



# Life Skills that Last a Life Time



Presented by:

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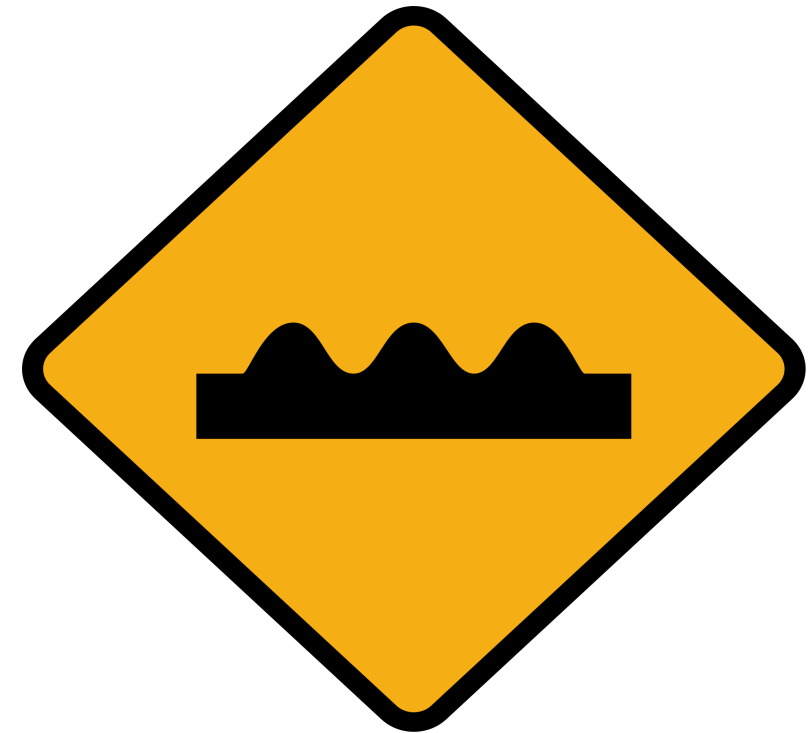
# In The Beginning

- The Vision
- Funding...JAF
- Location
- Never Stop
  - Future Vision



# Bumps Along the Way

- Food Service Cooperation
- ServSafe Training
- Staffing
- Space
- Administration
  - What is the best interest for the students



# Rules and Regulations

- Minnesota Department of Education Link: [Smart Snacks](#)
- Food Requirement Rules
  - Food Rules
    - Smart Snack Calculator
      - [Smart Snacks Product Calculator](#)

# Smart Snack Guidelines

- What is your product?
- First Ingredient
- Serving Size
- Calories
  - 200 or less
- Total Fat
  - Less than 35% of total calories
- Saturated Fat
  - Less than 10% of total calories
- Trans Fat
  - Must be zero



- Sodium
  - Must be 200 mg or less
- Sugars
  - Less than 35% of Weight
- Carbs
  - No recommendations from the state.

Smart Snacks Product Calculator Results	Nutrition Facts
Brand: <b>Keebler</b>	Serving Size 1 oz (about 28.35 g) <b>0</b> Servings Per Container
Product Name: <b>Scooby-Doo Baked Cinnamon Graham Cracker Sticks</b>	Amount Per Serving
Serving Size: <b>1 oz</b>	Calories 120 <span style="float: right;">Calories from Fat 35</span>
First Ingredient: <b>Whole wheat flour</b>	Total Fat (g) 3.5
Your whole grain product meets all nutrient standards for entrees or snack foods.	Saturated Fat (g) 1
	Trans Fat (g) 0
	Sodium (mg) 115
	Carbohydrates
	Sugars (g) 8
	Vitamin D (% NA) <span style="float: right;">Potassium (% NA)</span>
	Calcium (% NA) <span style="float: right;">Dietary Fiber (% NA)</span>

# Lay's Classic Potato Chips



<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>1 package</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1.5g	<b>7%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 15g	<b>6%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars less than 1g	
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.6mg	2%

# Smart Snacks Product Calculator: Lay's Potato Chips

 SMART SNACKS  
PRODUCT CALCULATOR



## Smart Snacks Product Calculator Results

Brand:  
**Lays**

Product Name:  
**Potato Chips**

**✘ Your product is NOT compliant.**

Your vegetable product does not meet the following nutrient standards:

✘ Calories from total fat exceed 35%.

