

Indiana Nutrition Newsletter

Keeping Schools 'IN' the Know

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If you know of a nutrition-related or Food Service success story, please click [here](#).

Barr-Reeve Schools are Serving Up Success

By Suzette Hartmann, School Nutrition Specialist



Photo: Pepperoni pizza served at Barr-Reeve Community Schools

What a difference a year or two can make! Trish Gladish, Food Service Director (FSD) for Barr-Reeve Community Schools, knows this well. Previous to Gladish's current job as FSD, she had worked as a Purdue Extension Nutrition Educator. That job involved helping low-income families to prepare healthy meals on a budget. Gladish loved her job, but USDA eliminated some funding for the Extension Program and her position was cut. Shortly after that, Gladish was hired as the FSD at Barr-Reeve – a small rural school district in southwest Indiana.

The school district had a Food Service Management Company (FSMC) for the 2016-2017 school year - the year Gladish was hired as the FSD. That year was the second year for the district to have a FSMC, and things went well for Gladish.

Then the school board decided not to have a FSMC for the 2017-2018 school year and asked Gladish to continue as the FSD – which she did. Talk about a big learning experience! "I did not have the skills to take it on" stated Gladish. The job

of FSD for the FSMC had mainly involved managing the staff. But when the district went back to an in-house operation, all of a sudden the job of FSD involved planning menus, taking care of Free and Reduced documentation, and just about everything else. Something that helped Gladish tremendously was attending the Institute of Child Nutrition's (ICN) 5-day Orientation to School Nutrition Management Training before the start of that school year in July. Gladish said, "The training was wonderful – it went over everything. It scared me but it helped me too."

As FSD, Gladish has educated her "girls" to understand why they do what they do – rather than only tell them what needs to be done. This gives the food service staff the knowledge to answer questions they receive from the community about the meals they serve. Gladish took her staff to the IDOE Culinary Skills workshop two years ago. "It was fabulous. I recommend it to anyone," stated Gladish. They learned knife skills, how to blanch broccoli, and use recipes presented at the workshop in their own kitchen – including Tamale Pie and Buffalo Chicken Calzone.

Jennifer Ress-Henry is IDOE's field specialist for Barr-Reeve schools and recently visited the Middle/High School. Ress stated, "I was so impressed with Trish and what she was doing that I even met with the Superintendent to commend her on all her efforts." Ress commented that the cafeteria is an inviting environment by providing a nice selection of marketing, the serving line setup promotes reimbursable meals, and the students have a choice of entrees that includes scratch cooking with lots of fresh fruits and veggies to choose from. Ress stated, "She did not skip a beat in operation."

Why is the cafeteria so inviting? It could be because the food service staff take great pride in the serving line and are diligent about keeping everything clean and looking good. Or it could be because they are doing a lot more scratch cooking than ever before. Perhaps all you really have to do is try a slice of the homemade pizza to understand why the cafeteria is so inviting. The list of homemade items is long, and includes almost all the pizza served (Chicken Bacon Ranch, Pepperoni, Meat Lovers, Sausage, and BBQ Chicken), all the spaghetti/pasta meals, all the soups, casseroles, some of the stromboli and calzones, and even the pancakes for breakfast.

Gladish spends time looking for new recipes, and they do a lot more scratch cooking since the FSMC left. Gladish said the FSMC did a good job and the system works great for larger school districts with a more diverse culture. Barr-Reeve is a small rural school district and includes a significant Amish and Mennonite population. Some new food items are accepted by students if introduced over time. One example of this is spinach. A few years ago students did not take fresh spinach when it was offered on the fruit and veggie cart. But now if spinach is not on the cart, students ask for it. When trying out a new item on the serving line, it is plated up as part of a meal and displayed on the serving line for the students to see.

Gladish makes sure the fruit and veggie cart looks like a rainbow in terms of colors. The students love cherry tomatoes. The commodity strawberries and mixed berries are popular too.

Gladish is excited that next year the Primary School students in kindergarten and first grade will move from their current location to the building that houses both the Intermediate School and Middle/High School. Currently the Primary School students do not have a fruit and veggie bar, but next year they will. Gladish stated, "The little kids are where you can really make a difference because they are willing to try new foods." Whenever the opportunity presents itself, Gladish talks with students about the lunch program. "I love my job," said Gladish.



Fruit and Veggie Cart



New Food Service Director Hits the Ground Running

By Suzette Hartmann, School Nutrition Specialist

Last year was Tonia Batesole's first year as the new Food Service Director at Porter Township Schools. Batesole has worked for Porter Township's Food Service Department for six years, beginning as a sub and working her way to director. During her first year as director Batesole accomplished a lot:

- Attended the Institute of Child Nutrition's (ICN) Orientation to School Nutrition Management training in July of 2018
- Attended IDOE's Culinary Skills for A+ School Meals workshop along with several of her staff
- Attended several additional IDOE trainings
- Attended ISNA/IDOE School Nutrition Certificate Courses
- Implemented "Try It Tuesdays" to let students sample new food items
- Incorporated several recipe items from the Culinary Skills workshop in their menus
- Created a special lunch that incorporates USDA Foods and DOD Fresh items in all the menu items of the meal
- Added more speed-scratch recipes

"I would highly recommend all new directors take the Institute of Child Nutrition's (ICN) Orientation to School Nutrition Management training. This course gave me a full overview of what I needed to be doing," stated Batesole.

