

# The Future of Scratch Cooked School Meals

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# Elements of System Change

For this evaluation there are four elements:

## 1) *Ingredients and Recipes for Scratch*

**Cooking:** Identifying and procuring new ingredients and recipes

2) *A Kitchen for Scratch Cooking:* Selecting and setting up kitchens for raw ingredients including raw proteins

3) *Cooking from Scratch:* Hiring and training kitchen teams

4) *Feeding the Community:* Serving and gathering feedback from school stakeholders



# Interconnections of Systems Change

Within each element are four interconnections:

1) *Policies:*

*Policies are at multiple levels of the system that influence the management of school meals and need to be complied with, even as the systems change.*

**Policies**



2) *Practices:*

*Practices are the necessary tasks that occur throughout the system.*

**Practices**



3) *People:*

*People are all the people who play a role in the system.*

**People**



4) *Promotion:*

*Promotion is the communication and marketing that builds awareness, support, and enthusiasm for the systems change.*

**Promotion**



# Systems Change Entrepreneurs

## Innovators:

- Create new, actionable solutions to address dysfunctions in the system.
- Their role is to introduce innovations.

## Orchestrators:

- Create new, actionable solutions to address dysfunctions in the system.
- Their role is to coordinate the work of groups, organizations, and sectors associated with innovations.

## Disruptors:

- Create visibility into system dysfunction and/or raise grievances of individuals or groups to the forefront of public awareness.
- The disrupters to the existing system are the changemakers and through their role of making changes they uncover issues and facilitate dialogue toward improving how individuals and groups innovate.

## MY Scratch Cooking Systems Change Strategic Plan

### System Elements

What do I know and how do I find out more about **MY** school's ingredients and recipes?

**Things to think about:**

- Do I know the school cook and food service director?
- Do I receive the school menus?
- Are meals provided by a food service company?

What do I know and how do I find out more about **MY** school's kitchens?

**Things to think about:**

- Are school events held in the school cafeteria?
- Are professionally trained chefs allowed to use the school kitchen?
- Are nutrition educators allowed to use the school kitchen?
- Are principals, teachers or school staff welcomed in the kitchen?

What do I know and how do I find out more about **MY** school's cooking?

**Things to think about:**

- Is the school food staff treated like essential workers?
- Are cooks allowed to alter recipes for student preference?
- Do the cooks or food service director have professional chef training?
- Do the cooks interact with teachers, parents or students?
- Are there tastings for students to try new scratch cooked recipes?

What do I know and how do I find out more about how **MY** school feeds the community?

**Things to think about:**

- Can I describe the school cafeteria or serving line?
- Do students have access to a salad bar?
- Are school meals free?
- Are parents invited to volunteer and or eat during lunch?

## System Interconnections (4P's)

**What are the policies affecting MY school food?**

**Things to think about:**

Do I know the National School Lunch Program (NSLP) standards?  
Does my school have prohibited ingredients?

**What are the practices applied in MY school food?**

**Things to think about:**

How are new items added to the menu?  
Are students able to choose which items they want?

**Who are the people involved in MY school food?**

**Things to think about:**

Who supervises students in the cafeteria?  
Who creates the school food menu?

**How is school food promoted in MY school?**

**Things to think about:**

Are monthly school menus posted in the school?  
Are menus sent home or included in a newsletter?

## Systems Change Entrepreneurs

Who are **MY** Innovators?

Roles to think about:

Who are the creative problem solvers?  
Who are the culinary, food production, and management experts?

Who are my **MY** Orchestrators?

Roles to think about:

Who are the school food decision makers?  
Who are the school food partners?  
Who are the school meal champions?

Who are my **MY** Disruptors?

Roles to think about:

Who are the community nutrition advocates?  
Who has challenged school food?  
Who are the outspoken advocates?

## MY Innovative Systems Change Strategy Example

The change I want to see: Enhance the Salad Bar

**Challenge:** The school has a salad bar but it is not used daily and when used only a few items offered. A group of parents have come together to plan enhancing and promoting the salad bar to students.

