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# Start with Half a Cup

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# Madeleine Diker

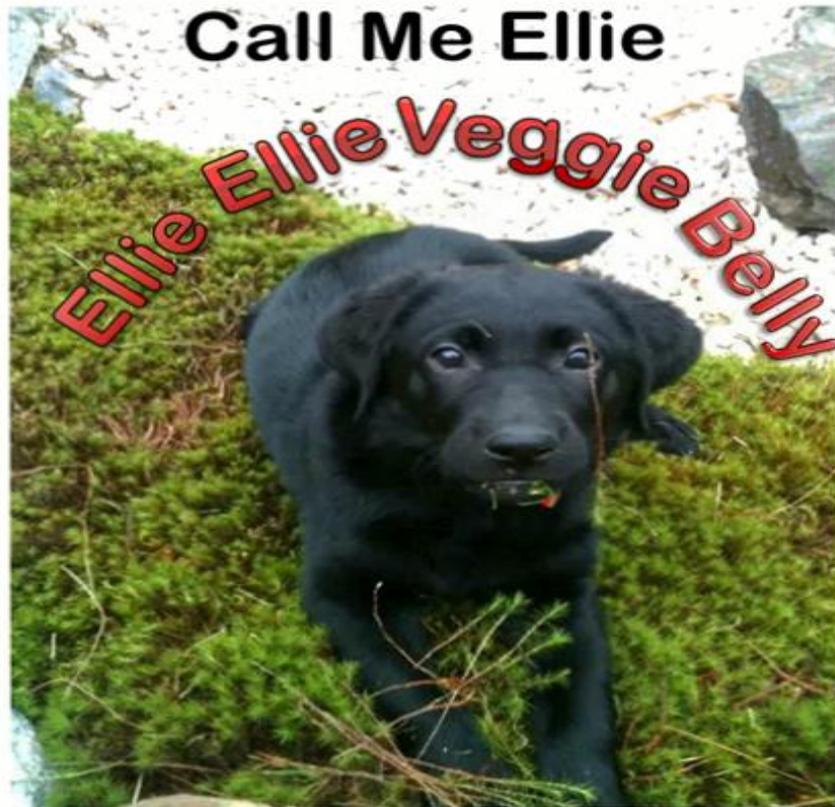
## Director of Food Services

### Cheshire Public Schools









Call Me Ellie

Ellie Ellie Veggie Belly

Translated and written  
by  
Madeleine C. Diker  
Cheshire Public Schools  
Food Service Director

In cooperation with USDA  
Connecticut Food  
Distribution Program  
FDP Produce Marketing  
Start with Half a Cup Initiative

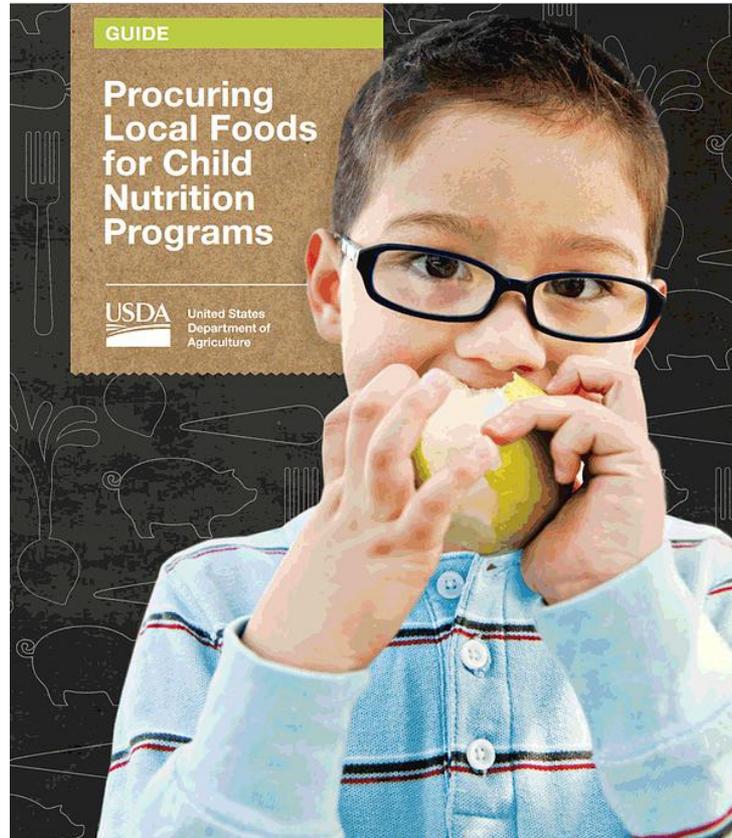
*Based on a True Story*





# Procuring Local Foods

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# Processing Local Foods

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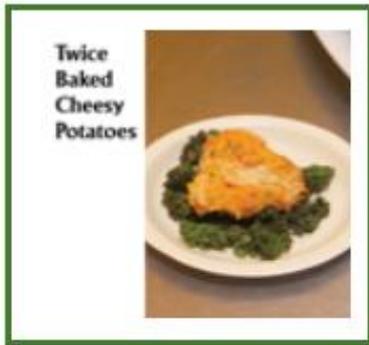
# Processing Local Food



