

**Lunch Lessons: Changing the Way
We Feed Our Children by
Adding Whole Grains to Their School Meals**
Ann Cooper, Founder Chef Ann Foundation





**Hungry
Children Can't
Learn**

**Malnourished
Children Can't
Think**

Buying Locally Grown Food - Food with a FACE and PLACE



Organic Food: No Chemicals Antibiotics – Hormones - Dyes

ORGANIC.

CONSUMER DRIVEN. FARMER POWERED.

ORGANIC FOOD AND FARMING FUELS JOBS, RURAL ECONOMIES, AND CONSUMER CHOICE.



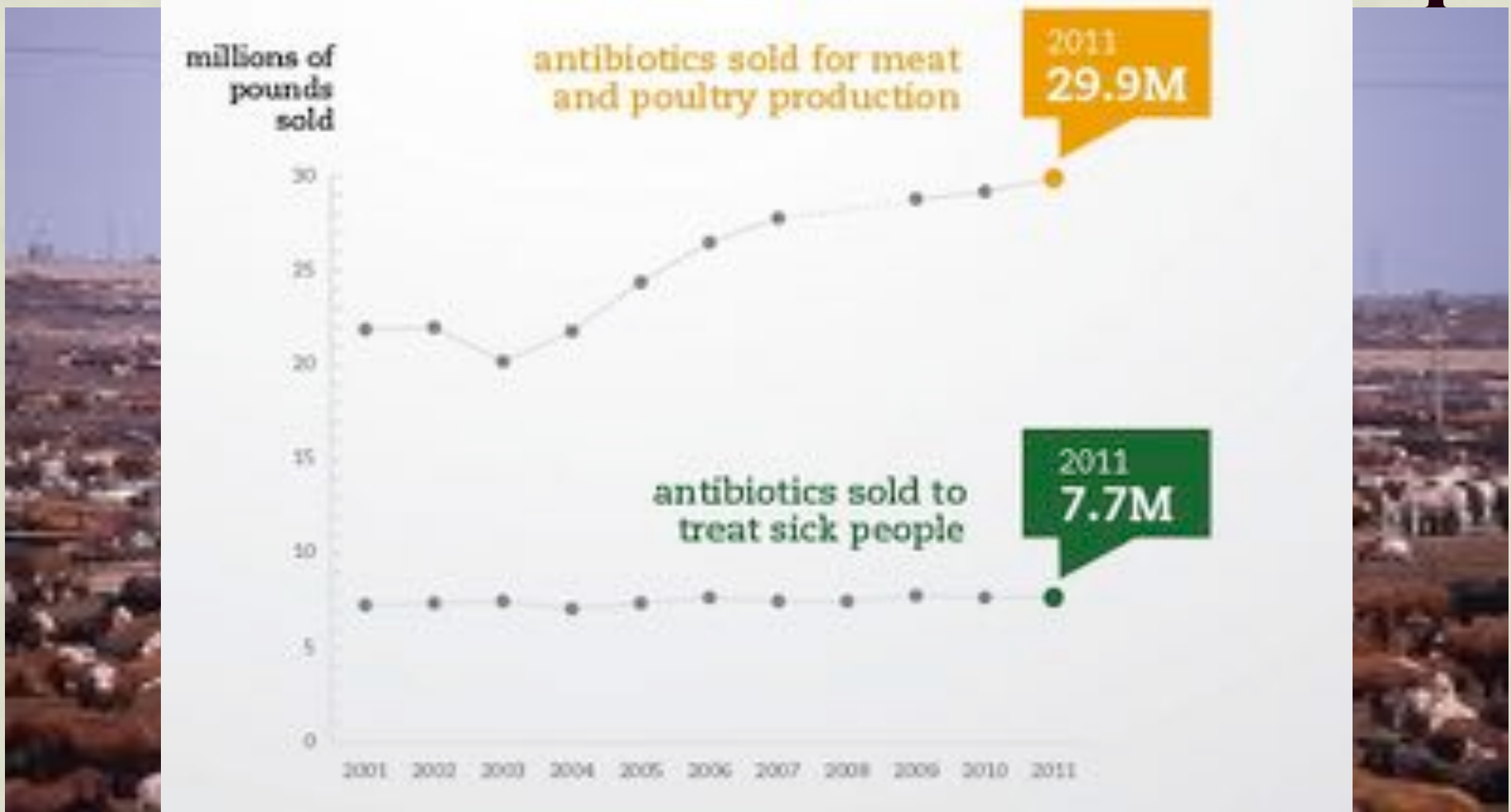
ORGANIC IS AN IMPORTANT PART OF THE DIVERSE U.S. AGRICULTURAL LANDSCAPE. THE ORGANIC TRADE ASSOCIATION REPRESENTS OVER 6,500 FARMERS, RANCHERS, HANDLERS, PROCESSORS, DISTRIBUTORS, AND RETAILERS ACROSS THE ORGANIC SUPPLY CHAIN.

