



cooking
with kids

Recipe Box

What's in the Recipe Box?

Overview

Cooking with Kids has developed expertise in a number of areas through the years. Cooking with Kids can offer support and technical assistance to help others considering options for getting started in their own school communities or other organizations.

School Lunchroom Tasting Activities

- Fruit and Vegetable Tastings
- Taste a Rainbow
- Superchefs
- Menus

Farm to School

- Purchasing Local Food for Lunchroom Tastings
- Farmers' Market Stands in the Lunchroom

Kitchen Staff Professional Development

- Recipe Development and Demonstrations
- 10-minute Monthly Trainings
- Kitchen Staff Celebrations

Cooking with Kids in the Classroom

- Tasting Lessons
- Cooking Classes



Eat a
rainbow
every day!



Overview

TIME: Lunch period + 2 hours prep and cleanup

Tastings allow kids to learn about, explore and enjoy fruits and vegetables. A lunchroom tasting can consist of one or several fruits and or veggies. They are a great way to introduce students to new or unfamiliar produce. Tastings can also be a wonderful way to highlight regionally grown and/or seasonal offerings.

Ingredients

- 1 educator, parent, volunteer, or student/student group
- 1 to 3 fresh fruits and or veggies to sample
- Colander, cutting board, knife and veggie grater
- A cart or table, colorful and easy-to-clean tablecloth (oilcloth), tape, brightly colored bowls, serving tongs, plastic gloves, small plates or paper boats, napkins, apron or chef's coat, signage (in all appropriate languages)

Before You Begin

Make an appointment to talk with your school principal about what you (your group, team or organization) would like to do and WHY. Accent the positive! Strive for collaboration with school food service and make sure you have a basic understanding of the rules and regulations they must follow and how your efforts can ultimately support their work.

Step 1

PLAN YOUR LUNCHROOM TASTING.

Get permission to conduct a Cafeteria Tasting from the Food Service Director and Kitchen Manager. Schedule a time and day to taste the approved product. Keep in mind that you will need to schedule time to prep the produce in the cafeteria kitchen prior to the tasting.

Step 2

PREPARE THE TASTING.

Dress cart or table with a colorful tablecloth, set up tasting implements, and hang signage. Wash all produce and cut into kid-friendly bite-sized pieces. Spend time thinking about what cut would best to highlight the produce—dice, slice or grate? Arrange the produce on cart so that it is visually pleasing and easy for students to see.

Step 3

GO TO THE LUNCHROOM.

Set up your cart or table out of the way of the lunch line and cafeteria staff. Ideally, place the table or cart in a place that is visible and accessible. If you are using a cart, you can move about the cafeteria, give samples, talk about the produce, and gather student feedback.

Overview

TIME: Lunch period + 4 hours prep and cleanup

Encourage students to Taste a Rainbow of fresh fruits and vegetables by offering them a variety of produce in every color. This tasting works well when the fruits and vegetables are offered as toppings to a salad and paired with a delicious new dressing. When conducting a lunchroom promotion, offer the cafeteria staff a rainbow salad as a way to introduce new fruits and vegetables they may not be familiar with. It may end up on the lunch line!

Ingredients

- 1 educator, parent, volunteer, or student/student group
- 3 to 5 fresh fruits and or veggies to sample
- Lettuce or salad mix (optional)
- Colander, cutting board, knife and veggie grater
- A cart or table, colorful and easy-to-clean tablecloth (oilcloth), tape, brightly colored bowls, serving tongs, plastic gloves, small plates or paper boats, napkins, apron or chefs coat, signage (in all appropriate languages)

CATEGORIES:
Local Food Procurement
Nutrition Education
Kitchen Staff Professional Development
Parent and Community Engagement

Step 1

PLAN YOUR TASTE A RAINBOW EVENT.

Get permission to conduct a Taste a Rainbow event from the Food Service Director and Kitchen Manager and schedule a time and day to taste the approved product. Keep in mind that you will need to schedule time to prep the produce in the cafeteria kitchen prior to the tasting.

Step 2

PREPARE THE RAINBOW.

