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# Thank You!

Dear MSNA member,

Thank you so much to the great MSNA members who volunteered at the Annual Nutrition Conference for the School Nutrition Association. We had 70 volunteers assist with the conference. Their support and smiling faces were a great way to welcome industry folks and fellow SNA members to Missouri. I appreciate everyone taking the time out of their busy conference schedule to help, as we couldn't have done it without our fantastic members!

I hope all who attended the conference were inspired by things they learned, as well as the people they met and were able to bring great new ideas back to their schools.

Thank you again!

Sincerely,



Carmen Fischer



SNA ANC 2019, St. Louis, MO





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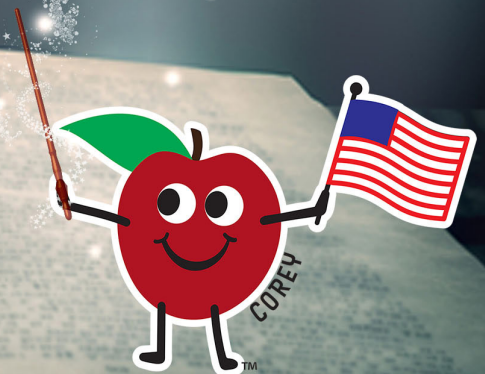
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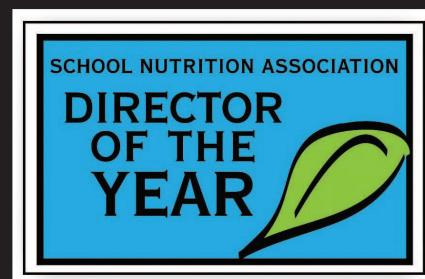
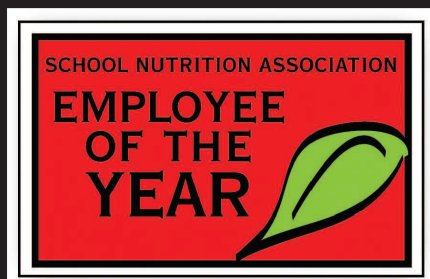




# SNA Awards Program

Nominate a colleague you admire!

Awards for School Nutrition Professionals



**Nominations are due by March 1, 2020\***

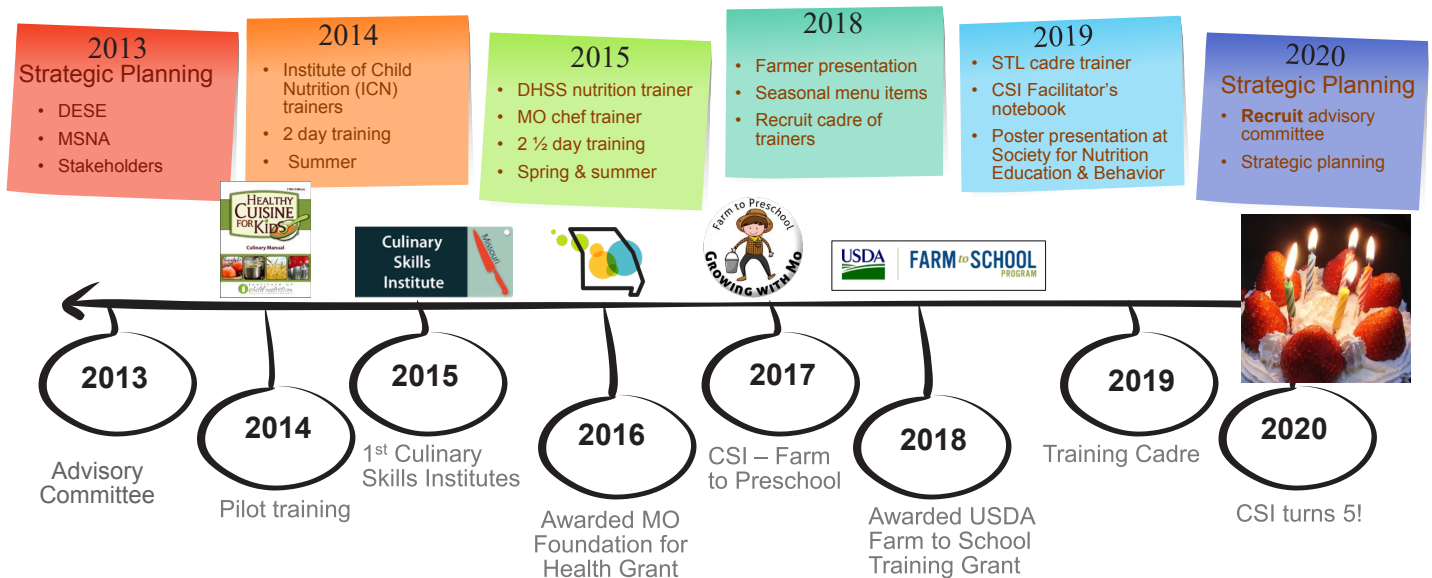
**For more information,  
please visit [www.schoolnutrition.org/awards](http://www.schoolnutrition.org/awards)**

\*Check SNA website for details

# Missouri Culinary Skills Institute: An Overview

by Lisa Farmer, Nutrition Specialist, DHSS

## Missouri Culinary Skills Institute (CSI)



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/ Sugar Snap Peas / Watercress  
vocado / Apples / Grapes / Honey  
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/ Leeks / Lettuce / Green Onions  
ppers / Snow Peas / Spinach / Sugar

The Missouri Department of Health and Senior Services (DHSS), Culinary Skills Institute (CSI) will be five years young in 2020!