LEARN MORE AT WWW.OTA.COM

Organic
Trade Association

US Food Companies Add 15M #s of Synthetic Dyes to Our Food Every Year!

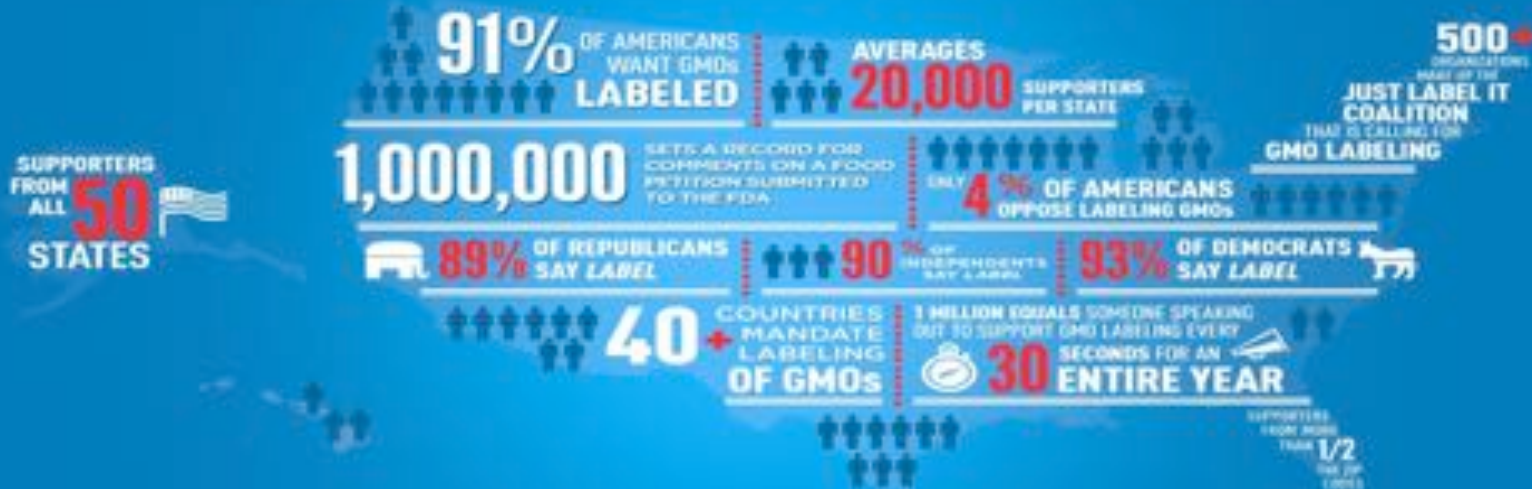
Antibiotics: Tell the FDA to Stop!



29M #'s - 80% of all Antibiotics Utilized in Animal Husbandry

GMOs: Support “Just Label It” Transparency & Consumer Right to Know

AMERICA WANTS GMOs LABELED



MORE THAN ONE MILLION AMERICANS HAVE CALLED ON THE FDA TO LABEL GMOs
ISN'T IT TIME FOR THE FDA TO LISTEN?

