward recipes

include allergen-friendly recipes in the regular menu cycle

- **tostada bar**
  - meat & cheese (traditional)
  - bean & cheese (vegetarian)
  - beans (vegan, dairy free)

wheat free  egg free  soy free  peanut free  shellfish free  
tree nut free  sesame free  fish free

**bold & green** = available locally!
make fruits and veggies the star of the show

utilize the salad bar and/or condiment bar to complement the menu

- *avocado* salsa
- *kiwi* salsa
- pico de gallo
- *spicy carrots w/ jalapenos & onions*
- quick pickled *cucumbers*
- crunchy *kale* slaw
- *black bean, corn, & watermelon* salad
- *cool & spicy cucumber* salad
- cut fruit & veggies w/dips

*bold & green* = available locally!
allergen-friendly, plant-forward recipes

- **burrito bowls**
  - black beans or roasted chickpeas
  - rice or quinoa
  - broccoli, kale, and other veggies!
  - avocado slices or guacamole (adds creaminess)
  - sauce or vinaigrette
    - cilantro lime dressing
    - jalapeño mango cilantro dressing

wheat free  dairy free

bold & green = available locally!
allergen-friendly, plant-forward recipes

- grab & go bistro boxes
  - hummus
  - sunflower seed butter
  - cucumbers, broccoli, carrots, cherry tomatoes
  - apple slices, tangerines, grapes
  - baked corn tortilla chips

wheat free  dairy free

bold & green = available locally!
allergen-friendly, plant-forward recipes

### grain salads
- quinoa or rice
- chopped kale
- beans & lentils
- chopped veggies
  - broccoli
  - red onion
  - red bell pepper
  - cucumbers
  - and more!

- something crunchy
  - sunflower seeds
  - pumpkin seeds
  - tortilla strips
  - chopped apples

- something creamy
  - sliced avocado
  - lemon dressing

wheat free
dairy free

**bold & green** = available locally!
use veggies to replace similar textures

veggies can imitate the texture of common allergen foods

- mashed or diced **avocado**
  - contain fats that give flavor and creamy texture

- **white navy bean spread** with sliced **cucumbers**
  - can add creaminess and imitate dairy
  - can act as a condiment and imitate mayo

- **white navy bean alfredo sauce**
  - throw this sauce on roasted **broccoli**

- add pureed beans or potatoes to soup
  - can add creaminess and imitate dairy
salad inspo

- persian **salad shirazi**
  - cucumbers
  - tomatoes
  - onion
  - fresh herbs
  - lime juice
  - olive oil

- pairs well with rice dishes

**Available locally!**

- wheat free
- egg free
- soy free
- peanut free
- shellfish free
- tree nut free
- sesame free
- fish free
resources
special diet resources

- Medical Statement to Request Special Meals (CDE)
- Accommodating Children with Special Dietary Needs in School Nutrition Programs (USDA)
- Food Allergy 101 (FARE)
- Common Allergens (FARE)
- Guidance for Industry: Q&A Regarding Food Allergens (FDA)
- FARECheck Instructor Training
- “Tips for Avoiding Your Food Allergen” (FARE)
- “This Blog Post May Contain: Food for Thought About Precautionary Allergen Labeling” (FARE)
stay connected with lunchassist!

- join us for The Lunch Hour!
  - Our last one of the 21-22 School Year on 5/12 at 1:30 pm

- check out our newest article in Served Digizine!
  - “The Sustainability Conversation We Are Not Having”

- looking for Social Media tips simplified for School Nutrition?
  - The Social Hour, 4/28 at 1:30 pm | Register

- learn more about what we do!
  - www.lunchassist.org
resources & events | center for ecoliteracy

- **learn more** and sign up for **fresh from california**
- next menu planning support sessions I 5/18 & 6/15, 1:30 p.m. - 2:30 p.m.
- **plant-forward school meal resources**
- follow us!

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thank you
discussion time!