

In late June, a two day workshop was held for food service managers/directors in Southwest Indiana. The goal of the workshop was to integrate more fresh fruits and vegetables into the school menu and use less processed food in school cafeterias. Chef Cyndie, who is a registered dietitian and has over 20 years experience as a school food service director, coordinator, consultant, and trainer, shared her knowledge with those who attended the workshop.



Participants learned knife cutting skills, how to set up a more efficient kitchen, ways to make fruits and vegetables more appealing to kids, along with healthy recipes that fall under the USDA guidelines that kids will enjoy eating.

One of the tips that she shared with the managers and directors was the concern of serving bananas that had bruises on them. She stated, "Bruises are the starch in bananas that has turned to sugar. It doesn't mean the banana is no longer good and that we shouldn't eat it. We need to educate our parents along with our kids because everyone thinks bruises mean the banana is no longer good."

After the workshop, one of the food service managers stated "This is by far the best workshop/training we have ever had concerning food service. We never get hands-on training like this when we attend professional development workshops."