



## Chefs Move to Schools

Welcome to *Cooks for Kids*. Children should have access to healthy food and be able to make healthy food choices wherever they are – at home, in school, and in the community. Improving the health of the nation's children and reversing the childhood obesity epidemic is a shared responsibility and will take the commitment of parents, the foodservice industry, the media, and schools working together. USDA's vision is to improve the health of school children through better nutrition. Implementing the *Dietary Guidelines for Americans* in school meals will have important health benefits for children.

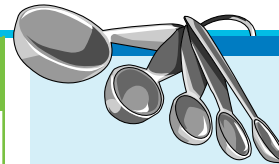
### Chefs Move to Schools

The USDA's Chefs Move to Schools program helps chefs partner with schools in their communities to create healthy meals that meet the schools' dietary guidelines and budgets, while teaching young people about nutrition and making balanced and healthy choices. With more than 31 million children participating in the National School Lunch Program and more than 11 million participating in the National School Breakfast Program, good nutrition at school is more important than ever.

Chefs can have a tremendous impact on the health and well-being of children by adopting a school and working with teachers, parents, school nutrition professionals and administrators to help educate kids about food. They teach new culinary techniques and recipes for healthier meals that meet the schools' dietary guidelines and budgets. Chefs also engage young people about where food comes from and trying a variety of foods. By creating healthy dishes that are delicious, chefs have a unique ability to make good nutrition fun and appealing.

#### 5 Simple Steps

1. Join Chefs Move to Schools.
2. Take on the HealthierUS School Challenge.
3. Learn about child nutrition programs.
4. Prep for the classroom.
5. Find recipes for success.



### Tips from Chef Monique Hooker

- Utilize the "fifth season"! Freeze seasonal produce for use throughout the school year.
- Students have to try new foods several times before liking.
- Students need to experience science through food.
- School gardens intensifies the connection to food.
- Use all your senses in cooking.
- Keep the skin on vegetables for added color.
- Add onions for flavor.
- Use plum tomatoes, they are more meaty.
- Vegetables in a mixed vegetable dish should be cooked separately to allow for different cooking times.
- Steam and then shock garlic cloves for easier peeling.
- Use the three sister herbs - oregano, thyme, basil - for added flavor.

#### Resources

Chefs Move to Schools, <http://www.letsmove.gov/chefs-move-schools>

Let's Move, Chefs move to schools: A chef's guide, <http://www.letsmove.gov/sites/letsmove.gov/files/ChefsGuide.pdf>

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## Farm to School

The farm to school initiative connects schools with local farms and producers. The aim is to serve healthy meals in school cafeterias using locally produced foods and to support local small farmers. These programs come in many shapes and sizes unique to the communities that build them.

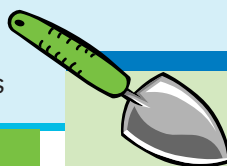
Collaboration with outside organizations can strengthen and accelerate farm to school programs. Examples of successful collaboration include:

- **FoodCorps.** This national organization places motivated young leaders in limited-resource communities for a year of public service. Working under the direction of local partner organizations, their service members:
  - Deliver hands-on nutrition education
  - Build and tend school gardens
  - Bring high-quality local food into public school cafeterias

### Extending the Harvest Season

Processing will help extend the use of local produce throughout the year. Freezing, canning, drying or processing it into sauces and ready-to-serve dishes can help you use flavorful local produce long after the harvest. This can be done by either school nutrition staff or the grower.

- Work with the grower to have local produce frozen, dried or canned at the peak of the season for use throughout the school year. Examples include:
  - Grated zucchini or carrots are frozen for use in quick breads or spaghetti sauce
  - Blueberries are frozen for use in muffins or yogurt parfaits
  - Strawberries are dried to add to breakfast cereals
- Process seasonal vegetables into ready-to-serve dishes or sauces
  - Prepare large quantities of ratatouille from the summer harvest for use throughout the school year
  - Prepare and freeze pesto for pasta dishes
  - Prepare and freeze tomato-based sauces for dishes



### Tips from Ridgeland Harvest Farm

- Use Farm to School to build a relationship between the local farmers and the school nutrition operation.
- Implement student tastings to encourage students to try new vegetables and fruits.
- Use Harvest of the Month programs to promote a variety of new produce to students.
- Work with schools to come up with a farm to school program that works for both farmers and schools.

