Healthy School Concession Ideas

Valley City Public Schools
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Dear Parents, Staff, Boosters and Supporters of Valley City Public Schools,

The Valley City Public School Wellness Policy has been important to the health and well-being of our students. We have had the policy in place since 2004. The newly passed Federal Healthy Hunger Free Kids Act has strong language incorporated requiring every school district to strengthen their wellness policies. In addition, our goal is to consistently keep our wellness policy current and strong for the benefit of our students.

In light of the new legislation for nutrition and physical activity, our wellness policy was strengthened and ultimately passed by our school board in July, 2012. These are strong standards and may be a challenge to implement in our school district. Just as we phased in soda pop standards back in 2004, 2005 and 2006, we would like to take a similar approach with the new standards as noted in the policy itself.

We realize that it has taken years to develop habits related to nutrition and physical activity, and even with increased knowledge, it will take time to develop new behaviors to improve our health. Our board has approved a Coordinated School Health Council (CSHC) (Wellness Committee), which includes staff and administrators from each school, a school board member, the Nutrition Services Director, a student, and a community member. This group has been organized to communicate the changes necessary to comply with the policy as well as offer assistance and education related to implementing the policy. If you have any questions or need ideas and assistance, please do not hesitate to contact a CSHC team member.

The CSHC has taken a pro-active stance, and has developed educational handouts and brochures which will be distributed at booster club meetings as well as placed on the school’s website. We hope that you will find these tools helpful as we work to implement the Wellness Policy.

We are looking forward to working with you on this process; we all understand that wellness is imperative to our students’ health, happiness and academic growth.

Thank you for your assistance in this transition to a healthier community.

Sincerely,

Dean Koppelman
Superintendent
# 2012-2013

## Coordinated School Health Council Members

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Concessions: Healthy Food Guidelines

At Valley City Public School, we recognize that our food choices affect our health.

There are many reasons for providing healthy food options.

- What we eat is linked to the leading diseases in the United States: type 2 diabetes, hypertension and stroke, coronary heart disease, and some types of cancer.
- Americans eat from 200-300 more calories a day now than they did 30 years ago, which may be one reason 2/3 of adults and 1/3 of students are overweight or obese.
- Americans eat diets high in saturated fat and sodium and low in fruits and veggies. They also eat foods high in sugar and refined carbohydrates, which are very low in fiber.

In accordance with the Valley City Public School Wellness Policy, this booklet is designed to provide ideas for healthy food choices at concessions that promote and support healthy eating.

VCPS Wellness Policy

Nutrition Standards for Concessions held on School Premises

Sponsored by or not Sponsored by School

(e.g., Booster Club Concessions (athletic, drama, speech, music, dance); PTO Concessions, Tailgating, Spaghetti Suppers)

Any event held on VCPS premises sponsored by or not sponsored by the school must adhere to the following:

Food Standard:
1. Fruits and/or vegetables must be offered at any location where food is served free or sold (This does not include juice which is a beverage).
2. It is recommended that lower fat/lower sodium/ whole grain (51%) food options will be chosen to be served/sold. (Examples include low fat/low sodium hotdogs, low fat yogurt, 100 calorie snack packs, baked whole grain chips, low fat ranch dressing, whole grain buns)
3. Baked items are encouraged to be no larger than 3 inches square, 2 oz muffins, or 2 ½ - 3 “diameter cookies.

Beverage Standard (items sold must include the following, but are not limited to):
1. 100% juice and low fat milk (skim or 1%) will be sold at all locations where juice and milk are sold/served.
2. Water must be easily accessible in pitchers, fountains or bottles (unflavored, non-carbonated) where beverages are served/sold.
3. Every effort will be made to purchase the smallest size of beverage possible. Exceptions will be made for 16 oz. milk products, for 12 oz. 100% juice and any size of water.
SIX GUIDING PRINCIPLES FOR CONCESSION STANDS:
PROMOTING HEALTHY FOOD PURCHASES

Most of our decisions about food are “mindless,” meaning automatic or unthinking, and largely influenced by our environment. We often do not even realize we are being influenced! The good news is that we can plan our concession stands to “nudge” customers to make healthier choices.

1. **Manage Portion Sizes** - The Dietary Guidelines for Americans promotes appropriate portion sizes. This promise is simple the more we are given to eat, the more we will eat. Pay attention to serving size. For example, meat should be no more than 2 oz., muffins should be 2 oz., cookies should be 2.5 inches in diameter, and be sure to check the pizza label for correct serving size.

