

Utilizing School Nutrition Interns

Presented by Maribel Alchin





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- *Assistant Director of Food & Nutrition Services, Marquardt School District 15*
- 24 years in field of nutrition
 - Bilingual Registered Dietitian (Spanish)
 - Personal Chef
- 4 years in School Nutrition



Marquardt School District 15 – Kindergarten – 8th Grade

- Self-Operated, Satellite School Nutrition Program with Central Kitchen
- 1 middle school, 4 elementary schools
- CEP, Offer vs. Serve, NSLP, SBP, SSO
- 2,472 students
- Serve 3,000 meals/day; 500K meals/year across 2 districts
- ADP 40% Breakfast, 75% Lunch
- Catering, A la carte



- Intergovernmental Agreement (IGA) with Queen Bee School District 16
- 1 middle school, 2 elementary schools
- 40% - 45% Free/Reduced and Paid meals; Offer vs. Serve; NSLP, SBP, SSO
- 1,671 students

Today's Goals

List key steps for setting up a school nutrition rotation

Name two teaching tools to support learning

Identify three projects for dietetic interns

Steps for Setting Up a School Nutrition Rotation

- Reach out to dietetic internship director
 - See list of IL dietetic internship programs
- Determine list of competencies
- Create a rotation schedule
- Provide a resource folder to support learning



Benedictine University Dietetic Internship Program Competencies

Foodservice Operations	Procurement Financial Management	Marketing & Nutrition Education	Nutrition & Special Diet	Leadership Administration
Filling out Production Records CRDN 3.13	Researching & understanding Procurement process & regulations CRDN 3.13 (Purchasing Cooperative + Bid)	Social Media: creating content for social media company to post	Standardized Recipe development CRDN 3.14	Site visits/reviews CRDN 4.1, 4.2, 4.3
Cook/prep in central kitchen CRDN 3.13		Creating Signage in Canva (both federally required vs additional) CRDN 2.2		Staff Evaluations
Serve at middle & satellite schools CRDN 3.13	Profit & Loss, department budget	Creating educational materials for students/staff/parents CRDN 3.9	Nutrition Analysis software (TITAN): Entering in recipes, nutritionals, & CN label & Product Formulation statements CRDN 4.4	Conflict management (webinars) CRDN 4.1
Educating on Monthly Inventory	Understanding USDA Commodities & allocation: Stefanie goes through process, shows current allocations	Classroom opportunities for nutrition education: CRDN 3.8, 3.11	Cycle Menu development: create 2-week cycle menu following NSLP guidelines CRDN 3.14	Effective communication to stakeholders (Stefanie's thought process + samples) CRDN 2.2, 3.7
Forecasting & ordering with central kitchen manager CRDN 4.5	Invoicing	Taste Testing & surveying with students	Federal Programming Project: researching and creating a resource guide explaining differences between each program: NSLP/SBP/CACFP/SSO/SFSP CRDN 4.7	Different roles within school nutrition: watch videos created by different people within the field explaining roles
Understanding & enforcing HACCP rules CRDN 4.2	Meal pers labor hour + meal costs Pricing of meals		Understanding the process for Modified Diets & creating a menu for "fake" student CRDN 3.14	Professional development requirements/resources in school nutrition
Blessings in a Backpack program			Adapting consumer friendly recipe to school foodservice/regulations CRDN 4.5	Creating training resources for staff CRDN 4.1

Benedictine University Dietetic Internship
School Nutrition Rotation
Rotation Schedule
January 9-January 12, 2023

Build your rotation schedule with your preceptor

Date	Activities to Be Completed
Monday, January 9	<ul style="list-style-type: none"> • Welcome: getting to know the interns; level of knowledge vs interest vs questions • Review Employee handbook & intern folder • Tour central kitchen & D15 satellite schools
Tuesday, January 10	<ul style="list-style-type: none"> • Overview of School Nutrition Programs • NSLP Links https://www.isbe.net/Documents/National-School-Lunch-Program-Overview.pdf • Veg subgroup https://www.isbe.net/Documents/vegetable-subgroups.pdf • Civil Rights Training https://site.qctraining.com/ • Food Handler training (CRDN 4.2) https://site.qctraining.com/
Wednesday, January 11	<ul style="list-style-type: none"> • Food prep in central kitchen • Canva Training https://www.youtube.com/watch?v=CcI3UBjUQ • Operations Training: Production Records, service etc. CRDN 3.13 file:///C:/Users/Maribel%20Aichin/Downloads/Managers-Corner-Production-Records.pdf • Observe lunch serving line at Elementary School
Thursday, January 12	<ul style="list-style-type: none"> • Standardized Recipe Training + Development (CRDN 3.14) • Link to USDA Recipe Standardization Guide https://theicn.org/cicn/usda-recipe-standardization-guide-for-school-nutrition-programs/ • Link to Developing Standardized Recipes Video https://theicn.org/cicn/menu-plannig-tools/ • Tour D16 satellite schools