MORE AT WWW.JUSTLABELIT.ORG

“GENETICALLY MODIFIED ORGANISMS” OR GMOs, ACCORDING TO THE WORLD HEALTH ORGANIZATION ARE ORGANISMS IN WHICH THE GENETIC MATERIAL (DNA) HAS BEEN ALTERED IN A WAY THAT DOES NOT OCCUR NATURALLY

Pesticides & Herbicides



**US
Agriculture
1.2 B #s of
Pesticides
Per Year
4 #s For
Every
American**

Our Children Are Eating the Remnants of WWII



"The great expectations held for DDT have been realized. During 1946, exhaustive scientific tests have shown that when properly used, DDT kills a host of destructive insect pests, and is a benefactor of all humanity."

This advertisement appeared in the June 30, 1947 edition of *Time Magazine*.

Sustainable Food

Triple Bottom Line: People - Planet Prosperity



**Healthy Food
Healthy Earth
Healthy Kids**



What Does Sustainable Agriculture Really Have to do with Our Lives?



**In 200 years:
A Nation of Farmers
A Nation Consumers
< 2% grow our food.**

**2.3 M prisoners
1.9 M farmers**

Industrialized Agriculture Mass-Produces Food:



S



45 P

What To Eat vs What is Subsidized & Often On Ours Kid's Plates!!



CDC: 1 in 3 Children Born in 2000 Diabetes in Their Lifetime – Insulin Dependent by 2020



**1st
Generation
in Our
History To
Die at A
Younger Age
Than Their
Parents**

**Cancer: Leading Cause of Disease
Related Death In Children > 19 - 50% of
Americans Expected to Contract Cancer
90% Preventable!**



**In the Past 25
Years – the
Prevalence of
Childhood
Obesity Has
Tripled!**

Generation RX: In the Last 20 Yrs



**400% increase in
the rate of
allergies**

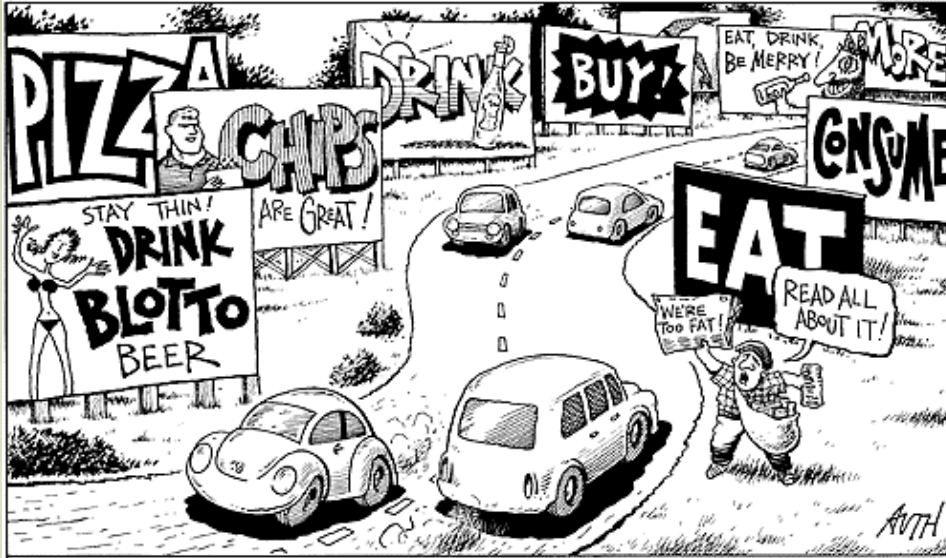
**300% increase in
the rate of
asthma**

**400% increase in
the rate of ADHD**

**1,500% increase in
the rate of autism**

Our Food IS Making Us FAT!

The Coca-Cola Company



*Food Companies in
America are Spending
\$17 – 20 B per year
Marketing to Children*

McDonald's

m&m's
BRAND

KRAFT

Obesity - Waste & Hunger!



**We
Produce
Food for
12 B
People
Yet 1 out
of 5 Are
Hungry**

**CIA Life Expectancy at Birth:
US Ranks 51st – Between
Guam & Bahrain**

Social Justice - Social Equity!



**Life Expectancy & Achievement Gaps
Between Rich and Poor are Growing!**

We Can Change the Future: Cooking With A Cause! – Cook & Eat Real Food!



