

Celebrating a Local Hero

Leading the Way in Public Health
Nutrition and Physical Activity:
Blazing New Trails

Salt Lake City, Utah
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Salt Lake Community Action
Head Start
Early Head Start Central Kitchen
Salt Lake City, Utah



What is Head Start?



Head Start

- Over 1,500 Head Start families live below the poverty line
- The average annual income for a family of four in our program this year is \$11,900



Primary Goals of the Central Kitchen Project

- Create recipes that are low in fats and sugars and high in nutritional value
- Create menus that are culturally diverse and kid-friendly

Primary Goals of the Central Kitchen Project

- Establish a successful delivery system where meals are delivered at temperature and on time
- Back to our roots... fresh, organic, local from scratch
- Remain within yearly operating budget

Our First Attempt...

- Every great project has its bumps in the road



Is the Investment Worth the Risk?

- Everyone has an invested interest
- Policy Council
 - Governing body comprised of current and past Head Start parents

Is the Investment Worth the Risk?

- Children
 - Head Start serves 2,400 children a year, newborns to five years of age

Pilot Program

- Thanks to our partners at Holy Trinity Greek Orthodox Church we were able to serve 300 children

Worth Every Penny!



Logistics

- Finding our suppliers
- Working with health department
- Working closely with CACFP
- Staffing
- Establishing a menu
- Special meal requests – allergies
- Delivery of food
- Going green

| | | | | |
|--|---|--|--|--|
| Monday 1 1/2 oz Sliced Turkey 1 Wheat Bun 1/2 c Vegetable Soup 1/2 c Apple 8 oz Milk | Tuesday 1 1/2 oz Meatballs 1/2 c Salad 1 oz Pasta W Sauce 1/2 c Honeydew Melon 8 oz Milk | Wednesday 1 1/2 oz Irish Stew 1 Slice Bread 1/2 c Carrots & Potatoes 1/2 c Orange 8 oz Milk | Thursday 1 1/2 oz Baked Fish 1 ea Mini Roll 1/2 c Sweet Potato Fries 1/2 c Kiwi 8 oz Milk | Friday 1/2 c Chicken & Dumplings 1 ea Breadstick 1/2 c Corn 1/2 c Cantaloupe 8 oz Milk |
| Monday 1 1/2 oz Oriental Chicken Salad 1 Wheat Bun 1/2 c Lentil Soup 1/2 c Apple 8 oz Milk | Tuesday 1/2 c Baked Cheese Ziti 1/2 c Salad 1/2 c Corn 8oz Milk | Wednesday 1 1/2 oz Peruvian Chicken Breast 1 Mini Roll 1/2 c Potatoes 1/2 c Green Beans 8 oz Milk | Thursday 1 1/2 oz Seafood in Thai Cream Sauce 1/2 c Rice 1/2 c Corn 1/2 c Fresh Fruit Salad 8 oz Milk | Friday 4 ea French Toast Sticks 1 1/2 oz Turkey Sausage 1/2 c Hash Brown 1/2 c Applesauce 8 oz Milk |
| Monday 1 1/2 oz Tuna 1 Wheat Bun 1/2 c Tomato Basil Soup 1/2 c Apple 8 oz Milk | Tuesday 1 1/2 oz Chicken Parmesan 1 ea Pita Bread 1/2 c Salad 1/2 c Honeydew Melon 8 oz Milk | Wednesday 1 1/2 oz Taco Beef 1/2 c Cheese 1 ea Tortilla 1/2 c Lettuce 1/2 c Peas and Carrots 8 oz Milk | Thursday 1 1/2 oz Meatloaf 1 Breadstick 1/2 c Apple 1/2 c Cauliflower 8 oz Milk | Friday 1 1/2 oz Turkey Stoppie 1 ea Bun 1/2 c Corn 1/2 c Cantaloupe 8 oz Milk |
| Monday 1 1/2 oz Turkey 1/2 egg 1 oz Oyster Crackers 1/2 c Chicken & Vegetable Alphabet Soup 1/2 c Orange 8 oz Milk | Tuesday 1 1/2 oz Asian Lemon Chicken 1/2 c Rice 1/2 c Peas 1/2 c Banana 8 oz Milk | Wednesday 1.0z Tofu 1/2 c Rice 1/2 c Vegetable Jambalaya 1 oz Cheese Stick 1/2 c Banana 8 oz Milk | Thursday 1 1/2 oz Burger 1 ea cheese Slice 1 ea Wheat bun 1/2 c Baked Fries 1/2 c Apple 8 oz Milk | Friday 1/2 c Seafood Chowder 1 ea Breadstick 1/2 c Fruit Salad 8 oz Milk |
| Monday 1 1/2 oz Turkey 1 ea Wheat bun 1/2 c Vegetable Soup 1/2 c Spinach 8 oz Milk | Tuesday 1/2 c Mac and Cheese 1/2 c Sautéed Tomatoes 1/2 c Peas 8 oz Milk | Wednesday 1 1/2 oz Chicken Stir fry 1/2 c Rice 1/2 c Japanese Vegetables 1/2 c Mandarin Oranges 8 oz Milk | Thursday 1 1/2 c Chicken 1 ea Wheat Bun 1/2 c Potato Medley 1/2 c Salad 8 oz Milk | Friday 1 1/2 oz Salmon 1 ea Mini Roll 1/2 c Broccoli 1/2 c Banana 8 oz Milk |



CAPER

- Cost
- Attitude
- Portions
- Employees
- Recipes

Fall 2010 Hit the Ground Running



Head Start

- With a state-of-the-art, centralized kitchen, Head Start provides children 2/3 of their daily nutrition
- In 2010, Head Start served over 400,000 highly nutritious meals to over 2,500 children in Salt Lake City



Cooking Classes



The Next Step...



Step 1

- Market central kitchen
 - Growth capacity 600 more meals
- Meal service program
 - Full service program
- Staff training program
 - Training program
 - Buying power
 - Menus and recipes

Step 2

- Establish a job training program
- Awarded \$50,000 from Morgan Stanley to launch program
- July 2011 launch of program
 - Purpose to train individuals for the food industry
 - Obtain employment
 - Self sufficiency

Step 3

- Participate in Summer Food Program
 - Providing dinners to children (newborn to 18 years) at no cost at two sites in the valley
 - While staying true to our philosophy and mission
 - The only program in Salt Lake County providing dinners

Step 3

- Anticipate feeding dinner to 400 to 500 children a day

Step 4

- Expand
 - Looking for land for Central Kitchen #2
 - Provide capacity to serve all Head Start sites in Salt Lake and Tooele County
 - With the exception of our Wendover site
 - Total of 6,000 meals a day

Step 5

- Stretch goal: self sustain
 - Cover all daily operational costs



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