

Seasonal Foods of Summer

Children should have access to healthy food and be able to make healthy food choices wherever they are – at home, in school, and in the community. Improving the health of the nation’s children and reversing the childhood obesity epidemic is a shared responsibility and will take the commitment of parents, the foodservice industry, the media, and schools working together. The vision of USDA’s School Meals Initiative for Healthy Children is to improve the health of school children through better nutrition. Implementing the *Dietary Guidelines for Americans* in school meals will have important health benefits for children.

Focus on Food

USDA Commodity Food Program

USDA Foods are 100 % American grown and are a healthy food choice. Over the past two decades, USDA has reduced the levels of fat, sodium (salt), and sugar in commodities while keeping them tasty and acceptable to children. You can stretch your food budget and insure high quality by ordering a wide variety of foods through USDA’s Commodity Food Program and the Department of Defense.

USDA takes other steps to lower fat in foods:

- USDA offers part skim milk mozzarella and several types of reduced fat and lite cheese.
- Trans fats have been eliminated from frozen potato products and a fat-free potato wedge has been added to the Foods.
- Since 1992, USDA beef is 85 % lean and schools have had the option of ordering beef patties with a fat level as low as 10 %. USDA consistently offers a lower fat turkey taco filling, frozen diced chicken, 97 % lean ham, and 95 % lean turkey ham. Currently, USDA is evaluating a 95 % lean beef patty for use in schools.

USDA takes steps to lower sodium (salt) in foods:

- In School Year 2010 the sodium levels in all USDA canned vegetables are being reduced to 140 milligrams (mg) per serving. This greatly exceeds the Food and Drug Administration’s “healthy” standard for sodium, which is 480 mg per serving.
- Providing low sodium USDA vegetables to schools helps them lower the sodium levels in their menus.
- Schools continue to have the option to order salt-free frozen vegetables.

Resources

National Food Service Management Institute. (2009). *Culinary techniques for healthy school meals*. University, MS: Author.

National Food Service Management Institute. (2005). *Healthy cuisine for kids*. University, MS: Author.

U. S. Department of Agriculture, Food and Nutrition Service. (2007, January). *The road to SMI success-A guide for school food service directors*. Washington, DC: Author.

U. S. Department of Agriculture, Food and Nutrition Service. (2007). *HealthierUS school challenge: Recognizing nutrition excellence in schools*. Washington, DC: Author.

The USDA Commodity Food Network (CFN), www.commodityfoods.usda.gov/

Farm to School, www.farmtoschool.org

Focus on Nutrition: Fruits of Summer

Why do children need to eat more fruits?

- Fruits are nutritious, flavorful, and appealing to children.
- Fruits are important sources of many nutrients, including dietary fiber, vitamin C, potassium, folate, and phytochemicals.
- Eating fruits that are low in calories per cup instead of some other higher-calorie food may be useful in helping to lower caloric intake.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce the risk for chronic diseases, such as stroke, coronary heart disease, type 2 diabetes, and certain types of cancers.

SMI Menu-Planning Practices for Healthy School Meals

- Increase the amounts and variety of fruits offered.
- Frequently offer fresh fruits using a variety of presentations, such as apple wedges, fresh fruit cups, and banana halves.
- Plan a vitamin C rich fruit or vegetable daily.
- Offer fruit with more potassium often.

National Food Service Management Institute
The University of Mississippi
6 Jeanette Phillips Drive
Post Office Drawer 188
University, Mississippi 38677-0188
800-321-3054 • nfsmi@olemiss.edu



For more information, visit us on the Web at www.nfsmi.org

Recycling Focus: Vermicomposting

Vermicomposting is the process by which worms are used to convert organic materials (like food scraps) into a humus-like material known as vermicompost. The “compost worm” or “redworm” is an extremely tough and adaptable worm, and is most often used for composting.

Vermicomposting can be done in the classroom or outdoors. It can be done in a small plastic tub or large, commercial bin.

Compost worms need five basic things:

1. An hospitable living environment (bedding). Bedding is any material that provides the worms with a relatively stable habitat. This habitat must have the following characteristics: high absorbency, good bulking potential, and a low protein and/or nitrogen content. Although the worms do consume their bedding as it breaks down, it is very important that this be a slow process. Shredded paper or cardboard makes an excellent bedding.
2. A food source. Compost worms are big eaters. Under ideal conditions, they are able to consume in excess of their body weight each day, although the general rule-of-thumb is 1/2 of their body weight per day. They will eat almost anything organic (materials of plant or animal origin), but they definitely prefer some foods to others.
3. Adequate moisture. The moisture content must be greater than 50% water content by weight but the ideal moisture content range for vermicomposting or vermiculture processes is 70-90%.
4. Adequate aeration. Worms are oxygen breathers and cannot survive anaerobic conditions (defined as the absence of oxygen).
5. Protection from temperature extremes.

