

# School Nutrition

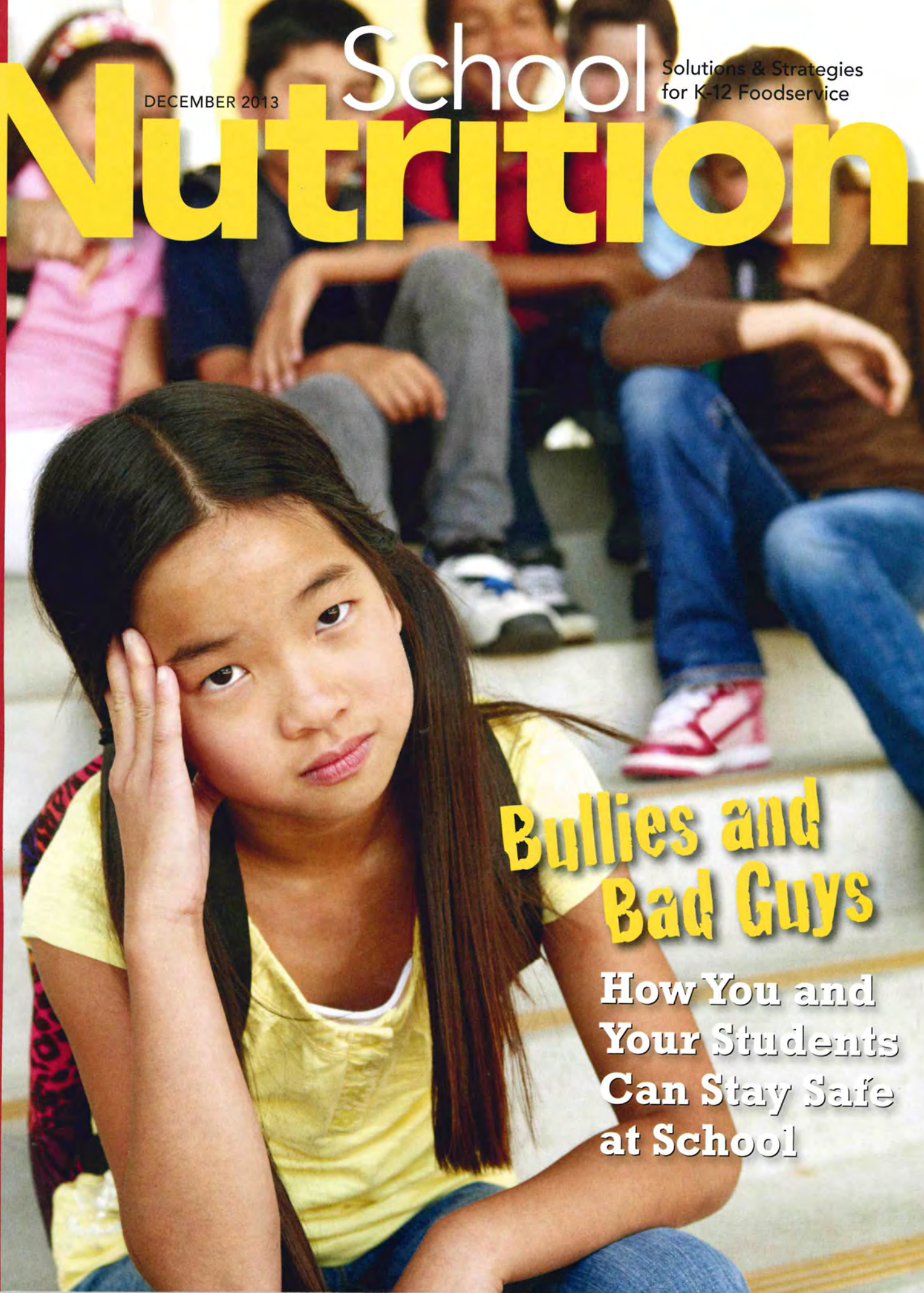
DECEMBER 2013

Solutions & Strategies  
for K-12 Foodservice

SCHOOL VIOLENCE: BE PREPARED • ONLINE CRIME • GOING GREEK (YOGURT)

## Bullies and Bad Guys

How You and  
Your Students  
Can Stay Safe  
at School





# On the Market

## A Closer Look at...



### Food Allergy Awareness

For parents of children with food allergies, kids eating away from home is a source of great anxiety. **SafetyTat** offers a line of temporary "tattoos" for such children to alert others to foods that can be dangerous. These can be helpful to cafeteria staff and volunteer monitors—especially at the beginning of the school year.

