



# Welcome!



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**





Culinary Institute  
of America

Scratch-Made Success:  
Elevating School Meals  
with Culinary Skill and  
Farm-Fresh Ingredients

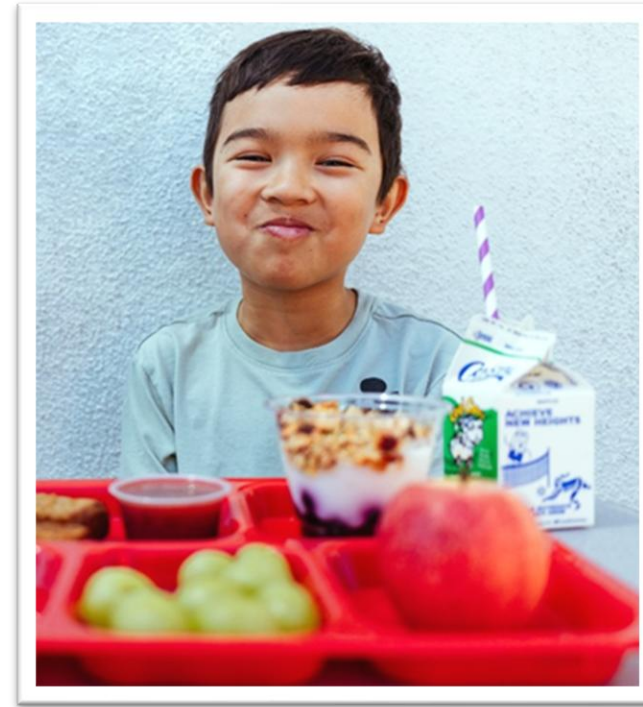


# Learning Objectives

- Understand how culinary nutrition training increases school nutrition professionals' buy in, supporting retention and recruitment for school districts.
- Identify the connection between developing school nutrition professionals' capacity through nutrition education and culinary skill building and meeting the school meal nutrition guidelines.
- Access resources to provide culinary nutrition program training and development.

# K-12 Programs

- Cooking for Healthy Kids
- K-12 Training
- Healthy Kids Collaborative



## Other Initiatives:

- Worlds of Flavor
- Menus of Change

# Texas Farm Fresh Culinary Workshops



- Weeklong, in-person culinary training programs
- Hosted at San Antonio CIA campus
- Partnership with Texas Dept. of Agriculture
- Provides school nutrition professionals with:
  - Hands-on culinary instruction
  - Strategies for integrating Texas Farm Fresh ingredients into school meal programs

# Cooking For Healthy Kids

Five-day onsite program focusing on:

- Improving basic culinary skills
- Serving more fruit, vegetable, whole grain, plant-forward items
- Enhancing flavors
- Meeting demands of today's students
- Supporting the Dietary Guidelines for Americans/ school nutrition standards



COOKING FOR  
HEALTHY  
KIDS

These goals will be accomplished through active participation:

Culinary Lecture and Demonstration

```
graph TD; A[Culinary Lecture and Demonstration] --> B[Practical Kitchen Experience]; B --> C[Technique / Recipe Evaluation]; C --> D[Kitchen Keys]; D --> E[Nutrition Keys];
```

Practical Kitchen Experience

Technique / Recipe Evaluation

Kitchen Keys

Nutrition Keys

# Adult Learning Strategies

Children	Adults
Rely on others to decide what is important to be learned	Decide for themselves what is important
Accept information at face value	Validate information based on beliefs/ experience
Have little or no experience (a "blank slate")	Have much experience, may have fixed viewpoints
Expect learning to be useful in long-term future	Expect learning to be immediately useful
Not a knowledge resource to teachers/ classmates	Knowledge resource to trainers/ participants

# Adult Learning Strategies

- **Self-Concept:** Adults thrive in independent learning and training scenarios.
- **Experience:** Adults learn experientially, meaning they learn from first-hand observations and interactions.
- **Readiness to Learn:** Adults are attracted to learning most when they know clear objectives.
- **Orientation to Learning:** Adults learn best when the topic is of immediate value.
- **Motivation to Learn:** Adults are motivated by internal factors rather than external pressures.

