

# Institute of Child Nutrition

## ICN 101



# Icebreaker



Think back to when you were a student.



What was your favorite school meal?

# Presenters

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Dr. Aleshia Hall-Campbell, Executive Director

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Chef Patrick Garmong, Associate Director of Culinary Education and Training

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Chef Chela Cooper, Regional Culinary Implementation Specialist, MARO Region

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Dr. Danielle Barrett, Education and Training Specialist II

---

Shannon FitzGerald, Registered Dietitian Nutritionist

# ICN Resource Focus

## USDA Child Nutrition Programs

- School Lunch
- School Breakfast
- Summer Feeding
- Child and Adult Care Food Program

### Key Areas

- Nutrition
- Operations
- Administration
- Communications and Marketing

# ICN Process



## ICN Resources A-Z Index

Click on any Letter below to view resources

# Resources for You

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

### A

- [Adult Day Care Food Allergy Fact Sheets](#)
- [Adult Day Stay Fact Sheets and Supplemental Resources](#)
- [Adult Day Stay Fact Sheets and Supplemental Resources](#)
- [Afterschool Care Program NSLP Snack Service Best Practices](#)
- [Applied Research Division Publications](#)

[^ BACK TO TOP](#)

### B



# Institute of Child Nutrition (ICN)

Applied  
Research

Educational  
Resources

Online  
Learning

Trainings

Archives

HelpDesk



# The ICN HelpDesk

**1-800-321-3054**  
**helpdesk@theicn.org**

Talk to a real human  
8:00 am to 5:00 pm  
Central Time



# Webinars



**School Nutrition STAR Program**

- S**trategies
- T**raining
- A**ction Plans
- R**esources

*Workforce Development and Job Skills Training*



**CiCN** | Webinar Series

CULINARY INSTITUTE OF CHILD NUTRITION

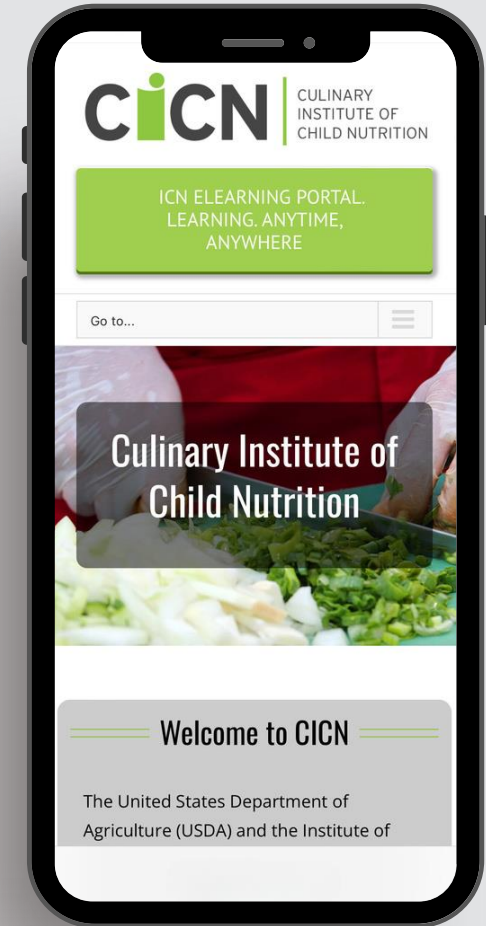
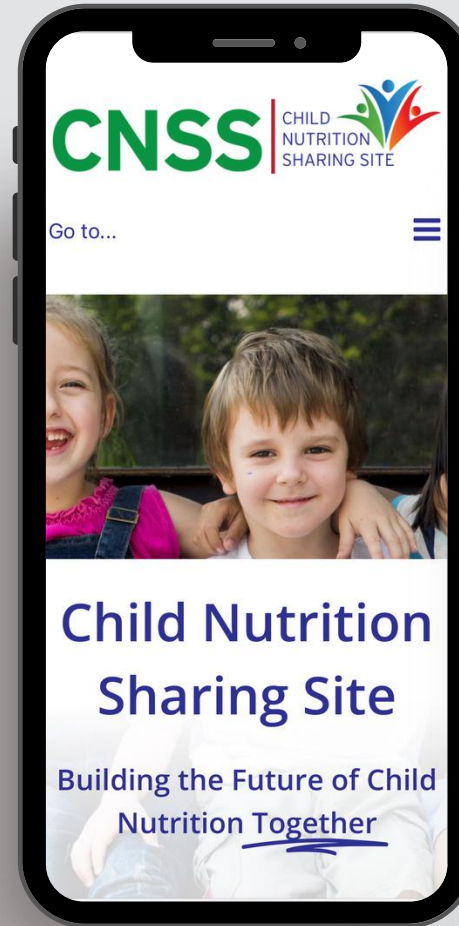
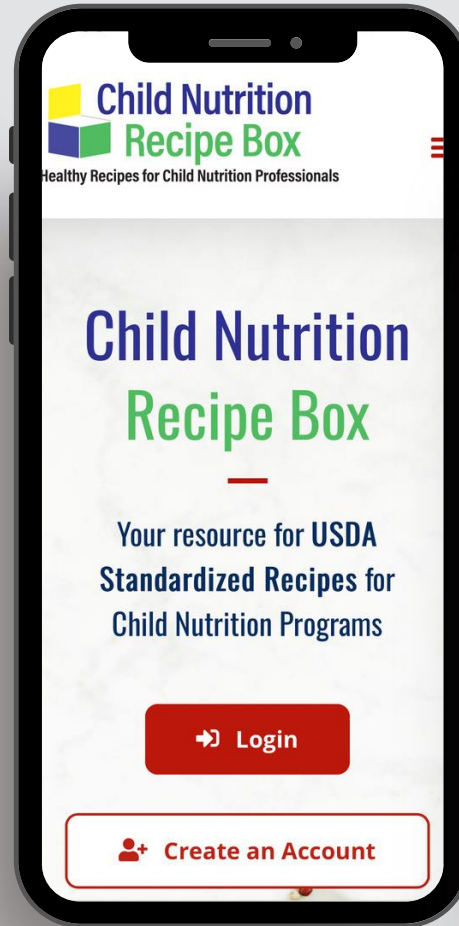