Norwich Public School received a USDA grant to install a state-of-the-art processing kitchen. This enables them to take advantage of the peak season local produce and process it for immediate and future use.

# Recipe PowerPoint & Template

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Twice-Baked  
Cheesy  
Potatoes



Kale Chips



Ratatouille





# Fruit and Vegetable Friday's!

Bringing the fresh experience straight to the classrooms!

We share how one school has accomplished this!



# Best Practices

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Jackie Schipke

Education Consultant

Connecticut State Department of  
Education





## Start with Half a Cup

### Fresh Fruit Portioning Guide For Schools

This reference was developed to assist schools in the proper portioning of fresh fruits in School Nutrition Programs.  
All quantities are based on the USDA Food Buying Guide for School Meal Programs (updated Oct 2012 and Jan 2013)

#### How to use this resource:

- 1.) Locate the fruit you plan to serve in the correct area.
- 2.) Identify the correct variety of the product. For example, apple wedges vs. a whole apple
- 3.) If weight is used to measure 1/2 cup, weigh out several portions to determine, visually, what the proper portion looks like in the serving container being used.
- 4.) Once a strong visual representation of the correct portion has been determined, continue with portioning of produce for the meal service.

#### EXAMPLE: Apple Wedges

After prepping the apples (coring, cleaning, cutting into wedges), weigh out eight to ten 2 oz. portions, which is the amount indicated to equal a 1/2 cup serving. Portion the remaining servings using the first ten as a visual guide.

#### Quantity of FRESH Fruit to Equal 1/2 cup Serving

#### FRUIT (fresh, raw)

Item	Unit	Weight	Measure	Notes
Apples, 125-138 count	each		1/2 whole	1 apple equals 1 cup
Apples, 100 count	each		1/2 whole	
Apples, fresh slices	pound	2 oz.		cored, wedged or cubed apple with peel
Apricots, whole 1 3/8" diameter	each		2 whole	Dried: 9 halves equal 1/4 c, which credits as 1/2 cup
Bananas, 100/120/150 count	pound	3 oz.	1	Dried: 8 oz (23 gms) equal 1/4 c, which credits as 1/2 cup
Bananas, sliced/chunks	pound	2.7 oz.		
Blackberries	pound	2.7 oz.		
Blueberries	pound	2.7 oz.		
Cantaloupe, 18 count**	5" melon		1/5 of whole	WEDGE
Cantaloupe, 15 count**	5 3/4" melon		1/8 of whole	WEDGE
Cantaloupe, 15/18 count**	pound	2.75 oz.		*cleaned and peeled
Cherries, Sweet whole	each		14 whole	
Clementines	each		1 whole	
Grapefruit, 27-32 count	each		1/2 whole	
Grapefruit sections*	pound	3.6 oz.		*peeled with membrane
Grapes	each		about 14 large	with or without stem
Grapes, without stems	pound	3 oz.		*cleaned and stem
Howdend Melon*	pound	3.3 oz.		
Kiwifruit, 33-39 count	each		2 kiwi	
Kiwifruit	pound	3 oz.		chunks or wedges, unpeeled
Mangoes	pound	3 oz.		ready to eat, cubed or sliced
Nectarines, size 56-64	each		1 whole	2 3/4 inch diameter, equals about 3/4 cup
Nectarines, size 88-96	each		2 whole	2 1/4 inch diameter, equals about 1/2 cup
Oranges, 113/125/138 count	each		1 whole	
Papaya*	pound	2.5 oz.		*peeled, ready to serve
Peaches, size 52/60/64/80	each		1 whole	**size 84 888 do not provide a 1/2 cup of fruit
Pears, 120/150 count	each		1 whole	
Pears, 100 count	each		1/2 whole	
Pineapple	pound	2.7 oz.		ready to serve
Plums, Italian	pound	3.2 oz.		about 2-3 whole plums
Plums, size 45/50	each		1 whole	2" diameter
Sterifruit (Carambola)	pound	2.3 oz.		sliced or chopped
Strawberries	pound	2.7 oz.		ready to serve
Tangerines, 120 count	each		2 whole	1 whole tangerine = 2/3 cup fruit
Watermelon	pound	3.25 oz.		cubed, without rind