# Mise en Place

- French for “everything in its place”
- Preparing the workspace, planning the cooking process
- Having everything ready before you cook, bake, or assemble your dish
- Vital part of all successful kitchens, required skill of professional chefs



# Skill Building: Knife Skills



- **Focus:** grip, claw, consistency
- **Tools:** chef knife, paring knife, honing steel, cut glove, non-slip mat, color boards
- **5-Minute Drill:** slice 1 onion (even cuts) + quick tray check
- **Quality Check:** uniform size, less waste, faster service

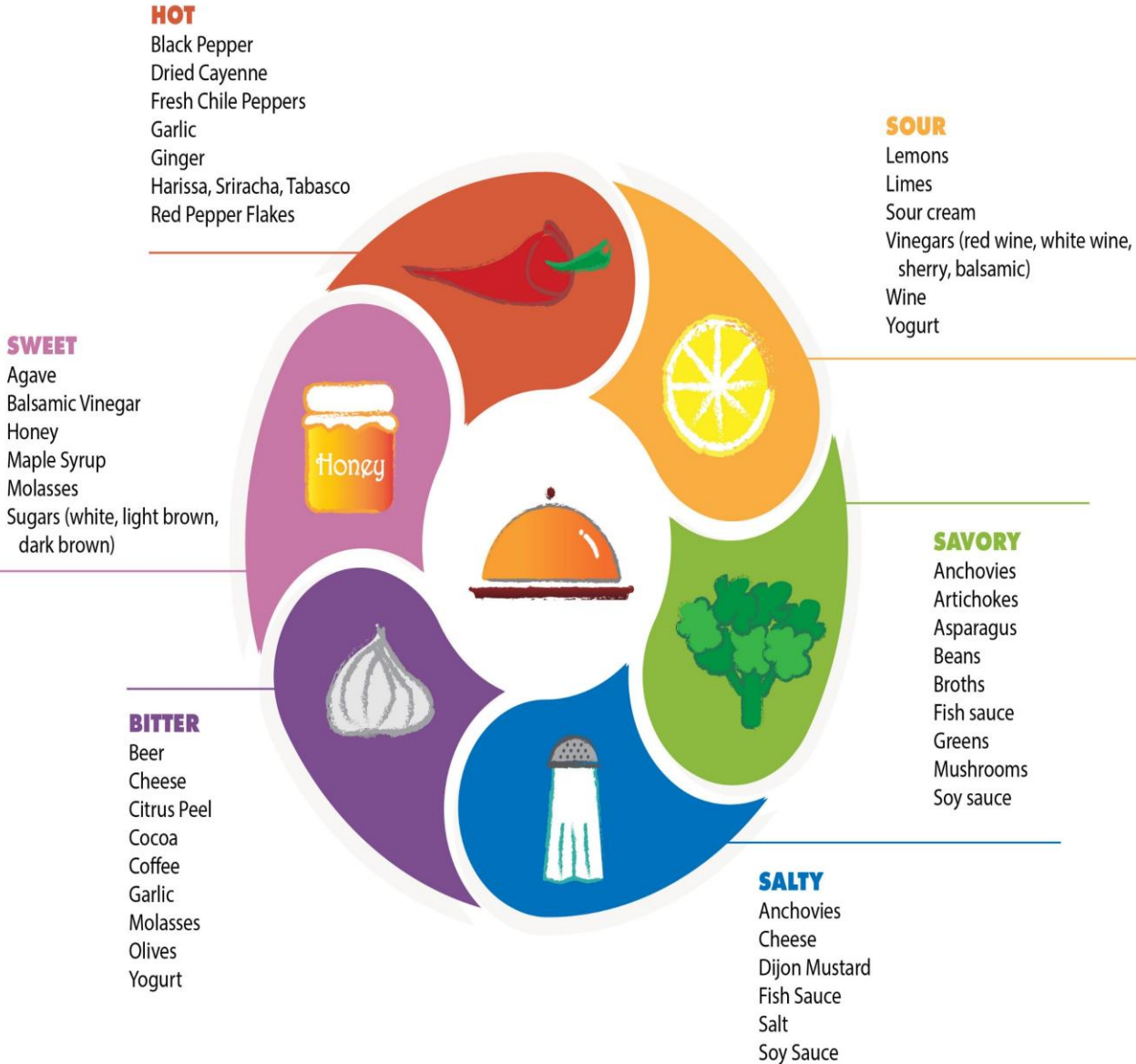
# Scratch Cooking: Easy Entry Points

- **Focus:** smart shortcuts without losing quality
- **Tools:** standardized recipe, portion scoops, scale, sheet pans, hotel pans, labels
- **5-Minute Drill:** set up a “prep path” (pull, wash, cut, pan, label, store)
- **Quality Check:** correct yield, labeled pans, consistent portions