**iLearn**  
...ANYTIME, ANYWHERE

# Podcasts



# ICN Resources



# Sodium Reduction Resources



SMALL CHANGES LEAD TO BIG FLAVORS



## ENGAGING STUDENTS IN MENU DEVELOPMENT



### MENU AND TASTE-TEST SURVEYS

A thriving school stakeholder in your community can use surveys to gauge and assess menu options. This worksheet, in...

### STUDENT NUTRITION SURVEYS

Menu and taste-test surveys are a great way to engage students in menu development. This worksheet, in...

### SEEK ADMINISTRATION SUPPORT

Before interacting with school administration, it's important to understand their perspective. This worksheet, in...

### EDUCATE YOUR STUDENTS

Encourage students to participate in menu development. This worksheet, in...

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## SETTING WEEKLY AND DAILY SODIUM GOALS

On February 7, 2014, the Institute of Child Nutrition released the latest Dietary Guidelines for Americans, which recommend a daily sodium intake of less than 2,300 milligrams for adults and less than 1,000 milligrams for children.

### SODIUM TARGETS

The average sodium intake for Americans is 3,400 milligrams per day, which is significantly higher than the recommended amount.

### Age/Grade Groups

Target 1 for 1-5

Target 2 for 6-8

Target 3 for 9-12

The current sodium intake for Americans is 3,400 milligrams per day, which is significantly higher than the recommended amount.

### FOOD APPROVED

What to look for when selecting products:

Very Low Sodium

Low Sodium

Reduced Sodium

Light in Sodium

No Salt Added

Refer to ICN's Web site for more information on how to use these resources.

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## SODIUM SWAPS: UTILIZING PRODUCT SUBSTITUTION

As a school nutrition professional, you may be looking for ways to reduce sodium in your menu. This worksheet, in...

### POPULAR SPEED-SCRATCH MENU ITEMS

Speed-scratch recipes are a great way to reduce sodium in your menu. This worksheet, in...

### UTILIZING USDA FOODS AND USDA DoD FRESH PROGRAMS

The U.S. Department of Agriculture, Food and Nutrition Service (USDA, FNS) offers USDA Foods in Schools (USDA Foods), which includes the USDA Department of Defense Fresh Fruit and Vegetable Program (USDA DoD Fresh), to financially support School Food Authorities (SFAs) through purchases of 100% American grown and produced foods for use in school nutrition programs. These programs can also help you meet the School Breakfast Program (SBP) and National School Lunch Program (NSLP) meal patterns and dietary specifications, including sodium nutrition standards.