2. **Increase Convenience** - The easier it is to eat a food, the more likely we are to eat it. So when planning your menu, choose healthy food options, and lots of them.

3. **Improve Visibility** - Out of sight...out of mind. Put healthy foods easy to see and get to. For example, move fruit to the front of the concession stand and candy behind the counter. For beverages, move water and milk to front of the cooler and soda to the back making the healthier beverages the most visible and the easiest to grab products. More examples include putting healthier drinks at eye level and sort of “hide” the baked chips. Lead people to avoid the temptation for less healthy foods and make healthy foods easy to spot.

4. **Enhance the Taste Sensation** - If it looks delicious and sounds delicious it must be delicious!!! So talk it up to spice it up. Get your customers excited about healthy foods by creating fun, imaginative names such as “X-ray Vision Carrots”, “tangy smoothie”, “Texas barbecue”, and “crisp garden salad”. Set up a demo tray filled with all your beautiful and healthy foods such as a baked potato topped with dark green broccoli. Our customers tend to taste what they expect. By making a food look more attractive, or by giving it descriptive names, we can lead customers to believe the food tastes great.

5. **Utilize Suggestive Selling** - Attitudes are contagious! Signs and verbal prompts influence us to see and desire products. Encourage concession stand workers to say “Would you like an apple with that piece of pizza?”

6. **Smart Pricing Strategies** - Money talks! Make a bundle with healthy bundling, for example use discounted pricing for a salad or sandwich + water + fruit. Also, price candy and less healthy foods higher than healthier options.

(*Information obtained from the Cornell Center for Behavioral Economics in Child Nutrition Program’s “The Smarter Lunchroom Movement” which is funded by USDA/FNS.*)
Healthy Concession Stand Food Ideas

1. Fruit/Vegetable Products:
   - 100% fruit and vegetable juice products
   - Raisins
   - Craisins (Ocean Spray)
   - Other Dried Fruit
   - Fruit Roll-up (made with real fruit)
   - Canned Fruit (100% juice packed)
   - Canned Fruit Cups (100% juice packed)
   - Applesauce Pouches
   - Canned Vegetables (low sodium or drained and rinsed)
   - Salads (fruit, leafy greens, coleslaw)
   - Frozen Fruit (no added sugar)
   - Fruit Smoothies*
   - Orange Julius*
   - Yogurt Parfaits*
   - Apples with Dip*
   - Apricots
   - Bananas
   - Blackberries
   - Blueberries
   - Cantaloupe
   - Cherries
   - Grapefruit
   - Grapes
   - Kiwi
   - Mandarin Oranges/Cuties
   - Mango
   - Nectarine
   - Oranges
   - Papaya
   - Pears
   - Pineapple
   - Plums
   - Pomegranate
   - Raspberries
   - Strawberries
   - Watermelon
   - Baked Potato
   - Broccoli
   - Carrots
   - Cauliflower
   - Celery
   - Cherry tomatoes
   - Cucumbers
   - Pea Pods
   - Pepper Strips (Green, Red, Orange)

2. Cookies, Bars and Muffins:
   - 3” square bar
   - 2 ½ - 3” cookie
   - 2 oz. muffin

3. Novelty Products
   - Frozen Juice Bars – 100% juice.

4. Milk and Cheese Products:
   - Yogurt Parfaits*
   - Frozen Go-Gurts
   - Smoothies*
   - Chocolate Peanut Butter Milkshakes*
   - Milk (Skim and Fat-Free Chocolate)
   - Low Fat String Cheese
   - Low Fat yogurt
   - Low Fat Cottage Cheese
   - Jell-O Pudding Snacks (sugar-free)

5. Snack Products:
   - 100 Calorie Whole Grain Snack Packs
   - Low Fat Granola and Cereal Bars
Baked Chips (tortilla, potato and Doritos)  
Popcorn (recommended served unsalted with salt shaker/seasonings available)  
Whole Grain Crackers (product must read “whole” before the first grain listed in ingredients)  
Whole Grain Cereal (bowl pack)  
Puppy Chow*  
Planters NUT-rition Mixed Nut Pack

6. Bread Products:  
Whole Grain Bagels  
Whole Grain English Muffins  
Whole Grain Tortillas  
Variety of Whole Grain Bread

