

District Goals & Vision	Strategic Action Plan Tactics	Results
Increase offerings of fresh food	<ul style="list-style-type: none"> Decrease commodities processing (the practice of diverting products like whole chickens to processors to make chicken nuggets) 	<ul style="list-style-type: none"> 100% now used for produce \$85,000 to spend on produce for 2013-14 school year
Use healthier, fresher ingredients	<ul style="list-style-type: none"> Replace canned refried beans with dried pinto beans 	<ul style="list-style-type: none"> Cost-savings = canned beans @ 28 cents per serving; dried beans @ 8 cents per serving
Encourage students toward increased scratch-cooked menu items	<ul style="list-style-type: none"> Conduct student taste tests Eliminate a la carte offerings at elementary schools 	<ul style="list-style-type: none"> Reallocated \$5,000-a la carte budget to local, organic beef purchases
Encourage students to eat more fresh, whole foods	<ul style="list-style-type: none"> Outfit both HS kitchens for optimal scratch cooking, including freezers, ovens, etc. Implement salad bars with grains & proteins 	<ul style="list-style-type: none"> Meals served increase threefold at one HS



Michelle Hammond
Food Service Director

LOCATION:
Glenwood Springs, CO

SCHOOLS: 13

STUDENTS: 5,179

FOOD SERVICE TEAM MEMBERS: 33

KITCHENS: 9

Scratch cooking certainly has its challenges. Food Service Director Michelle Hammond found that teaching her staff new culinary skills was daunting but achievable. With the help of the dedicated team of chef consultants from the LiveWell@School Food Initiative, Hammond and her team received ample coaching on handling raw proteins and using high production culinary equipment. Those skills come in handy when your high school gardens regularly bring in 100 pounds of potatoes, as well as kale, spinach and radishes. This bumper crop came from the domed Roaring Fork High School garden, which yields between 50 and 60 percent of the veggies needed for its salad bar. It's one of three gardens at different schools in the district that students grow vegetables for their food service staff. A mix of students, full-time gardeners paid through a grant and a supervising teacher tend the gardens. "It has just been

fantastic," relates Hammond. With the help of these school plots, Hammond and her team have moved the needle on scratch cooking up to 88 percent from a previous measure of only 40 percent. She is also proud that 100 percent of her commodities budget is now spent on fresh produce. "We were able to buy all 17,000 pounds of our beef from a local rancher," she states. Whole Foods Market® helped Hammond and the district negotiate an affordable price for this grass-fed, hormone-free beef.

Hammond has also worked to promote new foods and menu items. Taste tests are conducted by a visiting LiveWell Colorado chef consultant or a food service team member, who encourages kids to try new foods. The student response was so positive to a sampling of smoothies made from local peaches and spinach that Hammond and her team put the smoothies on the next week's breakfast menu. And yes, they actually taste good!

The food service director also relates that building partnerships with parents and community organizations made all the difference in Roaring Fork's success serving more nutritious school food. "By ourselves, we don't have all the resources that parents and LiveWell Colorado do," Hammond says, encouraging other participating food service directors to build parental support and tap into the expertise of the LiveWell@School Food Initiative. 🍷



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