### USDA FOODS

USDA purchases U.S. grown, processed, and packaged foods for nutrition assistance programs, including school meals. More than 200 USDA Foods products, including fruits, vegetables, grains, and meat/seafood alternatives that meet strict nutrition quality and food safety requirements, are available to order. USDA Foods are available through three ordering options:

Direct delivered USDA Foods

Bulk USDA Foods that can be sent to processors

USDA DoD Fresh

### USDA DoD FRESH

A partnership between USDA and DoD provides domestically grown, whole, and pre-cut fresh fruits and vegetables for use in school meals as USDA Foods. The DoD Defense Logistics Agency (DLA) leverages its buying power by contracting with produce vendors for weekly deliveries of a wide variety of produce to schools and other locations.

Utilize your USDA Foods entitlement dollars for USDA Foods products and USDA DoD Fresh produce to provide wholesome meals at a lower cost.

### USING USDA FOODS TO LOWER SODIUM IN SCHOOL MEALS

You can substitute many commercial food products with USDA Foods to help lower the overall sodium content of your menu. All USDA Foods processed vegetable and bean products are low sodium or no salt added, often making them lower in sodium than their commercial counterparts. USDA Foods has also reduced the sodium content in many of its cheese, meat, poultry, and fish products in recent years.

You can find USDA Foods products available for the upcoming school year on the [USDA Foods Available List](#) posted under the subheading "USDA Foods in Schools (USDA-FIS)." The list is categorized by food group and indicates vegetable subgroups and whole grain or whole grain-rich products. Low sodium and no salt added products are clearly labeled.

USDA Foods Product Information Sheets provide a product description, crediting/yield information, nutrition information, culinary tips and recipes, food safety and allergen information for all USDA Foods. Products are categorized by food type (fruit, vegetable, grain, meat/seafood alternatives, and other foods) and listed alphabetically. You can use the included Nutrition Facts label to compare sodium amounts between commercial and USDA Foods products.

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Sodium Reduction Resources

Scoping School Nutrition Programs

ENROLLMENT TRACKING

E-LEARNING

ENROLLED

E-Learning

# Meal Pattern/Menu Planning

## PARTICIPANT'S WORKBOOK



PLANNING REIMBURSABLE SCHOOL  
MEALS FOR MENU PLANNERS

## MICRO-TRAINING



PLANNING REIMBURSABLE SCHOOL  
MEALS FOR MENU PLANNERS:  
TRANSITIONAL STANDARDS FOR MILK,  
WHOLE GRAINS, AND SODIUM



 FBG Module 1: Overview of the FBG for CNPs EN   5.0 E-Learning	 FBG Module 2: Recipe Analysis Workbook (RAW) EN   4h 00m   5.0 E-Learning	 FBG Module 3: Product Formulation Statements (PFS) EN   3h 30m   5.0 E-Learning
 FBG Module 4: Exhibit A Grains Tool EN   1h 30m   5.0 E-learning	 FBG Module 5 - Food Buying Guide Calculator Tool EN   2h 00m   5.0 E-learning	