To learn more about vermicomposting:

U.S. Environmental Protection Agency, Wastes – resource conservation – reduce, reuse, recycle, composting. www.epa.gov/epawaste/conservation/rrr/composting/vermi.htm

University of Nebraska, Lincoln, Extension in Lancaster County, Vermicomposting: composting with worms. lancaster.unl.edu/pest/resources/vermicompost107.shtml

Organic Agriculture Centre of Canada, Manual of on-farm vermicomposting and vermiculture, Munroe, Glenn. www.oacc.info/DOCs/Vermiculture_FarmersManual_gm.pdf

The Worm Woman, www.wormwoman.com

Seasonality

Fruits and vegetables that may be available during the summer:

Apricots	Kiwifruit
Bell Peppers	Lima Beans
Blackberries	Mushrooms
Blueberries	Nectarines
Cantaloupe	Peaches
Cherries	Radishes
Cucumbers	Raspberries
Eggplant	Strawberries
Garlic	Summer Squash and Zucchini
Grapes	Tomatillos
Green Beans	Tomatoes
Honeydew Melon	Watermelon

Ways to celebrate seasonal foods:

June:

Fresh Fruit and Vegetable Month

National Dairy Month

National Papaya Month

July:

National Blueberry Month

National Peach Month

National Picnic Month

August:

National Catfish Month

National Farmers Market Week

National Peach Month

National Watermelon Day

To learn more about using seasonal produce:

U. S. Department of Agriculture, Food and Nutrition Service. SNAP- Ed Connection, Nutrition through the seasons, http://snap.nal.usda.gov/foodstamp/nutrition_seasons.php



Student Activity

Making Fruit Ice Cream

Who knew crafting a batch of ice cream could be so much fun? Making fruit sorbet or ice cream is “cool” for kids and can be a good science lesson too. This technique will show a classroom activity that is fun, easy, and uses healthful ingredients. Watch milk become homemade ice cream in 20 minutes by using a zipper bag and a coffee can.

What you need for each student:

- 6 tablespoons rock salt
- 1 pint-size plastic zipper food storage bag
- 1 large coffee can
- Ice cubes

Ice Cream Formula:

1 tablespoon sugar

1/2 cup milk or half & half

1/4 teaspoon vanilla

assorted fruit mix-ins (minimum 1/8 cup fruit)

- Strawberries
- Peaches
- Blueberries
- Bananas
- Raspberries
- Mango

In a pint-size zipper bag mix together sugar, milk, vanilla, and selected fruit. Seal the zipper bag tightly and place the bag with the ice cream mixture in the clean coffee can.

Cover the zipper bag with ice and rock salt.

Tightly seal the lip of the can and roll it around for about an half hour. This process works great in pairs of children. Let them sit on the floor and roll the can to each other. Quickly rinse the bags in cold water before serving the ice cream.

Fun Facts About Ice Cream:

- Legend has it that in the first century the Roman emperor Nero used to send his slaves scurrying to the mountains to collect snow and ice to make flavored ices, the precursors to ice cream.
- Dolly Madison created a sensation when she served a strawberry ice cream as a dessert in the White House at the second inaugural banquet in 1813.
- Until 1800 ice cream remained a rare and exotic dessert enjoyed mostly by the elite. Around 1800 insulated ice houses were invented. Manufacturing ice cream soon became an industry in America, pioneered in 1851 by a Baltimore milk dealer named Jacob Fussell.
- Vanilla is the most popular flavor of ice cream in this country with from 20-29 % of sales. Chocolate comes in a distant second, with about 9-10 % of the market.

The Science Behind Rock Salt and Ice

Ice freezes at 32 °F. When you are making ice cream, the temperature around the ice cream mixture needs to be lower than 32 °F because ice cream does not begin to freeze until the ice cream mixture is below 27 °F. Salt mixed with ice creates a brine solution that has a temperature lower than 32 °F. When you add salt to the ice, you lower the melting temperature of the ice down to approximately 0 °F. This will give the rapid cooling and freezing that is essential to making smooth creamy ice cream.

Asian Barbecue Chicken & Vegetable Wrap

Serving Size: 1 tortilla wrap Number of Portions: 50
 One tortilla wrap provides 2 ounces meat/meat alternate, 1/2 cup of vegetable, and 2 1/2 servings of grains/breads

A great way to add more vegetables to a lunch entree.

Ingredients	Weight	Measures	Instructions
Canola oil	2 ounces	1/4 cup	<ol style="list-style-type: none"> Place oil in a large or medium sauté pan place on high heat. Add the Chinese cabbage, red pepper, and carrots. Sauté 3 to 4 minutes. Add snow peas. Add the chicken and toss together. Add the cilantro and barbeque sauce. With tongs or a slotted spoon, drain the excess juice, and place 1 1/2 cups of the cooked mixture at the bottom of the tortilla. Fold the bottom of the tortilla over and roll it up. Serve. <p>CCP: Heat to 165 °F or higher for at least 15 seconds. CCP: Hold for hot service at 135 °F or higher.</p>
Chinese cabbage, julienned	2 pounds 2 ounces	2 1/2 quarts	
Red pepper, julienned	2 pounds 9 ounces	3 quarts 1 cup	
Carrots, shredded	2 pounds 4 ounces	2 quarts 3 cups	
Chinese snow peas, julienned	2 pounds 9 ounces	2 quarts	
Cooked chicken, boneless	6 pounds 4 ounces	5 quarts 1/4 cup	
Cilantro, chopped		1/2 cup	
Asian barbecue sauce		2 cups	
Whole wheat tortilla, 10 inch, (at least 2.5 oz)		50 each	

