



LODI USD NUTRITION SERVICES





Dr. Betty Crocker, RDN, SNS Director III, Nutrition Services Lodi Unified School District

- Former director of Nutrition Services Department at Redlands Unified School District.
- District Lead of Super Co-Op, USDA cooperative group
- President Elect of Motherlode, local chapter of California School Nutrition Association
- Supports & Collaborates on a variety of school nutrition and educational projects

Nutrition Security

- Consistent and equitable access to healthy, safe, culturally relevant and affordable foods.
- One in 5 Californians have uncertain or inconsistent access to food.
- Nutrition security has been associated with positive physical, cognitive and emotional health outcomes



Who Does Nutrition Security Impact the Most?

People living in poor
and marginalized communities

People with increased
nutrient requirements

Those who have less
control over their diets

Young & school aged children

Pregnant & lactating women

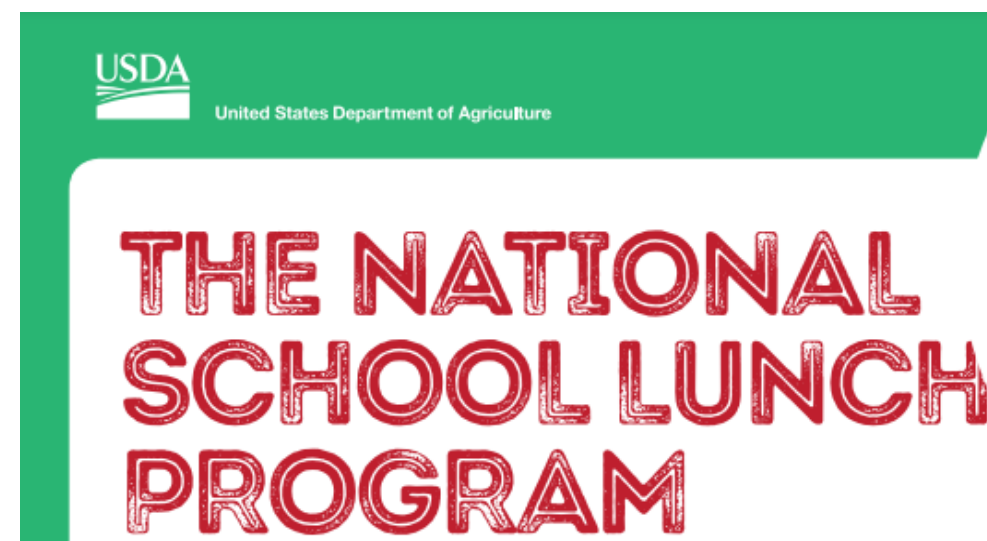
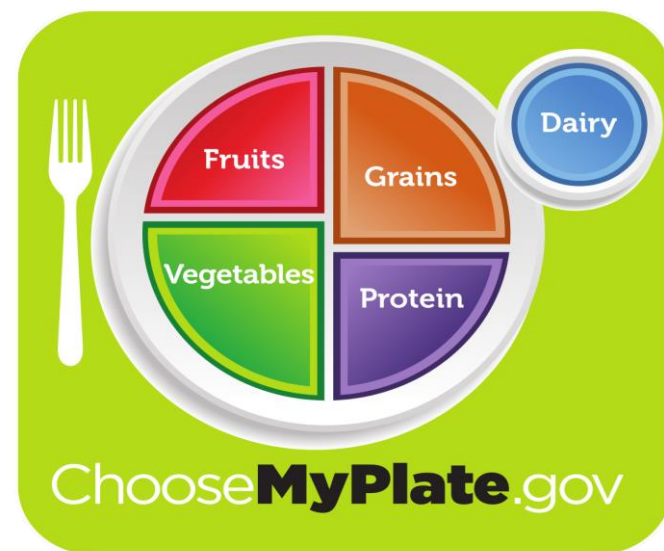
Women of reproductive age

Older adults

People with disabilities

Federal Meal Programs

- Vital source of nutrition security for children and families.
 - National School Lunch and Breakfast programs;
 - Special Supplemental Nutrition Program for Women, Infants, and Children (WIC);
 - Supplemental Nutrition Assistance Program
- Milk and dairy foods provides key nutrients that contribute to nutrition security.