"Culinary Skills for A+ School Meals workshop is one of the best classes I've ever taken," stated Batesole. Any of the township's food service staff who have not yet taken this training will have the opportunity to attend the

workshop this summer. IDOE will offer an Advanced Culinary Skills class for the first time this summer, and Batesole expects to have about 10 of her staff who will want to sign up for the class. "Most new school food service staff do not have culinary training, and the Culinary Skills workshop breaks down the information over a week in a way that makes the training fun and remembered by the people who are learning," stated Batesole.

After attending the Culinary Skills class, Batesole incorporated several of the recipes from the workshop in their school menus, including:

- Hummus
- Buffalo Hummus
- Blueberry Oat Bars
- Black Bean, Corn and Tomato Fiesta Salad
- Black Bean Dip
- Croutons
- Roasted Chick Peas

Last year the students had the opportunity to taste test new food items during "Try It Tuesdays." After trying the new food, students indicated their preference by voting "Yum" or "No Thank You." This gave them some input about possible new lunch items. This March students will have the opportunity to try three homemade salad dressings during "Try It Tuesdays." The salad dressing recipes are all found in the [Culinary Skills 2018 Training Manual](#) – Green Goddess, Ranch, and French Dressing. Batesole likes using the Culinary Skills recipes because the crediting information and nutrients per serving are written on the recipes. "The only thing you have to do is break down the food cost to see if it fits into your budget," stated Batesole.

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Last year a chicken meal was created that incorporates USDA Foods and DOD Fresh items in all the menu items. The lunch includes a salad with veggies and homemade croutons, grilled chicken breast, steamed green beans, potato bites, and a blueberry oat bar. Batesole is currently planning another lunch that will incorporate government commodities in all the menu items. In addition, their turkey vegetable soup is prepared using the USDA recipe for schools (available at [The Child Nutrition Recipe Box](#) - Main Dishes) and USDA brown box items.

Almost all of the pizza served is prepared using a speed-scratch recipe. The pizza is made using purchased dough balls, cheese, and other toppings.

The cafeteria manager at Porter Lakes Elementary School is in charge of the department's Facebook page. Photos of food are posted, and it is also used to get feedback from parents.

One day earlier this year the building that houses both Boone Grove Elementary Students and Boone Grove Middle Students had to be evacuated in the morning. Middle School students waited at the fire station for the all clear while the elementary school students waited at the high school. The food service staff at the high school were able to pull together and served breakfast to the elementary school students with a 15-minute warning. When the all clear was announced for students to return, the food service staff only had 30 minutes to prepare lunch for about 250 kids. Batesole stated, "They came together and pulled it out – serving the full menu for hot and cold lunches that day. I am very blessed to have the staff I have. They received complements from the parents, teachers, and administrators. I have an amazing crew!"

Director's Corner - *By Julie Sutton*

I am excited to announce that we have selected the warehouses for next year. Dilgard will now have regions 3 and 5, Stanz will have regions 1, 2, and 4, and Wabash will have region 6. If your warehouse is changing, there will be more information to come from our Food Distribution staff on how those changes will impact you. We are happy to be back down to three warehouses - it should help us with distribution and inventory issues.

We are busy planning for the summer! Our culinary trainings will be returning with an updated curriculum. We will also be repeating our successful Back to School workshop this summer. Look forward to more information on these learning opportunities coming this spring!

Hopefully the warm weather is right around the corner! I hope you are having a great school year!



Healthy Recipes for Child Nutrition Professionals

The Child Nutrition Recipe Box provides Child Nutrition program operators with recipes to prepare healthy and delicious meals that meet meal pattern requirements. These recipes are standardized to provide meal pattern crediting information for all meal pattern components. [Click here to find recipes.](#)



**Chicken or Turkey Vegetable Soup -
USDA Recipe for Schools**

2020 Indiana Food Day

The theme for 2020 Indiana Food Day has been selected and the theme is (insert drum roll)SPINACH!

IDOE, in partnership with the [American Dairy Association Indiana](#) (ADAI) and [Margaret Mary Health](#) (MMH), are excited to introduce Farmer Spinach.

More to come on Indiana Food Day in the coming months, including a toolkit.

In the meantime, send us your best spinach sayings. IDOE, ADAI, and MMH will vote on the entries. The winning vote will serve as the tagline for this year's theme. To submit an entry, email Maggie Schabel at mschabel@doe.in.gov.

Farmer Spinach



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