SafetyTat food allergy tattoos do the talking, with a bright red and yellow attention-

grabbing design that informs others of allergy risks. Available design options indicate a specific alert to a nut/peanut allergy or to generically encourage food purveyors to "Ask First." Space for customization by the parent/guardian prior to ordering is available for specific food allergy details and emergency contact information. All are said to be sweatproof and waterproof.

The company also makes other temporary tattoos for "if lost" emergency contact details or specific medical alerts. To learn more, visit [www.safetytat.com](http://www.safetytat.com) or call (866) 468-5766.



### Spice of Life Red Gold's

new 2.6-oz. Salsa Dipping Cup is designed to be an easy way to help meet meal pattern requirements for Red/Orange Vegetables and is said to offer 70% less sodium than other products on the market. Visit [www.k12tomatoes.com](http://www.k12tomatoes.com) or e-mail [info@k12tomatoes.com](mailto:info@k12tomatoes.com) to request a free sample or more information.



### Right Size The Idaho Potato

**Commission** realizes that costing out a menu is no easy task, so it's taking the guesswork out of purchasing the right Idaho® potato. Operators can rely on such helpful resources as a *Size Guide*, *Virtual Plate Sizing Guide* and *Cost Per Serving* chart to help with the ordering process. To request the *Virtual Plate Sizing Guide* and/or *Cost Per Serving* chart, e-mail [jvail@potato.idaho.gov](mailto:jvail@potato.idaho.gov) or call (208) 334-2350. To download the *Size Guide* and find more information, including recipes, visit [foodservice.idahopotato.com](http://foodservice.idahopotato.com).

**Duke It Out** Kiosk-style solutions from **Duke Manufacturing Co.** allow students to grab meals quickly, without the frustration of long cafeteria lines. Operators can choose from stand-alone kiosks or a custom-configured line with themed signage—particularly helpful for grab 'n' go breakfast stations—as well as traditional serving lines. For more information or for a design consultation, visit [www.servingsystems.com](http://www.servingsystems.com) or call (800) 735-3853.



### Healthy New

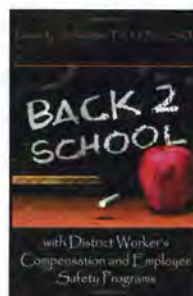
**Options** Greek yogurt salad dressings are new from **Litehouse® Foods**. The dressings are available to foodservice operations as a pack of two 1-gal. jars or in portion control packets. Four flavors

are available: Blue Cheese, Ranch, Caesar and Feta Dill. Each flavor is gluten-free and has no trans fats or MSG. To learn more, visit [www.lighthousefoodservice.com](http://www.lighthousefoodservice.com) or call (208) 263-7569.



### The Perfect Blend

Jump on the Greek yogurt bandwagon with new **Yoplait®** Greek Blended, which comes in four flavors: Blueberry, Pineapple, Strawberry Raspberry and Vanilla. Each 5.3-oz. container offers calcium and vitamin D, with only 140 calories and zero fat grams. For more information about Yoplait Greek Blended or recipe ideas using Greek yogurt, visit [www.generalmillsfoodservice.com](http://www.generalmillsfoodservice.com).



### Safety First

**Going Back to School With District Worker's Compensation and Employee Safety Programs** by Diane K. Schweitzer, PhD, RN, CSRM,

examines how to contain Workers' Compensation costs by providing a look at the reasons for providing a safe workplace, how injuries occur, how to prevent injuries and how to manage and control costs associated with Workers' Compensation claims. For more information about this resource or to order, visit the website for your favorite online bookstore. Schweitzer is an SNA member and former school nutrition director in Indiana.