*The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.*

LEADING THE WAY FOR CHILDREN'S HEALTH







# Other Pre-Packaged Compliant Snacks

- Reduced Fat Nacho Doritos
- Reduced Fat Flamas
- Baked Lays Original
- Baked BBQ Lays
- Outshine Bars
- Healthy Choice Fudge Bar
- Pop Chips
- Welch's Fruit Snacks



# Beverage Guidelines

[Smart Snacks \(mn.gov\)](http://mn.gov)

Is it...

- Age Appropriate
  - Middle School and Younger
    - Plain Water
    - Milk
    - 100% Fruit or Vegetable Juice
    - No Added Sweeteners
  - High School
    - Serving size
      - 20 Fluid oz. with 0 calories
      - 12 Fluid oz. with 60 calories or less
    - Caffeine



# What About Inspection?

- Food/Ingredient Storage
  - Proper Container
  - Placement
  - Dates
- Food Handling
  - Gloves
  - Hairnets
  - Hand washing



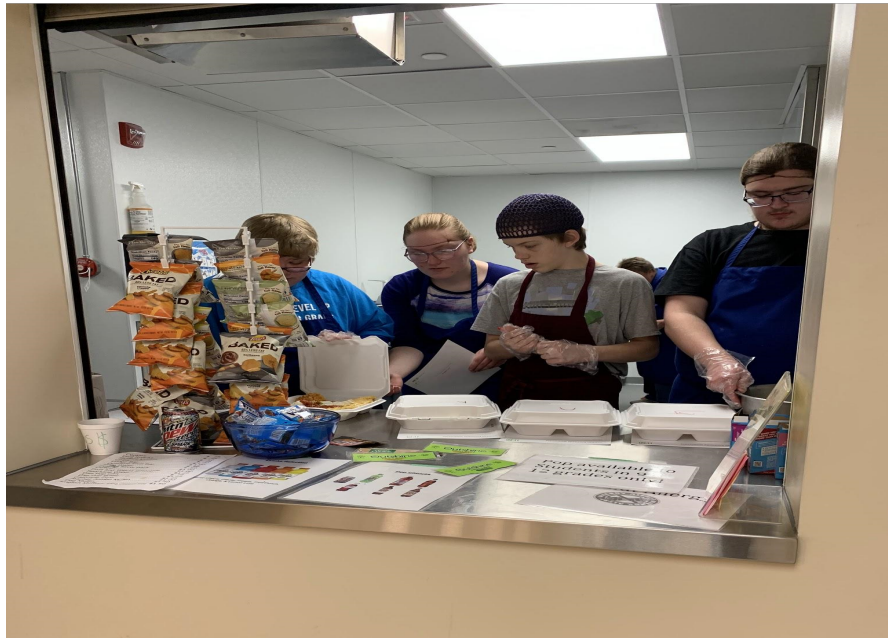
- Temperature Logs
  - Cooler & Freezer temperatures
  - Sanitation
  - Temperature of smoothies
- Pre-packaged Snacks & Drinks
  - Compliance Log
  - Food Nutrition Audit





# The Bulldog Cafe Now

[Inside the Bulldog Cafe](#)

