

Nutrition and Wellness Services Department

DISTRICT WELLNESS MEETING #4

January 13th, 2025, 3:30-4:30pm

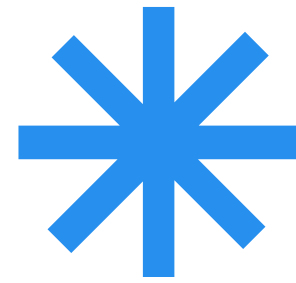


REMINDERS



- Translation introduction
- Sign-In: For those on Zoom, please type your name & school/department in the Zoom chat box.
- Time Sheet Due Dates (Certificated):
 - Pay Period 12/16/24-01/15/25 - Due 01/14/25
 - Pay Period 01/16/25-02/14/25 - Due 02/12/25
- Time Sheet Due Dates (Classified):
 - Pay Period 01/11/25-01/25/25 - Due 01/23/25
 - Pay Period 01/26/25-02/10/25 - Due 02/07/25
- Submit to Alice Garcia - Food Service Rm #18

TODAY'S AGENDA



- Introduction to new Health Educator
- Cooking demonstration
- Taste test
- Recipe nutrition facts
- Breakout groups



MEET OUR NEW HEALTH EDUCATOR- LISBETH



Lisbeth brings a wealth of knowledge to this position with her experience in school gardens, nutrition education, and working with students.

Fun fact: I have ran two marathons.



Next we'll be:

- Preparing a homestyle ranch salad
 - Sampling the recipe
 - Discussing how to read a nutrition label
 - Going over this recipe's nutrition facts
-



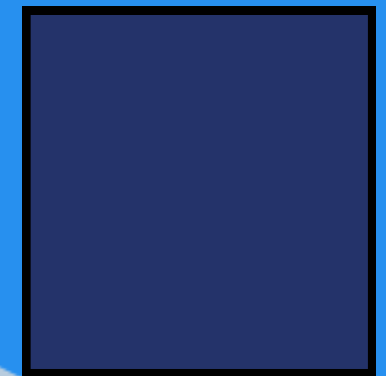
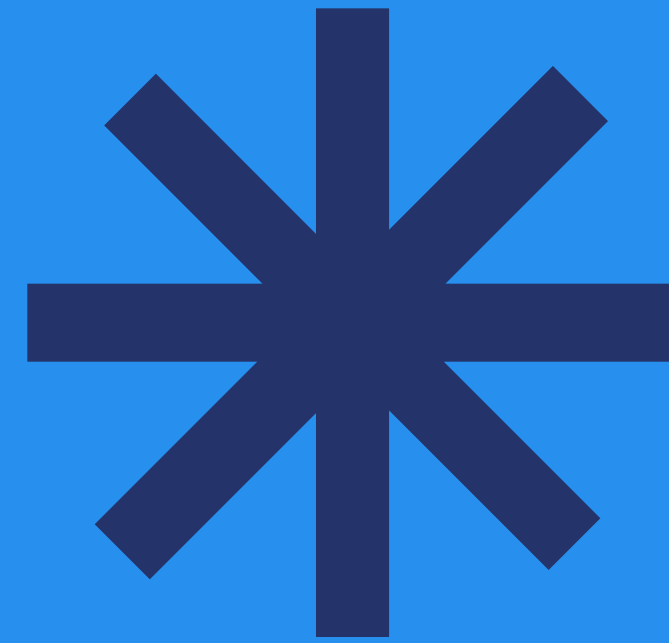
INTRODUCTION TO ACTIVITY



COOKING DEMONSTRATION- HOMESTYLE RANCH SALAD

Sandra is our District Production Chef who will be leading us through a cooking demonstration.

Sandra's main role is working on menu development and bulk scratch production for all LEDSD school sites.