7. Meat/Protein Products:  
White Turkey (oven roasted or smoked)  
Ham  
Canadian Bacon Sandwich-Style  
Light Tuna (packed in water)  
Peanut Butter (with apples or celery)  
Hard Boiled Eggs  
Chili*  
BBQ*  
Chicken Fajitas*  
Tasty Meat in Crock-pot*  
Submarine Sandwiches*  
Turkey Wraps*

8. Soups  
Black Bean & Macaroni Soup*  
Vegetable Hamburger Soup*

9. Miscellaneous Products:  
Low Fat Ranch Dressing  
Light Sour Cream  
Fat-Free T. Marzetti’s Vegetable Dip  
Salsa (Newman’s Own brand recommended)  
Light mayo or salad dressing  
Ketchup  
Mustard

* Recipes included in booklet.
Concession Recipes

Church Supper Chili

2 ½ lbs. 90% lean ground beef 1/2 tsp. pepper
1/2 cup green pepper, chopped 16 oz. tomatoes, chopped
1 cup celery, chopped 46 oz. tomato juice
2 cups onion, chopped 30 oz. vegetable juice
1 clove garlic, minced 30 oz. kidney beans
3 tbsp. chili powder 30 oz. hot chili beans
2 tsp. salt

Brown ground beef; drain. Add green pepper, celery, onion and garlic; cook until tender. Add spices, tomatoes and juice. Bring to a boil; reduce heat and simmer 20 minutes. Add beans and simmer another 20 minutes.

Makes a large crockpot of chili.

BBQ Recipe #1

2 lbs. 90% lean ground beef
2/3 cup chopped onion
1 tbsp. mustard
10 ¾ oz. can Chicken Gumbo soup
10 ¾ oz. can Tomato Soup (Healthy Request)

Brown ground beef with the onions. Add remaining ingredients. Pour into crock-pot and let simmer. Flavor will be enriched during the simmering process.

BBQ Recipe #2

2 lbs. 90% lean ground beef
2/3 cup chopped onion
2 cans (10 ¾ oz.) Chicken Gumbo soup
½ cup ketchup
2 tsp. mustard
2 tbsp. vinegar
3 tbsp. sugar

Brown ground beef with the onions. Add remaining ingredients. Pour into crock-pot and let simmer. Flavor will be enriched during the simmering process.
Submarine Sandwiches

Turkey breast – 1 oz. deli slices
Lean Ham – 1 oz. deli slices
Low-fat cheddar ½ oz. cheese slices
Swiss ½ oz. cheese slices
Lettuce
Tomatoes
Reduced fat Miracle Whip
Green, Yellow or Red peppers
Cucumbers
Whole wheat buns

Allow a total of 2 oz. of meat and 1 oz. of cheese per bun. Either have vegetables available or have a variety of sandwiches completely assembled.

Chicken on Pita

8 oz. can chicken without broth
¾ tsp. dehydrated onion flakes
1/8 tsp. black pepper
¼ cup reduced fat salad dressing
1/3 cup celery, diced
1 tsp. sweet pickle relish
1/4 tsp. dry mustard
4 whole-wheat pitas

Combine chicken, celery, onions, relish, pepper and dry mustard. Add salad dressing and mix lightly until blended. Cover and refrigerate until ready to serve. Give ½ cup of chicken for each pita.

Chicken Fajita

3 lbs. chicken breasts, cut into strips
1 onion, sliced thin
1 packet fajita mix
1 green pepper, sliced thin

Place meat in crockpot. Stir in fajita seasoning packet and vegetables. Cover and cook on low about 8 hours. Serve in a flour tortilla.

Tasty Meat in a Crock Pot

3-4 lbs. lean beef or pork roast, or turkey breast
½ cup water
1/8 tsp. garlic powder (optional)
1 large onion, diced (optional)

Place meat in crockpot. Combine last three ingredients and pour over meat. Cover and cook on low for about 8-10 hours. Shred and serve on whole grain bun with or without barbeque sauce.

