

Welcome to SNAPA Teaches Tuesday



SCHOOL
NUTRITION
ASSOCIATION
OF PENNSYLVANIA

Feeding Bodies. Fueling Minds.™

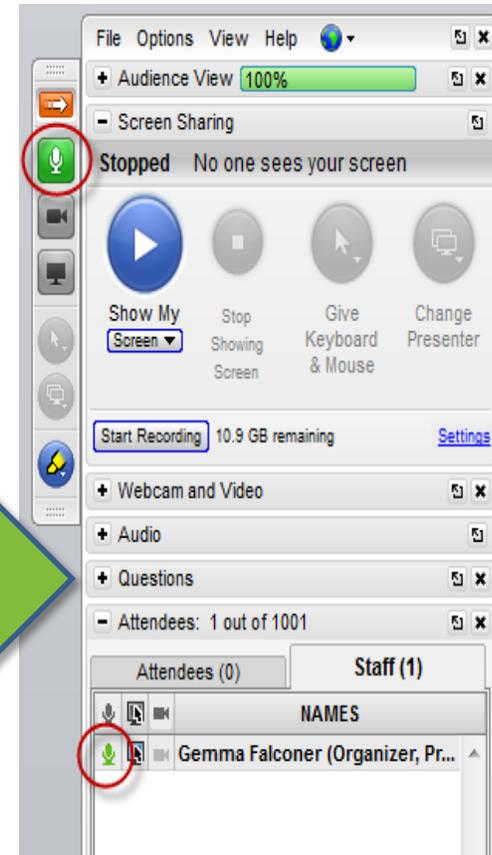


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Go to Webinar Control Panel

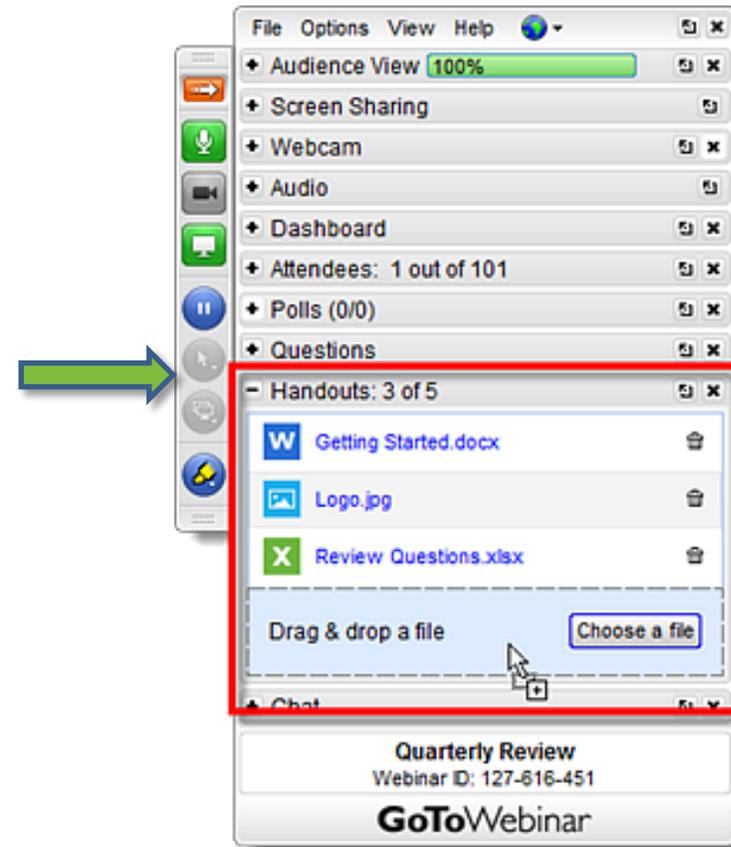
Type your questions into the “Question”
box at any time during the webinar.

Questions will be addressed as time
allows.



Go to Webinar Control Panel

Handouts are found using the
Go to Webinar
Control Panel



Webinar recording and copies of all the handouts will be posted on the SNAPA website and available to SNAPA members.

Members will need their username and password to access the recorded webinar.

