Team Nutrition Grant & Scratch Cooked Recipe Development for Highline School District

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Introduction

The goal of Highline School Districts Nutritional Services department is to provide children with well-balanced meals that are healthy and contribute to the well-being of their students.

- Quality nutrition in childhood is associated with increased educational achievement.
- Lack of quality nutrition in childhood is associated with suboptimal health in adulthood.
- The LiveWell@School Food Initiative found increased scratch cooking led to a greater variety of meals and increased consumption of fresh fruit and vegetables.
- Increased scratch cooking is associated with reductions in sodium, fat, and saturated fat in school meals.
- Lack of quality nutrition in childhood is associated with reduced educational achievement.
- Improved scratch cooking is associated with increased educational achievement.

Race/ Ethnicity Demographics of Highline School District

- White 19%
- Multi-racial 7%
- Hispanic 40%
- Black 15%
- Asian 15%
- American Indian/Alaskan Native 1%
- Pacific Islander 3%

TEAM NUTRITION GRANT

Highline school district was a recipient of the Team Nutrition Grant for School Meal Recipe Development. The Team Nutrition Grant was developed to assist schools in utilizing local agricultural products in meals that are representative of the cultural diversity and food preparation practices in Washington State.

Recipes developed for the grant must:

- Be scratch-cooked recipes
- Highlight local Washington agricultural products
- Reflect local taste preferences
- Achieve 85% acceptability rating with at least 50 students
- Meet grant nutritional requirements:
  - At least 50% whole grains
  - <450mg sodium for entrees and <200mg sodium for side dishes
  - Saturated fat to be no more than 10% of total calories
  - WA Agricultural Product: Mozzarella cheese, cabbage
  - Student Acceptability Rating: 96%
  - Chicken and Hominy Pozole
  - WA Agricultural Product: Cabbage
  - Student Acceptability Rating: 96%
  - Quinoa, Pinto Bean & Kale Soup
  - Kale and Beans
  - Student Acceptability Rating: 88%
  - Lemon, Huckleberry, Cornmeal Muffin
  - WA Agricultural Product: Huckleberry, Cornmeal
  - Student Acceptability Rating: 98%

METHODS

- Qualitative informal interview with students for input on school meals and potential new recipes
- Develop 5 new recipes utilizing WA agricultural products that reflect local cultural taste preferences
- Taste-test each recipe with at least 50 students for an 85% acceptability rating
- Translate recipes to the USDA standardized template

DELIVERABLES

5 New Recipes were developed to meet grant requirements and taste preferences of students in the school district.

- Black Bean and Cheese Pupusa, served with cabbage and carrot curtido and homemade salsa.
- WA Agricultural Product: Apples, blueberry
- Student Acceptability Rating: 98%

- Lemon, Huckleberry, Cornmeal Muffin
- WA Agricultural Product: Huckleberry, Cornmeal
- Student Acceptability Rating: 98%

- Apple & Blueberry Fruit Leather
- WA Agricultural Product: Apples, blueberry
- Student Acceptability Rating: 89%

- Quinoa, Pinto Bean & Kale Soup
- Kale and Beans
- Student Acceptability Rating: 88%

- Black Bean and Cheese Pupusa, served with cabbage and carrot curtido and homemade salsa.

Highline School District Demographics

- 18,000 students in the school district across thirty-five schools.
- 99 languages spoken with almost 30% of students English-language learners.
- Over 60% of students in the district are eligible for free or reduced-price meals.
- Approximately 10,000 school lunches served per day.

NEXUS STEPS

- Recipes will be served as a part of a reimbursable meal in Highline’s schools.
- Recipes will be featured in the WA State Scratch Cooking Recipe Book, highlighting WA agricultural products and inspiring other school districts to test these scratch-cooked recipes in their schools.

References