Dress cart or table with a colorful tablecloth, set up tasting implements, and hang signage. Wash all produce and cut into kid-friendly bite-sized pieces. Spend time thinking about what cut would best highlight the produce—dice, slice or grate? Arrange the produce on cart so that it creates a rainbow and easy for students to see.

Step 3

GO TO THE LUNCHROOM.

Set up your cart or table so that you are not in the way of the lunch line and cafeteria staff. Ideally, place the table or cart in a place that is visible and accessible. If you are using a cart, you can move about the cafeteria, give samples, talk about the produce, and gather student feedback.

Overview

TIME: Lunch period + 3.5 hours prep and cleanup

When professional chefs participate in cafeteria promotions, their presence can help elevate the cafeteria's reputation and give credibility to both the kitchen staff and menu offerings. Having chefs working alongside the cafeteria staff also helps students recognize that the "lunch ladies" are part of the culinary community and that the food they skillfully prepare is healthy and tasty.

Ingredients

- An enthusiastic, kid lovin' chef
- 1 to 3 fresh fruits or veggies or 1 prepared dish to sample
- Colander, cutting board, knife and veggie grater
- A cart or table, colorful and easy-to-clean tablecloth (oilcloth), tape, bowls, serving tongs, plastic gloves, small plates or paper boats, napkins, apron or chefs coat, signage (in all appropriate languages)

CATEGORIES:
Nutrition Education
Community Engagement
Cross Promotion

Step 1

PLAN YOUR SUPER CHEF CAFETERIA TASTING.

Get permission to conduct a Super Chef run Cafeteria Tasting from the Food Service Director and Kitchen Manager and schedule a time and day to taste the approved product. Keep in mind that you will need to schedule a time to prep the produce in the cafeteria kitchen prior to the tasting. Arrange a time for the chef to meet you and give him/her a clear idea of what is expected.

Step 2

PREPARE THE TASTING.

Dress cart or table with a colorful tablecloth, set up tasting implements, and hang signage. Wash all produce and cut into kid-friendly bite-sized pieces. Spend time thinking about what cut would best highlight the produce—dice, slice or grate? Arrange the produce on cart so that it is visually pleasing and easy for students to see.

Step 3

GO TO THE LUNCHROOM.

Set up your cart or table so that you are not in the way of the lunch line and cafeteria staff. Ideally, place the table or cart in a place that is visible and accessible. If you are using a cart, you can move about the cafeteria, give samples, talk about the produce, and gather student feedback.

School Menus

Overview

TIME: Dependent on menu projects

School menus are a great platform to promote lunchroom activities, highlight cafeteria staff and or to announce upcoming events. A few ideas that you may want to consider featuring on the menu include “Cafeteria Staff of the Month”, “Fresh Fruit or Vegetable of the Month”, “Farmer of the Month”, photos of cafeteria events, healthy recipes, new menu items, locally grown menu items, or health and nutrition facts. What story would you like to tell about the lunchroom?

Ingredients

- Ideas of what you would like to feature on the menu
- A menu template
- A person who is familiar with the computer program used to create school menus and who can insert photos and text into the menu template

Steps

PLAN WHAT YOU WOULD LIKE TO FEATURE ON THE MENU.

Ask the Food Service Director if you can help with the monthly menus. Decide together what projects you would like to feature. When coming up with a design for the menu, consider whether it will be printed or featured in line and if it will be black and white or in color. Come up with a timeline as to when the menu needs to be finished and printed.