SNAPA Website Link

<https://snapa.org/resources/webinars/webinars>



Stirring Up Interest in Plant-Forward Menus

Chloë Waterman

Program Manager, Climate-Friendly Food Program

December 2019



**Friends of
the Earth**

Agenda

I. Welcome

II. Why plant-forward menus?

A. Environmental case, health case, cost savings, and student taste cases

III. Strategies for scaling up plant-forward menus

A. National case studies

B. Pennsylvania case studies

III. Resources for scaling up plant-forward menus

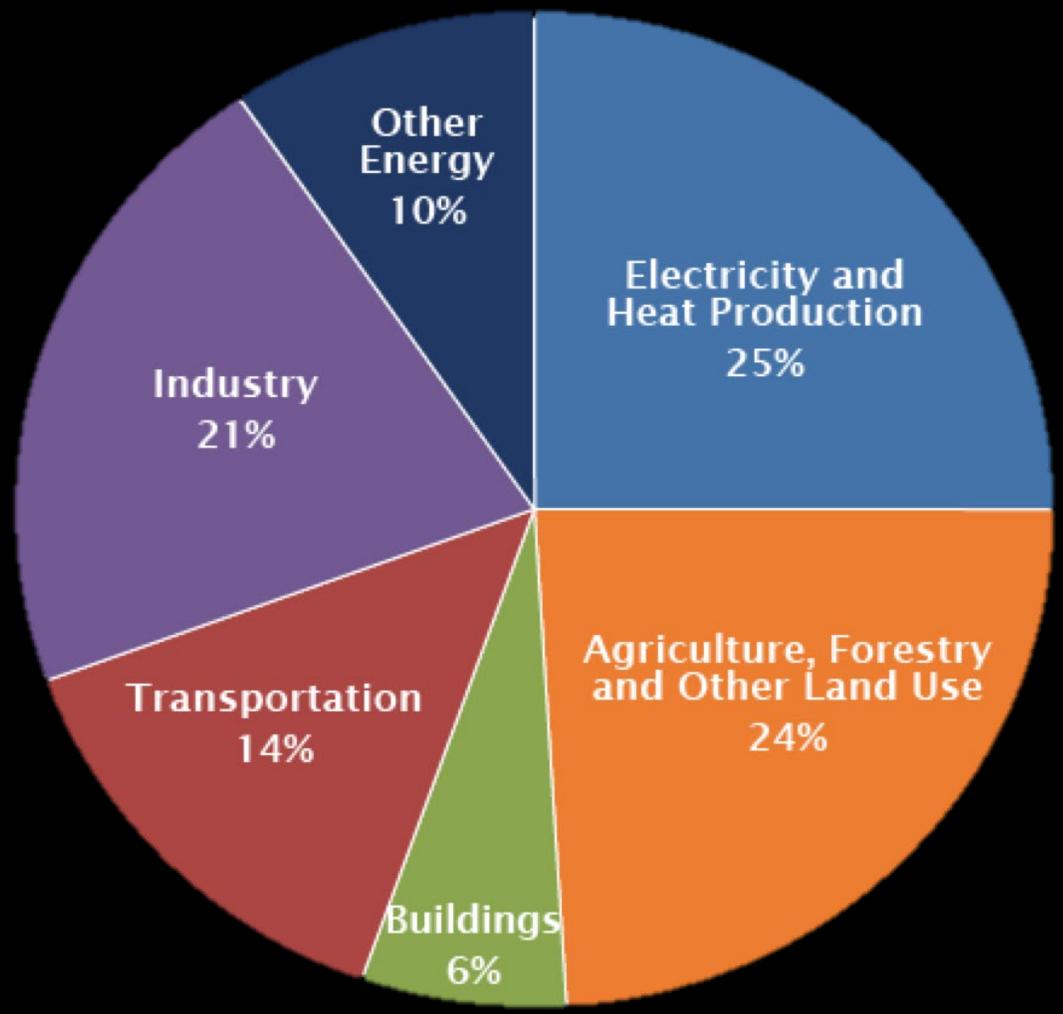
IV. Q&A





POP Quiz

What percentage of greenhouse gas emissions globally is tied to our food system? (excluding transportation and processing of food)



