



NEW LONDON
PUBLIC SCHOOLS



119

CAFETERIA

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NLPS Child Nutrition Program Update

April 15, 2024

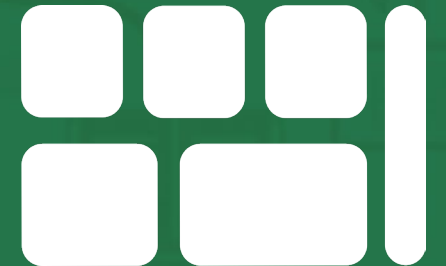
united in excellence

Child Nutrition Program Philosophy

- “Whole Child” approach to foodservice program

- Emphasizes the importance of addressing all aspects of a child’s development, including their physical, emotional, social, and cognitive well-being. When applying this approach to school food, it means more than just providing basic nutrition; it involves creating an environment that supports healthy eating habits, fosters positive relationships with food, and promotes overall well-being.

1. **Nutritious Food Options:** Offer a variety of nutritious food options that cater to diverse dietary needs and preferences. Incorporating culturally diverse meals can also promote inclusivity and expand students' palates.
2. **Education and Awareness:** Provide education about healthy eating habits, nutrition, and the importance of balanced diets. This can include classroom lessons, interactive activities, and workshops that empower students to make informed food choices.
3. **Access and Availability:** Ensure that healthy food options are readily available and easily accessible to all students.
4. **Community Engagement:** Engage parents, caregivers, and the broader community in promoting healthy eating habits both at school and at home. This could involve hosting cooking classes, nutrition workshops, or community events centered around food and health.
5. **Physical Activity Integration:** Integrate opportunities for physical activity into the school day and promote the connection between healthy eating and physical well-being.
6. **Mindful Eating Practices:** Encourage mindful eating practices that promote awareness of hunger and fullness cues, as well as appreciation for the sensory experience of eating. This might involve teaching students to eat slowly, savor their food, and pay attention to how different foods make them feel.
7. **Addressing Food Insecurity:** Recognize and address food insecurity among students by implementing programs such as school breakfast and lunch programs, food assistance initiatives, and partnerships with local food banks or organizations.
8. **Creating a Positive Food Environment:** Foster a positive food environment by promoting respectful mealtime behaviors, creating inviting dining spaces, and minimizing distractions during mealtimes. This can help cultivate a sense of community and connection around food.



Child Nutrition Program & Brigaid

- **Culinary Techniques & Training**
 - Introducing new recipes, skills and knowledge to staff
- **Recipe Testing**
 - Exploring diverse cultural flavors to introduce to students
- **Expanding Vegetable Offerings**
 - Utilizing farm produce
 - Introducing unfamiliar items to expose students
- **Community Meals**
 - Diverse meal offerings that teach chefs new techniques, flavor combinations and strategic planning
 - Working with unfamiliar recipes and ingredients
- **Food/Cafeteria Environment**
 - Presentation and setup to create an elevated dining experience for students
 - Professionally organized kitchens
- **Brigaid Model Nationwide**
 - Brigaid chefs have visited and trained in New London to learn and understand what is possible in school food. Best practices and protocols are brought back to their districts that provide impact and sustainable change across the country
 - Hosting partnering district directors



Meal Numbers & Participation

- YTD: September 2023 - March 2024
 - Breakfast- 203,055
 - Lunch- 281,699
 - Supper- 27,537
- 75-80% participation district wide



New Menu Items SY 24

- Chopped Cheese Sandwich
- Banana Muffin
- Pernil
- Arroz Con Gandules
- Soy Baked Chicken
- Vegetable Lo-Mein
- Sesame Cucumber Salad
- Garlic Bok Choy
- Buffalo Chicken
- Bacon Ranch Pasta Salad
- Pulled Pork Sandwich
- Cinnamon Swirl Pancakes



