

# Team Nutrition Grant & Scratch Cooked Recipe Development for Highline School District

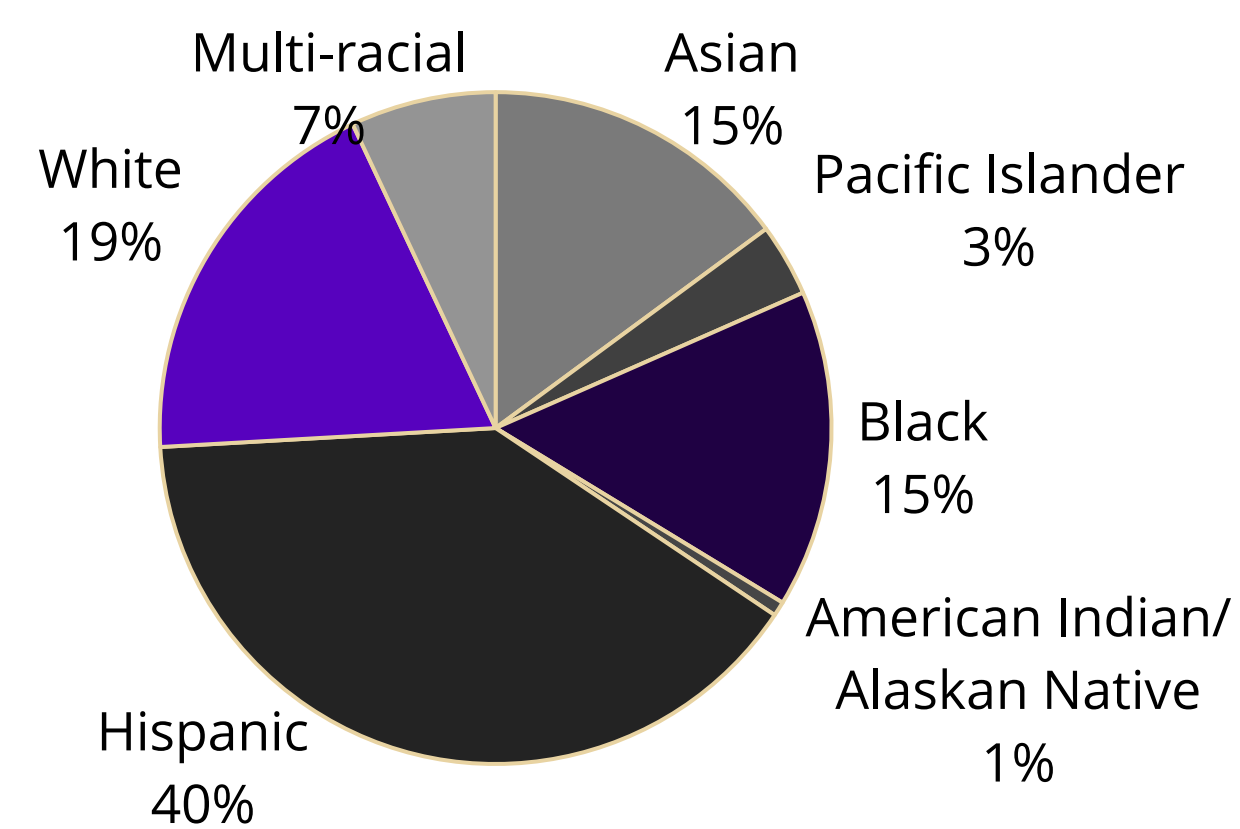
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## Introduction

The goal of Highline School Districts Nutritional Services department is to provide children with well-balanced meals that are healthy and contribute to the well-being of their students.

- Quality nutrition in childhood is associated with increased educational achievement <sup>1</sup>
- Lack of quality nutrition in childhood is associated with suboptimal health in adulthood<sup>1</sup>
- The LiveWell@School Food Initiative found increased scratch cooking led to a greater variety of meals and increased consumption of fresh fruit and vegetables <sup>2</sup>
- Increased scratch cooking is associated with reductions in sodium, fat, and saturated fat in school meals <sup>2</sup>

Race/ Ethnicity Demographics of Highline School District <sup>3</sup>



## TEAM NUTRITION GRANT

Highline school district was a recipient of the Team Nutrition Grant for School Meal Recipe Development. The Team Nutrition Grant was developed to assist schools in utilizing **local agricultural products** in meals that are representative of the **cultural diversity and food preparation practices in Washington State.**

### Recipes developed for the grant must:

- Be scratch-cooked recipes
- Highlight local Washington agricultural products
- Reflect local taste preferences
- Achieve 85% acceptability rating with at least 50 students
- Meet grant nutritional requirements:
  - At least 50% whole grains
  - <450mg sodium for entrees and <200mg sodium for side dishes
  - Saturated fat to be no more than 10% of total calories

## METHODS

- Qualitative informal interview with students for input on school meals and potential new recipes
- Develop 5 new recipes utilizing WA agricultural products that reflect local cultural taste preferences
- Taste-test each recipe with at least 50 students for an 85% acceptability rating
- Translate recipes to the USDA standardized template