Steps	My Role	Partners	Resources	Actions
Buy in from Foodservice director	Innovator	Foodservice Director	USDA Salad Bar Fact Sheet	talk with foodservice director
Build salad bar enthusiasm for students	Orchestrator	Cafeteria supervisors & students	Items from salad bar & tasting cups	Have students and cafeteria supervisors distribute salad bar tastings during all lunch periods
Buy in from principal	Innovator	Principal & foodservice director	USDA Salad Bar Fact Sheet & Salad Bar Menu	Principal announce salad bar items each day during morning announcements
Informing parents	Orchestrator	Parents	Announcement of salad bar enhancement in newsletter	Write text for newsletter announcement & promotion
Maintain salad bar enthusiasm for students	Orchestrator	Cafeteria Supervisors & Students	Online scheduler for parents to sign up for salad bar tastings & serving	At least one student assisting at salad bar during each lunch period



## MY Innovative Systems Change Strategy

The change I want to see:

Challenge:

Steps	My Role	Partners	Resources	Actions

# Ingredients & Recipes for Scratch Cooking



## Summary of Strategies

**Develop recipes to increase appeal and variety:** Use all USDA vegetable categories, source locally, and consider cultures of students and community.

**Integrate school meals:** Common recipes prepared during food and nutrition education and served as part school meals.

**Share recipes:** Partner with other school districts or school food consultants with NSLP and student approved ingredients and recipes.

**Expand horizons:** Introduce feature items and inhouse baking to show range of possible ingredients used in school meals.

# A Kitchen for Scratch Cooking



## Summary of Strategies

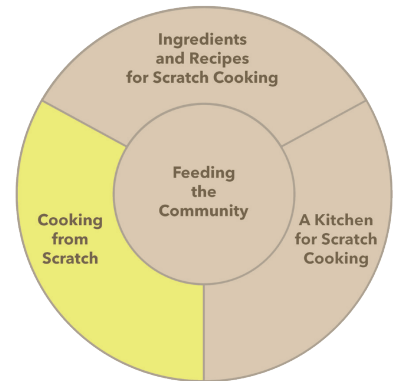
**Culinary Training:** Teaching knife skills to food service staff improves the appeal, quality and variety of meals.

**New Equipment:** Purchase equipment that facilitates scratch cooking and optimizes space.

**Organization:** Design storage areas so food can be seen without opening boxes and designate prep spaces for raw proteins to increase food safety.

**Open Kitchen:** Make prep of fresh food visible to students from serving line.

# Cooking from Scratch



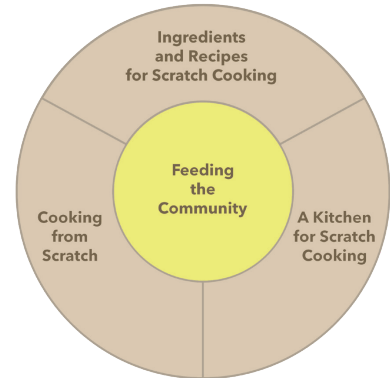
## Summary of Strategies

**Experiment with new flavors:** Introduce entrees and vegetables cooked with new herbs and spices.

**Increase choice:** Provide multiple options for each meal component so students can tailor their meals.

**Culinary career development:** Chefs in the cafeteria conducting tastings and providing professional training elevates the preparation of school meals.

# Feeding the Community



## Summary of Strategies

**Capture consumption:** Knowing the items students eat and how much of those items they eat informs recipe development and facilitates school meal participation.

**Serve homestyle entrees:** Entrees that combine proteins, grains and vegetables provide students with balanced meals and increase vegetable consumption.

**Create an inviting space:** Updating the cafeteria lighting, décor and flow creates a welcoming and enjoyable dining experience.

**Communicate with school community:** Announce daily menu options whether using professional marketing materials or handwritten.