Work to support the development of freezing, food preservation, and season extension. Steady demand from a school district can provide a grower or a cooperative the incentive to extend their growing season or look into different types of “value added” production. State or local agencies or organizations may also offer support for the development of such infrastructure, which could help growers and consumers throughout the community.

### Resources

USDA Farm to School, <http://www.fns.usda.gov/cnd/F2S/Default.htm>

National Farm to School, <http://www.farmtoschool.org>

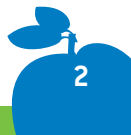
USDA Know your Farmer, Know your Food, <http://www.usda.gov/knowyourfarmer>

Food Corps, <http://foodcorps.org/>

Institute for Agriculture and Trade Policy, <http://www.iatp.org>

Chefs Collaborative, <http://www.chefscollaborative.org>

Slow Food U.S.A., <http://www.slowfoodusa.org>



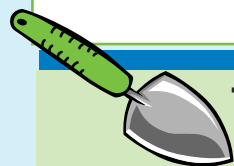


# School Gardens

Integrating the school garden with school curriculum is key to a successful project. School gardens are successful because:

- Gardens can integrate various disciplines and bring meaning to the standards for science, history, social science, mathematics, and English language arts.
- Students who grow vegetables in school gardens are more willing to taste and eat vegetables than children who do not have access to school gardens.
- Students with all levels of skills, varied learning styles, and diverse backgrounds can find a common interest in a school garden.
- Students improve life skills, including working with groups and self-understanding.
- Gardens educate students to use their senses. They give children the opportunity to experience the natural world through sight, sound, smell, touch, and taste.
- Gardening provides an avenue for the community to contribute to education.
- Gardens improve environmental attitudes, especially in younger students.
- Successful gardens strengthen school pride and identity.

Curriculum Area	Examples of Gardening Based Activities
<b>Language Arts</b>	<ul style="list-style-type: none"> <li>• Reading &amp; writing seasonal stories and poems</li> <li>• Making a gardening scrap book</li> <li>• Producing a school garden newsletter</li> <li>• Keeping a garden journal</li> </ul>
<b>Mathematics</b>	<ul style="list-style-type: none"> <li>• Counting seeds, plants, flowers per plant</li> <li>• Using fractions and percentages - for example, determine the percentage of seeds that germinate</li> <li>• Collecting rainfall measurements</li> <li>• Measure the garden area and lay out garden designs</li> <li>• Calculate seed or transplant needs based on garden area;</li> <li>• Keep and balance garden accounts</li> <li>• Measure and graph plant growth, rainfall, and insect population, over time</li> <li>• Calculate the volume of mulch your garden needs</li> <li>• Estimate and measure harvest volume in pounds</li> </ul>
<b>Science</b>	<ul style="list-style-type: none"> <li>• Investigating what plants need in order to grow</li> <li>• Observing the life cycle of a plant</li> <li>• Watching and recording changes in the garden through the seasons</li> <li>• Creating habitats for wildlife and watching the results</li> <li>• Making weather observations through the seasons</li> </ul>
<b>Life Science</b>	<ul style="list-style-type: none"> <li>• Harvesting food and learning how to cook it</li> <li>• Discovering which foods can be eaten raw</li> <li>• Using culinary herbs</li> </ul>
<b>Arts</b>	<ul style="list-style-type: none"> <li>• Making collages using natural materials</li> <li>• Taking inspiration from the outdoors for drawing and painting projects</li> <li>• Creating posters to publicize the garden for fundraising</li> <li>• Photographing the gardening year</li> </ul>
<b>Nutrition Education</b>	<ul style="list-style-type: none"> <li>• Learning about fruit and vegetables and healthy eating</li> </ul>
<b>Social Studies/History</b>	<ul style="list-style-type: none"> <li>• Study of plants and their uses historically for eating, medicine, making dyes</li> <li>• Studies of gardening through history</li> </ul>



## Tips from the School Garden

- Use school gardens to bring lessons to life.
- Use school gardens to encourage students to try various produce.
- Use school gardens to help change students' attitudes about vegetables and fruits.
- Let students design their own dream garden to inspire them to start a garden at home.