It's hard to believe it has been five years since the pilot training took place August 4-5, 2014 in Columbia. The training has changed slightly over the years, but the mission remains, to support nutrition environments in schools by enhancing the culinary skills and knowledge of school food professionals. The 2½ day, hands-on training takes place in a culinary lab where participants prepare kid-tested, standardized recipes that meet the School Breakfast Program (SBP) and National School Lunch Program (NSLP) nutrition standards.

In 2018, DHSS received a USDA Farm to School Training Grant to develop a cadre of trainers to facilitate the nutrition portion of the training and educate CSI students about seasonal products and incorporating them into their menus.

This summer Lisa Farmer, CSI Coordinator, presented a poster on CSI at the 52nd Annual Society for Nutrition Education and Behavior Conference in Orlando, Florida. Thousands attended the conference and were very interested in CSI.



# Missouri Culinary Skills Institute: Building Healthier Trays with Training

Lisa Farmer, MEd, Project Director  
Missouri Department of Health and Senior Services

Culinary Skills Institute



## Overview:

The Culinary Skills Institute (CSI) is an adaptation of the Institute of Child Nutrition (ICN). Healthy Cuisine for Kids "hands-on" culinary training designed to meet the professional development needs of Missouri school nutrition professionals. Missouri Department of Health and Senior Services established an advisory committee to drive development of a culinary-based training that would meet the needs identified in the Training Needs Survey. Key members include:

- Missouri Dept. of Elementary and Secondary Education
- Missouri School Nutrition Association
- School Food Service Directors

## Objective:

Increase knowledge, skills and confidence of Missouri school nutrition professionals in an effort to increase student acceptance of school meals and improve their health status.

Participants learn the research-based reasoning behind eating healthy, and why Americans should be consuming these foods.

The recipes used in CSI are:

- Kid-tested and kid-approved
- Focus on dark-green and orange vegetables, whole grains and meat alternates like beans and peas
- Low in total fat, saturated fat, sugar and sodium
- Encourage using fresh produce when possible



Tangy Fresh Bean Tostada



Taco Soup

The Missouri School Food Services Training Needs Survey was distributed to school food service professionals attending the annual Missouri Department of Elementary and Secondary Education summer workshops.



The top three professional development needs identified from the surveys received:

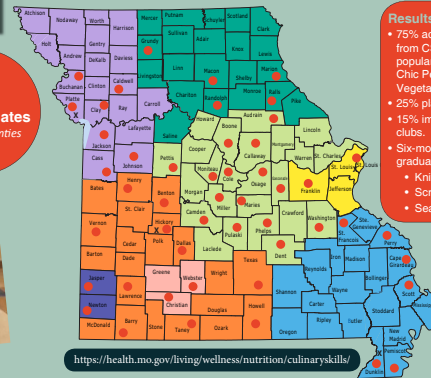
1. Add fruit and vegetable variety in menus to meet the new vegetable subgroups (64.1%)
2. Incorporating whole grains into menus to meet the new regulations (61%)
3. Methods to reduce sodium in menus (59.3%)

## Training Goals:

- Strengthen culinary skills
- Build confidence
- Incorporate more fruits, vegetables, whole grain-rich foods and meat/meat alternates
- Utilize fresh herbs and spices to reduce sodium
- Develop a better understanding of farm to school and small steps schools can do to implement



## CSI Statistics 2014-19



## Results:

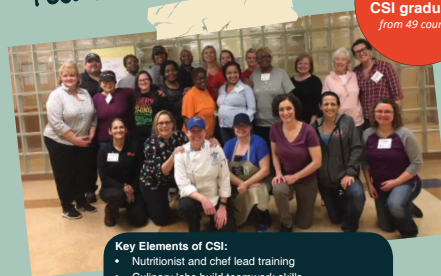
- 75% added at least one recipe from CSI to their menu. Most popular recipe additions: were Chee Panne and Kickin Chicken Vegetable Curry.
- 25% planted a school garden
- 15% implemented student cooking clubs.
- Six-months post training graduates report an increase in:
  - Knife skills
  - Scratch cooking
  - Seasonal fruits and vegetables

X = Training location  
● = CSI Graduate

<https://health.mo.gov/living/wellness/nutrition/culinaryskills/>

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

Team St. Louis



203  
CSI graduates  
from 49 counties

## Key Elements of CSI:

- Nutritionist and chef lead training
- Culinary labs build teamwork skills
- Training manual provides train-the-trainer resources
- Lab teams prepare and taste standardized recipes

# Call to Action

## Wanted

St. Louis area school district or local kitchen facility interested in hosting a fall 2019 CSI.

## Needs:

- 2½ days available for the training
- Kitchen area large enough to accommodate 20 students for culinary lab.
  - o We have used FACS classrooms in the past
- Classroom area for nutrition education.
- Mirrored demonstration table for chef.

Check out CSI online at: <http://www.health.mo.gov/living/wellness/nutrition/culinaryskills/>

Interested individuals with questions can contact Lisa Farmer, Nutrition Specialist, Department of Health & Senior Services at 913-636-1073 or [lisa.farmer@health.mo.gov](mailto:lisa.farmer@health.mo.gov).

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**Paula Gualtieri**  
Northshore School District, WA

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THE VOICE OF CHILD NUTRITION IN MISSOURI

*In this issue:*

Thank you from Carmen Fischer

Missouri Culinary Skills Institute: An Overview



FALL NEWSLETTER

[www.mosna.org](http://www.mosna.org)