### Just 4 You The

Just4Schools program from **Vulcan** features kettles, steamers and braising pans made to withstand continual use in a school nutrition operation. The steamers are said to use superheated steam that, at 235°F, cooks fresh and frozen vegetables faster than conventional steamers. Braising pans can be used to braise, sauté, simmer and grill. The pans' cool-to-the-touch lid



# On the Market

handles can help prevent burns, and the anti-jam pan lift mechanism allows for efficient equipment usage. Visit [www.vulcanequipment.com/k12](http://www.vulcanequipment.com/k12) or call (800) 814-2028.

**Hands On** **Browne-Halco's** hand-safety oven mitts and pads feature a special FLXaPrene™ material that offers superior heat protection with a non-slip grip. They are stain-resistant, dishwasher-safe and water-repellant. Operators can choose from several sizes and styles. To find out more, visit [www.brownefoodservice.com](http://www.brownefoodservice.com) or call (877) 327-6963.

**Feelin' Sweet** Enjoy a sweet snack from south of the border with Tio Pepe's® 51% Whole-Grain Fruit-Filled Churros from **J&J Snack Foods**. These whole grain-rich snacks are injected with either apple or raspberry filling.



Also available are Tater Stuffers™, real

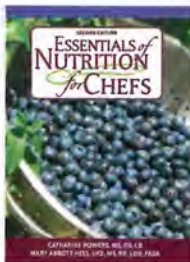
hash brown potatoes that surround a warm egg-and-cheese center. Zesty green peppers and onions give some bite to the O'Brien Tater Stuffer, while the Southwest variety features poblano peppers. The company also offers a plain version. Visit [www.jjsnack.com](http://www.jjsnack.com) or call (800) 486-9533.

**Smooth and Tropical** Piña Colada Fruit Smoothie Mix is the newest addition to **Monin Gourmet Flavorings'** line of natural blender-ready, non-alcoholic fruit smoothie mixes and offers the flavor of creamy coconut and fresh pineapples. Other Monin smoothie mix flavors include Mango, Peach, Wildberry, Strawberry and

Strawberry Banana. The mixes come in 46-oz. resealable, aseptic, airtight containers for freshness. For more information, visit [www.monin.com](http://www.monin.com) or call (800) 966-5225.



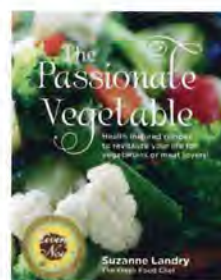
**Nutrition 101** The second edition of **Essentials of Nutrition for Chefs**, by Catharine Powers, MS, RD, LD, and Mary Abbott Hess, LHD, MS, RD, LDN, FADA, is an easy-to-use textbook designed to help culinary professionals create delicious yet nutritious meals in all types of settings. The book features 36 recipes, such as Asian Ratatouille, Gluten-free Brownies and Peanutty Energy Bars. The reference also contains cooking techniques, guidance on flavor and tips for communicating nutrition messages. Visit [www.nutritionforchefs.com](http://www.nutritionforchefs.com) to learn more.



**Gluten Be Gone** The demand for gluten-free meals is greater than ever, but for food-service operators (or parents) inexperienced with serving customers with celiac disease or a gluten intolerance, the logistics can be confusing.



**Gluten-Free Kids** by Danna Korn offers a primer on living gluten-free, including food prep tips, ways to boost nutrition and extensive ingredient lists. This resource is more than just a cookbook—it's about living a gluten-free life. Visit <http://tinyurl.com/dannakorn> for more details.



**Vital Vegetables** Health Inspired Publishing's **The Passionate Vegetable: Health Inspired Recipes to Revitalize Your Life for**

**Vegetarians or Meat Lovers** by Suzanne Landry features a wide array of meat-based, vegetarian and vegan recipes, including Spinach Salad With Turkey Sausage & Buttermilk Mustard Dressing and Barley Confetti Salad With Fresh Dill Cilantro. The book also offers time-saving techniques for cooking with vegetables and recipe suggestions for transitioning vegetarians. To learn more, visit [www.thefreshfoodchef.com](http://www.thefreshfoodchef.com) or call (805) 628-3301.

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