

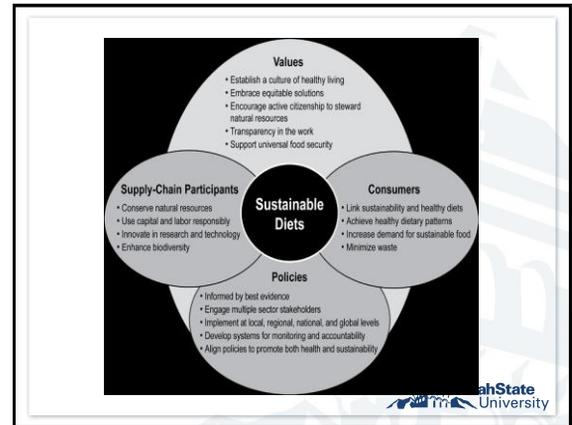
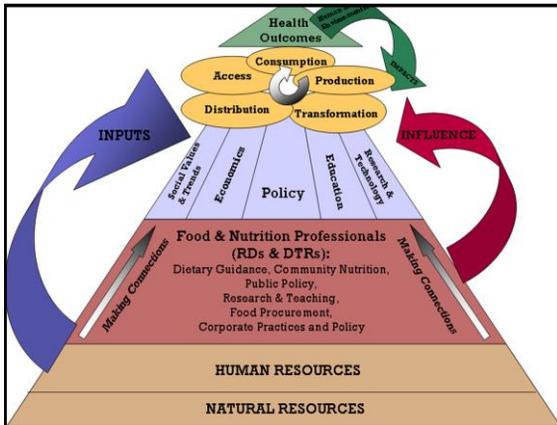
Soup Connection: Farm to Fork...and beyond

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Session Objectives

- ☞ Learn how the Soup Connection project provides hands on farm to fork experience
- ☞ Identify how students can apply the concepts of sustainable food systems
- ☞ Describe how a food-based supervised practice rotation can fulfill CRDNs



Sustainable Food Systems Curriculum

Utah State University Dietetics Program

NDFS 1260 Food Literacy

- ☞ Farm to Fork
- ☞ Farming Practices and Guest Lectures
- ☞ Dairy Farm Tour
- ☞ Recycling and Composting
- ☞ Local & Seasonal Recipes

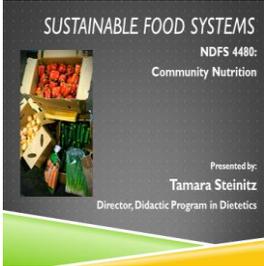


Other courses

Overview in NDFS 1020 Human Nutrition

Guest lecture on sustainable food systems in NDFS 4480 Community Nutrition

Woven throughout FS Systems



SUSTAINABLE FOOD SYSTEMS
NDFS 4480:
Community Nutrition

Presented by:
Tamara Steinitz
Director, Didactic Program in Dietetics



Coordinated Program supervised practice

Learning about sustainable food system concepts on campus...

- ☞ Student Organic Farm
- ☞ Compost facility
- ☞ Permaculture garden




Student Organic Farm

Utah State University



Student Reactions- SOF

"I learned that there are certain specifications in order for a garden to be certified organic. I never really knew how an organic farm was different from a conventional farm. I also learned about how much the farm affects the community by acting as a CSA and also by putting some of the produce back into the hands of USU students. I would love to try participating in a CSA and to feel like I'm doing my part to eat in a more sustainable way by eating locally and organically grown produce."




Compost Facility

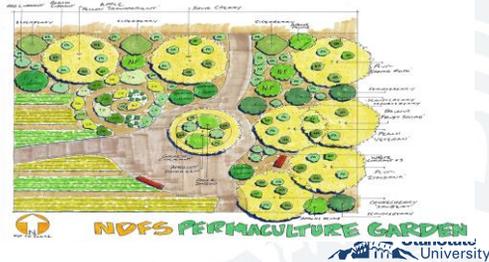



Student Reactions- composting

☞ "The composting site had a big impact on me. Since touring the composting site and working in the Soup Kitchen I look for the compost garbage in every kitchen I work at. Many of them do not compost their food garbage and throw away large amounts. In my profession and wherever I work, I will now try hard to do all I can to recycle and compost waste. Compost can then be used as nutrient dense soil."




Permaculture Garden- new teaching tool



Student Reaction- Permaculture Garden

“I enjoyed that we were able to plant the first vegetable crop- garlic. I am excited to see the fruits of our labor next fall!”



Student Reflection

“On a broader scope, I was able to gain a better understanding of sustainability and how it applies directly to me and the environment around me. I appreciated visiting the compost site for campus, learning about the student organic farm, composting leftover scraps during soup production, and helping to plant garlic in the permaculture garden. This helped me to see the little things that I can be doing to live a more sustainable lifestyle.”