## GRAB & GO

Backyard BBQ Chicken Salad		CREDITING INFORMATION: one salad provides		Meats/MA	Grains	Fruits	Vegetables
HACCP Process: #1 No Cook Size of Portions: 1 Salad				2.5 oz eq	0.5 oz eq	0	Legumes: 1/2 cup Dark Green: 1/2 cup Red/Orange: 1/2 cup Starchy: 1/2 cup Other: 1/2 cup
INGREDIENTS		50 SERVINGS		100 SERVINGS		DIRECTIONS	
		Weight	Measure	Weight	Measure		
Chicken strips, unseasoned, frozen		9 lb 6 oz	2 gal	18 lb 12 oz	4 gal	1 Defrost chicken under refrigeration, at least 24 hours prior to use.	
		1 Toss chicken with BBQ sauce, coating chicken.					
Chicken Fajita Salad		CREDITING INFORMATION: one salad provides		Meats/MA	Grains	Fruits	Vegetables
HACCP Process: #1 No Cook Size of Portions: 1 Salad				2.5 oz eq	2 oz eq	0	Legumes: 1/2 cup Dark Green: 1 cup Red/Orange: 1/2 cup Starchy: 1/2 cup Other: 1/2 cup
INGREDIENTS		50 SERVINGS		100 SERVINGS		DIRECTIONS	
		Weight	Measure	Weight	Measure		
Chicken strips, unseasoned, frozen		9 lb 6 oz	2 gal	18 lb 12 oz	4 gal	1 Defrost chicken under refrigeration, at least 24 hours prior to use. CCP: Hold for cold service at 41° F	
Thai-Style Salad with Chicken		CREDITING INFORMATION: one portion provides		Meats/MA	Grains	Fruits	Vegetables
HACCP Process: #1 No Cook Size of Portions: 1 Salad				2 oz eq	0	0	Legumes: 1/2 cup Dark Green: 1/2 cup Red/Orange: 1/2 cup Starchy: 1/2 cup Other: 1/2 cup
INGREDIENTS		50 SERVINGS		100 SERVINGS		DIRECTIONS	
		Weight	Measure	Weight	Measure		
Chicken strips, unseasoned, frozen		9 lb 6 oz	2 gal	18 lb 12 oz	4 gal	1 Defrost chicken under refrigeration, at least 24 hours prior to use.	
Southwest Caesar Salad		CREDITING INFORMATION: one sandwich provides		Meats/MA	Grains	Fruits	Vegetables
HACCP Process: #1 No Cook Size of Portions: 1 Salad				2 oz eq	0	0	Legumes: 1/2 cup Dark Green: 1/2 cup Red/Orange: 1/2 cup Starchy: 1/2 cup Other: 1/2 cup
INGREDIENTS		50 SERVINGS		100 SERVINGS		DIRECTIONS	
		Weight	Measure	Weight	Measure		
Chicken strips, unseasoned, frozen		9 lb 6 oz	2 gal	18 lb 12 oz	4 gal	1 Defrost chicken under refrigeration, at least 24 hours prior to use. CCP: Hold for cold service at 41° F or lower.	
Pepper, chipotle in adobo		4 oz	1/2 cup	8 oz	1 cup	2 Blend chipotle in adobo and lime juice in a blender until smooth. Add chipotle mixture to Caesar dressing. Whisk until combined. Portion dressing into 2 oz portion cups. Store under refrigeration until ready to use.	
Lime juice, fresh			1/2 cup		1/2 cup		
Salad dressing, Caesar, low calorie			3 qt 1/2 cup		1 1/2 gal 1/2 cup		
*Lettuce, fresh, Romaine, cut into 1/2 inch pieces		7 lb 13 oz	4 gal 3 qt	15 lb 10 oz	9 gal 2 qt	3 Place the salad in individual serving containers such as a 9 inch square clamshell or an entrée salad carton. To assemble the salads: Place 2.5 oz romaine in the base of the serving container. Top each salad mixture with: • Chicken - 2.5 oz • Black Beans - 1/2 cup • Corn - 1/2 cup • Tomatoes - 2 wedges • Cheese - 1/2 oz • Tortilla Strips - 1/2 oz Serve with 2 oz dressing. CCP: Refrigerate until served. CCP: Hold for cold service at 41° F or lower.	
*Onions, fresh tops & bulbs, sliced		4 lb 15 oz	2 qt 1 1/2 cups	9 lb 14 oz	1 gal 3 cups		
*Cilantro, fresh		5 lb 8 oz	3 qt 3 1/2 cups	11 lb	1 gal 3 qt 2 1/2 cups		
*Tomatoes, fresh, red, cut into 8 wedges each		3 lb 7 oz	2 qt 1/2 cup 2 Tbsp	6 lb 14 oz	1 gal 1 1/2 cups		
Cheese, Parmesan, shredded		1 lb 9 oz	1 qt 1 1/2 cups	3 lb 2 oz	2 qt 2 1/2 cups		
Tortilla strips, tri-color, whole grain		1 lb 9 oz		3 lb 2 oz			



**USDA** **TEAM**

### USDA RECIPE STANDARDIZATION GUIDE

FOR SCHOOL NUTRITION PROGRAMS

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Institute of Child Nutrition  
The University of Mississippi  
School of Applied Sciences  
www.theicn.org