Resource Folder

- Snapshot of your school nutrition program
- SBP & NSLP meal pattern charts
- Culinary Math Cheat Sheet
- Menu
- Production Record
- School Nutrition Resources

USDA United States Department of Agriculture

OFFER VERSUS SERVE (OVS) Tip Sheet for School Food Service Managers

School Breakfast Program

What is OVS?
The goal of OVS is to reduce food waste while allowing students to choose the foods they want to eat. Everyone plays a role. When students and cafeteria staff understand OVS, breakfast lines move smoothly, allowing students to make the most of meal time and enjoy the wholesome and appealing foods they are served. It also helps reduce overall food costs.

Under OVS at breakfast, schools must offer at least four food items from the three required food components (fruit, grains, and fluid milk).

- A food requirement is one of three required food groups in a reimbursable breakfast. These are fruits, grains, and fluid milk.
- A food item is a specific food offered within the three food components, for example, 2 slices of whole-grain-rich toast, 1 cup of grapes, and 1 cup of milk. This meal meets OVS breakfast requirements because three food components and four food items are offered.

Students must select at least three of the four offered food items under OVS at breakfast, including at least 1/2 cup of fruit and/or vegetable. Please note, OVS is optional at breakfast for side grain levels.

Required Components at Breakfast

Fruit	Grains	Fluid Milk*
1 cup	1 ounce equivalent (oz eq)	1 cup

Sample OVS breakfast menu:
Variety of milk* (fat free or low-fat 1/2 cup milk)
Slice of whole-grain-rich toast (1 oz eq grain)
Whole-grain-rich cereal (1 oz eq grain)
Orange slices (1 cup fruit)

Optional Components at Breakfast

Vegetables:

- Vegetables may be offered as a substitute for fruits.

Meats/Meat Alternates

- A meat/meat alternate may be served to meet the weekly grain requirement, as long as a 1 oz eq minimum of grains is offered daily.
- A meat/meat alternate may also be offered as an "extra" food (not credited toward meal pattern requirements) if a reimbursable meal is selected.

*Water does not count as one of the three required food components and cannot be served as a substitute for milk.

Basics at a Glance

Recipe Abbreviations

approx. = approximate
tsp or t = teaspoon
Tbsp or T = tablespoon
c = cup
pt = pint
qt = quart
gal = gallon
wt = weight
oz = ounce
lb or # = pound (i.e., 3#)
g = gram
kg = kilogram
vol = volume
mL = milliliter
L = liter
fl oz = fluid ounce
No. or # = number (e.g., #0)
in. or" = inches (e.g., 12")
°F = degree Fahrenheit
°C = degree Celsius or centigrade

Volume Equivalents for Liquids

60 drops	= 1 tsp	= 0.5 fl oz
1 Tbsp	= 3 tsp	= 1.5 fl oz
1/8 cup	= 2 Tbsp	= 1.6 fl oz
1/4 cup	= 4 Tbsp	= 2 fl oz
1/2 cup	= 5 Tbsp + 1 tsp	= 2.65 fl oz
3/8 cup	= 6 Tbsp	= 3 fl oz
1/2 cup	= 8 Tbsp	= 4 fl oz
5/8 cup	= 10 Tbsp	= 5 fl oz
3/4 cup	= 10 Tbsp + 2 tsp	= 5.5 fl oz
3/4 cup	= 12 Tbsp	= 6 fl oz
7/8 cup	= 14 Tbsp	= 7 fl oz
1 cup	= 16 Tbsp	= 8 fl oz
1/2 pint	= 1 cup	= 8 fl oz
1 pint	= 2 cups	= 16 fl oz
1 quart	= 2 pt	= 32 fl oz
1 gallon	= 4 qt	= 128 fl oz

Equivalent Weights

16 oz	= 1 lb	= 1,000 lb
1 lb	= 16 oz	= 160,000 oz
8 oz	= 1/2 lb	= 80,000 oz
4 oz	= 1/4 lb	= 40,000 oz
1 oz	= 1/16 lb	= 10,000 oz