Whole Grain Chicken Nuggets: NOT Healthy School Food!!



Scratch Cooking is the Centerpiece of Sustainable School Lunch Programs

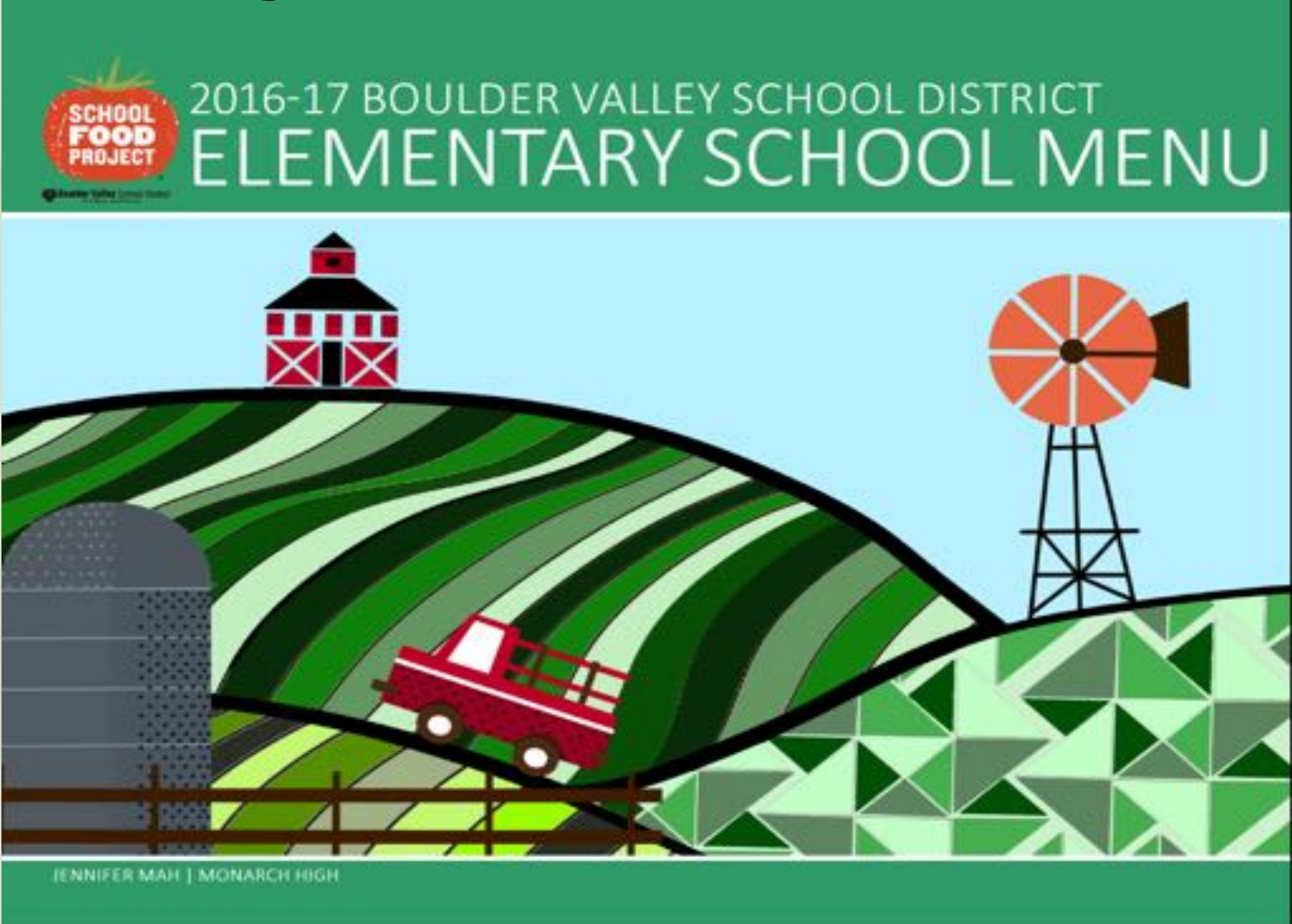


Pew: Equipment is Essential
USDA \$35M in School Grants
\$1,035M is What Schools Need!

