

Pathways Food Service Component

The goal of this component is to work in partnership with school food service personnel to plan, prepare, and serve lower fat school meals to students. The food service component includes nutrient and behavioral guidelines, support materials and activities, training sessions, and school kitchen visits.

◆ **Nutrient Guidelines**

Nutrient guidelines were established for this intervention based on their impact on reducing the risk of obesity. The primary nutrients effecting obesity are fat and calories. The Pathways Food Service Nutrient Guidelines promote 30% or less of calories from fat over 5 days; maintenance of adequate calories; and consistency with other USDA requirements for school meals.

◆ **Behavioral Guidelines**

The Pathways Food Service Behavioral Guidelines are specific food purchasing, preparation, and serving activities that can be implemented by the food service personnel to lower the fat in school meals. Implementation of these guidelines will provide lower fat, tasty menu items as well as an opportunity for nutrition education, role modeling of meal patterns, and support for students in developing healthful food habits.

◆ **Materials and Activities**

The Pathways Food Service Intervention is very 'hands-on' and visually oriented. Materials include posters, a video, visual aids, and demonstration activities.

◆ **Training Sessions**

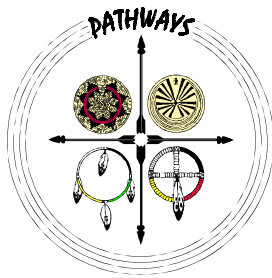
Training all school food service staff supports the goal of the Pathways Food Service component. We recommend providing training two times per year. While the focus of each training session may be different, key components are included in each session.

◆ **Kitchen Visits**

Visits with school food service personnel also support the goal of the Pathways Food Service component.

These visits serve to model and reinforce the implementation of the Behavioral Guidelines.

Any questions, contact Sally Davis at smdavis@unm.edu or call (505) 272-4462.



Pathways

Food Service Behavioral Guidelines

- Offer skim or 1% milk
- Cook, drain, and rinse ground meat
- Purchase lower-fat vendor products:
 - entrees/main dish
 - low- or non-fat salad dressings
- Use lower-fat cheese
- Use less or no butter and other fats as you:
 - prepare, bake, and serve breads
 - prepare sandwiches
 - prepare rice, noodles, and pasta dishes
 - bake chicken and turkey
 - prepare gravy
 - prepare and serve vegetables
- Use appropriate serving sizes for all menu items
- Remove butter and other fats from serving line
- Offer choices of fruits and vegetables
- If seconds are served, offer only fruits, vegetables, bread, and skim or 1% milk