### Resources

USDA Agriculture in the Classroom, <http://www.agclassroom.org/>

Kids Gardening, <http://kidsgardening.org>

School Garden Wizard, a partnership between the United States Botanic Garden and Chicago Botanic Garden; <http://www.schoolgardenwizard.org>

Harvest of the Month, <http://www.harvestofthemonth.com>



# Ratatouille

Serving Size: 1 cup

Number of Portions: 25

Ratatouille is a traditional French stewed vegetable dish made from some of the season's best produce. This dish is a summer staple celebrating the last, sweet days of summer, when eggplant, zucchini, and tomatoes are abundant in gardens. In the Viroqua Area Schools it is an example of the success of the farm-to-school program.

Ingredients	Weight	Measures	Instructions
Garlic cloves, crushed and minced	1 ounce	3 1/2 tablespoons	<ol style="list-style-type: none"> <li>1. Wash all vegetables. Cut vegetables accordingly.</li> <li>2. Place cut vegetables on sheet tray. Drizzle with olive oil.</li> <li>3. Add garlic, herbs and pepper. Toss gently.</li> <li>4. Place in a 350° F conventional oven and cook for approximately 25 minutes, stirring once or twice gently, until softened.</li> <li>5. Remove from oven, stir gently. Serve or place in container to freeze. Cover.</li> </ol> <p>CCP: Cool to 41° F or lower within 4 hours.</p>
Onions, quartered, sliced thin	1 pound	1 quart	
Eggplant, cubed	3 pounds 10 ounces	1 gallon, 1 quart	
Bell peppers, green, coarsely chopped	1 pound 7 ounces	1 quart	
Bell peppers, red, coarsely chopped	1 pound 7 ounces	1 quart	
Tomatoes, ripe, coarsely chopped	4 pounds	2 1/2 gallons	
Zucchini, quarter inch slices	3 pounds 7 ounces	3 1/2 quarts	
Olive oil	2 ounces	1/4 cup	
Oregano, dried		1 tablespoon	
Basil, fresh, chopped		1/4 cup	
Thyme, dried		2 teaspoons	
Parsley, fresh, chopped		5 tablespoons	
Pepper, black, ground		2 teaspoons	

1 cup serving provides 1 cup of vegetable

## Nutrients per serving

Calories	82	Saturated Fat	0.4 g	Iron	0.8 mg
Protein	2.8 g	Cholesterol	0 mg	Calcium	34 mg
Carbohydrate	13.4 g	Vitamin A	1668 IU	Sodium	15 mg
Total Fat	2.9 g	Vitamin C	79 mg	Dietary Fiber	5.0 g

Source: Adapted from Viroqua Area Schools, Viroqua, WI.

### For additional recipes:

U.S. Department of Agriculture, Food and Nutrition Services, & National Food Service Management Institute. (2006). *USDA recipes for schools*. University, MS: Author.

U.S. Department of Agriculture, Food and Nutrition Services, & National Food Service Management Institute. (2006). *USDA recipes for child care*. University, MS: Author.



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# Using Ratatouille Throughout the Year

## Ratatouille Pizza

Yield: 16 slices

- Pizza dough, whole wheat ..... 32 ounces  
*(see recipe, page 7)*
- Ratatouille..... 1 quart
- Parmesan cheese, grated ..... 4 ounces
- Mozzarella cheese, lowfat, shredded ..... 1 pound,  
12 ounces
- Oregano, dried..... 1 tablespoon

1. Roll pizza dough onto full-size sheet tray. Par bake the pizza dough at 350° F for 5 to 7 minutes.
2. Drain ratatouille and spread over prepared pizza dough.
3. Mix cheeses together and sprinkle on top of ratatouille. Sprinkle oregano over top of cheeses.
4. Bake at 400° F for about 15-20 minutes in conventional oven.
5. CCP: Hold for hot service at 135° F or higher.
6. Cut each full size pan 4x4 (16 servings).