CATEGORIES:
Nutrition Education
Community Engagement
Cross Promotion

May 1 - May 12, 2017

MONDAY May 1	TUESDAY May 2	WEDNESDAY May 3	THURSDAY May 4	FRIDAY May 5
B - Manager's Choice L - Turkey Pot Roast Mashed Potatoes Steamed Broccoli Whole Wheat Roll Fruit Milk V - Black Bean Patty	B - French Toast Sticks or Cereal L - Corn Chip Pie Lettuce/Tomato Fruit Banana Bread Square Milk V - Bean Corn Chip Pie	B - Eggs & Cheese Muffin or Cereal L - Teriyaki Chicken Brown Rice Vegetable Stir Fry Sweet & Sour Cucumbers Fruit Milk V - Veggie Nuggets	B - Cinnamon Roll <i>or</i> Cereal L - Beef Burrito w/ Red Chile Sauce Pinto Beans Tomato Salsa Fruit Milk V - Bean Burrito	B - Egg & Tortilla <i>or</i> Cereal L - Pepperoni Pizza Baby Carrots Caesar Salad Fruit Milk V - Cheese Pizza
Take time to thank your school lunch heroes this week!				
May 8	May 9	May 10	May 11	May 12
B - Oatmeal & Toast <i>or</i> Cereal L - Manager's Choice Fruit Milk	B - Waffle Sticks <i>or</i> Cereal L - Cheese Breadsticks w/ Marinara Sauce Greens & Sprout Salad Fruit Milk	B - Egg & Chorizo Burrito or Cereal L - Salisbury Steak Scalloped Potatoes Green Beans Whole Wheat Roll Fruit Milk V - Black Bean Patty	B - Omelet & Biscuit <i>or</i> Cereal L - Spaghetti w/ Meat Sauce Steamed Broccoli Breadstick Fruit Milk V - Pasta w/ Marinara	B - Cinnamon Ultimate Breakfast Round <i>or</i> Cereal L - Turkey & Cheese Sandwich Lettuce/Tomato Steamed Corn Fruit Milk V - Grilled Cheese Sandwich

This institution is an equal opportunity provider and employer.

NOTES: A variety of milk is offered at each meal. Breakfast includes fruit and juice daily. Menu is subject to change.



Rosa Gomez, Wendy Talamantes, Veronica Medina, Aracely Landeros

Meet Your Cafeteria Staff Sweeney Elementary

**Veronica Medina,
Manager**

Favorite School Lunch:
Nachos
Favorite Fruit:
Strawberries
Favorite Vegetable:
Cucumbers with lime and chile

Santa Fe Seasons: Produce of the Month



Lettuce

We'll be enjoying a variety of
fresh local lettuces
in cafeterias this month

**Nery Martinez,
Santa Cruz Farms,
Santa Cruz, NM**

Nery helped serve local spinach with fresh fruit at Gonzales Community School during Cooking with Kids' April "Taste a Rainbow" campaign in cafeterias around Santa Fe.

Student Nutrition Employee Week: May 1 - 5
School Lunch Hero Day on May 5th



**Who are Your
school lunch
Heroes?**



Farmers' Market Stand in the Lunchroom

Overview

TIME: Lunch period + 3.5 hours prep and cleanup

It is important for students to understand where their food comes from and who grew it. By inviting local growers to set up farmers' market stands in the cafeteria—stocked with their farm fresh produce—students are able to make the connection from farm to fork.

Ingredients

- A farmer
- 1 to 4 fresh fruits and or vegetables.
Top 5 tasting items: mini carrots with tops, yellow and red cherries, mixed cherry tomatoes, melon slices, and sunflower sprouts!
- Colander, cutting board, knife and veggie grater
- A cart or table, colorful and easy-to-clean tablecloth (oilcloth), tape, bowls or baskets, serving tongs, plastic gloves, small plates or paper boats, napkins, apron or chefs coat, signage (in all appropriate languages)

CATEGORIES:
Local Food Procurement
Nutrition Education
Community Engagement

Step 1

PLAN YOUR FARMERS' MARKET STAND.

Get permission from the Food Service Director and Kitchen Manager to conduct a Farmers' Market Stand and schedule a time and day to have the event. Keep in mind that you will need to schedule a time to prep the produce in the cafeteria kitchen prior to the tasting. Arrange a time for the farmer to meet you and give him/her a clear idea of what is expected. Decide what products the farmer will bring and set up a payment plan.

Step 2

PREPARE THE STAND.

Dress cart or table with a colorful tablecloth, set up tasting implements, and hang signage. Wash all produce and cut into kid-friendly bite-sized pieces if needed. Spend time thinking about what cut would best highlight the produce—dice, slice or grate? Arrange the bowls and baskets so that it resembles a farmers market and is easy for students to see the produce.

Step 3

GO TO THE LUNCHROOM.

Set up your cart or table so that you are not in the way of the lunch line and cafeteria staff. Ideally, place the table or cart in a place that is visible and accessible. If you are using a cart, you can move about the cafeteria, give samples, talk about the produce, and gather student feedback.

