



School Food Legislation & Inspiration



A conversation to inspire a bright
future of healthy opportunities



Featuring School Food Advocates

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San Luis Coastal Unified School District



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SB 348

Healthy Meals for Kids

Senate Bill 348 will help ensure that California's new universal meal program provides our students healthy, nutritious meals by enacting the new federal school nutrition standards aimed at reducing sugars, salt and fat and increasing whole grains in school meals. Additionally, SB 348 will require the state to define an adequate time to eat school meals and maximize newly available federal funds to help prevent childhood hunger during the summer.



SLCUSD Food Advocating for School Meals on Capitol Hill

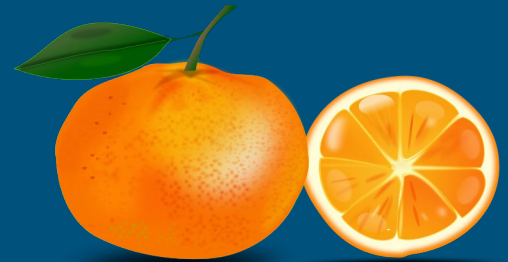
Reducing Sugar in School Meals

Reduces the risk of diabetes developing in students.

Teaches lifelong healthy eating habits for students.

Decreases the likelihood of students getting “reliant” on sugary beverages & food items that contain many empty calories.


Encourages students to pick natural, whole fruits & vegetables when a sweet craving occurs!




Reducing Added Sugar

>18 lbs of sugar removed per student per year!

Edna's Bakery low sugar choco chip muffin removes 1 cup of sugar for every student!




Eat REAL Featured Meal



Whole Grain, Lower Sugar Muffin

Served with fresh, locally grown fruit



Plain milk is nutrient rich and contains no added sugar.

Why this matters
Excess sugar negatively impacts your ability to learn.

Whole grain lower sugar muffin is purchased hyper-locally from Edna's Bakery here in San Luis Obispo!

Why this matters
This muffin supports the local economy and provides your body with nutrients & fiber to fuel your body and brain!

Grapes and Oranges are sourced from local Valencia farm!

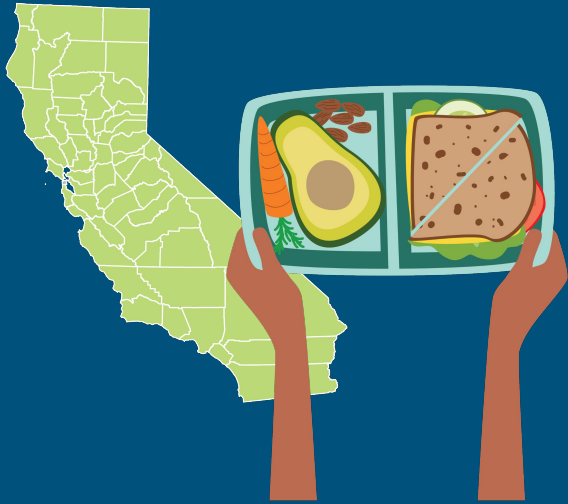
Why this matters
Whole fruits are full of fiber and nutrients that give you energy, help you stay full, and are full of flavor!

Seasonal, organic raspberries are sourced locally from Cal Poly's Organic Farm.

Why this matters
Supports local, small farms & buying organic supports planet and student health!

This meal showcases the values of our Eat REAL Certification!
Learn more at www.eatreal.org/SLCUSD

Successful School Meals



School Meals for All



**Kitchen Infrastructure
and Training**



Farm to School

KIT Funds in Action - at CIA Copia



Culinary Institute
of America

Professional Culinary Training

Our two day culinary program focused on kitchen fundamentals like mise en place, knife skills, exploring regional cuisines, plant-powered cooking, baking, and more in the state-of-the-art Hestan Teaching Kitchen!





Local Food for Schools (LFS)

The purpose of this program is to increase purchasing of local and regional foods by schools. This funding opportunity is intended to strengthen the food system for schools by helping to build a fair, competitive, and resilient local food chain, and expand local and regional markets with an emphasis on purchasing from historically underserved producers and processors.

LOCAL SCHOOL FOOD VENDORS



Etto Pastificio

Locally made, school food compliant, whole grain, various shapes of dried Italian Pasta. Perfect for mac and cheese, pasta dishes, and more!



Brown Butter Cookie Co.

Locally made, school food compliant, whole grain, low sugar, dairy free, nut free, totally delicious 2oz grain confetti breakfast biscuit.



Taco Works Chips

Locally made, school food compliant, whole grain, Montana de Oro tortilla chip (IW and bulk packages available, also gluten free)!