# Global and Seasonal Flavor Profiles

# The Flavor Wheel



# Essential Spices

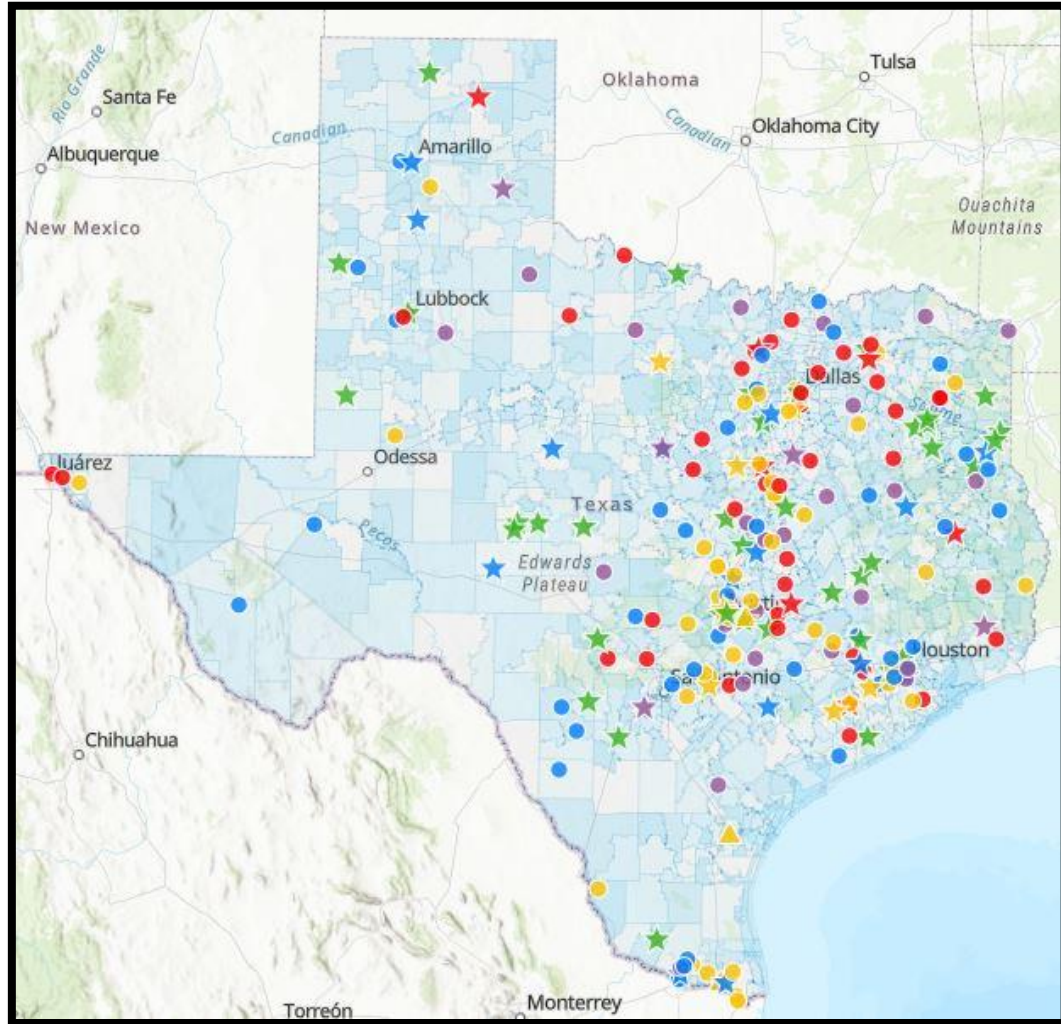


Garlic, granulated  
Onion powder  
Cumin  
Paprika, sweet  
Paprika, smoked  
Chili powder  
Ginger, ground  
Pepper, black  
Pepper, red  
Rosemary  
Oregano  
Thyme

# Sodium Free Ingredients



# Farm Fresh Network



- Texas Department of Agriculture
- Bridge between Texas farms/ ranches & federal child nutrition programs
- Over 230 members
- [www.FarmFreshNetwork.org](http://www.FarmFreshNetwork.org)
- Search the map/listing to find:
  - Product availability
  - Seasonal availability
  - Distribution area
  - Contact information

# Herbs



Fresh Herbs



Dried Herbs



Pestos and Purees



# Fresh, Seasonal, Regional Strategies



- District purchasing profile
- Product specifications
- Cycled/ seasonal menus
- Global, regional, and student-inspired recipes
- Farm to school
- Harvest of the month
- Salad/ theme bars

# Fresh Herb Dishes

- Tomatoes with Fresh Basil
- Corn and Black Bean Salad with Cilantro
- Zucchini and Apple Salad with Mint
- Baked Potato with Chives



# Improve Taste and Quality

Offer

Offer sliced or cut fruit daily.