Nutrients per serving

Calories	346	Saturated Fat	0.6 g	Iron	2.8 mg
Protein	23.8 g	Cholesterol	44 mg	Calcium	31 mg
Carbohydrate	40.3 g	Vitamin A	4373 IU	Sodium	470 mg
Total Fat	7.9 g	Vitamin C	47 mg	Dietary Fiber	4.9 g

For additional recipes:

U. S. Department of Agriculture, Food and Nutrition Services, & National Food Service Management Institute. (2006). *USDA recipes for schools*. University, MS: Author.

U. S. Department of Agriculture, Food and Nutrition Services, & National Food Service Management Institute. (2006). *USDA recipes for child care*. University, MS: Author.



Watermelon & Cucumber Salad

Serving Size: 1 1/2 cup Number of Portions: 50

One serving provides 1/2 cup vegetables/ fruits

This salad is a refreshing combination of a favorite fruit and vegetable that children are sure to love.

Ingredients	Weight	Measures	Instructions
Cider vinegar	4 ounces	1/2 cup	1. Combine the dressing ingredients: vinegar, apple juice, honey, salt and green onions. This can be prepared, covered, and refrigerated up to a day ahead.
Apple juice	8 ounces	1 cup	
Honey	6 ounces	1/2 cup	2. Combine the watermelon, cucumber and dressing. Chill. Portion with No. 8 scoop (1/2 cup).
Salt		2 teaspoons	
Green onions, trimmed and chopped	5 ounces	1 1/8 cup	CCP: Cool to 41 °F or lower within 4 hours. Cover and refrigerate until ready to use.
Watermelon, chunks	8 1/4 pounds	12 3/8 cups	
Cucumbers, peeled, quartered, and sliced into 1/2 inch slices	5 pounds	13 1/8 cups	

Nutrients per serving

Calories	42	Saturated Fat	0 g	Iron	0.35 mg
Protein	0.8 g	Cholesterol	0 mg	Calcium	14 mg
Carbohydrate	10.2 g	Vitamin A	486 IU	Sodium	95 mg
Total Fat	0.2 g	Vitamin C	8 mg	Dietary Fiber	0.7 g

Source: adapted from National Watermelon Promotion Board, www.watermelon.org and from *Fresh From the Farm: The Massachusetts Farm to School Cookbook*, [www.mass.gov/agr/markets/farm_to_school_cookbook.pdf](http://www.mass.gov/agr/markets/farm_to_school/farm_to_school_cookbook.pdf)

For additional recipes:

U. S. Department of Agriculture, Food and Nutrition Services, & National Food Service Management Institute. (2006). *USDA recipes for schools*. University, MS: Author.

U. S. Department of Agriculture, Food and Nutrition Services, & National Food Service Management Institute. (2006). *USDA recipes for child care*. University, MS: Author.



Hummus

Serving Size: 1/2 cup (No. 8 scoop) Number of Portions: 50
One serving provides 2 ounce equivalent meat/meat alternate

Thanks to Paul Flock, Supervisor of Food Service, and the Olympia School District for sharing their version of this USDA recipe. Hummus makes a great sandwich spread or dip for vegetables.

Ingredients	Weight	Measures	Instructions
Garbanzo beans or chickpeas, canned, drained	8 pounds, 8 ounces	5 quarts, 1 cup (2, No. 10 cans)	<ol style="list-style-type: none"> Combine all ingredients in a food processor and puree to a smooth consistency. Spread into 2 shallow pans (12 inch by 20 inch by 2 1/2 inch). Portion with No. 8 scoop (1/2 cup). CCP: Chill to 41 °F or lower within 4 hours. Cover. Refrigerate until service.
Lemon juice	1 5/8 pounds	3 1/4 cups	
Sunflower seed butter	1 1/2 pounds	2 1/2 cups	
Garlic cloves, peeled	5 ounces	1 cup, 1 tablespoon	
Water	1 5/8 pounds	3 1/4 cups	
Black pepper	1 tablespoon		

Nutrients per serving

Calories	178	Saturated Fat	0.78 g	Iron	1.8 mg
Protein	6.75 g	Cholesterol	0 mg	Calcium	48 mg
Carbohydrate	23.1 g	Vitamin A	25.9 IU	Sodium	305 mg
Total Fat	7.43 g	Vitamin C	8 mg	Dietary Fiber	5.3 g

Source: Adapted from Hummus, E-24, U.S. Department of Agriculture, Food and Nutrition Service & National Food Service Management Institute (2005).

For additional recipes:

U. S. Department of Agriculture, Food and Nutrition Services, & National Food Service Management Institute. (2006). *USDA recipes for schools*. University, MS: Author.

U. S. Department of Agriculture, Food and Nutrition Services, & National Food Service Management Institute. (2006). *USDA recipes for child care*. University, MS: Author.

