



# Austin ISD Food Service Update

SHAC Meeting  
October 6, 2021



# Free Meals for All

**All** Austin ISD students receive **free** breakfast and lunch for the 2021-22 school year, regardless of household income and without any application or documentation.





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Independent School District



# Menus & Meal Programs

# What makes a breakfast meal?



Choose **3**  
at least  
**1** must be  
a **fruit**

Elija **3**  
al menos  
**1** debe ser  
una **fruta**



K-12 students are **not** required to take milk.  
No es obligatorio que los estudiantes de kinder a 12.º grado tomen leche.

Pre-K Students receive a "Set-Plate" Meal  
Los estudiantes de Pre-Kindergarten reciben un "plato fijo".

- All AISD schools offer FREE breakfast each morning.
- At minimum, a breakfast meal consists of **at least three components, one must be a fruit.**
- At maximum, students can select up to five food items: one protein, one grain, two fruits, and a milk.



# Breakfast at AISD

- Fresh fruit & cereal offered daily.
- Vegetarian options daily.
- All grain items are whole wheat.
- Menus feature scratch-prepared and speed scratch items like tacos, breakfast sandwiches, and turkey sausage kolaches.



# Breakfast in the Classroom (BIC)

- School breakfast benefits<sup>1</sup>:
  - Improved academic performance
  - Reduced behavioral problems
  - Improved children's diets
- 50+ campuses serve breakfast in the classroom.
- Some campuses also offer grab-and-go breakfast models, as an alternative to BIC.



<sup>1</sup> Food and Research Action Center

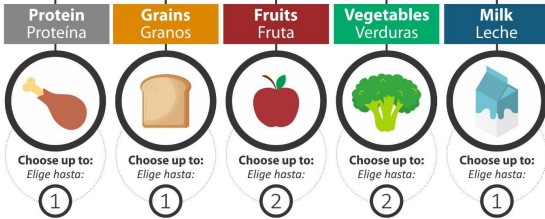


# What makes a lunch meal?



**Choose** 3  
*at least*  
1 must be a  
**fruit** or  
**vegetable**

**Elija** 3  
*al menos*  
1 debe ser  
una **fruta**  
o **verdura**



K-12 students are **not** required to take milk.  
No es obligatorio que los estudiantes de kinder a 12.º grado tomen leche.

Pre-K Students receive a "Set-Plate" Meal  
Los estudiantes de Pre-Kinder reciben un "plato fijo".

- All AISD schools offer FREE lunch.
- At minimum, a lunch meal consists of at least three components, one must be a fruit or vegetable.
- At maximum, students can select up to seven food items: one protein, one grain, two fruits, two vegetables, and a milk.



# Lunch at AISD

- Fresh fruits and vegetables are offered daily.
- Vegetarian/vegan options daily.
- Features many scratch prepared dishes.
- Daily entrée choices are a balance of traditional student favorites and global flavors to introduce students to new foods and cultural foodways.
- All grain items are whole wheat.





# Scratch Cooking

- AISD cafe teams at each school regularly prepare scratch made and speed scratch recipes with clean label ingredients.



# Plant-Forward Meals

- Multiple fresh options offered daily
- Increasing use of organic products
- Local, when possible
- Moving from canned or frozen to fresh
- Vegetarian and/or vegan entree options available daily



# Snacks & Beverages

- No snacks sold at elementary schools.
  - Whole grain cookie and popcorn menued once per month as a special treat, included with lunch meal
- Chocolate milk menued once per month at all levels
- Smart Snacks and beverages available for purchase at middle and high schools
  - Parents may set restrictions by contacting their cafe manager



# Afterschool Meals

- **Free supper meals or snacks** are available for students at **ALL** schools this year offering in-person afterschool enrichment programs.
  - Under current Department of Agriculture guidelines, regular eligibility requirements for serving after school meals are waived for this school year.
- Currently offered at 50+ schools



# Special Diets

- AISD will accommodate special diets, if they are made aware.
  - Request for Dietary accommodation ([Eng/Sp](#)) must be completed by parent/guardian and physician and submitted to school nurse or cafe manager.
  - Cafe managers note special dietary requirements in student's account; dietitian works with teams on menus and preparation instructions.
- Vegetarian options offered daily, vegan accommodations available upon request.
- Families may also request soy milk and gluten free bread by contacting their school's cafe manager.
- Allergens for all menu items found at [www.SchoolCafe.com](http://www.SchoolCafe.com).



# Did you know...

A 2021 study found that school meals provide the healthiest and most equitable access of all US food sources?