Dairy Foods + Nutrition Security

Varying Lactose Levels



Milk, yogurt, and cheese, provide high-quality nutrients and are

***accessible,
affordable, &
culturally relevant***
for a diverse population.



AB 130: Universal Meals Program

“not just needy children, but all children each school day”

In School Year (SY) 2022–23, California became the first state to implement a statewide Universal Meals Program for school children.

- California EC Section 49501.5 requires public school districts, county offices of education, and charter schools serving students in grades transitional kindergarten through grade 12 (TK–12) to provide two meals **free of charge** (breakfast and lunch) during each school day to students requesting a meal, regardless of their free or reduced-price meal eligibility.
- **Reimbursable Meals** offer 5 food group components, one of which is **milk** or a fluid milk substitute.
- Provides for California Department of Food and Agriculture (CDFA) Grant.



National School Lunch and Breakfast Programs



The National School Lunch & Breakfast programs serve 45 million children per day.

Source: FRAC, the reach of school breakfast and lunch 2021-2022



Minimum Amount of Food^a Per Week

Meal Components	Grades K-5	Grades K-8	Grades 6-8	Grades 9-12
Fruits^b	2½ c (½ c per day)	2½ c (½ c per day)	2½ c (½ c per day)	5 c (1 c per day)
Vegetables^b	3¾ c (¾ c per day)	3¾ c (¾ c per day)	3¾ c (¾ c per day)	5 c (1 c per day)
Dark Green^c	½ c	½ c	½ c	½ c
Red/Orange^c	¾ c	¾ c	¾ c	1¼ c
Beans and Peas (legumes)^c	½ c	½ c	½ c	½ c
Starchy^c	½ c	½ c	½ c	½ c
Other^{c,d}	½ c	½ c	½ c	¾ c
Additional Vegetables to Reach Total^e	1 c	1 c	1 c	1½ c
Grain Minimums^{*,f}	8-9 oz eq (1 oz per day)	8-9 oz eq (1 oz per day)	8-10 oz eq (1 oz per day)	10-12 oz eq (2 oz per day)
Meats/Meat Alternate Minimums[*]	8-10 oz eq (1 oz per day)	9-10 oz eq (1 oz per day)	9-10 oz eq (1 oz per day)	10-12 oz eq (2 oz per day)
Fluid Milk^g	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)