food is a major driver of climate change



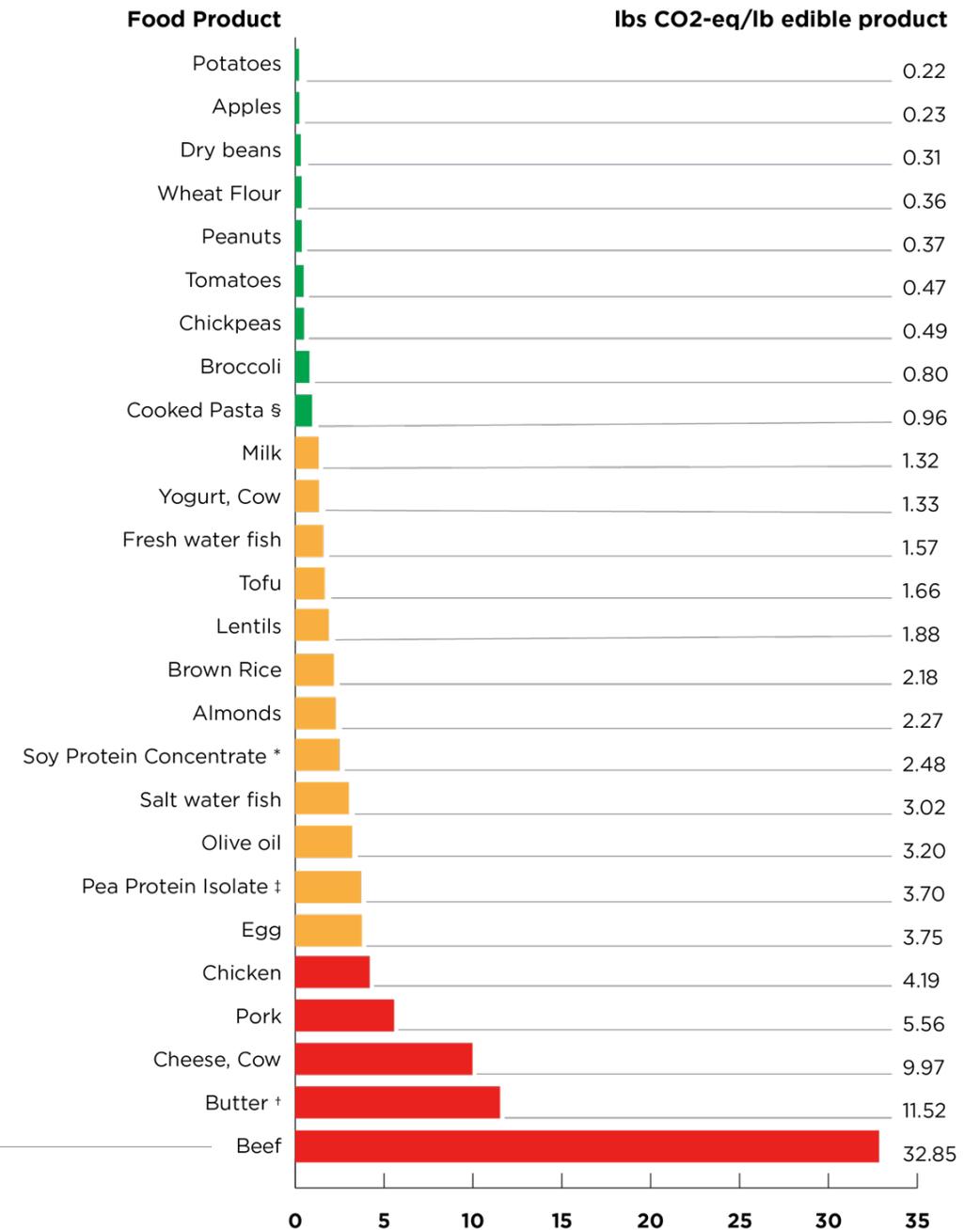
Project Drawdown
identified reducing
food waste and
plant-rich diets as
highly effective
climate solutions

1	Refrigerant Management	Materials	89.74 GT
2	Wind Turbines (Onshore)	Energy	84.60 GT
3	Reduced Food Waste	Food	70.53 GT
4	Plant-Rich Diet	Food	66.11 GT
5	Tropical Forests	Land Use	61.23 GT
6	Educating Girls	Women and Girls	59.60 GT
7	Family Planning	Women and Girls	59.60 GT
8	Solar Farms	Energy	38.90 GT
9	Silvopasture	Food	31.19 GT
10	Rooftop Solar	Energy	24.60 GT
11	Regenerative Agriculture	Food	23.15 GT
12	Temperate Forest	Land Use	22.61 GT
13	Peatlands	Land Use	21.57 GT
14	Tropical Staple Tree Crops	Food	20.19 GT
15	Afforestation	Land Use	18.06 GT
16	Conservation Agriculture	Food	17.35 GT
17	Tree Intercropping	Food	17.20 GT
18	Geothermal	Energy	16.60 GT
19	Managed Grazing	Food	16.34 GT
20	Nuclear	Energy	16.09 GT

not all protein is
created equal

Source: Friends of the Earth, using data
from Heller (2018)