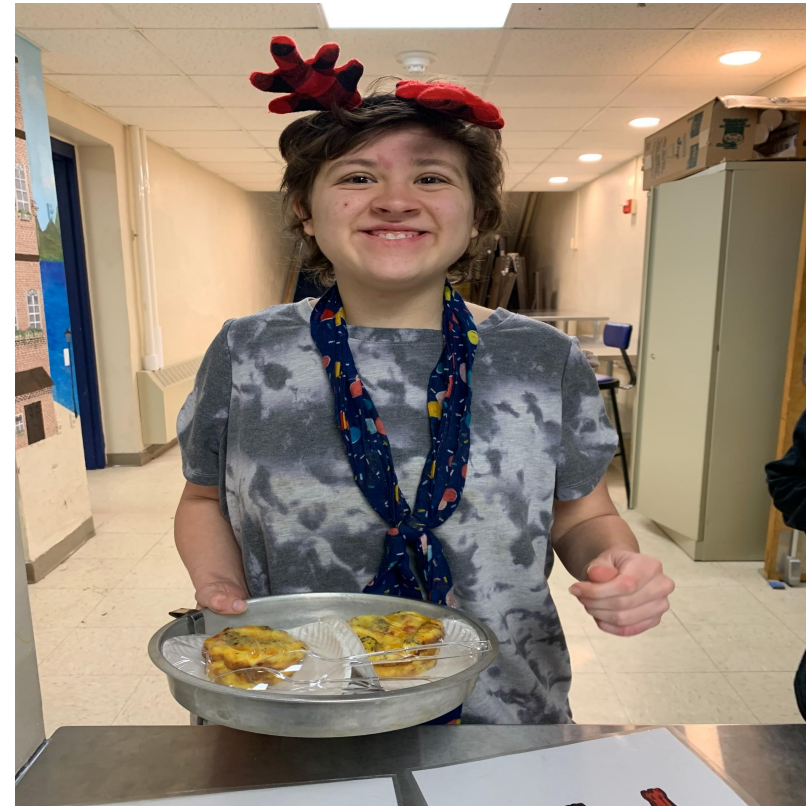


[Bulldog Entrance](#)



# What We Are Doing Now

- Student Engagement
  - Making Cookies
  - Making Smoothies
  - Making Student Muffins
  - Making Egg Muffins
  - [Taking/Making Orders for Staff Daily at Bulldog Cafe \(Google Order Form\)](#)
  - Delivering Food to Staff





# What We Are Doing Now, continued

- Student Responsibilities
  - Hair nets, aprons, wash hands, gloves
  - Wrap Cookies, muffins, eggs
  - Check Temperature of Food
  - Check sanitizer level
  - Wash Dishes - follow steps
  - Stock Refrigerator
  - Clean up after making food



- Help Prepare Food
- [Make Shopping List](#)
- Go Shopping
- Comparison Shop
- [Set up Google Form for Staff Lunches](#)

# Benefits for the Students

- Math Skills Practice
  - Sorting & Counting Money
  - Making Change
  - POS System
  - Calculating Unit Cost
  - Profit/Loss
  - Marketing
  - Pricing
  - Invoices
  - Deposit Slips
  - Tracking Inventory
  - Measuring (fractions)
  - Recipe Development



# Benefits for the Students: Skills, Life Skills, Life Skills!!!Life

- Social Skills
  - Positive Peer Interactions
  - Social Scripts
  - Increase social interaction
- Independence Skills
  - Confidence and Self-Esteem
  - Advocating for themselves
  - Leadership
- Purpose
- Visibility
- Real-World Application
  - Field Trips
  - Generalization of Skills
  - Grocery Shopping

# Benefits for the Students, continued.

- Job Skills
  - Time Card Entry
  - Following Directions
  - Reading the Recipes
  - Food Safety Rules
  - Hygiene
  - Technology
- Related Services Support
  - Speech/Language Pathologist
  - Occupational Therapist
  - IEP Goals





# So What If You Don't Have a Commercial Kitchen?

- Do you have a concession stand you could use?
- Do you have a cart to use?
- Could you use the FACS room, during the teacher's prep time?
- Could you have the FACS teacher team teach with you and your students and help them get started building their own store?
- Get administration on board!!!
- Any other ideas?



**Thank you!**