Soup Connection

Utah State University Dietetics Program



Soup Experience is Used to teach sustainable food systems to dietetic students...CRDN 4.6

- ☞ Use Recipes that follow our mission:
- ☞ As much as possible, use ingredients that we can procure from local farmers; soups are vegetarian, need a good protein source, limit sodium to ~400 mg per 8 oz. serving, and use whole grain rich grains.
- ☞ Record suggestions on how we can create a more sustainability in Sanitation in the kitchen.
- ☞ Determine the % by weight and by number of the ingredients in soup that are local (within 100 miles).
- ☞ Give 2 suggestions that could 1) save money and 2) make the soup more sustainable. What would the barriers be to implementing these changes?



Head Chef CRDN 2.7

- ☞ Create and implement a daily production schedule for Soup Connection.
- ☞ Delegate responsibilities to classmates during lab.
- ☞ Discuss a food and nutrition related topic with your peers that ties into the focus of the lab for the day.
- ☞ Ensure that the production goes smoothly.
- ☞ Be the first to arrive and last to leave.
- ☞ Complete the Soup Connection: Sanitation Survey assignment and give feedback to you peers during the soup rotation.



Procure local produce CRDN 3.9



Produce Preservation



Recipe Testing and Production



Packaging Soup to Freeze



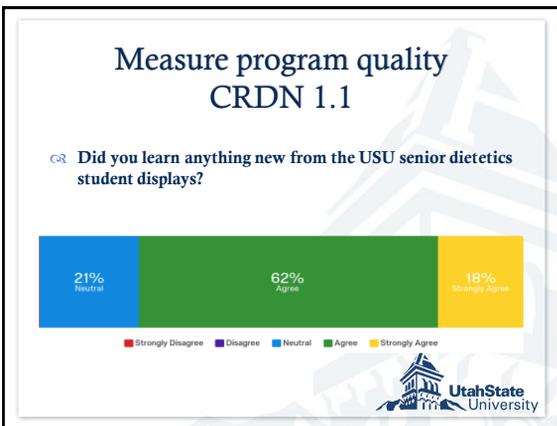
Cost Benefit Analysis CRDN 4.7



Leadership and HR Management CRDN 2.7, 4.1

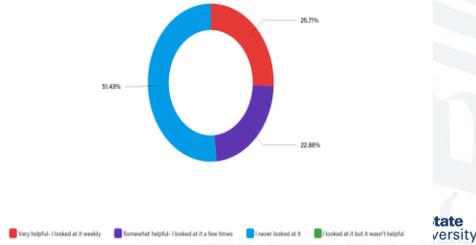
- ☞ Seniors manage the entire Soup production
- ☞ Created Soup Bible



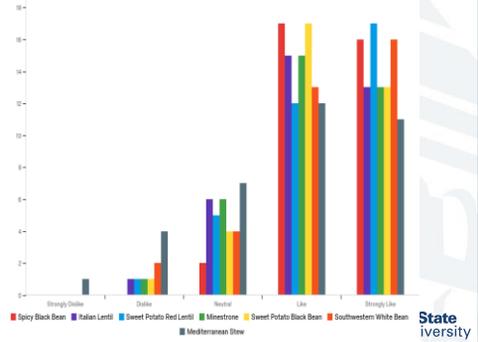


- ### Please tell us what you enjoyed about the displays:
- We enjoyed interacting with the students. They were very enthusiastic and informative. we appreciated the displays and the recipes/information we could take home. We liked the games they set up to test our knowledge.
 - My husband picked up the soups and had a great time with the quizzes and trivia.
 - Recipe ideas and nutritional information
 - The interaction with the students, the visual, hands-on learning.
 - Students did a great job highlighting what made the soups healthful.
 - Free samples!
 - I liked the games, my toddler liked when there were treats :)
- Utah State University

How helpful did you find the blog?



Please tell us how much you liked each soup



Student Reflection

☞ Soup Connection was another big part of lab for me this semester. I really enjoyed the role I played as a co-coordinator for the program. I had to be able to communicate with my classmates to ensure that our operation ran smoothly. I also had to make decisions and do some problem solving with certain issues, such as, what we would do with soup that people forgot to pick-up. I gained valuable skills in communicating with shareholders, as well. I had to be on top of sending the weekly emails and make sure I included correct and important information. This role gave me experience in a foodservice management role, which I appreciated because that is something I have considered pursuing as a future career. I learned that when dealing with customers, it's probably always best to go out of your way to do a little bit extra for people. That leaves them with a good impression and a good idea of who you are so that they return to your business and/or have something good to say to others if they are ever asked about your business.



Cache High School



School Garden + Dietetic Students= meals



Cache High School Garden and Greenhouse



Student Reaction

"I loved learning about the whole process of the Cache High Garden. I think it's so wonderful that the students there have the opportunity to work in the garden, learn about gardening, and eat the food they are growing. I was very impressed with what they are doing in regards to keeping food local and sustainable and I would love to try to implement that idea sometime in my own life. I felt more conscious of where my food came from after this tour."



High School students+ healthy/delicious lunch= teaching opportunity



CHS- student reflection

"I was very impressed and fascinated with the greenhouse at cache high and the courses they teach on gardening. It inspired me to learn more about gardening and stimulated ideas for future community nutrition related programs."