Food Buying Guide: <http://www.fns.usda.gov/tn/food-buying-guide-school-meal-program>



## Start with Half a Cup

### Fresh Vegetable Portioning Guide For Schools

This reference was developed to assist schools in the proper portioning of fresh vegetables in School Nutrition Programs.  
All quantities are based on the USDA Food Buying Guide for School Meal Programs (updated Oct 2012 and Jan 2013)

#### How to use this resource:

- 1.) Locate the vegetable you plan to serve in the correct area.
- 2.) Identify the correct variety of the product. For example, cucumber sticks vs. diced.
- 3.) If weight is used to measure 1/2 cup, weigh out several portions to determine, visually, what the proper portion looks like in the serving container being used.
- 4.) Once a strong visual representation of the correct portion has been determined, continue with portioning of produce for the meal service.

#### EXAMPLE: Red Bell Pepper Strips:

After prepping the peppers (coring, cleaning, cutting into strips), weigh out eight to ten 1.75 oz. portions, which is the amount indicated to equal a 1/2 cup serving.

#### Quantity of FRESH Vegetables to Equal 1/2 cup Serving

#### VEGETABLES (fresh, raw)

Item	Subgroup	Unit	Weight	Measure	Notes
Asparagus	Other	pound	3.5 oz.		
Avocado, diced	Other	pound	2.6 oz.		ready-to-serve, peeled
Avocado, mashed	Other	pound	4.2 oz.		ready-to-serve, peeled
Avocado, 48 count slices	Other	pound	4 oz.	about 6 slices*	ready-to-serve, peeled, slices 3/8" x 3/4"
Beans, Green Whole	Other	pound	1.5 oz.		drained, whole
Beans, Green Cut	Other	pound	2 oz.		drained, cut
Broccoli, spears	Dark Green	pound	2.7 oz.		
Broccoli, Florets	Dark Green	pound	1.1 oz.		Ready-to-serve, with stalks flrets trimmed, ready-to-use
Cabbage, Green chopped	Other	pound	1.6 oz.		
Cabbage, Green shredded	Other	pound	1.0 oz.		
Cabbage, Napa	Other	pound	1.5 oz.		
Carrots, sticks	Red/Orange	pound/sticks	2.2 oz.	about 6 sticks*	*size 4 in. x 1/2 in.
Carrots, shredded	Red/Orange	pound	1.6 oz.		ready-to-use
Carrots, sliced	Red/Orange	pound	2.5 oz.		ready-to-use
Carrots, baby	Red/Orange	pound	2.5 oz.		ready-to-use
Cauliflower, Florets	Other	pound	1.75 oz.		flrets trimmed, ready-to-use
Celery	Other	pound/sticks	2.2 oz.	about 6 sticks*	*size 4 in. x 1/2 in.
Cucumber, diced, unpeeled	Other	pound	2.8 oz.		
Cucumber, sliced, unpeeled	Other	pound	2.5 oz.		
Cucumber, sticks, unpeeled	Other	pound/sticks	2.7 oz.	about 6 sticks*	*size 4 in. x 3/4"
Cucumber, sticks, peeled	Other	pound/sticks	2.7 oz.	about 6 sticks*	*size 4 in. x 3/4"
Jicama	Starchy	pound	2.4 oz.		peeled, ready-to-use
Kale, trimmed without stem**	Dark Green	pound	1.3 oz.	1 cup	
Kohlrabi, chunks or sticks	Other	pound	2.6 oz.		
Lettuce, Romaine**	Dark Green	pound	1.3 oz.	1 cup	
Lettuce, Dark Green Leafy**	Dark Green	pound	2 oz.	1 cup	
Lettuce, Iceberg, chopped**	Other	pound	2.3 oz.	1 cup	
Lettuce, Iceberg, shredded**	Other	pound	2.2 oz.	1 cup	
Lettuce, Salad Mix**	Other	pound	2.5 oz.	1 cup	Salad mix with iceberg, romaine, shredded carrot & red cabbage
Peppers, Bell strips**	Various	pound	1.75 oz.		ready-to-use
Peppers, Cherry	Red/Orange	pound/each	2 oz.	about 6 whole	whole with stem
Radishes	Other	pound/each	2.4 oz.	about 14 small	
Spinach**	Dark Green	pound	2.5 oz.	1 cup	ready-to-use, trimmed
Squash, Summer, sliced	Other	pound	2.3 oz.		yellow or zucchini
Squash, Summer, sticks	Other	pound/sticks	2.5 oz.	about 6 sticks*	*size 3 in. x 1/2 in.
Tomatoes, Round diced	Red/Orange	pound	3.7 oz.		diced
Tomatoes, Round, wedges	Red/Orange	pound	3 oz.		half-pot wedges
Tomatoes, Sm-Med, slices	Red/Orange	pound	3.3 oz.	about 10 slices*	*1/8" thick slices of 2.25" tomato
Tomatoes, Large, slices	Red/Orange	pound	3.2 oz.	about 8 slices*	*1/8" thick slices of 2.5-2.75" tomato
Tump, sticks*	Other	pound	2.5 oz.	about 14 sticks*	*size 1/2" x 2", peeled
Tump, diced or cubed	Other	pound	2.3 oz.		peeled