Season

Season vegetables.

Pair

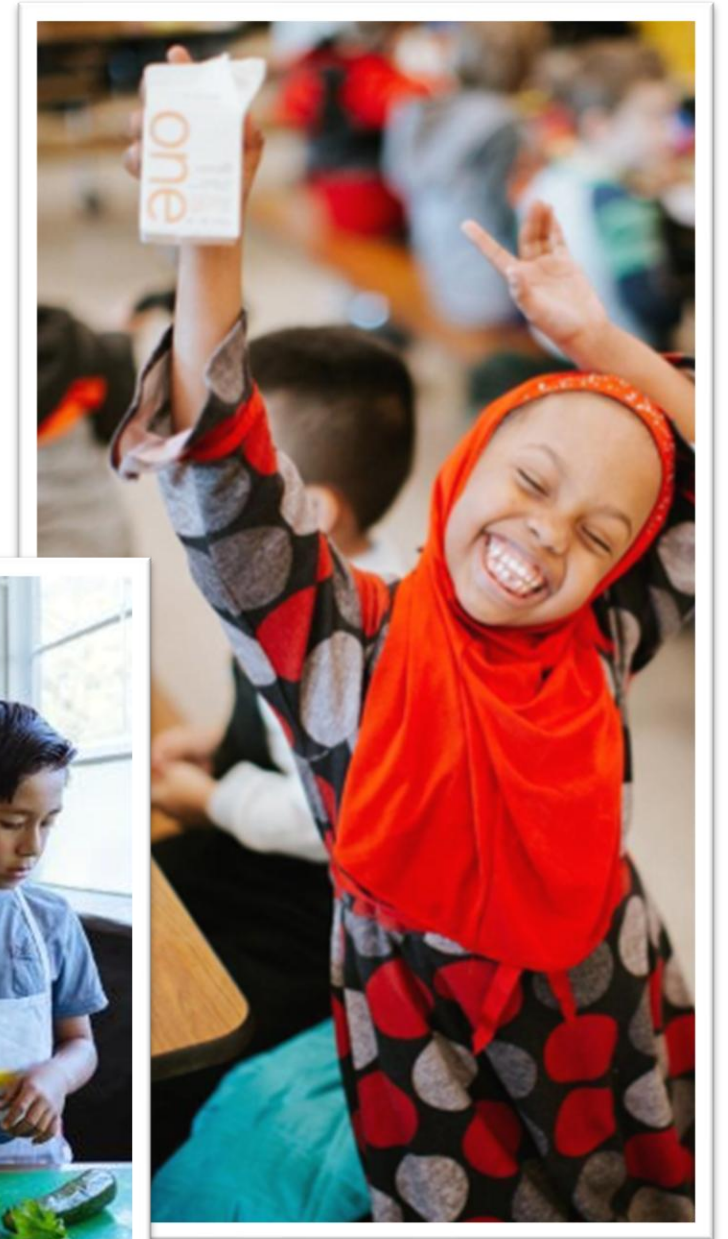
Pair cut, raw veggies with a dip like hummus.

Prepare

Prepare vegetables in batches.



# Engaging Students





Culinary Institute  
of America

Northeast ISD Training,  
Summer 2025

[YouTube Video](#)





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# Healthy Kids Collaborative





Advancing culinary-driven, healthy, flavorful foods for kids



Proprietary and Confidential



# Program Vision

- Provide school nutrition professionals with **comprehensive resources**.
- **Support scratch cooking, sustainability, and student-centered** menus.
- Grounded in **research and industry collaboration**.



# Standardized Recipes

## Recipe Name

Short description of dish.

**Recipe Type:** Prep Recipe

**Yield:** Portion or Quantity

**Serving Description:**

**Meal Pattern Crediting:** 2 M/MA & 2 B/G (Ex.)

**HACCP Process Category:** Process #1 No Cook and Non-TCS Foods

## Ingredients

Ingredient name

## Amounts

½ cup

Ingredient name

as needed

## Method

### Day Prior to Service:

•List any tasks that can be done prior to day of service. **CCP:** List safe temp food should be held.

### Day of Service:

•List steps of recipe **CCP:** Safe temp food should be served.

**Variation:** Note variations here if applicable.

### Notes:

Any special notes, such as how to find an unusual ingredient.