## MENUS OF FLAVOR: EAST AND SOUTHEAST ASIAN FUSION


## MENUS OF FLAVOR: LATIN AMERICAN

## MENUS OF FLAVOR: MEDITERRANEAN

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*child nutrition*  
ADVANCING THE FUTURE OF CHILDREN

**CiCN** CULINARY INSTITUTE OF CHILD NUTRITION

# Accommodating Students With Special Dietary Needs



...ANYTIME, ANYWHERE


FOOD ALLERGY

New

Food Allergies in SNPs - General Food Allergies

EN | 1h 00m ★ 5.0

E-Learning




New

Food Allergies in SNPs - Accommodating Food Allergies in Schools

EN | 2h 00m ★ 5.0

E-Learning




New

Food Allergies in SNPs - Reading Food Labels

EN | 1h 00m ★ 5.0

E-Learning



New

Food Allergies in SNPs - Avoiding Cross-Contact

EN | 1h 00m ★ 5.0

E-Learning

FOOD ALLERGY FACT SHEET

**Overview of Food Allergies**

**Common Questions**

**Is the school required to accommodate for all food allergies?**  
Any food allergy may be a disability. Whether life-threatening or a disability, school nutrition professionals are encouraged, but not required, to make reasonable accommodations. Other medical or special needs are considered a disability on the medical assessment. Health care professionals are encouraged, but not required, to make substitutions for students that are not considered.

**Why is documentation required for students with food allergies?**  
Proper documentation and accommodations are required for students with food allergies to receive reimbursement for the required meal plan.


**What documentation is required for accommodations?**  
A student with food allergies needs that are covered by a required medical pattern must have licensed health information that is sufficient to understand the situation if...

**What is a food allergy?**  
A food allergy is when the body mistakenly reacts to a certain food or ingredient as if it were harmful. The food that causes the reaction is called an allergen.

**What are the symptoms of a food allergy reaction?**  
Symptoms can happen within a few minutes or up to a few hours after being eaten, inhaled, or coming in contact with the allergen. Symptoms can be seen or felt in different parts of the body.

- Hives (reddish, swollen, itchy areas on the skin)
- Skin rash of eczema
- Swelling of the tongue or throat and difficulty breathing
- Itching in the mouth, throat, or ear canal
- Abdominal cramps, nausea, diarrhea, and/or vomiting
- Nasal congestion or a runny nose
- Sneezing or slight, dry cough
- Odd taste in the mouth
- Trouble swallowing
- Shortness of breath, turning blue
- Drop in blood pressure (feeling faint, confused, weak, passing out)
- Loss of consciousness
- Chest pain
- A weak or "thready" pulse
- Sense of "impending doom"
- Anaphylaxis
- Death

**What is anaphylaxis?**  
Anaphylaxis is a serious reaction that happens quickly. Anaphylaxis can involve many different parts of the body. The most severe symptoms can restrict breathing and blood circulation and may cause death.












**What are the most common foods that cause allergic reactions?**  
The most common foods include:

- Milk
- Eggs
- Peanuts
- Tree nuts (for example, walnuts, almonds, cashews, pistachios, and pecans)
- Wheat
- Soy
- Fish
- Crustacean shellfish (for example, shrimp, lobster, and crab)


**How are food allergies diagnosed?**  
A qualified medical professional, such as an allergist or physician, can diagnose food allergies by using a variety of tests.

**How are allergic reactions treated?**  
Reactions should be treated according to the student's Food Allergy Action Plan/Emergency Care Plan. Antihistamines and other medicines can be used. In severe cases, epinephrine should be given as soon as possible. Always call 911!

Food Allergies for School Nutrition

-  FISH
-  PEANUT
-  TREE NUTS
-  WHEAT
-  CRUSTACEANS
-  MILK
-  SOY
-  EGGS
-  SESAME

Participant's Workbook



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RESOURCES • TRAINING • RESEARCH



# Key Performance Indicators

**KPI Mini-Series**

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USDA

**iLearn**  
...ANYTIME, ANYWHERE

**KPI Series** New

KPI Series: Meal Counts and Participation

ENROLLED  
EN | 30m 00s ★ 5.0

E-Learning

**KPI Series** New

KPI Series: Productivity and Labor

ENROLLED  
EN | 1h 00m ★ 5.0

E-Learning

**KPI Series** New

KPI Series: Financial and Inventory Management

ENROLLED  
EN | 2h 00m ★ 5.0

E-Learning

Summary of Key Performance Indicators  
School Year

**Instructions:** This worksheet will provide a summary of totals for each Key Performance Indicator by Month and YTD (if available). No entries are required. This sheet will automatically feed from other worksheets.