*1 slice provides 2 ounces of meat/meat alternative, 1/4 cup of vegetable and 2 servings of grains/breads*

Calories	318	Iron	1.7 mg
Protein	20.0 g	Calcium	463 mg
Carbohydrate	29.1 g	Vitamin A	705 IU
Total Fat	14.8 g	Vitamin C	16.3 mg
Saturated Fat	6.7 g	Sodium	620 mg
Cholesterol	33 mg	Dietary Fiber	1.8 g



## Serving Suggestions:

- Serve as a hot or cold side dish
- Strain and use vegetables on pizza and the liquid in soup or sauce
- Toss over pasta and sprinkle with cheese and bake
- Layer with pasta and cheese for a quick lasagna
- Saute chicken breast and cover with ratatouille, sprinkle with parmesan cheese and bake
- Puree and serve as a sauce over pasta
- Serve with brown rice
- Use in chili or stew
- Use as a filling for a sandwich wrap

## Ratatouille Stromboli

Yield: 24 slices

- Pizza dough, whole wheat ..... 48 ounces  
*(see recipe, page 7)*
- Beef crumbles, fully cooked, frozen ..... 1 1/2 pounds
- Mozzarella cheese, lowfat, grated ..... 1 1/2 pounds
- Parmesan cheese, grated ..... 2 ounces
- Ratatouille..... 1 1/2 quart
- Marinara sauce ..... 1 1/2 quart

1. Roll 24 ounces pizza dough into an 18 by 12 inch rectangle. Place onto full-size sheet tray that has been sprayed with vegetable oil spray.
2. Mix together cheeses, beef crumbles, and ratatouille. Divide into 2 equal parts.
3. Spread 1 part of the mixture onto flattened dough. Roll like a jelly roll. Repeat with the second 24 ounces of dough.
4. Let rise for 10 minutes in proofer.
5. Bake at 350° F for about 30-45 minutes in conventional oven.
6. CCP: Hold for hot service at 135° F or higher.
7. Cut each roll into 1 1/2 inch slices. Serve with 1/4 cup marinara sauce on the side to dip.

*1 slice provides 2 ounces of meat/meat alternative, 1/2 cup of vegetable and 2 servings of grains/breads*

Calories	388	Iron	2.5 mg
Protein	23.8 g	Calcium	547 mg
Carbohydrate	37.7 g	Vitamin A	1047 IU
Total Fat	15.2 g	Vitamin C	36 mg
Saturated Fat	7.0 g	Sodium	853 mg
Cholesterol	32 mg	Dietary Fiber	7.1 g



## Ratatouille Wrap

Yield: 24 wraps

- Flour tortilla, whole wheat, 8-inch,  
at least 1.4 ounces each..... 24 each
- Refried beans, canned ..... 6 cups
- Ratatouille..... 12 cups
- Cheddar cheese,  
reduced fat, shredded..... 3 pounds

1. Spread 2 ounces refried beans over entire wrap.
2. Spread 4 ounces (1/2 cup) ratatouille (drained) over refried beans.
3. Sprinkle 2 ounces shredded cheese on top of ratatouille.
4. Roll wrap and place in full size 2 inch deep steam table pan.
5. Cover and bake at 350° F for 15-20 minutes in conventional oven.
6. CCP: Hold for hot service at 135° F or higher.

*1 wrap provides 2 ounces of meat/meat alternative, 1/2 cup of vegetable and 1 1/2 servings of grains/breads*

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# Harvest Muffin

Serving Size: 1 each

Number of Portions: 24

This harvest muffin uses zucchini and carrots, that were grown in the late summer, throughout the school year. The combination of applesauce and shredded vegetables makes this muffin lower in fat, extra moist, and a big hit with the students. This is another example of how the Viroqua Area Schools extends the Wisconsin harvest season.