**Nutrition Information (per serving):** **Calories: kcal / Protein: g / Carbohydrate: g / Fiber: g / Saturated fat: g / Total fat: g / Sodium: mg / Added sugar: g**

**Source:** Chef Name, in collaboration with the CIA Healthy Kids Collaborative.

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# Recipe Guide Instructions

## **Guiding Recipe Documentation**

- This training guides users on properly filling out recipe documentation for clarity and consistency.

## **Examples**

- The Beef Bibimbap Bowl Recipe Guide serves as a practical example of how to illustrate correct input methods.

## **Ensuring Recipe Accuracy**

- Focus on accurately inputting recipe name, yields, ingredients, equipment, and preparation steps.

## **Facilitating Kitchen Communication**

- Structured recipe guides improve communication and maintain high standards among culinary teams.

# Enter Recipe Name

Recipe # R00012

**Yields: 111 Servings**

**Pro Tip:**

Enter text here...

**Gather Ingredients:**

Enter text here...

**Equipment Needed:**

Enter text Here:

**After You Assemble:**

Enter text here...

1. Enter text

2. Enter text

3. Enter text



4. Enter text

5. Enter text

6. Enter text



# Beef Bibimbap Bowl

Recipe #R5819/R5819CO

**Yields: 126 Servings**

**Pro Tip:** Place cucumbers on Vollrath slicer at an angle for even cuts.

## Gather Ingredients:

#1805 Brown Jasmine Rice  
#3269 Broccoli Florets  
#2052 Beef Bibimbap  
#2081 Persian Mini Cucumbers  
(sites w/ Vollrath order from Food Warehouse)  
#3257 Cucumbers - Sliced  
(sites w/ no Vollrath order from Goldstar)  
#1486 Gochujang Sauce  
#1460 Rice wine Vinegar  
#1453 Salt

## Equipment Needed:

Vollrath Chopper (slicing blade), scale, measuring spoons, hotel pans, perforated pans, cut gloves.

## After You Assemble:

If not serving immediately, place bowl in warmer for no more than 1 hour and keep cucumbers separate and chilled.

**Step 1:** 24–48 hours before cooking, review the recipe and ensure all ingredients are on hand. Thaw beef in the refrigerator at least 24 hours in advance. On the day of service, do your mise en place.



**Step 3:** Place 2 level #8 dishes of rice on the side of the bowl, follow with a level #8 disher of meat, 0.6 oz (approx. 2-3 pieces) of cooked broccoli. Can be held warm until service.



**Step 2:** Up to 24 hours before, slice cucumbers at an angle using Vollrath (pusher block and slicer blade)—see photo for reference. Discard ends, add ingredients per recipe, toss, cover, and refrigerate to marinate. Wear cut gloves when using the Vollrath.



**Step 5:** Prepare gold standard bowl first, then assemble the rest using an assembly line. Bowls can be served covered or uncovered; if covered, serve cucumbers on the side as they must be kept cold.



**Step 3:** Prepare the rice, beef, and broccoli according to their recipes.



**Step 6:** In this recipe, the Vollrath was used to slice the cucumbers. If time permits, take it a step further and use it to cut your fruit as well. Extra care in preparation helps elevate the overall meal experience.



# After Assembly

## **Proper Food Storage**

- Keep in warmers for no more than 1 hour to maintain safety and quality.

## **Ingredient Handling**

- Keep sensitive ingredients separate and chilled to preserve freshness and quality.

## **Documentation and Compliance**

- Document instructions for timing, storage, and regulatory compliance.
- Create a plan for any prework; include photos, recipe, ingredients

# MENUS *of* CHANGE<sup>®</sup>

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# Key Takeaways

- Professional development that is **relevant** yields the greatest benefits.
- **Hands-on** culinary training/ nutrition education reinforces skill and learning.
- **Practical tips/ techniques** make training more manageable.
- **Standardized recipes/ job aides** create consistent outcomes.
- Starting **small** helps build confidence.
- **Connect** with students, faculty, and community for support.
- Have **fun--** After all, it's kids and food!!

# Join the Conversation - Follow us!



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**Dr. Sandy Curwood, RDN**

Healthy Kids Collaborative Project Manager for the CIA

Former State Director of School and Community Nutrition Programs, Virginia DOE

Former School Foodservice Director for 15 years in California school districts

Registered dietitian in a variety of food service and healthcare settings

Adjunct faculty at Cal State Northridge, taught foodservice systems and nutrition courses

B.S. in Foods and Nutrition, M.S. in Business, Health Care Administration, Ph.D. in Hospitality Management from Iowa State, with a focus on Foodservice Management



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Any Questions?