



THE CONSCIOUS KITCHEN  
OVERVIEW PACKET



MISSION

The Conscious Kitchen is dedicated to a systemic transformation of school dining, the health and improved life outcomes for our children, local food systems that support ecological agriculture and fair wages for farmers, and a healthy, just future for people and planet.



VISION

The Conscious Kitchen partners with schools to shift the paradigm around food service, based on five guiding terms that define our commitment to fresh, local, organic, seasonal, non-GMO (FLOSN) meals.



FLOSN

## GUIDING TERMS - FLOSN

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### **FRESH**

All produce is purchased within six days of being served, and all meals are prepared fresh daily in an on-site kitchen. Hands-on gardening classes, when offered, help students form an immediate connection to their food.



### **LOCAL**

More than 90% of produce, 100% of meat and 75% of grain comes from within 150 miles of each Conscious Kitchen site. Produce is purchased direct from farmers at the local farmer's market.



### **ORGANIC**

All ingredients used in The Conscious Kitchen are USDA Certified Organic.

To be certified organic, farmers must avoid using substances that might harm air, water or soil, including synthetic pesticides, chemical fertilizers, hormones, antibiotics and genetically modified organisms (GMOs). Organic food puts human and soil health first, and supports farmers and businesses that do the same.



### **SEASONAL**

The Conscious Kitchen buys from local farmers and grows food for production in school gardens. Purchasing in season means you buy, cook and eat produce that is better tasting, harvested at its peak, and grown closer to home while fostering appreciation for year round variety and unique seasonal flavors. At the same time it benefits health, soil, environment and wallet.



### **NON-GMO**

The Conscious Kitchen commits to using ingredients that are not genetically modified. The choice of non-GMO products reduces pesticides in our food supply and the quantity of toxic chemicals that children are exposed to. Early childhood exposure to pesticides is associated with pediatric cancers, ADHD, lower IQs and behavioral problems. We have little or no understanding about long term health impacts from consuming GMOs, especially to vulnerable populations like children, because our government does not require or perform independent health and safety testing of GMO food.



THE  
EXPERIENCE



# KITCHEN

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## **FOOD IS VALUED AT EACH STEP**

- Kitchen staff are referred to as chefs, and not foodservice individuals
- Chefs wear proper attire
- Head Chef develops relationships with farmers, ranchers, farmers markets, and local purveyors
- Seasonal produce guides recipe development which informs menus year-round
- Kitchen facility is restaurant-equipped, open, and exposed to display process and transparency
- Trained students participate in the kitchen by assisting with prep, service, and clean-up
- The Conscious Kitchen Student Ambassadors provide menu feedback from students to chef

# DINING HALL

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## **AN INTENTIONAL AND INFLUENTIAL SPACE**

- Students line up and enter the hall with ease and anticipation
- As students enter, classical music sets the tone for a mindful eating experience
- Tables are set with seasonal flowers
- Interior walls may be painted with bright, colorful hues to inspire a welcoming environment
- Educational materials about FLOSN produce are placed throughout the space
- Meals are served on stainless steel trays/cups to aid in waste reduction
- Teachers create special connections by sitting with students and enjoying meals together
- After meals, the Zero Waste Station engages students in proper food waste and recycling

# GARDEN

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## **AN OUTDOOR CLASSROOM**

- Students receive hands-on garden/nutrition/culinary lessons from a dedicated teacher
- Tasks include planting, tending, growing, and harvesting of produce for use in the kitchen
- Lessons prioritize ecological agricultural practices and engage students in understanding the journey from seed to plate
- The garden provides an opportunity for students to taste and enjoy produce they have never tried before

# CLASSROOM

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## **CULTIVATING FOOD LITERACY**

- Teachers are supported with the garden/nutrition/culinary lessons to explore connections with their core curriculum
- Through Food of the Month lessons, the chef and garden team visit each classroom inspiring students with teachings and tastings

# OPPORTUNITY

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## **PATHS TO GROW DEEPER**

- Select students become Conscious Kitchen Ambassadors, a "cabinet" for the Head Chef
- Head Chef works with ambassadors to develop skills in the kitchen and provide experiential leadership opportunities
- Select teachers, parents and school staff make up The Conscious Kitchen Food Council, a primary source of feedback to The Conscious Kitchen team
- Students can opt in to the Eco Top Chef program, a year-round opportunity that cultivates leadership skills, develops cooking confidence and culminates in a district-wide culinary event
- A noted partner chef from the community provides mentorship and vocational training to select students with visits to his/her local restaurant
- After-school community cooking classes and dinners are ways to extend TCK experience



THE IMPACT

## SHIFTING THE PARADIGM

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In 2015, the Sausalito Marin City School District became the first organic, non-GMO school district in the nation

### **You Can Probably Guess Where the First All-Organic Public School Cafeteria Is**

Marin County's school district is the first to make the shift—and it is largely low-income kids who will benefit.



