

Implementing Local Foods: Phases

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**WHAT DO YOU
ALREADY SERVE
THAT COULD BE
PURCHASED
LOCALLY?**

1. Start with items you already use in your menus
2. Narrow those items down to 1-2 products that you could source locally
3. From those 1-2 products, can you source 100% locally or only a percentage?
4. Always keep costs, availability, and delivery in mind

Consider how your equipment and staff time needs may change with a switch

2

**HOW CAN YOU
FEATURE ONE
LOCAL PRODUCE
ITEM?**

1. Feature one local produce item on your salad bar or serving line
2. Identify your frequency - 1x a month / 1x a week? Same item? Change it up?
3. Could you connect this to a special event?
4. What is feasible and realistic? What kind of prep work is involved?

Check out
[Local Foods
Calendar!](#)

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**HOW CAN YOU
DEVELOP A NEW
RECIPE THAT
HIGHLIGHTS A
LOCAL PRODUCT?**

1. When Developing
 - a. Identify Crediting Info
 - b. Collect Nutritional Info
 - c. Ensure consistency when scaling from test batch to quantities for service
2. When Serving
 - a. Promote it day before and day of
 - b. Highlight on menus
 - c. Take notes on recipe if adjustments are needed

Pro Tip: Involve the Students

Student Surveys
Taste Testing
Developing the Recipe
Voting on Recipes

IMPLEMENTING LOCAL FOODS: DECISION TREE

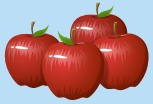
What are you looking to do?

Exchange a Conventionally Grown Item for a Local One

Feature a Local Produce Item

Develop a New Recipe That Features a Local Ingredient

Local apples in a salad bar



Local onions chopped into chili



Local peaches in a salad bar



Local cucumbers



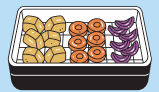
Local watermelon radishes



Roasted fingerling potatoes



Glazed winter squash



How much prep is required?

See our [Know Your Menu](#) document.

Low to minimal prep (washing)

Minimal prep (few cuts, wedging)

More prep required (chopping, dicing, etc.)



What quantity of your item could be purchased locally?

It is okay to start small! Utilize forecasting resources such as velocity reports, cycle menus, etc.





















Enough for one school?

Enough for one day of meal service at all schools?



















Enough for multiple meal services?
























COLORADO KNOW YOUR MENU

ITEM	LOW TO MINIMAL PREP	MINIMAL PREP	MORE PREP REQUIRED	SEASONALITY
Apples	 Served whole	 Wedges	 Diced or incorporated into a recipe	August to late November storage until early March
Apricots	 Served whole	 Wedges	 Diced or incorporated into a recipe	July to mid-August
Arugula; Mustard Greens	 Served whole in salad bar	N/A	 Incorporated into a pre-made salad	May to late October
Asparagus	N/A	 Roasted whole on sheet pan	 Diced or incorporated into a recipe	May to mid-June
Beets	N/A	N/A	 Raw shredded; peeled & roasted or boiled; incorporated into a recipe	July to late November
Bell Peppers	N/A	 Sliced for salad bar	 Diced or incorporated into a recipe	August to late October
Broccoli & Cauliflower	N/A	 Chopped for salad bar	 Diced or incorporated into a recipe	July to late October
Cabbage	N/A	N/A	 Chopped or shredded for salad bar or incorporated into a recipe	Mid-July to late November
Cantaloupe	N/A	 Sliced into wedges	 Peel, dice and serve; or add to a fruit salad	Mid-July to late September
Carrots	N/A	 Sliced into carrot sticks or coins	 Diced, shredded or incorporated into a recipe	Mid-June to late November storage until April
























