

Cooks go back to school

Culinary workshop helps lunch ladies and gentlemen meet federal meal guidelines

and as far away as Salem spent Thursday afternoon and Friday refreshing their culinary skills and learning 15 recipes that may end up on school menus this year.

Oregon Dairy Council Nutrition Affairs Director Anne Goetze said cooks

from every county in the state have participated in these trainings through the years. The workshops are free, she said, and the goal is to help the cooks provide nutritious meals to students.

“We know when kids eat meals at schools — breakfast or lunch or even an after school snack or if there’s a dinner program too — that they eat better on average because the school meals follow a particular pattern,” she said. “They’re serving whole grains. They’re serving a variety of colorful fruits and vegetables. They’re serving dairy foods and learn proteins. This kind of training gives the cooks the skills to prepare all of those foods.”

The U.S. Department of Agriculture requirements differ by grade level and meal. The lunch meal pattern requirements for a high school student include one cup of fruit, one cup of vegetables, two ounces of grains, two ounces of meats or alternates and one cup of milk each meal, which must contain 750-850 calories, less than 10 percent saturated fat and less than 1,420 milligrams of sodium. The requirements further specify amounts of different types of vegetables that must be served each week.

Umatilla School District Child Nutrition Director Rikkilynn Larsen said the workshop was wonderful.

“We got lots of ideas

and some new recipes that we’d like to try in the school district and just some reminders too,” she said. “You just get into bad habits like holding the knife the wrong way.”

The participants learned about the federal requirements, culinary techniques, weights and measurements and worked on a variety of recipes.

Jessica Visinsky, a child nutrition specialist for the Oregon Department of Education, said the workshops help the cooks learn new methods. Many of the recipes are made from scratch, she said, and the cooks get to experiment with hands-on sessions. She said, based on feedback received,



STAFF PHOTO BY E.J. HARRIS

Nutrition specialist Garrett Berdan, right, with the Oregon Department of Education, gives menu instructions to a group of participants in a culinary workshop Friday in Umatilla.

many of the cooks are incorporating the lessons they learned into the programs in their districts.

“It gives (the cooks) the confidence to think outside the box and try new things and maybe increase the participation in their programs by doing that,” she said. “All the

recipes that we’re doing meet the requirements for the federal child nutrition programs and provide vitamins, minerals, great fiber and a lot of nutrients that will really help (the students) to study or to have energy or focus throughout the day, and that’s our biggest role.”

COURT:

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Miguel Ray Gutierrez, 34, and Misty Dawn Wickersham, 28, both of Echo.

Kenneth James Kramer Jr., 33, and Monique Renee Brandt, 33, both of Echo.

Roy Ronald Linn, 51, of Hermiston and Ester Irene Johnson, 65, of Stanfield.

Hugo F. Marroquin, 48, and Helidia Siqueiros, 47, both of Hermiston.

Charles Robert McCallister, 39, and Leanne Marie Badoux, 40, both of Stanfield.

Camerino Moreno, 61, and Maria Elena Munoz, 49, both of Hermiston.

Naythan Allen Olney, 33, and Sharmalee Marie Fraser, 44, both of Hermiston.

David Jonathan Palacios, 23, and Ashlee Elizabeth Jean Ames, 21, both of Hermiston.

Arturo Jr. Ramirez, 22, and Cherokee Adrianna Jokinen, 19, both of Hermiston.

Raymundo Sanchez Delgado, 23, and Magdalena De Jesus Torres, 21, both of Hermiston.

Dylan Tommas Spence, 29, and Stephanie Ryan Tuttle, 26, both of Hermiston.

Logan Mitchell Swaggart, 23, and Christine Paige McKenzie, 21, both of Boise, Idaho.

BREASTFEEDING CLASSES
One class covers breastfeeding benefits, pumping and much more. Come to this FREE class taught by a certified lactation consultant, and learn techniques that make for a successful experience. Free, but please pre-register.
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GSMC Conference Center 3 & 4

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GSMC Conference Room Center 2

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September 25 & 26
Friday: 6:30 - 8:30 pm,
Saturday: 9:30 am - 3 pm
GSMC Conference Room

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GSMC Conference Room
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