Edna's Bakery

Locally made, school food compliant, whole grain bakery line featuring a variety of breads and baked goods, including a low sugar muffin line!

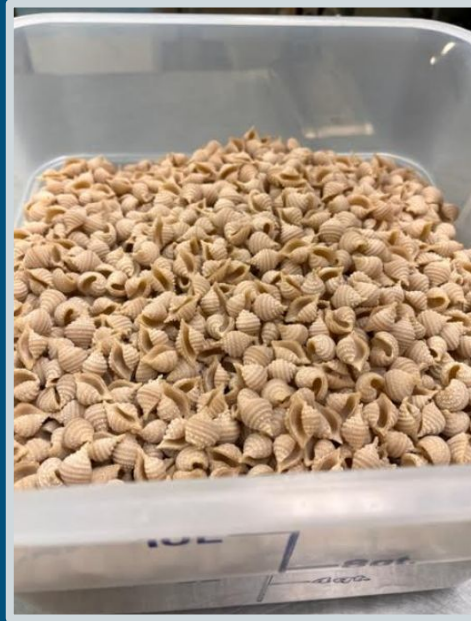
Orcutt Union School District

Winning at Wellness School Meals!

-Fruit & Yogurt Parfaits

-Scratch Meal Production

-Fresh Made Local Pasta Dishes



Orcutt Union School District

-Fresh Grab & Go Salads made at Central Kitchen

-Positivity messages for students included with their school meal

-House Spice Blends



San Luis Coastal

Excellence Starts with Good Ingredients.

Students LOVE local!

Local Teriyaki Beef Short Ribs over Veggie Garlic Brown Rice

Local Red Lentil Dal over Coconut Rice

Teaching students about their food system & how food grows.



San Luis Coastal

Black Bean & Sweet Potato
Chimichurri Bowl

Local Cal Poly Cheese Plate

Thai Basil Lentil Burger

House Dressing with
Seasonal Side Salads

Local Quinoa (for side salads)

Fresh Local Produce



Thai Basil Lentil Burger

Made with red lentils from Kandarian Organic Farm in Los Osos and buns from Edna's Bakery!



FOOD MATTERS Friends of the Earth

Lentil Burgers are 15 times less carbon intensive than beef burgers!

 Less Water

 Fewer Greenhouse Gas Emissions

 Healthier For Us



What if school
food was designed
to adequately
nourish children
with real, fresh,
delicious foods?





REAL SCHOOL FOOD RECIPES

Local Pasta Side Salad

Fresh Salsa with Local Taco
Works Chips

Chocolate Hummus with
Local Strawberries



Local Pasta Side Salad

Featuring Local Whole Grain Etto Pasta with 7 grams of protein per serving! This stealth health whole wheat pasta tastes great and kids love it!

USDA Pasta Salad Recipe



Plant Forward Pasta Salad Recipe
created by Chef Israel from The
Crafthouse.

Fresh Salsa

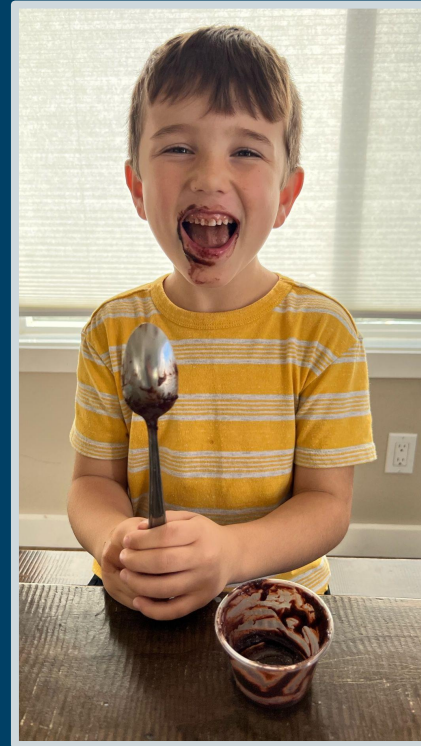
With Local Taco Works Chips



Chocolate Hummus

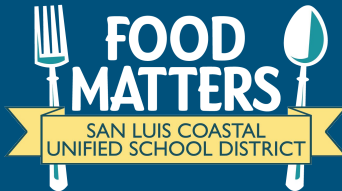
Served on the Weekly Garden
Bar as a Bean/Legume
Subgroup

Student Favorite Recipe!



THANK YOU!

Let's make REAL school food
the new norm!



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Let's Eat!

Enjoy Lunch &
Real School Food Samples



VIDEO