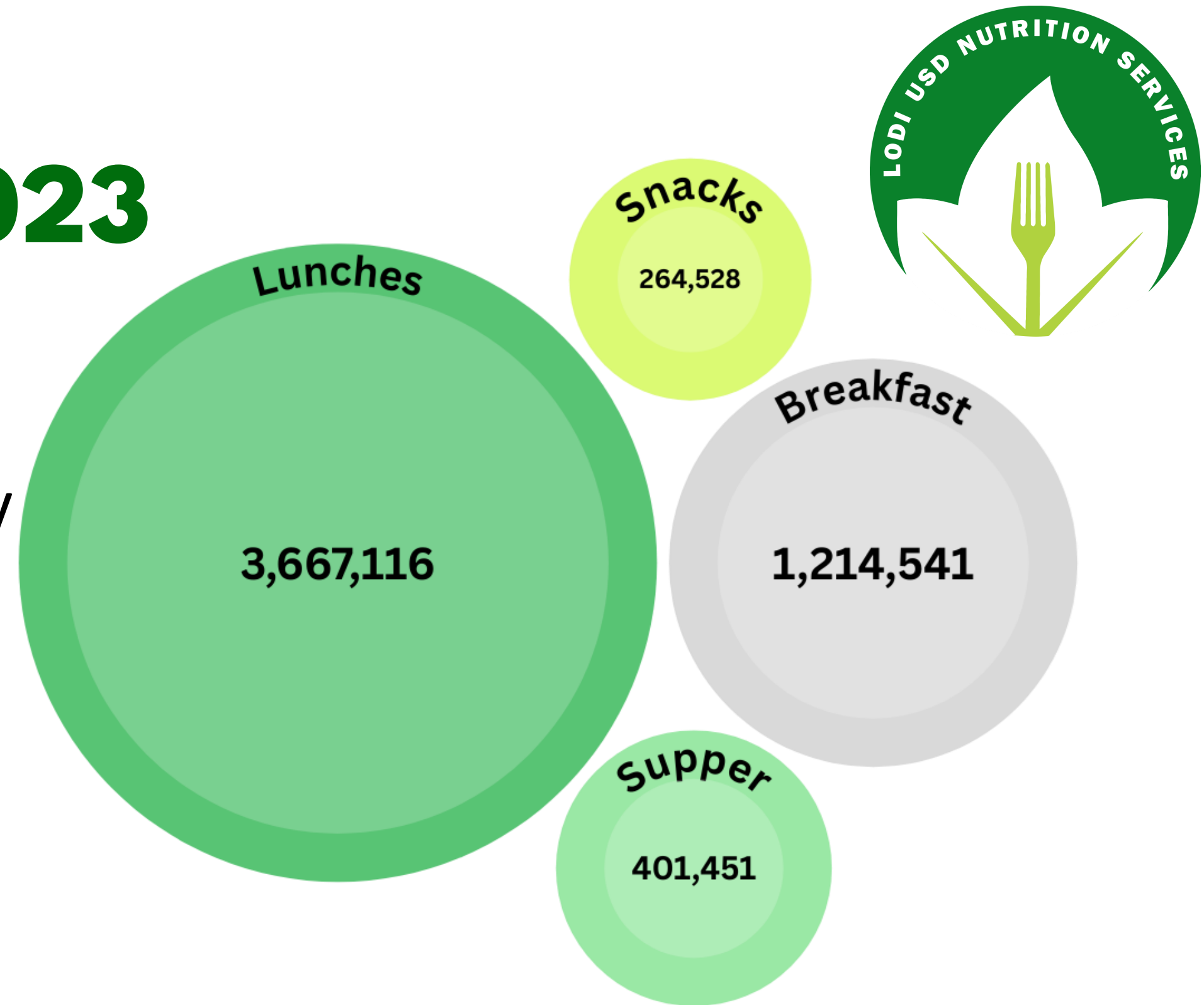
Specifications: Daily Amount Based on the Average for a 5-Day Week

Specifications	Grades K–5	Grades K–8	Grades 6–8	Grades 9–12
Min-max calories ^h	550–650 kcal	600–650 kcal	600–700 kcal	750–850 kcal
Saturated Fat (% of calories) ^h	< 10%	< 10%	< 10%	< 10%
Sodium Target 1 ^{h,i} (Ends June 30, 2023)	≤ 1,230 mg	≤ 1,230 mg	≤ 1,360 mg	≤ 1,420 mg
Sodium Target 1A ^{h,i} (Effective July 1, 2023)	≤ 1,110 mg	≤ 1,110 mg	≤ 1,225 mg	≤ 1,280 mg
Trans Fat ^{h,j}	0 g	0 g	0 g	0 g

Lodi Unified School District

Meals Served 2022-2023 School Year

- Over **5 million** meals served annually
- 50 Lodi USD School Sites
- 29 Vended Sited
- 40% Scratch Cooked Meals
- Locally sourced Ingredients



Support Access to Nutrition Education & Nutritious Foods



Nutrition Education



Healthy Eating for Your Family



Activity + Eating for Teens



Activity + Eating for Adults



Pregnancy Program




Dairy Council
of California®

CDFA: Farm to School Initiatives

“Taste & Teach”

- Partnership of after school program, LUSD Nutrition Services & Dairy Council
- Experiential Nutrition Education

“Connecting Students to where their food comes from, how it tastes, and how to eat healthy with school meals and at home.”