Recipe Development Process/Philosophy

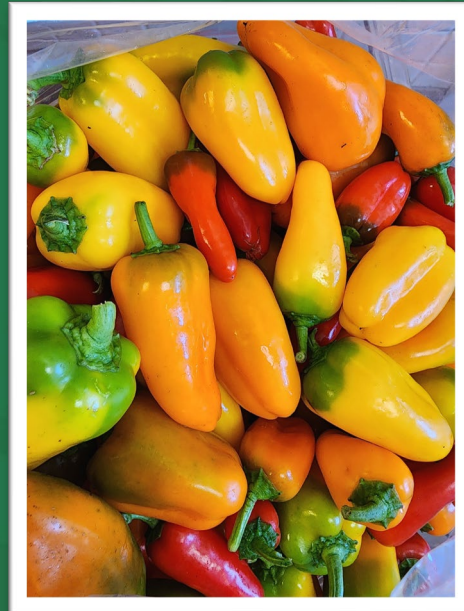
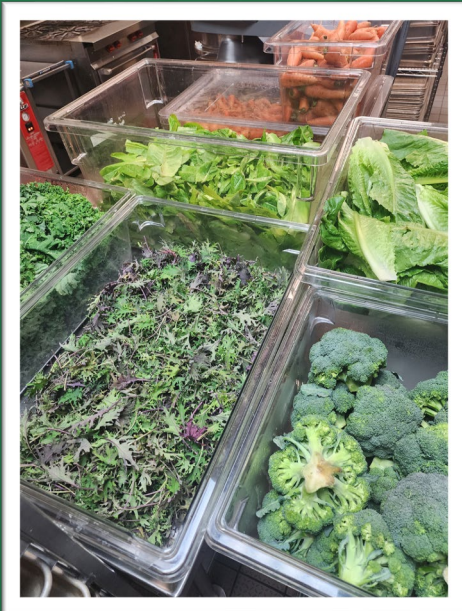
1. Identify new menu offering through student feedback, surveys & staff involvement
2. Taste test recipe
 - CNP Leadership
 - Kitchen Staff
 - Supper Program at NLHS
3. Menu item 2-3x
 - Gather feedback
 - Track participation
 - Amend recipe as needed



Farm to School

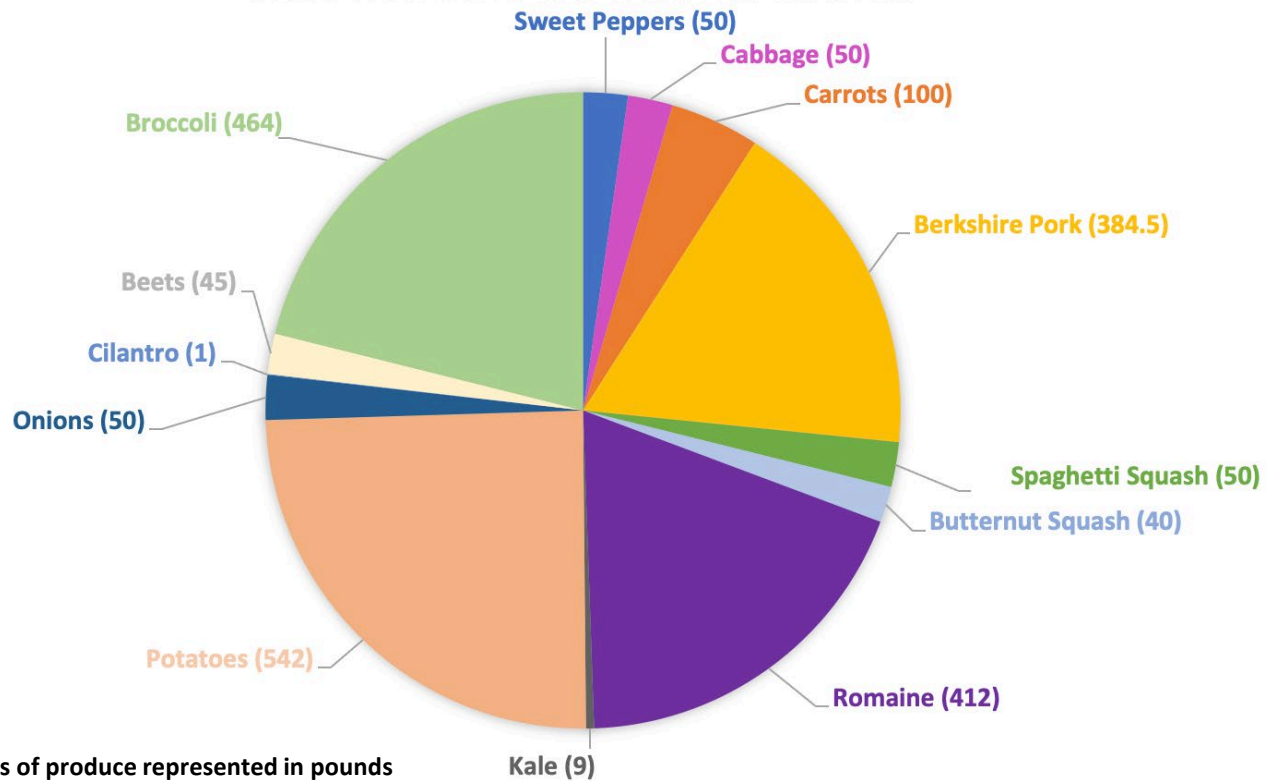


- Priority this school year was increasing our farm to school purchases. Began by holding taste tests through FoodCorps service members to forge relationships with variety of local farms
- Have since established forward contracts w/ farms to source local items weekly
- New London is unique in that we can source and process a wide variety of local produce because our kitchens possesses the infrastructure to do so. Ex. Skilled labor, necessary processing and storage equipment
- Most exciting achievements have been our collaboration with Secchiaroli Pig Farm for sourcing pork, as well as the regular inclusion of farm –fresh produce on our weekly menu