RECIPE NUTRITION FACTS



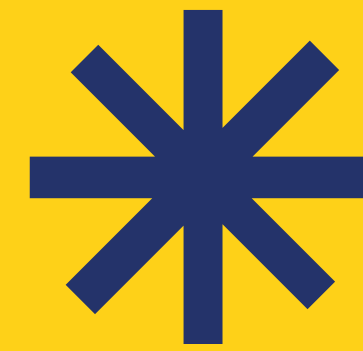
Homestyle Ranch Dressing

Nutrition Facts	
8 servings per container	
Serving size	2 tbsp (29g)
Amount per serving	
Calories	128
% Daily Value*	
Total Fat 13.5g	%
Saturated Fat 3g	%
Trans Fat 0g	
Cholesterol 16mg	%
Sodium 163mg	%
Total Carbohydrate 1g	%
Dietary Fiber 0g	%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 27mg	%
Iron 0mg	%
Potassium 11mg	%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)



UPDATED NUTRITION LABEL



- The New Nutrition Facts Label, updated in 2016 by the USDA
- Biggest changes include (1):
 - Larger fonts
 - Serving size reflects what people are actually eating, not what they should be eating
 - Added sugars must be included on the label
 - Vitamin D, Calcium, Iron, and potassium are required on the label
 - “Calories from Fat” was removed because research shows the type of fat is more important than the amount

New Label / What's Different?		
Servings: larger, bolder type	Nutrition Facts	
	8 servings per container	
	Serving size 2/3 cup (55g)	Serving sizes updated
	Amount per serving	
	Calories 230	Calories: larger type
	% Daily Value*	
	Total Fat 8g 10%	Daily Values Updated
	Saturated Fat 1g 5%	
	Trans Fat 0g	
	Cholesterol 0mg 0%	
	Sodium 160mg 7%	
	Total Carbohydrate 37g 13%	
	Dietary Fiber 4g 14%	
	Total Sugars 12g	
	Includes 10g Added Sugars 20%	
New: added sugars	Protein 3g	
	Change in some nutrients required	
	Vitamin D 2mcg 10%	Actual amounts declared
	Calcium 260mg 20%	
	Iron 8mg 45%	
	Potassium 240mg 6%	
	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
		New footnote

SIDE-BY-SIDE COMPARISON

Side-by-Side Comparison

Original Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container 8

Amount Per Serving

Calories 230 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 12g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Value may be higher or lower depending on
your calorie needs.

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in
a serving of food contributes to a daily diet. 2,000 calories
a day is used for general nutrition advice.

FDA

[Link to resource](#)

HOW TO READ A NUTRITION FACTS LABEL



Servings Per Container

Shows total number of servings in the entire food package. One package may contain more than one serving.

Serving Size

Amount of food customarily eaten at one time and is not a recommendation of how much to eat or drink.

Calories

Refers to the total number of calories in a serving of the food.

% Daily Value (%DV)

How much of a nutrient in a serving of the food contributes to a total daily diet. Use %DV to determine if a serving of the food is high or low in an individual nutrient.

Nutrients

Nutrients to get less of: saturated fat, sodium, and added sugars.
Nutrients to get more of: dietary fiber, vitamin D, calcium, iron, and potassium.



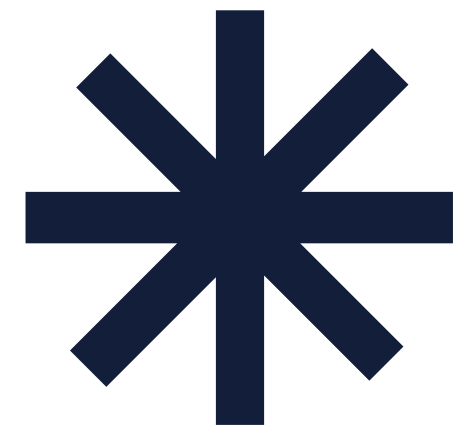
TIP: 5% DV or less per serving is low and 20% DV or more per serving is high.

Source: Refer to slide 13

BREAKOUT GROUPS-



Discussion prompt:
What information would you like to share with your
school community?
i.e. how to read a nutrition facts label



QUESTIONS & COMMENTS

**Next Meeting: February 24th, 2025
@ 3:30 via Zoom**

THANK YOU FOR JOINING!



REFERENCES

USDA. (2021, October). Understanding and Using the Nutrition Facts Label. FDA U.S. Food & Drug Administration.

https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/assets/InteractiveNFL_UnderstandingTheNFL_October2021.pdf

USDA. (2024, March 28). Changes to the Nutrition Facts Label. U.S. Food and Drug Administration. <https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/changes-nutrition-facts-label>