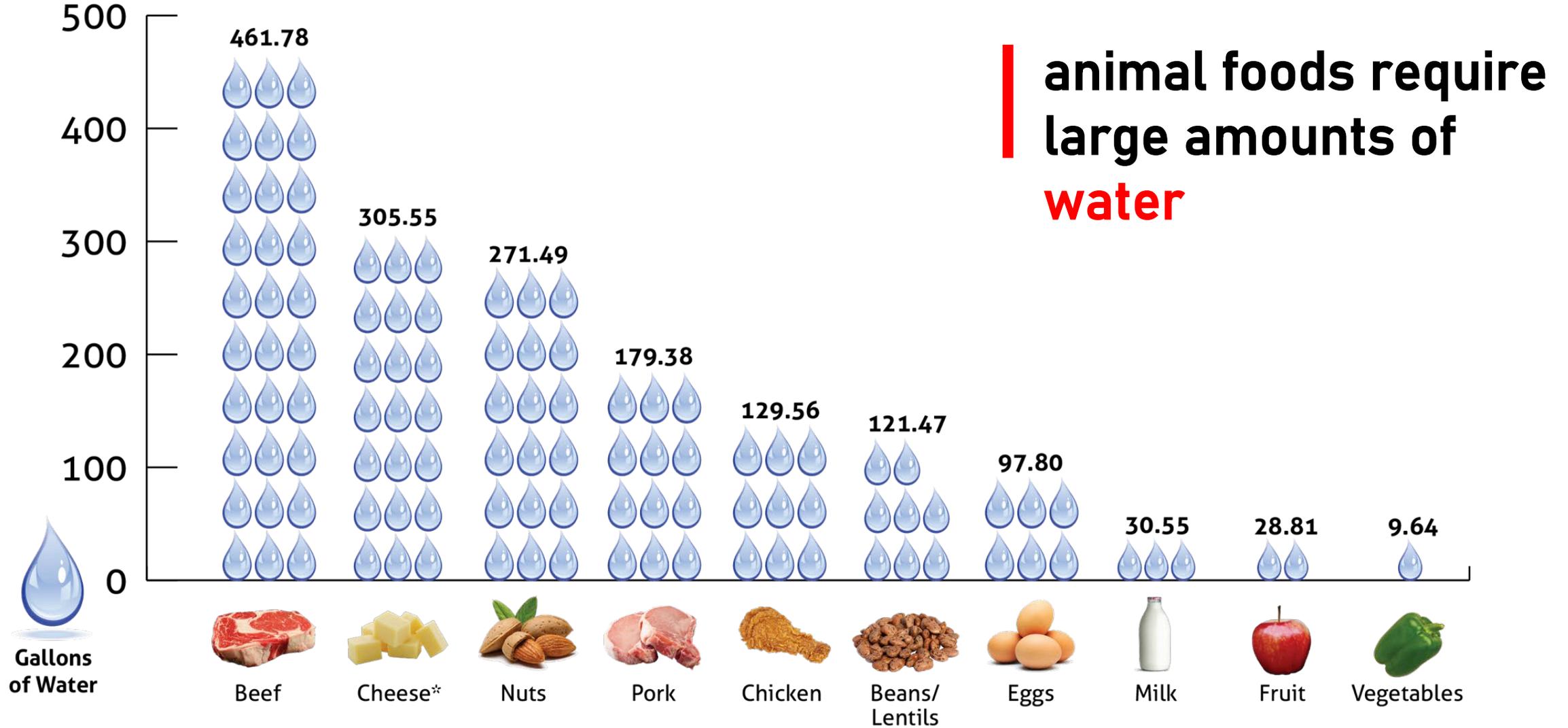
BEEF has 15-100x the
carbon footprint of beans
& lentils





POP Quiz

How many gallons of fresh water are required to produce 4 ounces of beef?



per 4 oz serving

Source for all water figures: Mekonnen, M.M. and Hoekstra, A.Y. (2010) The green, blue and grey water footprint of crops and derived crop products, Value of Water Research Report Series No. 47, UNESCO-IHE, Delft, the Netherlands



monoculture grain production is **depleting & destroying our air, water, soil and pollinators**

Eat less meat to save the Earth, urges UN

THE  TIMES





POP Quiz

According to US Dietary Guidelines, is the average American consuming enough protein?



we're eating **nearly twice** the protein we need



World Health Organization Says Processed Meat Causes Cancer

📅 Oct 26, 2015

Meat as Much a Cause of Obesity as Sugar and Fats, Study in 170 Countries Finds

AUGUST 9, 2016



BY CAROLINA HENRIQUES IN NEWS.