USDA United States Department of Agriculture

National School Lunch Program Meal Pattern

Food Components	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food per Week (minimum per day)		
Fruit (oz eq) ¹	2 1/2 (1/2)	2 1/2 (1/2)	5 (1)
Vegetables (oz eq) ²	2 1/2 (1/2)	2 1/2 (1/2)	5 (1)
Dark green ³	1/2	1/2	1 1/2
Red/Orange ³	1/2	1/2	1 1/2
Beans and peas (legumes) ³	1/2	1/2	1 1/2
Starchy ³	1/2	1/2	1 1/2
Other ³	1/2	1/2	1 1/2
Additional Vegetables to Reach Total ³	1	1	1 1/2
Meats/Meat Alternates (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)
Fluid milk (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (oz eq) ⁴	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Minimum calories (kcal) ⁵	550-650	600-700	750-850
Saturated fat (% of total calories) ⁶	<10	<10	<10
Sodium Interim Target 1 (mg) ⁷	≤ 1,200	≤ 1,360	≤ 1,420
Sodium Interim Target 1A (mg) ⁷	≤ 1,150	≤ 1,255	≤ 1,280
Trans fat ⁸	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

¹Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is 1/2 cup.

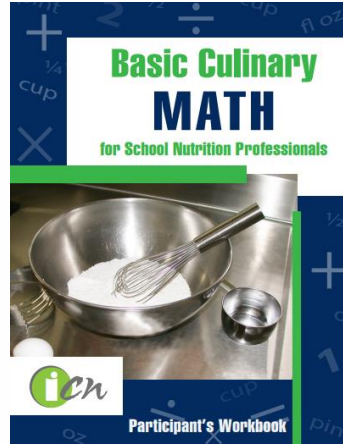
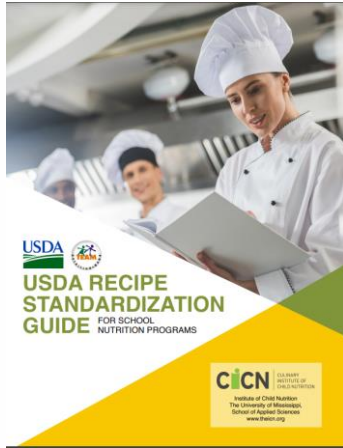
²One-quarter cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

³Larger amounts of these vegetables may be served.

⁴This category consists of "Other vegetables" as defined in paragraph (a)(2)(X)(ii) of this section. For the purposes of the NSLP, the "Other vegetables" requirement may be met with any.

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Teaching Tools



- Recipe costing
- Scaling up recipes
- Conversions

<https://theicn.org/cicn/usda-recipe-standardization-guide-for-school-nutrition-programs/>

<https://theicn.org/icn-resources-a-z/basic-culinary-math-for-school-nutrition-professionals/>

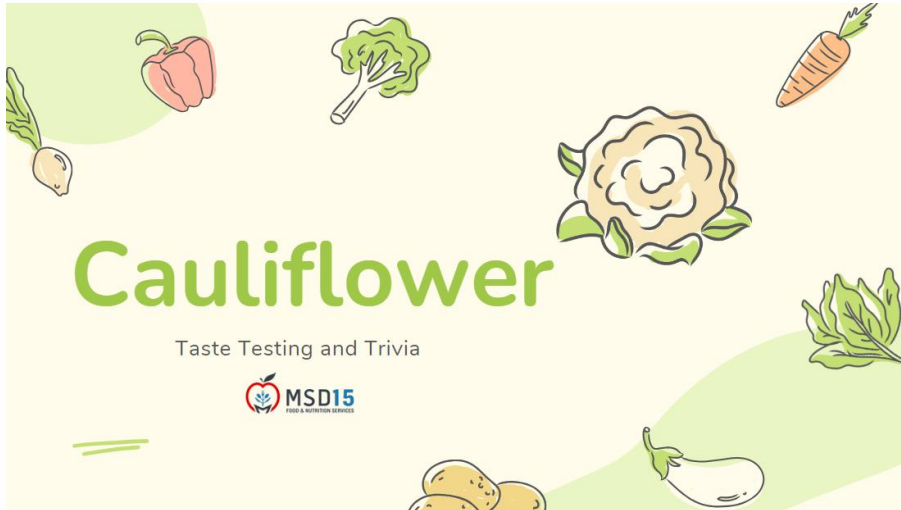
Intern Projects

SY 22-23 Trained 10 Benedictine University Dietetic Interns

- Nutrition Education & Tasting
 - Powerpoint presentation
 - 10 ways to use handout
 - Recipe handout
 - Kahoot game