Local Food Procurement

Overview

TIME:
An afternoon at a farmers market (Informal)
or several months (Formal)

Purchasing locally grown fresh fruits and vegetables directly from farmers gives students an opportunity to taste produce at its peak, broaden their knowledge of fruits and vegetables, learn about seasonality, and expand their understanding of where food comes from.

INGREDIENTS: A Purchase Order

CATEGORIES:
Local Food Procurement
Nutrition Education
Kitchen Staff Professional Development

Step 1

Create a plan of what you would like to purchase, when you would like to purchase, and how much you would like to spend.

Step 2

Understand your school district's procurement policies and procedures. What procurement method would work best, informal or formal?

Step 3

Set up delivery logistics and purchase product.





Kitchen Staff Professional Development

Overview

TIME:

Dependent on availability of Cafeteria Staff and School Food Service Administrators

Working with school food service staff requires some background learning. It is vital to understand the basic rules and constraints that govern school food service operations. While there is no simple guide that will cover all school food service operations, this link provides some basic information: <https://schoolnutrition.org/AboutSchoolMeals/SchoolNutritionStandards>.

Be ready to be a good listener and learner. Hold your suggestions and ideas until you understand the system that you are working with. Be patient and kind, and notice the assumptions you bring along.

CATEGORIES:
Kitchen Staff Professional Development
Nutrition Education
Community Engagement
Cross Promotion



Recipe Development & Demonstrations

Overview

TIME: Lunch period + 3.5 hours prep and cleanup

School food service staff are the experts in their kitchens. Ask Kitchen Managers for feedback on menus, recipes and students' likes and dislikes. Work with School Food Service Administrators to generate a list of recipes and/or techniques that will be useful, acceptable and accessible to the staff. Start simple!

Ingredients

- Find a recipe with input from School Food Administrators and Kitchen Managers, if possible
- Get the same ingredients as the kitchen staff uses
- Test the recipe in a school kitchen if possible

Step 1

Talk with cafeteria staff (both Administrative and Kitchen) about the recipe and it's challenges and what they would like to see improved.

Step 2

Make a small quantity (25 servings), noting where improvements or changes could be made. Sample the results and discuss recipe changes with Food Service Administrators.

Step 3

Make the recipe at least one more time before presenting to Kitchen Managers. Decide how you will demonstrate the changes in quantities; preparation, timing, culinary techniques or skills that are needed to achieve the desired result.

Step 4

Make sure that the recipe changes have been incorporated accurately into a new version of the recipe so that Managers can follow along, ask questions and give feedback during the demonstration.

Hands-on Kitchen Staff Training

Overview

TIME: Dependent on availability of Cafeteria Staff and Administration

Under most circumstances there is very little time for training kitchen staff. However, hands-on kitchen staff trainings can take very little time and minimal effort. In just 10 minutes a month, you can provide cafeteria workers with professional development trainings that can increase their culinary skills, boost morale, and result in school meals that are more flavorful and visually pleasing. Here are some topics for 10-minute trainings: knife skills, using herbs and spices, preparing new menu items, cooking with whole grains, and salad bars. If you want to ensure that your training will be a success, bring food to share with the staff.

Step 1

Select a training topic based on greatest need by consulting with Food Service Director and Kitchen Managers, if possible. Prepare a short and simple demonstration that will allow the staff to learn through a hands-on activity. Make sure that you have enough equipment and food so that everyone can participate and enjoy generous samples.

Ingredients

- Kitchen staff
- A simple training topic
- Stations set up for food preparation
- Food to sample

Step 2

Send out an announcement to all the participating kitchen staff so that everyone can look forward to the training.

CATEGORIES:
Kitchen Staff Professional Development
Nutrition Education



Cafeteria Training at Santa Fe Public Schools with Chef Martin Rios of Restaurant Martin in Santa Fe, NM

Overview

TIME: Dependent on availability of Cafeteria Staff and Administration

It is not unusual for school food service staff to feel chronically unnoticed and under appreciated. School food service often operates separately from other aspects of the school environment, and school food often has a negative reputation. This can affect morale in school kitchens and foster a defensive attitude among the people who work there. A celebration for kitchen staff can be as simple as providing healthful and delicious snacks at meetings and trainings. Even allowing time to socialize and enjoy each other's company can help create a positive work environment. Show genuine appreciation for the work that is done daily. The work that school food service does really matters, and there is always something to praise.

