Scratch cooking certainly has its challenges. Food Service Director Michelle Hammond found that teaching her staff new culinary skills was daunting but achievable. With the help of the dedicated team of chef consultants from the LiveWell@School Food Initiative, Hammond and her team received ample coaching on handling raw proteins and using high production culinary equipment. Those skills come in handy when your high school gardens regularly bring in 100 pounds of potatoes, as well as kale, spinach and radishes. This bumper crop came from the domed Roaring Fork High School garden, which yields between 50 and 60 percent of the veggies needed for its salad bar. Hammond relates that building partnerships with parents and community organizations made all the difference in Roaring Fork’s success serving more nutritious school food. “By ourselves, we don’t have all the resources that parents and LiveWell Colorado do,” she states, encouraging other participating food service directors to build parental support and tap into the expertise of the LiveWell@School Food Initiative.

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