*A student at Bayside MLK Jr. Academy with a plate of fresh, local, non-GMO food. (Photo: YouTube)*



## HEALTH

- FLOSN foods promote student wellbeing
- A healthy, balanced diet can reduce the risk of childhood obesity, diabetes and other chronic diseases
- Hands-on garden/nutrition/culinary education sets the foundation for long-term healthy habits



## ENVIRONMENT

- Organic foods are grown without chemical pesticides to help protect humans, animal/insect species, seed diversity, water, land, soil, and air
- Eating local means eating in season, and reducing carbon emissions that results from shipping foods long distances
- Organic foods are the best way to avoid GMOs (genetically modified organisms).



## ACHIEVEMENT

- FLOSN foods feed the brain so students can pay attention in class and be more engaged
- Engagement and motivation leads to a decrease in discipline rates
- Motivated students have improved academic outcomes



## COMMUNITY

- Lessons about healthy food consumption begin in the Conscious Kitchen and have a ripple effect, students -> parents -> community
- Purchasing direct from local farmers and purveyors supports the local economy
- Developing a network of engaged stakeholders ensures a long lasting, self-sustaining program





THE FOOD

The Conscious Kitchen successfully breaks the cycle of unhealthy, pre-packaged, heat and serve foods, transitioning instead to meals made with scratch-cooked ingredients purchased within school budgets and exceeding nutritional guidelines.

# MAY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Hardboiled Eggs, Fresh Fruit Toast, Milk <b>Lunch</b> Vegetable Chili with Cheddar Cheese Corn Chips, Salad, Fresh Fruit	<b>Breakfast</b> Oatmeal, Fresh Fruit, Milk <b>Lunch</b> Bean and Cheese Burrito Salad Fresh Fruit	<b>Breakfast</b> Yogurt Parfait, Fresh Fruit Granola, Milk <b>Lunch</b> "Breakfast for Lunch" Eggs Potatoes Fresh Fruit	<b>Breakfast</b> Cinnamon Roll Fresh Fruit, Milk <b>Lunch</b> Sloppy Joes, Veggie Joes Carrot Sticks with Ranch Fresh Fruit	<b>Breakfast</b> Scrambled Eggs, Fresh Fruit Toast, Milk <b>Lunch</b> Teriyaki Chicken, Tofu Teriyaki Brown Jasmine Rice Green Zucchini, Fresh Fruit
<b>Breakfast</b> Oatmeal, Fresh Fruit, Milk <b>Lunch</b> Spring Vegetable Pasta Salad Fresh Fruit	<b>Breakfast</b> Yogurt Parfait, Fresh Fruit Granola, Milk <b>Lunch</b> Mex Beef Platter Brown Rice, Pinto Beans Fresh Fruit	<b>Breakfast</b> Cinnamon Roll Fresh Fruit, Milk <b>Lunch</b> Kale Garbanzo Soup Corn Chips Fresh Fruit	<b>Breakfast</b> Scrambled Eggs, Fresh Fruit Toast, Milk <b>Lunch</b> Shepards Pie Potatoes Fresh Fruit	<b>Breakfast</b> Scrambled Egg, Smoothie, Milk <b>Lunch</b> Hot Dog Carrot Sticks Fresh Fruit
<b>Breakfast</b> Yogurt Parfait, Fresh Fruit Granola, Milk <b>Lunch</b> Black Eyed Peas and Collards Corn Bread Fresh Fruit	<b>Breakfast</b> Cinnamon Roll Fresh Fruit, Milk <b>Lunch</b> Bean Nachos Corn Chips Fresh Fruit	<b>Breakfast</b> Scrambled Eggs, Fresh Fruit Toast, Milk <b>Lunch</b> Vegetable Tikka Masala Brown Rice Fresh Fruit	<b>Breakfast</b> Pancakes, Fresh Fruit, Milk <b>Lunch</b> Beef Chili Corn Chips Salad Fresh Fruit	<b>Breakfast</b> Yogurt Parfait, Fresh Fruit Granola, Milk <b>Lunch</b> Pasta Marinara with Cheese Salad Fresh Fruit
<b>Breakfast</b> Cinnamon Roll Fresh Fruit, Milk <b>Lunch</b> Spring Vegetable Pasta Casserole Fresh Fruit	<b>Breakfast</b> Scrambled Eggs, Fresh Fruit Toast, Milk <b>Lunch</b> Bean and Cheese Taco Salad Fresh Fruit	<b>Breakfast</b> French Toast, Fresh Fruit, Milk <b>Lunch</b> Chicken Teriyaki Brown Rice Bok Choy Fresh Fruit	<b>Breakfast</b> Hardboiled Eggs, Fresh Fruit Toast, Milk <b>Lunch</b> Sloppy Joes, Veggie Joes Cauliflower Fresh Fruit	<b>Breakfast</b> Pancakes, Fresh Fruit, Milk <b>Lunch</b> Breakfast for Lunch Toast Potatoes Fresh Fruit
<b>Breakfast</b> Scrambled Eggs, Fresh Fruit Toast, Milk <b>Lunch</b> Mac and Cheese Broccoli Fresh Fruit	<b>Breakfast</b> Oatmeal, Fresh Fruit, Milk <b>Lunch</b> BBQ Chicken Drumsticks Brown Rice Green Beans Fresh Fruit			