Source: Na, M. (2021) Disparities in Diet Quality in School-Age Children—Opportunities and Challenges. JAMA Network Open. 4(4): e215358. <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2778457>





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# Value-Based Procurement

# Good Food Updates

## Sustainable, Humanely-Raised Proteins:

- No-antibiotics-ever chicken
- Marine Steward Council certified fish
- \*Grass fed burgers (MS, HS)

## Organics:

- Burritos
- Legumes
- \*Oats, cornmeal
- Chicken meatballs
- Fruits & vegetables



\* Product availability may vary due to supply chain shortages and delays





# Clean Labels

- AISD began working toward cleaner label menu items in the 2015-16 school year.
- Partnered with the Life Time Foundation 2016-19 to eliminate the "[Harmful 7](#)".
- Following the end of the Life Time Foundation grant terms in 2019, AISD transitioned to the clean label standards outlined in the "[Ingredient Guide for Better School Food Purchasing](#)" by School Food Focus.



## Unwanted Ingredient List:

- Artificial Colors
  - Caramel Color
  - Synthetic Food Dyes
- Artificial Flavors & Unspecified Natural Flavors
- Artificial Preservatives
  - Butylated Hydroxyanisole (BHA)
  - Butylated Hydroxytoluene (BHT)
  - Propyl Gallate
  - Tert-Butylhydroquinone (TBHQ)
- Artificial Sweeteners & Other Sugar-Free Sweeteners
- Flavor Enhancers
  - Monosodium Glutamate (MSG)
- Flour Conditioners
  - Azodicarbonamide (ADA)
  - Bromated Flours: Potassium Bromate
- High Fructose Corn Syrup
- Nitrates & Nitrites
- Partially Hydrogenated Oils

## Watch Ingredient List:

- Added Sodium
- Added Sugars
- Artificial Preservatives
  - Benzoates and Benzoic Acid
  - Sulfites
- Bleached Flour
- Specified Natural Flavors
- Thickening Agents
  - Carrageenan
- Vegetable Proteins
  - Isolated Vegetable Protein (IVP), Hydrolyzed Vegetable Protein (HVP) & Texturized Vegetable Protein (TVP)



# AISSD will give greater priority to products that advance the following goals:



## Support the Local Economy

Producers or manufacturers who are family owned or cooperatively owned by workers.

AND

Are located within 500 miles of AISSD.



## Protect the Environment

Products with certifications that highlight sustainable environmental practices. Examples include:

- AGA Grassfed (meat/dairy)
- Animal Welfare Approved (meat)
- Certified humane raised and handled (eggs)
- Pesticide free (grain)
- USDA Transitional Organic Standard (produce)
- Salmon Safe/LEAF (produce)
- Food Alliance Certified (grain)
- USDA Organic (except fish)
- Aligns with the Monterey Bay Aquarium's Seafood Watch Guide



## Provide Humane Treatment of Animals

Products with certifications that demonstrate animals were treated humanely. Examples include:

- Certified Humane
- USDA Organic
- Gap Step 1,2,3,4,5, or 5+
- Cage Free
- American Humane Certified Pasture Raised or Certified Humane Pasture Raised
- Certified Humane Free Range
- American Grassfed Association Producer
- Animal Welfare Approved
- Certified Grassfed by a Greener World



## Ensure Fair Labor

Producers and manufacturers who provide a safe working environment and fair wages for their workers demonstrated by a documented social responsibility policy, a union contract with employees, or certification from Fair for Life, Fairtrade America (Fairtrade International FLO), or Fairtrade USA.



## Serve Healthy Food

Products that promote health and wellness and meet the federal nutrition guidelines for school meals. Priority is also given to food products that are minimally processed and do not contain ingredients that are on the School Food Focus unwanted and watch ingredient lists.

AISSD is a participant in the Good Food Purchasing Program

This infographic was created by Kitchen Sync Strategies, LLC



# Local Procurement

- Current local vendors include: **New World Bakery** (*whole wheat bread, buns, dinner rolls, muffins*), **Fiesta Tortillas** (*tortillas, tortilla chips*), **Padrino Foods** (*tamales*), **Lux Bakery** (*chia bars*), **Beetnik Foods** (*chicken meatballs*)
  - Produce: Farm to School, Farm Fresh Fridays
- Check out AISD.TV's short documentary, ["Source to School: Inside AISD Food Service,"](#) highlighting many of our past and present local vendors.