Processed red meat linked to higher risk of heart failure, death in men

American Heart Association Rapid Access Journal Report

June 12, 2014 | Categories: Heart News



healthy & climate friendly
plant-forward
ideally organic
not wasted

Key Strategies

- Boosting student participation & image of school food
- Investment in kitchen facilities, staff, recipes and cost-effective procurement
- Dedicated leadership from multiple stakeholders
- Policy actions at district, state and federal levels



Boosting Student Participation And Image Of School Food

- Hospitality model & shifting mindset from “Fast Food” to “True Food”
 - Friendly dining environment (food trucks, food courts, build a bowl stations, grab and go carts, pop up restaurants)
 - Fresh & local ingredients
 - Increasing scratch and speed scratch cooking



“When the food respects the kid, the kids respects the food.” —Bertrand Weber, Minneapolis Public Schools

Boosting Student Participation & the Image Of School Food

- Shift cultural preferences toward plant-forward food
 - Taste tests (try it days, recipe contests, student focus groups)
 - Positive messaging (promote flavor over Health)
 - Educators as ambassadors
 - Nutrition education (parents and kids)



Effective Operations

- Staff training and engagement (grants and NGO resources)
- Facility & equipment upgrades (nice but not necessary)
- Culturally appropriate recipes
- Cost-effective procurement (menu level budgeting, creative revenue generation, joint bids)



A photograph of two young women in a kitchen. The woman on the left is wearing a dark grey hoodie with 'ZOO CAN' visible and is stirring a large pot on a gas stove with a red spatula. The woman on the right is wearing a purple t-shirt with 'LANDON SUMMER' printed on it and glasses, holding a metal tray. In the background, other people are working at tables in a kitchen setting.

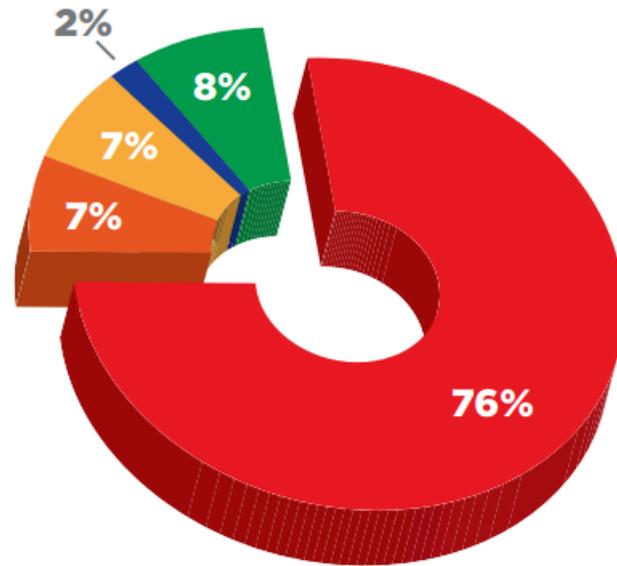
Stories from the field

OAKLAND, CA



**OAKLAND UNIFIED
SCHOOL DISTRICT**
Community Schools, Thriving Students

Carbon Footprint by Food Group
(2012-13)



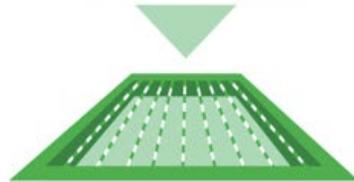
OAKLAND, CA

FOOD SHIFTS MATTER

Over 2 years, Oakland Unified School District reshaped its menu with fewer animal foods and more protein-rich legumes and vegetables. This shift generated considerable **water** and **climate benefits**, and **cost savings**:



SAVED 42million
GALLONS OF
WATER



63
OLYMPIC SIZED
SWIMMING POOL



14% REDUCTION
IN THE
CARBON FOOTPRINT
OF ITS ENTIRE FOOD PURCHASES



15,000
TREES PLANTED



1.5million
FEWER MILES DRIVEN

87 SOLAR SYSTEMS INSTALLED
ON THE SCHOOL DISTRICTS' ROOFS



COST
SAVINGS

\$42,000



NOVATO, CA



Source: Novato Unified School District

LEE COUNTY, FL



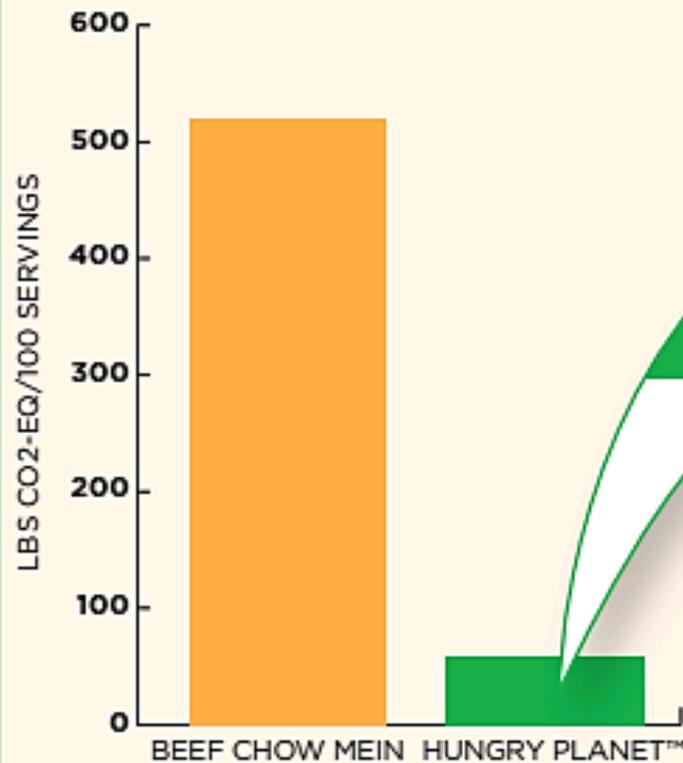
Black bean burger gyros with tzatziki sauce Source: Lee County School District

SANTA BARBARA, CA



The Power of One Recipe Swap: Hungry Planet™ Chow Mein

Source: [EPA GHG Calculator](#)



In 2016, Santa Barbara Unified started featuring HUNGRY PLANET™ plant-based proteins on the menu, allowing one-for-one replacement of meat-centric recipes. One such replacement was the beef chow mein for the Hungry Planet™ chow mein, which alone has reduced the district's carbon footprint by **300,000 pounds of CO2 equivalent emissions over two years.**

equivalent to



300,000 miles driven

OR



burning 15,000 gallons of gasoline

OR



planting 3,500 seedlings & letting them grow for 10 years

Stories from the field: Pennsylvania Edition!



MT. LEBANON, PA



Obstacles

- Stigma – Meatless means lower quality
- Lack of Experience
- Offering plant-based everyday w/o lowering participation

Solutions

- Branding – “Meatless” vs. “Plant-Based” or “Plant-Forward”
- Utilize student ideas
- Market items as both:
 - Pasta w/ Sauce
 - Salad Bar
 - Deli Station – Veggie Hoagies & Wraps

Plant-Based Menu Options – Mt. Lebanon School District

- Italian inspired menu items
 - Baked Rigatoni
 - Pastas w/ Cheese
- Daily Salad Bar
- Upscale Salad Bar
 - Variety of Greens
 - Variety of Toppings
- “Meatless Monday” at Elementary Level



Performance-minded plant-based and omnivorous meals served to students on Fridays.

BUCKS COUNTY, PA



- Completed Forward Food culinary training
- Implemented Meatless Monday in their high school and technical school
 - Participation is comparable to other days
 - Vegetarians know they can always eat at school on Mondays

Hit recipes:

- Lentil Sloppy Joe's
- Rice & bean enchiladas
- Rice & beans salad



ALLEGHENY COUNTY, PA

- Completed Forward Food culinary training
- Implemented Lean & Green Mondays featuring a vegetarian option – but found it worked better without marketing it that way!
- Advice: Start small and with early grades, offer samples and expose kids to plant-based foods, and make gradual change!

Hit recipes:

- Lentil Sloppy Joe's
- Pizza hummus
- Asian noodle bowl –chicken or chickpeas



Avonworth
School District





Scaling Up Healthy, Climate-Friendly School Food

STRATEGIES FOR SUCCESS



 Friends of
the Earth



Shrinking the Carbon and
Water Footprint of School Food:

A RECIPE FOR COMBATING CLIMATE CHANGE

A pilot analysis of Oakland Unified School District's Food Programs

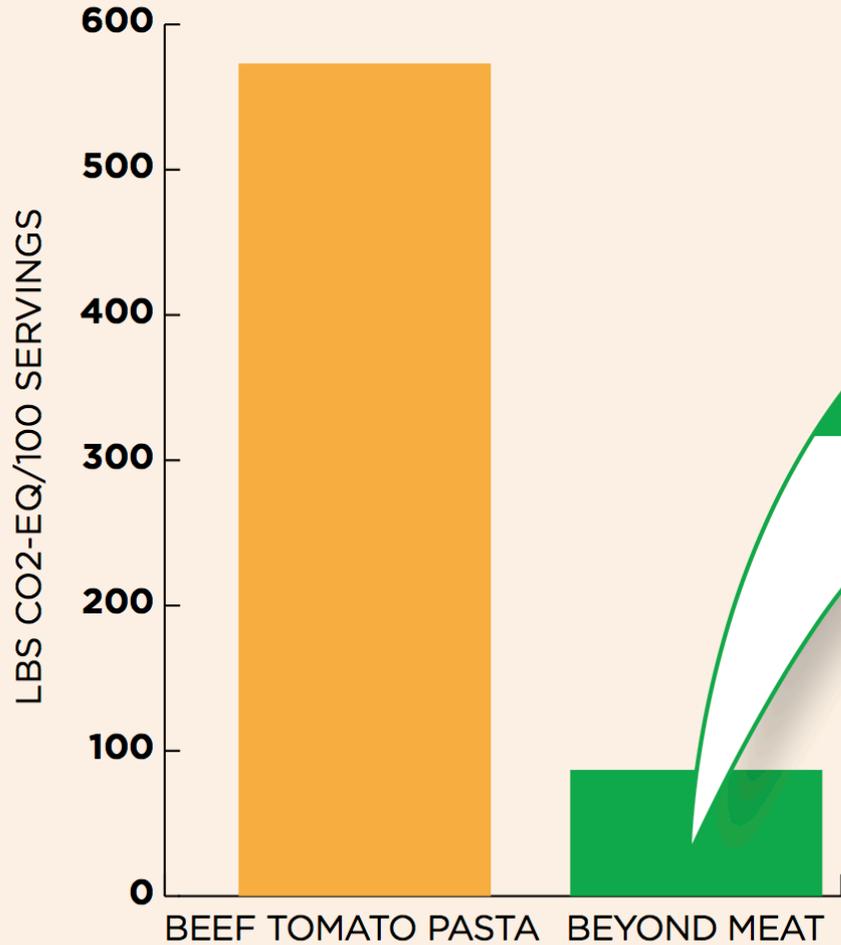
BY KARI HAMERSCHLAG AND JULIAN KRAUS-POLK

FEBRUARY 2017



The Power of One Recipe Swap: Beyond Meat Tomato Pasta

Source: *EPA GHG Calculator*



In 2016, Lee County School District implemented a (meat-free) Lean and Green Friday and eight times per year started to serve a pasta with **BEYOND MEAT CRUMBLE TOMATO SAUCE** to replace a beef tomato pasta. Over two years this swap alone has reduced Lee County's footprint by **2.3 million pounds of CO2 emissions**.

equivalent to



2.6 million miles driven

OR



burning 120,000 gallons of gasoline

OR



planting 30,000 seedlings & letting them grow for 10 years

Meatless Monday:
Grades K-12
School Cafeteria
Foodservice
Implementation Guide



Meatless Monday Good for You.
Good for the Planet.