Nutrition Ed Presentation



Cauliflower Tasting

Intern Projects

SCHOOL Breakfast / Lunch PROGRAM

Weekly Breakfast Components

Food Component	Min	Max
Grains	1	2
Fruits	1	2
Milk	1	2

Offer Versus Serve

- Students must be offered all 5 meal pattern components
- Students are allowed to decline up to 2 meal components
- At least 3 components must be selected

Grains
Meat/Meat Alternate
Fruits
Vegetables
Milk

Weekly Lunch Components

Food Component	Min	Max
Grains	1	2
Meat/Meat Alternate	1	2
Milk	1	2
Vegetables	1	2
Fruits	1	2

Benefits of OVS

- Teaches kids on making their own food choices
- Allows for a larger variety of foods that can compose a meal
- Decreases food waste

Is It Reimbursable?

Breakfast	Lunch
<ul style="list-style-type: none"> At least four food items must be offered At least a 1/2 cup of fruit and/or vegetable must be selected Must include the required amount of fruits, grains, milk 	<ul style="list-style-type: none"> Must contain at least three components out of the five At least a 1/2 cup of fruit and/or vegetable must be selected

MARQUARDT SCHOOLS NUTRITION INTRODUCTION

The goal of OVS ("Offer Versus Serve") is to reduce food waste while allowing students to choose the foods they want to eat.

SCHOOL BREAKFAST PROGRAM

Requirements:
To offer at least 4 food items that consist of at least 1 cup fruit, 1 oz grains and 1 cup fluid milk and have students select at least 1 food item including 1/2 cup fruit/vegetable

NATIONAL SCHOOL LUNCH PROGRAM

Requirements:
Must offer all 5 food components and have children select 3 meal components.
See Reimbursable Meals for Requirements

Vegetables	3/4 Cup
Fruit	1/2 Cup
Grains	1 oz eq
Meat/Altern.	1 oz eq
Fluid Milk	1 Cup

In order for meals to be considered 'reimbursable', students must:


- Be offered the minimum required amount of the 5 food components
- Must select at least 3 components, including 1/2 cup fruit and/or vegetable

EXAMPLES

Meal 1:	Meal 2:
• 1/2 cup corn	• Hamburger on whole grain-rich bun
• 1/2 cup green beans	• 1 cup Milk
• 1/2 cup grapes	
• 1 cup milk	


Answers: Meal 1 would be considered a reimbursable meal while Meal 2 would not because it does not have 1/2 cup fruit or 1/2 cup vegetables on the tray.

SCHOOL BREAKFAST PROGRAM



DAILY

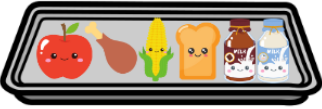
Milk - 1C of FF or LF
Grain (80%WGR) - 1 oz
Fruit- 1C
Must offer 4 components
Must take 3 components
Must take 1/2 C Fruit



WEEKLY

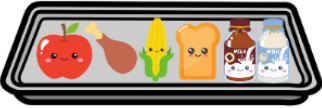
Milk- 5 C
Grain (80%WGR) 8-10 oz
Fruit- 5 C

SCHOOL LUNCH PROGRAM



DAILY

Milk- 1 C FF or LF
Grain (80%WGR)- 1 oz
M/MMA - 1oz
Fruit- 1/2 C
Vegetables- 3/4 C
Must take 3 components
Must take 1/2 C Fruit or Vegetable



WEEKLY

Milk- 5 C
Grain (80%WGR)- 8-10 oz
M/MA- 9-10
Fruit- 5 C
Vegetables- 5 C
Dark green- 1/2 c, Red-Orange- 3/4, Legumes- 1/2, Starchy-1/2

Staff Training Resources

Intern Projects



Marketing Materials

Key Takeaways

- Generate interest in the field of school nutrition
- Expand outreach of your school nutrition program
- Bring in more fresh ideas
- Opportunity to do things you normally don't have time for
- Hands-on experience and staff relief
- **Expanded veggie nutrition ed in the classroom to 233 elementary students!**



Questions? Let's Connect!

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