



# LINCOLN HEALTH FOUNDATION

*Improving Health Care and Outcomes for Residents of Lincoln Parish*

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<b>Initiative:</b>	Healthier Living
<b>Project Name:</b>	Lincoln Parish Schools Board Lincoln Parish Schools Food Services Staff Workshops
<b>Funding Period:</b>	August 1, 2012 – August 30, 2012
<b>Date of Funding:</b>	June 20, 2012
<b>Project Coordinator:</b>	Dr. Mary Murimi & Mrs. Susan Hughes
<b>Project Administration:</b>	Kay Bradford, Grant Writer; Doris Marzett Food Svs. Dir.
<b>Total Funding Approved:</b>	\$5,000.00
<b>Project Status:</b>	In Progress

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## **Program Summary:**

The purpose of the grant is to train cooks and food service managers of Lincoln Parish schools in healthy meal preparation and presentation. Extensive interviews with students, cooks, and managers revealed that cooks were not confident in their cooking skills and that students did not trust that food cooked in the schools was healthy or safe. The study conducted by Dr. Murimi also revealed that Lincoln Parish Schools cafeteria staff did not understand the purpose for reducing fat, saturated fat, sodium, and excess sugar as they prepared meals for school children. The training to be provided in the grant will improve food service staff knowledge of nutrition as well as cooking and food presentation skills.

## **Grant Objectives:**

The primary goals of the 3-day Food Service Workshop (to be held August 6-8, 2012):

1. Demonstrate new menu items for the 2012 – 2013 school menu.
2. Explore the roles of senses in the acceptance of food.
3. Increase food service acceptance among students by discussing presentation techniques, preparation techniques, and communication techniques.
4. Review basic nutrition and health information relevant to students, and how to apply this information to improve recipes to be health-promoting.
5. Review food safety.