USDA: Professional Certification Culinary Skills Uniforms



Kids Eating Whole Grains: Menus & Marketing





SEPTEMBER ART PROVIDED BY:

Lucy Collins
Southern Hills Middle School

My favorite items on the school salad bar are oranges, because they are good and sweet.

I stay healthy by eating fruits and vegetables.

If I was a farmer I would grow pears, because they are my favorite fruit.

Local farmer partner:



SEPTEMBER

New this year!
Seasonal Salsa
Fresh Pico de Gallo Salsa will be served during the month of September!

Harvest of the Month
Look for Fresh Tomatoes! Customer based on the menu in September, and local cherry tomatoes, cucumbers, cantaloupe, watermelon and Western Slope peaches, pears and apples on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Oven-Roast Chicken TM with Biscuit Cheese Quesadilla Fresh Tomato Cucumber Salsa TM	2 Hand-Breaded Chicken Strips TM with Dipping Sauce and Garlic Bread Cheese Quesadilla with Garlic Bread	3
4	5 LABOR DAY	6 Pepperoni Pizza TM Cheese Pizza Pulled Pork TM Sandwich	7 Centennial Chicken TM Street Taco Macaroni and Cheese Fresh Tomato Pico de Gallo Salsa TM	8 Hamburger TM Black Bean and Corn Burger TM Hand-Cut Oven-Baked French Fries TM	9 French Toast Casserole with Turkey Sausage TM and Berry Sauce TM Green Chili and Cheese Tostitos TM Refried Beans TM	10
11	12 Cheese Pizza Veggie Quesadilla Local Tomato and Potato Pizza	13 All-Beef Hot Dog TM Veggie Enchiladas BBQ Baked Beans TM	14 Beef Nachos TM with Cheese Sauce Bean Nachos TM w/ Cheese Sauce Side Local Anasazi Beans TM Fresh Tomato Pico de Gallo Salsa TM	15 Oven-Roast Chicken TM with Biscuit Cheese Quesadilla	16 Hand-Breaded Chicken Strips TM with Dipping Sauce and Dinner Roll Freside Broccoli Cheese Stuffed Potato TM with Dinner Roll Refried Beans TM	17
18	19 Pepperoni Pizza TM Cheese Pizza Chicken Quesadilla	20 Spaghetti Marinara and Meatballs TM Spaghetti Marinara	21 Hamburger TM Eggplant Parmesan Sandwich Hand-Cut Oven-Baked French Fries TM	22 Chicken Burrito Veggie, Bean and Cheese Burrito	23 Roast Turkey TM Dinner with Mashed Potatoes TM , Gravy and Dinner Roll Toasted Cheese Sandwich TM (if available)	24
25 SCHOOL FOOD PROJECT	26 Pepperoni Pizza TM Cheese Pizza Pulled Pork TM Sandwich	27 All-Beef Hot Dog TM Veggie Enchiladas BBQ Baked Beans TM	28 Beef Nachos TM with Cheese Sauce Bean Nachos TM with Cheese Sauce Fiesta Corn TM Fresh Tomato Pico de Gallo Salsa TM	29 Oven-Fried Chicken TM with Biscuit Toasted Cheese Sandwich TM (if available) Fresh Tomato Cucumber Salsa TM	30 French Toast Casserole with Turkey Sausage TM and Berry Sauce TM Bean and Veggie Empanadas	

Find allergen information, menu updates and more at food.fresh.org

Unlimited salad bar, skins milk, organic 1% milk and fresh fruit offered daily. Gluten Free choices (available without the bun) are designated with a TM symbol.

Lucy Collins | Melons, tomatoes

Kids Eating Whole Grains: Classroom Posters





Kids Eating Whole Grains: Menu Tastings

Whole Grain Tasting with InHarvest





Kids Eating: Whole Grain Salads Salad Bars

Kids Eating Whole Grains: Chef Demos



Kids Cooking Whole Grains: Iron Chef Competitions



THE WINNING TEAMS

Above, winners of the 2015 Iron Chef main entree competition, Nevin Park Middle School. At right, winners of the 2014 Iron Chef snack competition, University Hill students posing with Chef Ann Cooper.