FORWARD FOOD

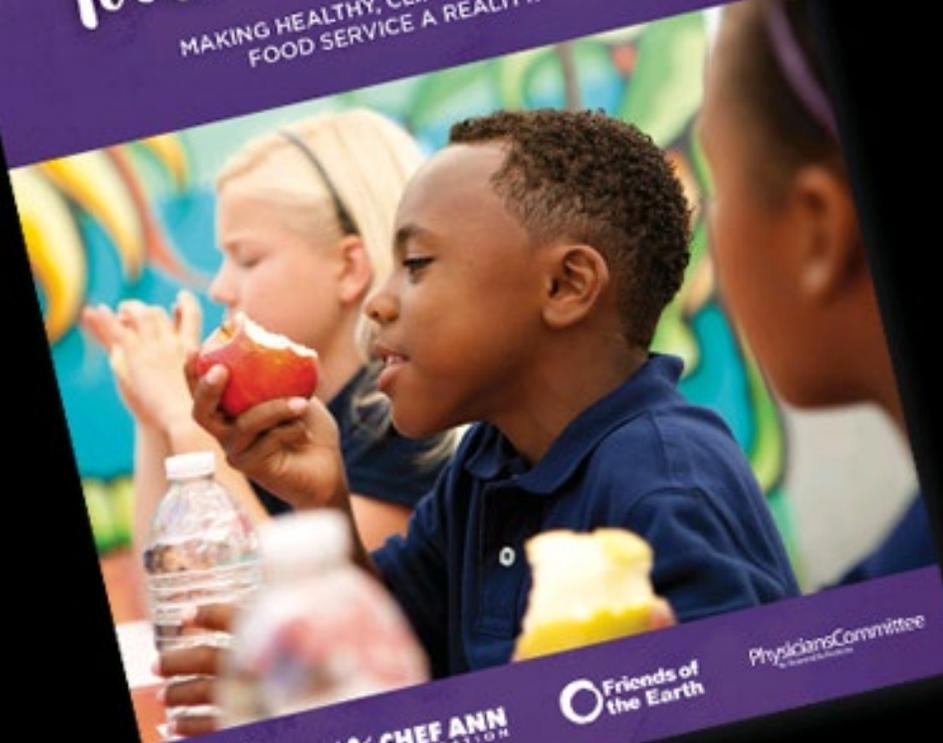
A CULINARY EXPERIENCE



ForwardFood.org

School Lunch Toolkit for Change:

MAKING HEALTHY, CLIMATE-FRIENDLY
FOOD SERVICE A REALITY.

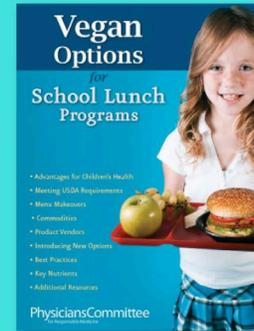
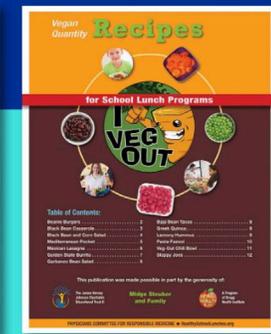
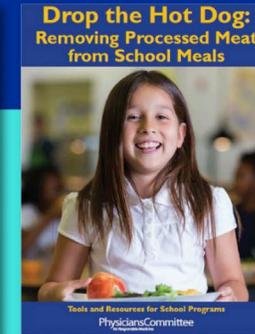
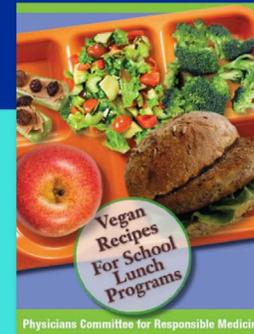


THE LUNCH BOX
Tools for school food change
A Program of the Chef Ann Foundation



Plants are Powerful Food for better grades and mood!

For more information about vegan options for school lunches, please visit: www.HealthySchoolLunches.org where you can find more resources!



The State of the School Lunch Tray

Children's Health	
High Cholesterol	2 in 10 Children
Overweight or Obese	3 in 10 Children
Will Develop Diabetes	3 in 10 Children
Nutrition Trends	
Eat 5 Daily Servings of Fruits and Veggies	2 in 10 Children
Consume Excess Saturated Fat	6 in 10 Children
Eat School Lunches	6 in 10 Children
Meat, Dairy, Oils	65% USDA Lunch 5
Fruits, Veggies, Whole Grains, Nuts and Seeds	35% USDA Lunch 5
Prevention	
Obesity-Related Deaths	2 in 10 Adults
Preventable Death/Lifestyle Change	6 in 10 Common Deaths

Healthy School Lunches: Let's Move Forward
Physicians Committee



PhysiciansCommittee
for Responsible Medicine
5100 Wisconsin Ave. NW, Suite 400
Washington, DC 20016
Phone: 202-686-2210
www.PhysiciansCommittee.org





PURCHASING PROGRAM

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Coming to Congress...
January 2020

116TH CONGRESS
1ST SESSION

H. R. _____

To amend the Richard B. Russell National School Lunch Act.

IN THE HOUSE OF REPRESENTATIVES

Ms. VELÁZQUEZ introduced the following bill; which was referred to the
Committee on _____

A BILL

To amend the Richard B. Russell National School Lunch
Act.

1 *Be it enacted by the Senate and House of Representa-*
2 *tives of the United States of America in Congress assembled,*

3 **SECTION 1. SHORT TITLE.**

4 This Act may be cited as the “Healthy Future Stu-
5 dents and Earth Act”.



Thank you!