## DELIVERABLES

### 5 New Recipes were developed to meet grant requirements and taste preferences of students in the school district

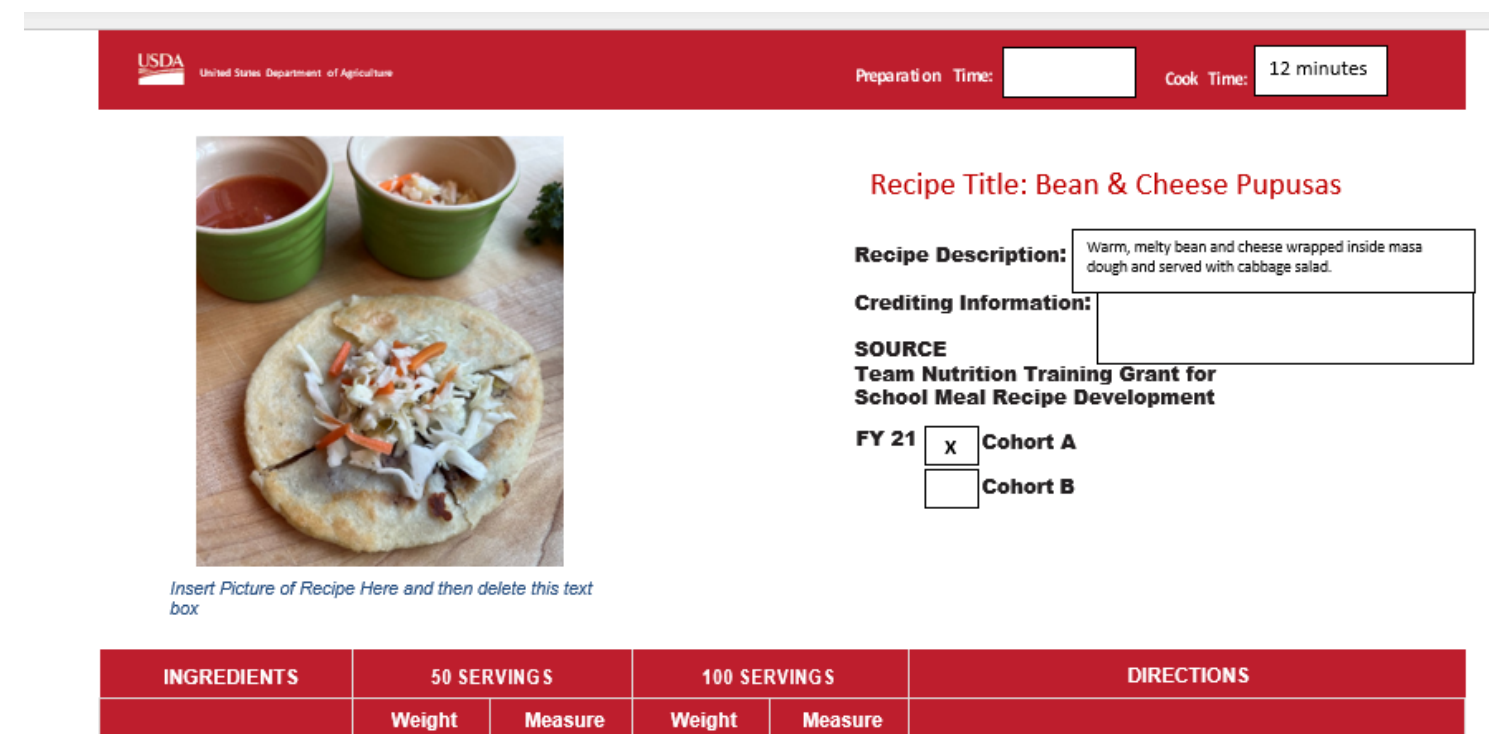
- Black Bean and Cheese Pupusa, served with cabbage and carrot curtido and homemade salsa.
  - WA Agricultural Product: Mozzarella cheese, cabbage
  - Student Acceptability Rating: 96%
- Chicken and Hominy Pozole
  - WA Agricultural Product: Cabbage,
  - Student Acceptability Rating: 96%
- Quinoa, Pinto Bean & Kale Soup
  - Kale and Beans
  - Student Acceptability Rating: 88%
- Lemon, Huckleberry, Cornmeal Muffin
  - WA Agricultural Product: Huckleberry, Cornmeal
  - Student Acceptability Rating: 98%
- Apple & Blueberry Fruit Leather
  - WA Agricultural Product: Apples, blueberry
  - Student Acceptability Rating: 89%



Quinoa, Pinto Bean & Kale Soup



Bean and Cheese Pupusa



USDA standardized recipe template for bean and cheese pupusa

## NEXT STEPS

- Recipes will be served as a part of a reimbursable meal in Highline's schools
- Recipes will be featured in the WA State Scratch Cooking Recipe Book, highlighting WA agricultural products and inspiring other school districts to test these scratch-cooked recipes in their schools

## References

1. Behrens TK, Liebert ML, Peterson HJ, Sutcliffe JT, Day A, Mack J. Changes in School Food Preparation Methods Result in Healthier Cafeteria Lunches in Elementary Schools." *American Journal of Preventive Medicine*: 2018 May 1; 54:5.
2. Schober AL, Carpenter DJ, Currie L, Yaroch V. "Evaluation of the LiveWell@School Food Initiative Shows Increases in Scratch Cooking and Improvement in Nutritional Content." *The Journal of School Health, U.S. National Library of Medicine*
3. "Fast Facts - Highline Public Schools." Home - Highline Public Schools, <https://www.highlineschools.org/about/district-information/fast-facts>. Accessed 17 Jan. 2022

## Highline School District Demographics

- 18,000 students in the school district across thirty-five schools <sup>3</sup>
- 99 languages spoken with almost 30% of students English-language learners <sup>3</sup>
- Over 60% of students in the district are eligible for free or reduced-price meals <sup>3</sup>
- Approximately 10,000 school lunches served per day <sup>3</sup>