Ingredients

- Commitment to the slow process of building trusting relationships. Start small, but keep it going.
- Find a way to change up a celebratory event that already takes place or create a new one that focuses on preparing and sharing food with each other. A fun way to increase enthusiasm might be to create a friendly contest for creating the best salsa, or salad or smoothie.
- Find a handful of helpers to assist with set-up and clean up so that the food service staff does not have to do all the work at their own celebration. If possible, include the Food Service Administrators to roll up their sleeves and be part of the team.

CATEGORIES:
Kitchen Staff Professional Development
Nutrition Education
Community Engagement

Step 1

Get permission from the Food Service Director and other Food Service to plan a hands-on cooking experience that involves small groups cooking and eating together.

Step 2

Plan the event so that there is time for socializing and enjoying each other's company. That means considering every aspect of the experience. Make sure to provide enough equipment, proper tools, quality ingredients, and recipes that everyone can read and understand.

Step 3

When participants arrive, make sure there are snacks, water and other beverages available. Encourage a team-like atmosphere and reinforce that the purpose of the activity is to enjoy each other's company and to make and share food together.



OVERVIEW

Cooking with Kids has developed two basic types of hands on fun experiences with food.

1. Tastings are an easy no-cooking-involved way to get started with hands-on nutrition education. Kids use their senses to discover that fresh fruits and vegetables make delicious snacks.

2. Cooking classes are more intensive experiences that require planning, equipment and a longer block of time. While each cooking lesson incorporates several recipes, it is easy to adapt the lessons to make just one or two of the components.

The Cooking with Kids Curriculum is based on these two types of classes, but can be easily adapted. An Apple Tasting can culminate with making applesauce. A Citrus tasting can incorporate a salad, salad dressing or smoothie making. Making breadsticks or a whole grain flatbread can be a fun stand-alone class. There are many ways to mix and match the recipes that are found in the curriculum to suit a variety of needs.

Ingredients

- A class of elementary-aged students and classroom teacher OR a smaller group of students in an afterschool program or club
- 1-hour block of time
- Access to a several varieties of fruits or vegetables
- Cooking with Kids Lesson plans and student activities are available as free downloads. [Click here.](#)

Step 1

Get permission to try a tasting activity with one class or even a small group.

Step 2

Read the tasting lesson plans thoroughly and choose which lesson you would like to do. Consider seasonality, price, amounts needed, storage and transport needs. Choose fruits or vegetables you think kids may be more interested in and receptive to as a first lesson.

Step 3

Be prepared and expect the unexpected. Read the lesson thoroughly and think about each step ahead of time.

Step 4

Don't force anyone to eat or even try the food. Tasting lessons are all about the process of using your senses to explore foods. The success of the lesson is not whether the children "liked" the foods. Tasting lessons can help kids learn about and approach food with interest and curiosity and without the pressure to "eat it because it is good for you" or "just try it".

Cooking Lessons

Ingredients

- A class of elementary-aged students and classroom teacher OR smaller group of students in an afterschool program or club
- 1 to 2-hour block of time
- Cooking with Kids' Curriculum has tried-and-true, kid-tested recipes and provides step-by-step lesson plans, student activities and helpful tips.

Step 1

Get permission to try a cooking activity with one class or even a small group. Make sure to have one or two grown-up helpers that you can depend on.

Step 2

Choose a cooking lesson or recipe. Cooking with a group of kids is fun and requires a great deal of multi-tasking. Read the lesson plan and classroom recipes thoroughly. Consider seasonality, price, quantities, storage and equipment needs.

Step 3

Be prepared and expect the unexpected. It is very helpful to try making the recipes yourself BEFORE you do a cooking class.

Step 4

Cooking lessons are opportunities for practicing all kinds of skills, from reading and math to cooperating in a group. Find tasks for everyone to do. If you are about to do something, think, "How can a child do this?" The success of the lesson is not just whether the children "liked" the foods, but whether they were engaged in the process, contributed to the activity, and had a positive food experience. Use encouragement and praise abundantly!

