



Culinary Skill for School Meals

Overview & the Future

October 17th, 2024

Overview

- Funding and overall goals
- Update on Culinary Trainings & Technical Assistance
- Next steps

Overall Plan

- Full Plates Full Potential was awarded funding from the USDA
- FPPF is contracting with MaineHealth to:
 - Organize and host the Culinary Skills for School Meals Trainings
 - Develop a Technical Assistance Plan post culinary training
- MaineHealth organized a School Nutrition Advisory Committee
 - Goal to help identify technical assistance strategies

Culinary Skills for School Meals Training Goals

Improve the culinary skill level of school nutrition professionals

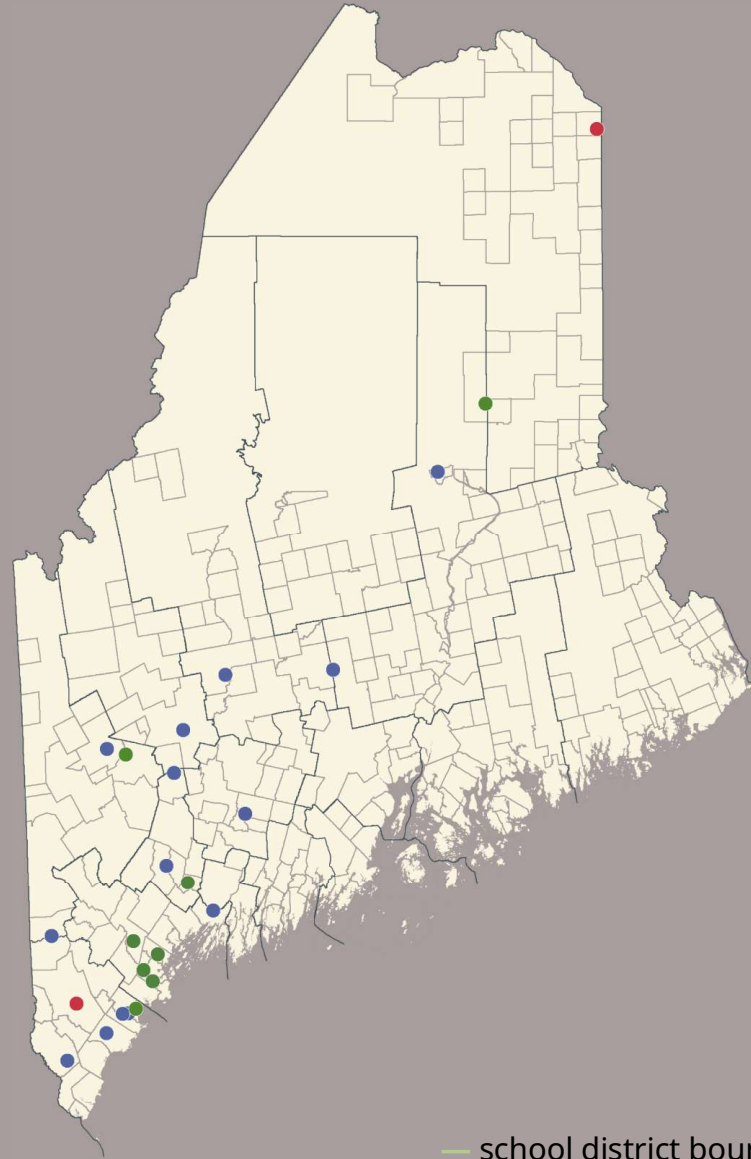
Increase the quality and appeal of meals served to students

Increase the consumption of vegetables, fruits, dairy, whole grains, plant proteins and lean meats within the context of balanced menu planning for school-aged children

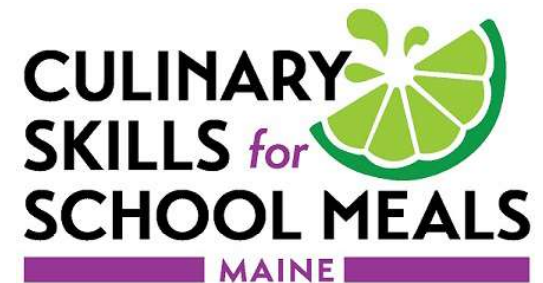
Culinary Program Participants

- Participated in both years (8)
- Participated in 2023 only (2)
- Participated in 2024 only (14)

Total Districts: 24
(98 school nutrition staff)



Culinary Skills for School Meals



- **Culinary Skills for School Meals Sessions**
 - 4 total sessions
 - 3 per year for the next 4 years
- **Trainings for August 2025**
 - Talking to Auburn, Hamden, Holton for new locations
 - Farmington & South Portland worked great!
 - New inquiring form on our landing page
 - Same timeline as last year
 - Open applications in Feb and announce in April
- **All details can be found at letsgo.org/culinaryskills**

Media Coverage



- Channel 6 came to Farmington
- 4 segments on Myler's Makes It
- [Click HERE](#) for the segment

Chef Demo



Kitchen Lab Time & Teamwork



Kitchen is Buzzing









Afternoon Nutrition Lesson



Celebration

- Last day of the training we celebrate!
- Everyone earns 28 training hours



Outcomes & Key Learnings

Outcomes from Pilot (August 2023)

- The culinary training was effective at improving participant cooking skills and boosting confidence levels.

Key Learnings from In-Person Focus Group (August 2023 cohort)

- For Internal Stakeholders (MaineHealth/Schools):
 - Increase training opportunities and share recipes and techniques through social platforms.
 - Facilitate “office hours” with chefs and trainers for ongoing support
 - Provide technical assistance for menu planning and kitchen management.
- For External Stakeholders (State and Regional):
 - Host state-wide conferences for school nutrition staff to encourage regional collaboration.
 - Pursue funding for new equipment and resources to enhance culinary programs.

Challenges & Successes

CHALLENGES

Common barriers included budget limitations, insufficient staffing, and limited resources or communication with administration.

SUCCESSSES

Positive outcomes were reported, such as improved student engagement with meals, successful new recipes, and even personal health benefits at home.

Technical Assistance Strategies

- School Nutrition Advisory Group help identify these strategies:
 - Kitchen Assessment & Production Day
 - Menu Review
 - School Board Awareness
 - Implementation guide and or videos

- Question:
 - Who else can we connect with to enhance these strategies?
 - How does staff access recipes from the training? In what format?

Next Steps

- Finalize contract with Culinary Nutrition Associates
- Plan for 2025 Culinary Trainings
- Share data from trainings
 - pre/post data
- Coordinate/collaborate with other statewide groups on providing TA
- Partner with FFPF on effort to meet nutrition standards



Thank you!
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