**School Finance: School Lunch 30 M
Lunches/ Day - \$11.5B per Year!
Diet Related Illness: \$260B/ Year!**



12 Dimes For Our Kid's Food & Future

Spicy Braised Beef with Brown Rice



Cuban Sandwich



Polenta with Roasted Vegetables



Mediterranean Couscous Salad



Spinach and Chicken Quesadilla



Chicken and Vegetable Curry with Couscous



French Toast Casserole with Berry Sauce



Spicy Tofu with Kashmiri Rice



Pulled Pork Sliders



Black Bean and Corn Empanada



Mac and Cheese



Tofu with Black Pearl Rice



Black Bean Tamales



Butternut Squash and Ruby Rice Salad



Chicken Pesto Croissant Sandwich



Chicken and Vegetable Alfredo on Penne Pasta



Southwest Chicken Black Bean and Corn Wrap



Chicken Piccata on Spaghetti



Asian Stir-fry with Noodles



Quinoa Tabbouleh



Turkey Rueben Sandwich



ABOUT

PROGRAMS

RECIPES &
MENUS



PROCUREMENT

MANAGEMENT

MARKETING

Tools for school food change

Delicious Kid-Approved Recipes

FREE TO DOWNLOAD
over 200 healthy
USDA compliant,
school-tested recipes

SEARCH RECIPES



Training Videos >



Breakfast >



Grant Opportunities >



Management Tools >

www.thelunchbox.org

www.chefannfoundation.org | www.thelunchbox.org | www.saladbars2schools.org Chef Ann Cooper ©2016



LET'S MOVE
Salad Bars
to Schools

WHY

Support salad bars

GET

a salad bar in your school

DONATE

to the program

ABOUT US

THE MIX

News, tips, & stories

OUR SPONSORS

Search the Site

SIGN UP FOR OUR
NEWSLETTER



Salad Bars
+
Schools
=

More Fruits & Vegetables
For Children

\$11,282,874

RAISED SO FAR

325

SCHOOLS WAITING
FOR A SALAD BAR

2,221,000

KIDS SERVED

4,442

SALAD BARS
GRANTED

We donate salad bars to schools
so that every child across our
nation has daily access to fresh
fruits and vegetables.



GET A SALAD BAR
IN YOUR SCHOOL

SEARCH BELOW OR [LEARN MORE](#)

www.saladbars2schools.org

Eating The Rainbow!

Kids Eating More Fresh Fruit & Veggies



**\$2,500 Fruit & Veggie
Grants for Schools**

THANKS to our partner, Scoop!

LEARN MORE



CNR/ NSLP: Keep the Guidelines Strong – Don't Roll Back WGs



Do One Thing: Save School Food: #realschoolfood



Chef Ann Cooper,
Chef Ann Foundation



Elisabeth Rohm, Actress



Alice Waters, Chez Panisse



Angie Harmon, Actress



Jamie Oliver,
Celebrity Chef and School Food Advocate



Al Roker, Today Show



Lake Bell, Actress



Grant Gustin, Actor



Chef Mary Sue Milliken, Border Grill

It Should Be a Birthright in Our Country: That Every Child Has Healthy Delicious Food in School – Every Day!

The screenshot shows the top portion of the Chef Ann Foundation website. At the top left is a red 'DONATE' button with a heart icon. Next to it are links for 'The Lunch Box' and 'The Lunch Line'. A search bar is located at the top right. The main navigation menu includes 'ABOUT', 'PROGRAMS', 'NEWS & MEDIA', 'GET INVOLVED', 'FOR PARENTS', and 'CONTACT'. The logo for the 'CHEF ANN FOUNDATION' features a green silhouette of a person with arms raised, standing on a base of various food items. Below the navigation is the tagline 'Changing the way we feed our kids.' The main content area is a banner for 'The Lunch Box' program, which is described as 'ALL NEW with more recipes, tools, resources, and support for school districts'. A green 'LEARN MORE' button is positioned below the text. The background of the banner is a close-up photograph of a burrito filled with shredded purple cabbage, shredded chicken, and a white sauce, with a bowl of shredded carrots and other vegetables visible in the background.