Partnership Brings Farm to School Education to Life

Authored by:
Sonia Fernandez Arana, Dairy Council of California, Let's Eat Healthy Program Manager
Dr. Betty Crocker, Nutrition Services Director, Lodi Unified School District

October is National Farm to School Month, a campaign dedicated to connecting children and communities to nutritious local foods while supporting farmers, agriculture and the economy. This year marks the 13th anniversary of National Farm to School Month, first enacted by Congress in 2010 to recognize food systems and honor farmers and those that contribute to school meal programs.

For over a century, Dairy Council of California has been leading farm to school efforts through the support of the California dairy community by bringing the original Farm to School program, Mobile Dairy Classroom, to schools across the state. Additionally, Dairy Council of California is committed to fostering partnerships with districts and school nutrition professionals to engage students in learning the journey of food, the impact of the local food system and how nutrient-rich foods contribute to a healthy eating pattern.

“Partnerships and nutrition security are key to Dairy Council of California and are activated through our Let's Eat Healthy initiative. We are proud to work with Lodi Unified School District as one of our

Let's Eat Healthy partners, together advancing food access, nutrition education and agricultural literacy,” states Shannan Young, RDN, SNS, Partnerships and Programs Officer, Dairy Council of California. “This year we are collaborating to support the district's expanded farm to school efforts and increased agriculture literacy by educating on topics including California's leading agricultural commodity, milk and dairy foods.”

The California Department of Food and Agriculture Office of Farm to Fork awarded a \$314,000 grant to Lodi Unified School District Nutrition Services through the 2022 California Farm to School Incubator Grant Program to expand its farm to school initiatives. The district and Dairy Council of California are teaming up to provide experiential nutrition and dairy agriculture literacy activities across grade levels through Lodi's Farm to School, Edible Nutrition Education Program. This funding is vital to support nutrition education that will help students understand the connection of fresh, locally grown foods and what is being served in their own school cafeterias.

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CSNA - Poppy Seeds Magazine

44 FALL 2023

Vertical Hydroponic Gardens



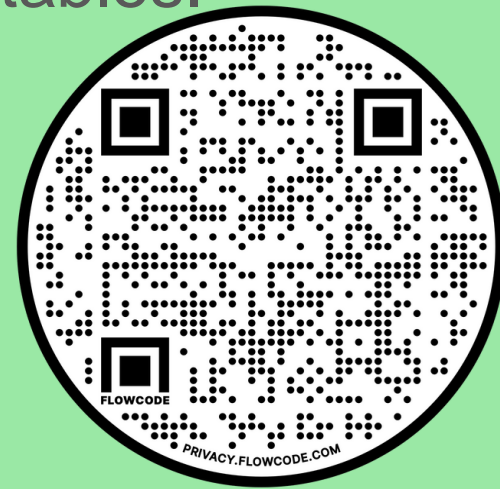
- Schools provide sustainable, fresh, locally grown vegetables through growing on site gardens.
- Students gain knowledge, skills and nutrition from their participation.
- Food comes directly from their gardens and into our kitchens creating a sustainable and resilient food source for our schools.
- Our goal is to have a hydroponic at each school site feeding our students highly nutritious, extra-locally grown vegetables.



ZERO FOOD
MILES

98% LESS
WATER

40% MORE
ENERGY
EFFICIENT





Farmer's Markets

The CDFA Grant allows us to bring local farm fresh produce in the form of a farmer's market experience to campus. Students learn about seasonal produce and get a real-life experience of "purchasing" at a market.



Food 4 Thought, LLC

Culture + Community





CaliVirgin Olive Oil

We've partnered with Lodi's Calivirgin, to provide new and exciting recipes that feature locally sourced olive oil, derived from locally grown olives!