COLORADO KNOW YOUR MENU

ITEM	LOW TO MINIMAL PREP	MINIMAL PREP	MORE PREP REQUIRED	SEASONALITY
Celery	N/A	 Served as celery sticks (tops chopped)	 Diced or incorporated into a recipe	Mid-July to mid-October
Cherries	 Served whole	N/A	 Pitted and served; halved or incorporated into a recipe	Mid-June to mid-July
Chili Peppers	N/A	N/A	 Diced or incorporated into a recipe; roasted, de-seeded, and diced	August to late October
CO Grains (Amaranth, Barley, Cornmeal, Millets, Quinoa, Rye, Sorghum, Teff, Wheat)	N/A	N/A	 Cooked and served like rice; incorporated into a recipe	Year round
Cucumbers	N/A	 Rounds or half moons for salad bar	 Diced, spears or added into a recipe	Year round with greenhouses
Dark Leafy Greens (Kale, Chard, Collards)	N/A	 Roughly chopped raw for salad bar	 Chopped and sautéed or incorporated into a recipe	June to late November
Dried Beans	N/A	N/A	 Cooked simply (e.g. baked beans) or incorporated into a recipe	Harvested August-October Once dried, available year-round
Eggplant	N/A	N/A	 Sliced or chopped and incorporated into a recipe	Mid-August through mid-October
Green Beans	 Steamed or blanched whole	 Served whole (cooked)	 Diced and incorporated into a recipe	Mid-July through late September
Herbs	 Finely chopped and used to top a recipe	 Substitute for herbs in a recipe	 Dressings; new recipe highlighting herb	Year round with greenhouses

COLORADO KNOW YOUR MENU

ITEM	LOW TO MINIMAL PREP	MINIMAL PREP	MORE PREP REQUIRED	SEASONALITY
Honeydew	N/A	 Sliced into wedges	 Peel, dice and serve; or add to a fruit salad	August through mid-October
Lettuce (Head)	N/A	 Chopped for salad bar	 Incorporated into a pre-made salad	Year round with greenhouses
Lettuce (Salad, Leaf)	 Served whole for sandwiches	 Chopped for salad bar	 Incorporated into a pre-made salad	Year round with greenhouses
Mushrooms	N/A	 Sliced raw for salad bar	 Sautéed or roasted incorporated into a recipe	Year round
Onions	N/A	 Sliced or diced raw for salad bar	 Sautéed or roasted with mixed veggies; incorporated into a recipe	August through late November Mid-March with storage
Garlic	N/A	N/A	 Sautéed or roasted with mixed veggies; incorporated into a recipe	August through late November Mid-March with storage
Peaches	 Served whole	N/A	 Diced or incorporated into a recipe	Mid-July through mid-September
Pears	 Served whole	 Wedges	 Diced or incorporated into a recipe	August through late October
Plums	 Served whole	N/A	 Diced or incorporated into a recipe	August through late October
Potatoes	N/A	 Baked whole	 Sliced into fries or chunks and baked; incorporated into a recipe	April through late November Storage year-round

COLORADO KNOW YOUR MENU

ITEM	LOW TO MINIMAL PREP	MINIMAL PREP	MORE PREP REQUIRED	SEASONALITY
Pumpkins	 Use as decoration	 Kids can decorate	 Scoop out flesh (e.g. for soup, pie); bake seeds	September through late October
Radishes & Turnips	N/A	 Raw in salad bar	 Roast / Incorporate into pre-made salad	May through late October
Raspberries	 Serve whole	 Top dishes (e.g. yogurt, desserts)	 Incorporate into pre-made salads or recipes	July through late October
Summer Squash & Zucchini	N/A	 Sliced or diced, raw; quick pickled	 Sliced and cooked; incorporated into a recipe	July through late September
Spinach	 Served whole in salad bar	 Sautéed whole	 Incorporated into pre-made salad or recipe	Year round with greenhouses
Strawberries	 Served whole	 Tops removed for smoothies; halved for salad bar	 Sliced or diced; incorporated into pre-made salad or recipe	June through late September
Sunflower Oil	 Substitute in recipes that call for oil	N/A	N/A	Year round
Sweet Corn	N/A	N/A	 Shucked and cooked whole; cut off cob and incorporated into recipe	July through late October
Tomatoes	N/A	 Sliced for salad bar	 Diced or incorporated into pre-made salad or recipe	Year round with greenhouses
Watermelon	N/A	 Wedges	 Cubes or incorporated into a recipe	July through late September
Winter Squash	N/A	N/A	 Roasted as wedges or cubes; incorporated into a recipe	Sept. through late Nov. Feb. with storage