Key Performance Indicator	August	September	October	November	December	January	February	March	April	May	June	July	YTD Total (if Available)
Meal Equivalents (MEG)	0	0	0	0	0	0	0	0	0	0	0	0	0
Average Daily Participation per month	0	0	0	0	0	0	0	0	0	0	0	0	0
Breakfast	0	0	0	0	0	0	0	0	0	0	0	0	0
Lunch	0	0	0	0	0	0	0	0	0	0	0	0	0
Average Daily Participation Rate (%)													
Breakfast	0%	0%											
Lunch	0%	0%											
Revenues and Expenditures													
Revenue	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Expenditures	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Net Excess/Deficit	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Revenue and Cost Per MEG													
Revenue per MEG	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Cost (Expenditures) per MEG	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Cost as a Percentage of Revenue													
Food	0%	0%											
Labor	0%	0%											
Break-even Point (BEP)	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Inventory Turnover Rate	0.00	0.00											
Meals Per Labor Hour (MPLH)	0.00	0.00											
Staff Turnover Rate	0.0%	0.0%											
Absenteeism Rate	0.00%	0.00%											

**Essential KPIs**  
for School Nutrition Success

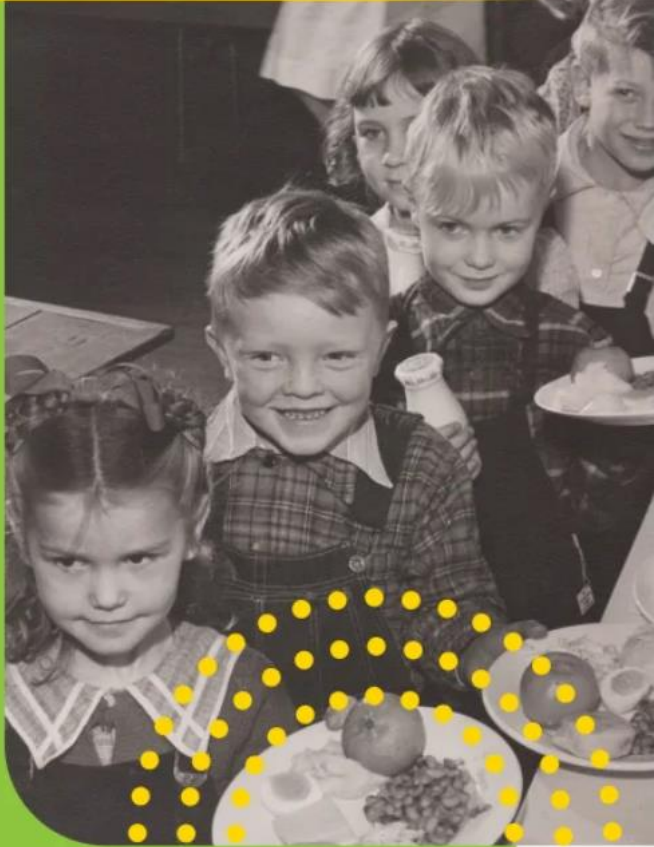
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APPLIED RESEARCH DIVISION • THE UNIVERSITY OF SOUTHERN MISSISSIPPI