Eli's Apples

Established as a small family farm in 1981, Eli's Apples sell delicious, hand-picked apples. Our central kitchen, picks up, sorts, and distributes an estimated 14,000 apples to our schools each week. How about them apples! Eli's Apple Farm is open to the public and located at: **8151 E. Peltier Rd, Acampo CA.**



Local Farm to School Partnerships



Summer Months - Nutrition Security

- Free Meals to children 18 years old and below
- Providing access to nutritious meals during summer months when school is not in session.
- Meals served at the city library, community centers, churches, camps, and select school sites.
- Goal of increasing participation at sites with low attendance & decreasing childhood hunger during summer months.



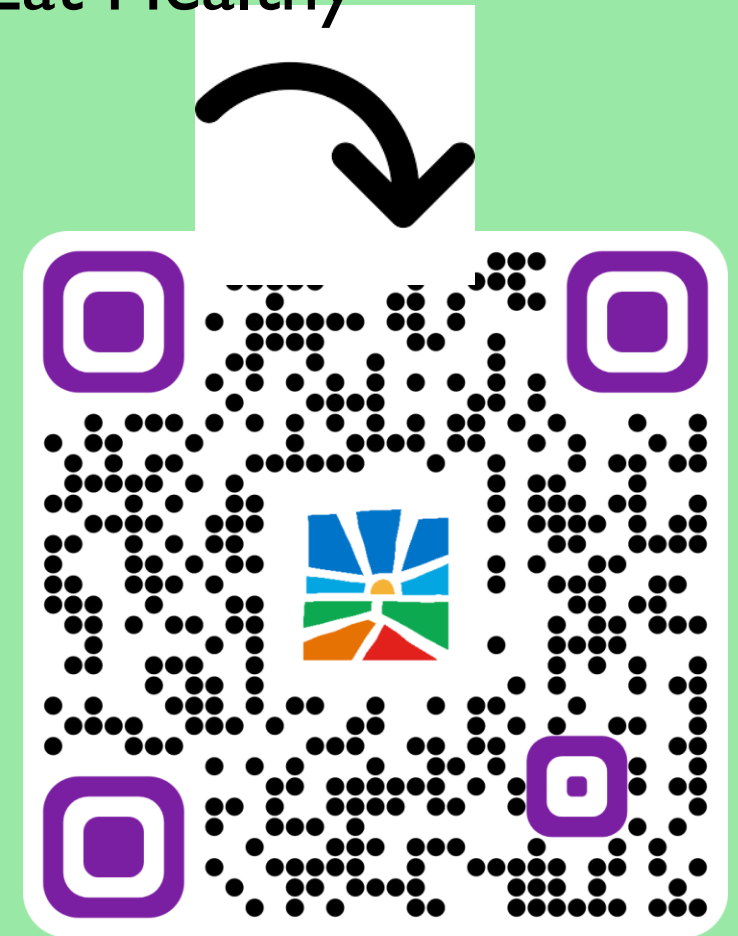
**LODI
BOYS & GIRLS CLUB**

Summer Meals Community Partnerships

Join the Let's Eat Healthy Initiative + Advocate for Nutrition Security

- Let's Eat Healthy **unites** and **activates** champions through shared values toward a common goal to build healthier children, families and communities.
- Through **coordination**, **collaboration** and **co-creation** Let's Eat Healthy increases access to nutrition education and nutritious foods supporting nutrition security in CA and beyond.

Scan to learn more
& engage through Let's
Eat Healthy



Join us for an



Open House

*Local Farmer's
Welcome!*

May 1st, 3pm-4pm

Our Open House, (formerly known as Wellness Committee Meeting), is a collaboration of local farmers, school food authorities, teachers, administrators, policy makers, parents/guardians, and other members of the public. Together, we will intentionally innovative a sustainable program for our community. Meetings are held at:



**LODI USD NUTRITION SERVICES
CENTRAL KITCHEN
840 SOUTH CLUFF AVENUE
LODI, CALIFORNIA 95240**