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# Food Service Updates

# Meal Participation

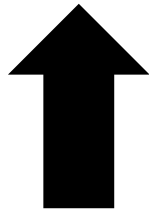
- Serving around **27%** of enrollment at breakfast and **51%** at lunch.
  - Pre-pandemic (Feb. 2020) : **32%** breakfast / **54%** lunch  
*(meals not free for all students)*
- Some schools seeing increase in participation, others seeing decrease.
- Factors include virtual learning, quarantines, lines, dining outside, more students bringing lunch from home.



# Lunch Participation



School	EcoDis%	Feb 2020	Aug 2021	Difference
Crockett ECHS	64%	54%	26%	-28%
Navarro ECHS	82%	54%	33%	-21%
Mendez MS	97%	76%	51%	-25%
Sadler Means YWLA	95%	85%	62%	-23%
Blackshear Elementary	60%	77%	49%	-28%
Campbell Elementary	75%	88%	59%	-29%
Palm Elementary	86%	86%	51%	-35%
Perez Elementary	88%	84%	57%	-27%
Pillow Elementary	73%	78%	52%	-26%



Gorzycki MS	8%	22%	54%	32%
Clayton Elementary	6%	37%	69%	32%
Doss Elementary	18%	41%	55%	14%
Kiker Elementary	8%	27%	41%	14%



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# How You Can Help!



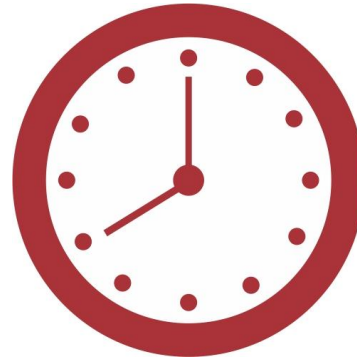
# How school meals help families

**Convenience:** Austin ISD is here to expand healthy food access and provide a healthy convenience. Families should not be concerned with the thought they may be taking meals from other students; we are here and ready to serve all Austin ISD students.



## **Saves Money:**

Taking advantage of free school meals can help extend your household food budget.



## **Saves Time:**

School meals help reduce the amount of time spent grocery shopping, preparing, and packing meals.

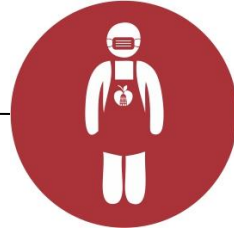
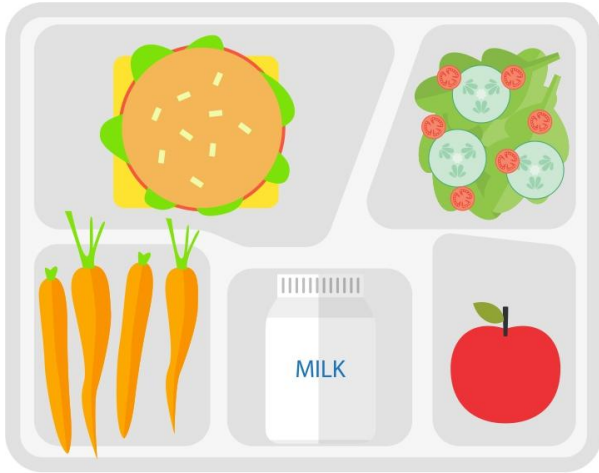


# How school meals help students

- Often healthier than meals brought from home
- Offers a variety of foods for a balanced diet
- Helps create lifelong healthy habits
- Attributes to lower obesity rates
- Provides learning opportunities, like decision making
- Introduces children to healthy, new foods and flavors



# How school meals help the community



## Maintains local jobs

~600 Food Service employees + farmers, producers, distributors



## Supports the Texas economy

Purchasing from many Texas, farmers, producers, distributors



## Brings better food to all students in Austin

# Collective Impact

- Food Service is a federally funded program, reimbursed for each meal served. The more students who eat with us the more funding we have to invest in the quality of our food.
- **Choosing school meals brings better food to all students in Austin, helps maintain local jobs, and supports the Texas economy.**



Chef  
Prepared



Fresh Fruits  
& Vegetables



Locally  
Sourced



Sustainably  
Raised



# Learn more & spread the word!

- Follow us on social media @AustinISDFood - [Instagram](#), [Facebook](#), [Twitter](#)
- View menus, nutritional info, and allergens at [www.SchoolCafe.com/AustinISD](http://www.SchoolCafe.com/AustinISD) or by downloading the SchoolCafe app.
- Share with your networks about free meals
- We are available for PTA, school, community presentations
- [Shareable flyers ENG/SP](#)



Contact:

**Diane Grodek**

Austin ISD Executive Chef

[diane.grodek@austinisd.org](mailto:diane.grodek@austinisd.org)