Turkey Wraps

1 10” flavored tortilla wraps
2 oz. deli turkey
1 ½ tbsp. low-cal ranch dressing

* (garden herb, whole-wheat)

Spread the dressing on tortilla. Add meat and cheese, roll and serve.
Black Bean and Macaroni Soup

\[
\begin{align*}
\frac{1}{4} \text{ cup olive oil} \\
2 \text{ large onions, chopped} \\
4 \text{ red or green peppers, chopped} \\
2 \text{ garlic cloves, crushed} \\
8 \text{ cups chicken stock} \\
\text{bay leaves} \\
1 \text{ can (15 oz.) chopped tomatoes} \\
\text{ground pepper to taste} \\
2 \text{ tsp. sugar} \\
2 \text{ cans (15 oz.) black beans, drained & rinsed} \\
3 \text{ cups uncooked pasta (fusilli, small rigatoni or small shells)}
\end{align*}
\]

Saute onions in olive oil for about 5 minutes. Add chopped peppers and cook another 3 minutes. Add the rest of the ingredients and simmer for 30 minutes. Cook the pasta in boiling water for 6 minutes or until al dente. Drain and add to soup. Heat to serving temperature. Season and add more stock until desired consistency is reached.

Vegetable Hamburger Soup

\[
\begin{align*}
1 \text{ lb. 90% lean ground beef} \\
1 \text{ cup chopped onion} \\
1 \text{ cup diced potatoes} \\
1 \text{ cup sliced carrots} \\
1 \text{ cup shredded cabbage} \\
1 \text{ cup sliced celery} \\
2 \text{ tsp. basil} \\
1 \text{ bay leaf} \\
1 \text{ (16 oz.) can crushed tomatoes} \\
\frac{1}{4} \text{ cup barley} \\
3 \text{ cups water} \\
\frac{1}{4} \text{ tsp. thyme}
\end{align*}
\]

Brown onion and ground beef in skillet. Drain off fat and put ground beef and onion in a large stockpot. Add all the other ingredients. Bring to boil. Reduce heat and simmer at least 1 hour.

Strawberry Banana Smoothie

\[
\begin{align*}
1 \text{ ripe banana, peeled} \\
\frac{3}{4} \text{ cup pineapple or orange juice} \\
\frac{1}{2} \text{ cup non-fat or low-fat vanilla yogurt} \\
\frac{1}{2} \text{ cup frozen strawberries}
\end{align*}
\]

Place all ingredients in a blender. Puree until smooth.
Orange Julius
Makes four 8 oz. servings

6 oz. can frozen orange juice concentrate
½ cup water
1 ¼ cup skim milk
1 tsp. vanilla
2-3 tbsp. honey
12 ice cubes

Place ingredients in blender. Process until combined and frothy. Serve immediately.

Chocolate Peanut Butter Banana Milkshake
Makes two 6 oz. servings

1 cup fat-free chocolate milk
1 tbsp. Natural Peanut Butter
1 cut-up frozen banana (Peel and freeze ahead of time for 24 hours.)

Cut banana into ½ to 1-inch pieces and place into blender. Place other ingredients into blender and blend until smooth and creamy.

Fruit Parfait
Makes 4 servings

2 cups pineapple tidbits or chopped fresh pineapple
1 cup frozen raspberries, thawed
1 cup low-fat vanilla yogurt
1 firm, medium banana, peeled & sliced
½ cup granola cereal

In dessert dishes or tall sundae glasses, layer the pineapple, raspberries and yogurt. Sprinkle the top with granola cereal.

Polar Berries
Makes 8 servings

2 cups seedless red or green grapes or combination
Rinse grapes and drain well

Place grapes loosely onto cookie sheet or other freezable plate and put into the freezer. When frozen, eat as is or toss them into your favorite yogurt or salad.

Apple Dip

2/3 cup peanut butter
2/3 cup low-fat vanilla yogurt

Mix the two ingredients together until smooth. Serve with apple slices.
**Puppy Chow**

Makes 18 - ½ cup servings

9 cups wheat and bran Chex Mix cereal  
1 cup semisweet chocolate chips  
½ cup peanut butter  
¼ cup margarine  
1 tsp. vanilla  
1 ½ cups powdered sugar

1. In large bowl, measure cereal and set aside.
2. In 1 quart microwaveable bowl, microwave chocolate chips, peanut butter and margarine uncovered on high for 1 minute. Stir. Microwave 30 seconds longer or until mixture is smooth. Stir in vanilla. Pour mixture over cereal, stirring until evenly coated. Pour into a 2-gallon sealable food safe bag.
3. Add powdered sugar. Seal bag and shake until well coated. Spread on waxed paper to cool. Store in airtight container.

**SHORT on TIME??**

Instead of preparing these recipes from scratch, how about purchasing these menu items as “heat and serve” products. Remember to choose lower sodium options if available.