Farm to School

F25 PRODUCTS SEPTEMBER-MARCH



*quantities of produce represented in pounds

- LFSIP (Local Food for Schools Incentive Program) \$9,775.40 total spent

- 475% increase from SY 22-23

- Grant Funding

- “Local Grown” Community Meal- October 2024
- Produce Delivery Containers
- Farm Field Trip

- Partnering Farms

- Secchiaroli Pig Farm, Waterford
- Hunts Brook Farm, Quaker Hill
- Coldspring Farm, Colchester
- White Gate Farm, East Lyme
- Stone Acres Farm, Stonington
- Himmelstein Farm, Lebanon
- Full Heart Farm, Ledyard



FoodCorps



• Cafeteria Taste Tests

- Roasted Red Pepper Hummus
- Carrot Souffle
- Butternut Squash Miso Mac and Cheese
- Pickled Beets
- Lunar New Year Dumplings
- Smoothie Competition- **Blueberry Kale Winner**
 - Blueberry Kale
 - Peach Carrot

• Afterschool Programming

- Service members lead daily afterschool enrichment programs around cooking, nutrition, and celebrating cultures where students engage in hands-on, and collaborative activities in the kitchen, garden, and classroom

• Garden & Nutrition Lessons

- Examples of lessons include “What a Plant Needs to Grow,” “Eating Our Way Through Plant Parts,” “Garden to Table Cooking,” “Food Holidays,” “Eating a Rainbow” and many many more!



Community Meal

- Menus

- October- Rouladen w/ Mushroom Gravy, **Braised Red Cabbage**, Pumpkin Cheesecake*
- November- **Apple Braised Pork Shoulder**, Smashed Marble Potatoes, Garlic Broccoli, Cupcake Wars Cupcakes*
- December- Italian Roasted Chicken w/ Sundried Tomato Cream Sauce, **Garlic Spaghetti Squash**, Focaccia, Italian Chopped Salad, Black Forest Trifle*
- January-Filipino Pork Menudo, Naan, Turon (Filipino fried banana spring roll)
- February- Beef Birria Torta w/ Jalapeno Crema, Esquites, Pineapple Popsicle w/ Tajin
- March- Mongolian Beef, Steamed White Rice, **Vegetable Stir Fry**, Mango Pudding

- Collaboration with NLHS Culinary Students*

- Increased attendance- Approximately 25%

- Implemented Mechanism for Feedback through QR Code


- “These meals are a nice place to see people I know and have a delicious meal.”
- “These meals are always delicious. Our kids try new things, and always eat more than expected.”
- “Love to see the Culinary student's involvement, and their skills being shared!”



Statewide Advocacy

- Ag Day @ Capitol
 - Radio Show [Interview](#)- *For the People*
- [Testimony](#)
 - Advocating for continued universal breakfast statewide
 - Hoping for future CT universal school meals for all



 <p>What is your favorite School Lunch?</p> <p>Pernil with rice</p>	<p>Free school meals are important because... Some People or Parents dont have Money to provide their child with food and everyone deserves a meal Weather they have money or not</p>
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Child Nutrition Program Team

High School Campus



Middle School Campus



Winthrop



Nathan Hale



Jennings



Looking Ahead

- Continued Advocacy
 - Chefs in Schools
 - School Meals 4 All
- Sustainability Initiatives
 - Explore ways to reduce carbon footprint
- Gathering Feedback
 - Putting QR Code on lunch menus
- Future Partnerships
 - Seacoast Mushroom Farm
 - Potential use/testing of New England fresh fish
- Farm to School Growth



Since 2016, we have been building a comprehensive program that addresses various aspects of nutrition, menus and operations. Our program has grown to be one of the best school food programs in the country and the example of what is possible when Chefs work in schools.

We continue to refine, adapt and elevate every aspect of our program to ensure that students are receiving the highest quality meals possible. Our unique partnership with Brigaid opens a world of possibilities for future growth to better serve the needs of our students and community.

Thank you!

