

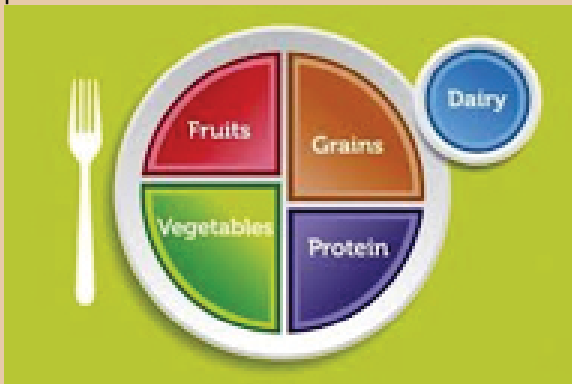


Portion Control

Portion control is a main theme of the USDA *MyPlate* food pyramid icon replacement. *MyPlate* also suggests servings from four food groups (fruits, vegetables, grains and protein) as well as a serving of dairy products.

USDA “MyPlate”

Say goodbye to the Food Pyramid. The round USDA PLATE is divided into 4 sections. These different colored areas show visually how much people should eat from each of the 4 basic food groups: vegetables and fruits, grains and proteins. There is also a smaller circle next to the plate representing a serving of dairy products.



Advantages of Portion Control:

- Helps ensure that meals will meet USDA requirements
- Consistent serving sizes
- May reduce waste and leftover food
- Minimizes the possibility of running short of food during meal service
- Helps to effectively reduce costs

What schools are doing

Bayview Elementary School - Waconia

Bayview Elementary School reduced non-recyclable food waste by 85% through a combination of organic recycling and waste reduction practices. Bayview consistently produces “just the right amount” of food to feed students and staff. They limit food waste at point of service to less than 1.5%. Lunch orders are placed by 10:00 a. m. and the kitchen manager prepares meals accordingly. Additional strategies to reduce food waste include: Use of “quick scratch” meal preparation, (less packaging and better tasting); “Offer Versus Serve” food dispensing; age adjusted portion sizes; elimination of single portion packaging

(except for milk); local food sourcing (including food from the district's Edible Classroom).

Sibley Elementary School - Northfield

Sibley Elementary School's lunchroom has almost eliminated the use of portion cups. Whenever possible, a half cup server is used to place food directly



onto a reusable lunch tray. In the past, Sibley used disposable, plastic cutlery. It was decided, however, that reusable silverware is better for the environment. Instead of small, plastic packets, large squeeze bottles are used to dispense sauces, ketchup, and syrup.

Napkin use is monitored at checkout. Fourth graders have Child nutrition My Plate training this year. This will educate students on portion control and thus cut down on food waste. The training will be expanded to include more students next year.

Stowe Elementary School - Duluth

Stowe school offers a variety of fruit and vegetable choices so that students can choose food they enjoy and are less likely to waste. Additionally, Stowe often serves “half-servings,” allowing seconds on request, to control food waste. Interviews with lunchroom staff uncovered one area that needed improvement: They decided to offer more age-appropriate portions. Stowe plans to consult a dietician and work with the food service department to ensure that appropriate, healthy serving sizes are offered. Students are also able to select the sides that accompany their entrées and only take as much food as they can eat so they do not throw items away. If they take an item that is sealed and they do not want to eat it, they can save it for a snack later (where appropriate).

Resources

My Plate icon change - Pros and Cons

<http://www.usdaplate.com>

My Plate - Precise Portions

http://preciseportions.com/v/habit-forming-plates.html?gclid=CLmXz8_7nMACFQmoaQoda7wAZQ