

## What Is School Food Institute?

The School Food Institute gives school food service professionals and childhood nutrition advocates the in-depth training, operational skills, and strategic vision necessary to make school food fresh, healthy, and sustainable. Our engaging online courses give you a front row seat in Chef Ann Cooper's classroom, where you can learn directly from a leader in school food change on how to transition school meal programs to scratch-cooked operations that provide real, healthy food to kids at school every day.

### Students

#### Primary Audience

We enrolled 63% of students as staff or upper level management trained in School Food Services.

Students in 17 different states take part in SFI courses. 50% of students being from either Colorado or Massachusetts.

### Results

92% of participants want to take more courses offered by the School Food Institute.

90% of students are confident in their abilities to make changes to their school food systems.



### Current SFI Courses

- School Food 101
- Mission, Vision and Strategic Planning
- School Food Operation Models
- School Food Finance
- Recipes and Menu Development
- School Food Procurement
- Salad Bars in Schools
- Marketing and Lunchroom Education
- Sustainable Lunchrooms
- Plant Forward
- Ingredients for Healthier Kids



"What I found was just from Chef Ann and learning from her and what our district managers help us learn too is you need a lot of encouragement and a lot of enthusiasm, and reward the students for making choices... I've learned that small diet shifts can potentially save our nation billions of dollars from chronic diseases and also environment."



"You can scale up to healthy, climate-friendly school food. Chef Ann Foundation does teach you how to do that... You can get them [salad bars] at your school. There are not a lot of barriers if you're willing to follow the steps that she outlined."

"You can make greater use of locally-sourced or regionally-sourced, fresh, climate-friendly food, and it's better for all of our people, like our ranchers and our farmers. They depend on us too. We help support them, and they support us by their organic farming, by their farm-to-table, by their farm visits, farmer visits, and we can go to them on field trips."



## Results

88% of students reported an increase in skills and ability to apply newly learned knowledge in this area.

Prior to taking SFI courses 72% of students listed lack of resources as a barrier, after taking courses that decreased by 28%.

## Professional Development

### Implementation of Material

All participants reported an increase in ability to implement changes within schools after taking School Food Institute courses along with having high levels of confidence in making those changes.

## Learning Outcomes

### Knowledge of Scratch Cooking

Participants reported an overall increase in knowledge of school food rules, regulation, and finances.

Increased abilities to differentiate heat-and-serve operation from scratch cooking.

## Results

92% of students reported an increase in knowledge on the topic of school food.

100% of students reported discovering the benefits of scratch-cooking with recipes and identifying ways to implement changes in school meal programs that support fresh, healthy food for kids every day with the help of SFI courses.