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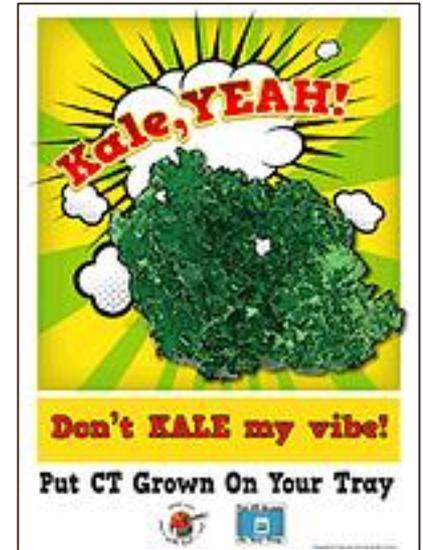
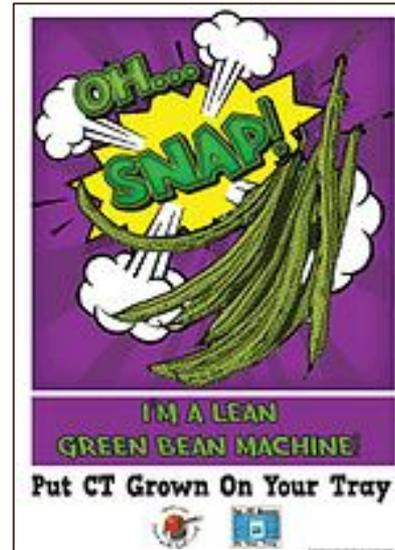
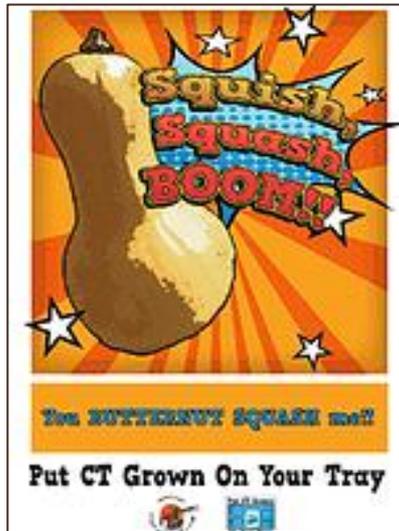
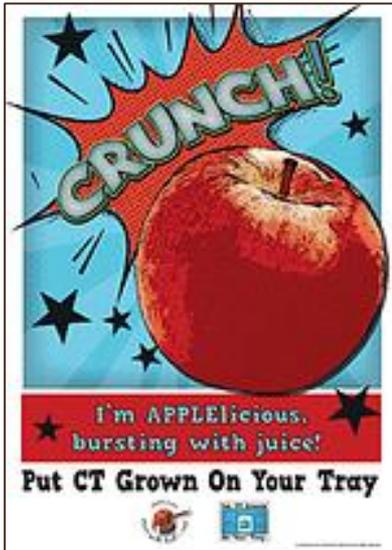


**Put CT Grown**



**On Your Tray**

# Engage your students with fun posters that are sure to make them talk about local fruits and veggies!





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# Stickers







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# Life-Size Farmer Cut-outs





# **In-School Farmers' Market!**

Learn how this program has been implemented and increased awareness and appreciation of fresh produce!



# Farm to Fundraiser

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Exploring  
healthy options  
for school  
fundraisers



# Best Practices

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Submit a Best Practice to win an Electronic Scale for your school kitchen.





# Start with Half a Cup

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