

# CHAT & CHEW

with School Meal Rockstars - Wrap Up!

## WHOLE GRAINS WITH DONNNA


- Train staff.
- Ask extension to help find a local miller.
- Involve students and use feedback.
- Purchase white wheat products.
- Be consistent.
- Find products that fit your customers.



## BOOSTING NUTRITION WITH DAYLE

- If they grow it, they will eat it.
- If they cook it, they will eat it.
- If they taste it, they will eat it.

## LOWERING SODIUM WITH JEANNE

- Use salt free seasoning blends. 
- Switch from canned veggies to fresh or frozen.
- Switch from processed foods to more scratch.
- Involve your students and ALL school staff!
- Pay attention to procurement - talk to vendors and read labels.

**VIEW ALL HERE!**



Check out the Smart Food Planner  
for recipes!

