



Director's Update: Fresh Ideas for School Nutrition 2023

Learning Objectives:

- Explore culinary trends for school nutrition programs.
- Review resources for healthy school meals, including "Make it Fresh: A Guide to Procuring Local Food."
- Receive an update on current regulation, USDA Foods and state agency guidance.

Agenda, Tuesday, August 1:

Presenter:

8:00-8:15	Welcome	Bureau of Nutrition and Health Services Iowa State University
8:15-9:30	Culinary Strategies for Nutritious School Meals	Chef Garrett Berdan, RDN Culinary Institute of Child Nutrition (CICN)
9:30-10:00	Meet Consultants and Stretch Break	Iowa School Nutrition Consultants*
10:00-10:30	Make it Fresh: A Guide to Procuring Local Food	Christine Crow Team Nutrition
10:30-11:00	New! Standard Operating Procedures (SOPs) for Local Foods	Meg Collins Farm to School Coordinator
11:00-12:00	State Agency Update	Bureau of Nutrition and Health Services Consultants
12:00-12:45	Lunch	
12:45-1:15	Fresh Ideas Discussion – Menu Trends	Chef Garrett Berdan, RDN
1:15–2:00	Disaster Feeding with USDA Foods	Sarah White, USDA Foods
2:00-2:15	Break	
2:15-3:15	Review of your Food Safety Plan (HACCP) <ul style="list-style-type: none"> ○ Hear from Your Peers ○ Table Talk – Discuss Your Food Safety Plan 	Consultants
3:15-3:30	Wrap Up and Evaluation	Jean Easley

Keynote Presentation: Culinary Strategies for Nutritious School Meals

With the right culinary strategies, nutritious meals can taste great. Join the Culinary Institute of Child Nutrition's Chef Garrett Berdan, RDN, as he shares fresh ideas for serving delicious meals in school nutrition programs. This session will offer a look at K-12 menu trends, ways to offer globally-inspired cuisine, and a review of steps for developing flavor while keeping sodium levels within the required guidelines.



Garrett Berdan, registered dietitian and chef, is an Education and Training Specialist at the Institute of Child Nutrition. Since 2010 he has supported child nutrition programs through consulting, culinary training, recipe development, communications and marketing, menu planning and operations. Garrett is a graduate of Washington State University and The Culinary Institute of America at Greystone. In 2011 The White House honored Garrett as a Champion of Change for his work with Chefs Move to Schools.