willow creek academy

Meals will be prepared with fresh local organic seasonal sustainable and non gmo ingredients as best we can.  
 Substitutions may occur based on availability of ingredients.



# MAY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p><b>Breakfast</b>  Hardboiled Eggs  Toast  Fresh Fruit  Milk   Water</p> <p><b>Lunch</b>  Vegetable Chili with  Cheddar Cheese  Corn Chips  Salad  Fresh Fruit  Milk   Water</p>	<p><b>Breakfast</b>  Oatmeal  Fresh Fruit  Milk   Water</p> <p><b>Lunch</b>  Bean and Cheese Burrito  Salad  Fresh Fruit  Milk   Water</p>	<p><b>Breakfast</b>  Yogurt Parfait  Granola  Fresh Fruit  Milk   Water</p> <p><b>Lunch</b>  “Breakfast for Lunch” Eggs  Potatoes  Fresh Fruit  Salad  Milk   Water</p>	<p><b>Breakfast</b>  Cinnamon Roll  Fresh Fruit  Milk   Water</p> <p><b>Lunch</b>  Sloppy Joes, Veggie Joes  Carrot Sticks with Ranch  Salad  Fresh Fruit  Milk   Water</p>	<p><b>Breakfast</b>  Scrambled Eggs  Toast  Fresh Fruit  Milk   Water</p> <p><b>Lunch</b>  Teriyaki Chicken  Tofu Teriyaki  Brown Jasmine Rice  Green Zucchini,  Salad  Fresh Fruit  Milk   Water</p>

willow creek academy

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Monday, May 2

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*Vegetable Chili*

GASCON FARMS

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*Beans*

LACOPI FARM

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*Cheddar Cheese*

ORGANIC VALLEY

~

*Corn Chips*

RW GARCIA

~

*Salad*

GASCON FARMS

~

*Fresh Fruit*

FEATHER RIVER FARM

~

*Milk*

STRAUS FAMILY CREAMERY

## VEGETABLE CHILI

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serves 100

**7 lbs pinto beans (for best results soak beans overnight)**  
**7 lbs white navy beans (for best results soak beans overnight)**  
**½ cup salt**  
**water**  
**10 lbs onion**  
**10 lbs carrot**  
**5 lbs celery**  
**oil**

**1 jar tomato paste**  
**4 Tablespoons garlic powder**  
**2 Tablespoons ground cumin**  
**2 Tablespoons chili powder**  
**3 Tablespoons paprika**  
**½ can tomato puree**  
**1 bottle worcestershire**  
**5 Tablespoons hot sauce**

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procedure

- 1.** In a large pot, cook beans in water. Add ½ cup salt to water. Drain and reserve liquid.
- 2.** Prep all vegetables and process in a Cuisinart.
- 3.** Heat skillet with oil. Add onions, carrots, celery, and season with salt.
- 4.** Add tomato paste, garlic powder, cumin, chili powder, and paprika. Mix well.
- 5.** Add tomato puree, worcestershire, and hot sauce.
- 6.** On medium heat, cook until all flavors have combined. Add as much bean water to add more chili consistency, to your liking.



EDUCATION

FOOD OF THE MONTH  
GARDEN & NUTRITION CURRICULUM  
FAQs



JOIN US

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REVOLUTIONIZE SCHOOL DINING

CULTIVATE HEALTHY MINDS AND BODIES

TRANSFORM OUR FOOD SYSTEM

[\*\*START HERE\*\*](#)

## CONTACT

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