

SCHOOL FOOD SERVICE / NUTRITION SUPPORT SERVICES

All services and programs are custom designed and will vary in price according to duration of program and staffing level. We are happy to develop a budget and work plan for any need. Contact us at 401-475-9696 or info@kidsfirstri.org for more information!



FOOD SERVICE STAFF TRAINING

Recipe & Menu Development: Kids First chefs will assist with the development of new, student-friendly RINR-compliant recipes for use in production and satellite kitchens. Attention is given to on-site equipment, employee skill level, time/labor concerns and ingredient cost parameters.

Staff Training: Kids First chefs will support and/or develop and deliver training for food service staff in support of RINR menus. Trainings are done in school kitchens during meal production and/or during off-hours, including summer as desired. Examples of hands-on trainings include scratch cooking, knife skills, recipe development, utilization of fresh RI-grown ingredients in production, food safety and food presentation techniques.

HealthierUS SCHOOL CHALLENGE ASSISTANCE

Kids First staff will provide assistance to school and/or district for meeting the requirements of the HealthierUS School Challenge, which can include food service staff training, coordination and completion of application materials, investigation of school wellness policies and PE/Health curriculum.

STUDENT CAFETERIA PROGRAMS

Food Tastings: Kids First professionals will assist with the preparation and serving of new RINR-compliant menu items to students during cafeteria hours to actively encourage broader tasting for better acceptability. Simple age-appropriate written surveys can be administered to gather feedback data for use in future menu planning.

Tray Encouragement: Kids First professionals will visit cafeterias during lunch to encourage students to select all components of a reimbursable meal, including vegetable, fruit and legume sides, as well as to promote RI-grown foods. Incentive items such as stickers, bookmarks and RI Farmer Trading Cards are used as giveaways to reinforce healthier choices.

Chef Display Cooking: Kids First chefs will support school food service staff with the serving of new RINR-compliant breakfast or lunch recipes in an exciting way with made-to-order cooking stations. Chefs can assist with developing the menu, planning and executing the food preparation and setting up the cooking stations in a manner that attractively showcases the food and helps service flow smoothly. Chefs can additionally provide training to employees to prepare, set up and execute the stations with minimal supervision.

NUTRITION EDUCATION PROGRAMS

Students: Classroom presentations by a Kids First professional for students (K-12) will be delivered on a variety of nutrition topics. Presentations are always interactive and often include simple cooking or food demonstrations. Topics can be customized to integrate with a variety of curricula and with school meal menus. After-school programs can also be developed for a single session or a series of classes.

Parent/Caregiver: Kids First professionals make the school-home connection by introducing parents to the key elements of RINR -- whole grains, lower sodium, fruits & vegetables (including RI-grown), legumes -- and the new healthier meals served in schools. Healthy cooking tips, shopping strategies, food nutrition label-reading and kid-friendly recipes are shared and demonstrated. Workshops can also help to educate parents on the basics of a school food service operation.

School Staff: Teachers and school staff learn the importance of modeling healthy habits for students and gain greater personal knowledge of helpful and sound nutrition information. Programs can include food tastings, chef demonstrations and interactive wellness stations.

PROMOTIONS/COMMUNICATION

Kids First staff will develop communications to promote student and school staff choice for healthier school meals; can include customized flyers for cafeteria events, signage for new menu items or nutritional information, promotion of RI-grown foods served, recipe cards, and/or editorial writing for inclusion in school newsletters, community papers and district websites.

FOOD SAFETY INSPECTIONS

As an approved third party food safety inspection service with the RI Department of Health - Office of Food Protection, Kids First provides inspections in accordance with the USDA Child Nutrition Program's twice yearly regulation for schools participating in the Child Nutrition Program. Sites are inspected and documented in accordance with all rules and regulations.

FOOD SERVICE ASSESSMENTS

Kids First professionals can conduct assessments of district food service programs in cooperation with the district food service director. Assessments can be used as a tool to assist with the successful implementation of RINR requirements, HealthierUS School Challenge requirements or SMI preparedness.