Ingredients	Weight	Measures	Instructions
Zucchini, frozen, shredded	1 pound, 3 ounces	3 1/4 cup	<ol style="list-style-type: none"> <li>Mix wet ingredients: zucchini, carrots, sugar, eggs, oil and applesauce.</li> <li>In a separate bowl, mix dry ingredients: flours, baking powder, baking soda, cinnamon, nutmeg and salt.</li> <li>Add wet ingredients to dry ingredients and mix well.</li> <li>Portion batter with No. 12 scoop into muffin pans lightly coated with pan release spray.</li> <li>Bake in a 350° F conventional oven until lightly browned, about 25 minutes.</li> </ol>
Carrots, frozen, shredded	1 pound	2 cups	
Sugar, granulated	1 pound, 3 ounces	2 3/4 cups	
Eggs	10 ounces	5 each	
Vegetable oil	3 1/4 ounces	2/5 cup	
Applesauce, unsweetened	7 ounces	7/8 cup	 <p>1 serving provides 1 3/4 serving of grains/breads</p>
Flour, enriched, all-purpose	1 pound	4 cups	
Flour, whole wheat	6 ounces	3/4 cup	
Baking powder		1 tablespoon	
Baking soda		2 teaspoons	
Cinnamon		1 1/2 teaspoons	
Nutmeg		1 teaspoon	
Salt		3/4 teaspoon	

## Nutrients per serving

Calories	247	Saturated Fat	0.73 g	Iron	1.7 mg
Protein	5.2 g	Cholesterol	44 mg	Calcium	58.2 mg
Carbohydrate	45.7 g	Vitamin A	3334 IU	Sodium	197 mg
Total Fat	5.5 g	Vitamin C	8.9 mg	Dietary Fiber	2.2 g

Source: Adapted from Viroqua Area Schools, Viroqua, WI.

### For additional recipes:

U.S. Department of Agriculture, Food and Nutrition Services, & National Food Service Management Institute. (2006). *USDA recipes for schools*. University, MS: Author.

U.S. Department of Agriculture, Food and Nutrition Services, & National Food Service Management Institute. (2006). *USDA recipes for child care*. University, MS: Author.



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# Whole Wheat Pizza Dough

Yield: 80 ounces or 5 pounds

This versatile pizza dough can be used in the ratatouille pizza and stromboli. It can also be used with calzones, focaccia bread, garlic knots, or bread sticks.

Ingredients	Weight	Measures	Instructions
Yeast, active dry	$\frac{3}{4}$ ounce	3 envelopes	<ol style="list-style-type: none"> <li>1. Dissolve dry yeast in warm water (110 °F). Let stand for 4-5 minutes.</li> <li>2. Place whole wheat flour, all purpose flour, and cake flour in large mixer bowl. Mix with a dough hook for 30 seconds on low speed. Make well in the center.</li> <li>3. Pour dissolved yeast, salt, and sugar into mixing bowl with dry ingredients. Gradually work into the flour using dough hook on low speed. Knead for 15 minutes at medium speed.</li> <li>4. Shape dough into desired sized balls. Let rest for 20 minutes. Use as directed in recipes on page 5.</li> </ol>
Water, warm	1 pound 14 ounces	3 $\frac{3}{4}$ cup	
Flour, whole wheat	1 pound 9 ounces	5 $\frac{1}{2}$ cups	
Flour, enriched all-purpose	1 pound	3 cups	
Flour, cake	7 ounces	1 $\frac{2}{3}$ cup	
Salt		2 teaspoons	
Sugar, granulated		2 Tablespoons	
Vegetable oil		3 Tablespoons	

2 ounces of dough provides 2 servings of breads/grains



## Nutrients per serving

Calories	132	Saturated Fat	0.3 g	Iron	1.6 mg
Protein	4.1 g	Cholesterol	0 mg	Calcium	9.2 mg
Carbohydrate	26.2 g	Vitamin A	1.6 IU	Sodium	118 mg
Total Fat	1.7 g	Vitamin C	0 mg	Dietary Fiber	2.4 g

Source: Adapted from Kunsberg School, Denver, Colorado.

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