

“Chefs Move to Schools” in Breckenridge



Culinary students begin prepping the roasted vegetables.

Event Provides Training for Staff and Veggies for Students

For many school nutrition professionals, finding time away from daily work to attend trainings is difficult. To overcome the challenge of scheduling and finding substitutes, “Chefs Move to Schools” events bring hands-on culinary training directly to school cafeterias. This allows school staff to build the skills and confidence to prepare healthy school meals in a familiar setting, and building the training into the school day minimizes disruptions. Thanks to PS4H dietitian Karensa Tischer and culinary students from North Dakota State College of Science (NDSCS), kitchen staff at Breckenridge High School recently hosted a tasty training.

Kyle Armitage, NDSCS culinary instructor, and four of his students helped Breckenridge kitchen staff prepare a unique blend of roasted vegetables, a dish packed with flavor and nutrients but free of salt. Roasted vegetables are just one example of a simple twist on fresh ingredients that can encourage students to try a new food.

Over the lunch hour, Breckenridge students got to taste the new dish. The response was positive, and many cafeteria-goers reported that the mix included vegetables that they had never tried before. Mercedes Jirak, a Breckenridge High School student, shared her desire for similar dishes in the future: “I thought the veggies were amazingly good. They reminded me of the kinds of veggies we cook at home

and I just wish we could have more of them in school too. I never thought that brussels sprouts could be so good. I would definitely eat them everyday if we had them at school.”

Partners Look to Future Events

Tischer and the NDSCS team hope that school staff will continue to use the cooking techniques covered in the training and incorporate them into their everyday kitchen practices. Everyone involved is looking forward to a second event in the spring, which will focus on whole grains.

By making it easier for kitchen staff in schools to access these resources and events, we can ensure that children in our communities have access to fresh, high-quality, nutrition food each day at school.



Culinary students prepare to serve the roasted vegetables.

Chefs Move to Schools is a “Let’s Move” initiative. [Click here to learn more.](#)

Learn more about PartnerSHIP 4 Health (local public health in Becker, Clay, Otter Tail and Wilkin counties) at <http://partnership4health.org>

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