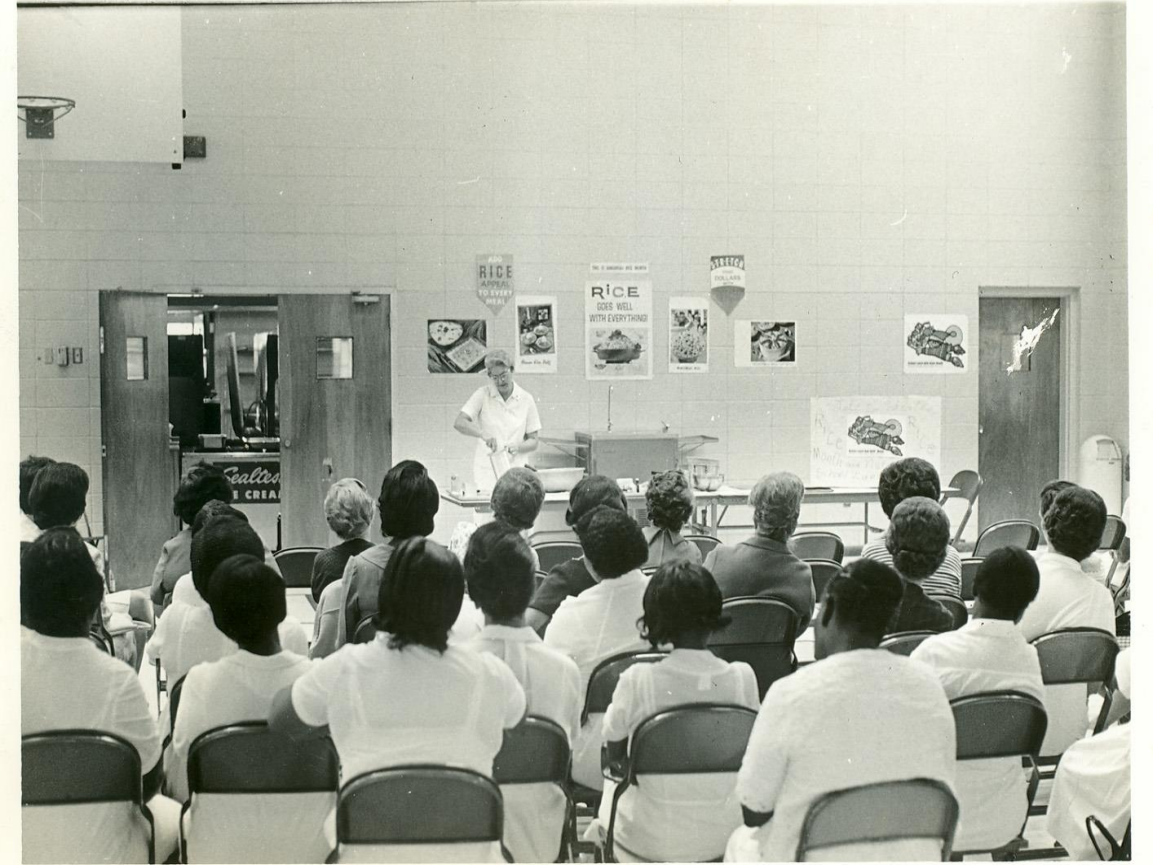
APPLIED RESEARCH  
DIVISION

- + Manuscripts
- + Posters
- + Research Briefs
- + Technical Reports
- + Tools, Templates and Resources



CHILD  
NUTRITION  
ARCHIVES

- Manuscript Collections
- Photo Collections
- Manuscript Collections
- Online Exhibitions



[archives@theicn.org](mailto:archives@theicn.org)

# TheICN.org/CNRB



Healthy Recipes for Child Nutrition Professionals



## Latest Recipes



Texas Mushroom Queso -  
State(Texas) Child  
Nutrition Agency  
Developed Recipe



No ratings yet

[View Recipe](#)



Texas Beef and  
Chimichurri Rice Bowl -  
State(Texas) Child  
Nutrition Agency  
Developed Recipe



No ratings yet

[View Recipe](#)



Asian-inspired Chop  
Salad with Ginger  
Sunbutter Dressing -  
State(Texas) Child  
Nutrition Agency  
Developed Recipe



No ratings yet

[View Recipe](#)



## Child Nutrition Recipe Box

Your resource for **USDA Standardized  
Recipes** for Child Nutrition Programs



## Child Nutrition Resources

Click on the Program of your choice below to see the Resource Topic Categories.

[CACFP](#)

[FFVP](#)

[NSLP](#)

[SBP](#)

[SFSP](#)

[SSO](#)



# Mentimeter for PowerPoint



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# Wrap-Up and Questions



# ACDA ANNUAL CONFERENCE

Coming Together to Nourish the Nation



April 21 - 24, 2024  
Marriott St. Louis Grand  
St. Louis, Missouri