



Plant-forward. Plant-based. Plant-rich. Plant-what?

Speakers



Lindsey Schoenfeld, RDN, Chef
K-12 Consultant
*Culinary Solution Centers LLC,
To Taste, LLC*



Vahista Ussery, MBA, RDN, Chef
K-12 Consultant
*Culinary Solution Centers LLC,
To Taste, LLC*

Affiliation or Financial Disclosure

Culinary Solution Centers, LLC
(Chef Cyndie & K12 Team)

To Taste, LLC

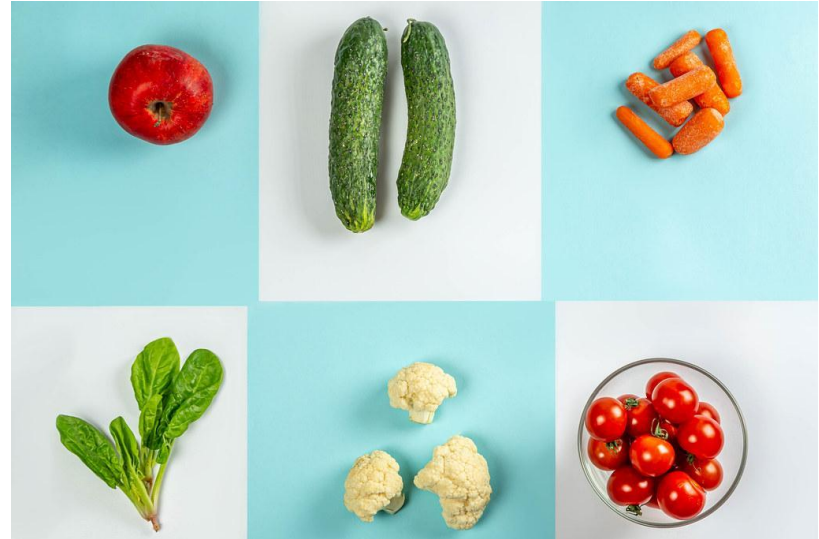
Objectives

- Explain plant forward and describe the benefits.
- Describe menu items that meet plant forward principles.
- Apply plant forward concepts to current recipes and menus.



Plant-Based Diets

- Vegetarian
- Vegan
- Flexitarian
- Pescatarian



Plant-based



- Rely on plant foods
 - fruits, vegetables, whole grains, beans, nuts, seeds, herbs, spices
- Not necessarily vegan

Plant-forward



- Style of cooking and eating that emphasizes plant-based foods but is not strictly limited to them.
- Meat may be included

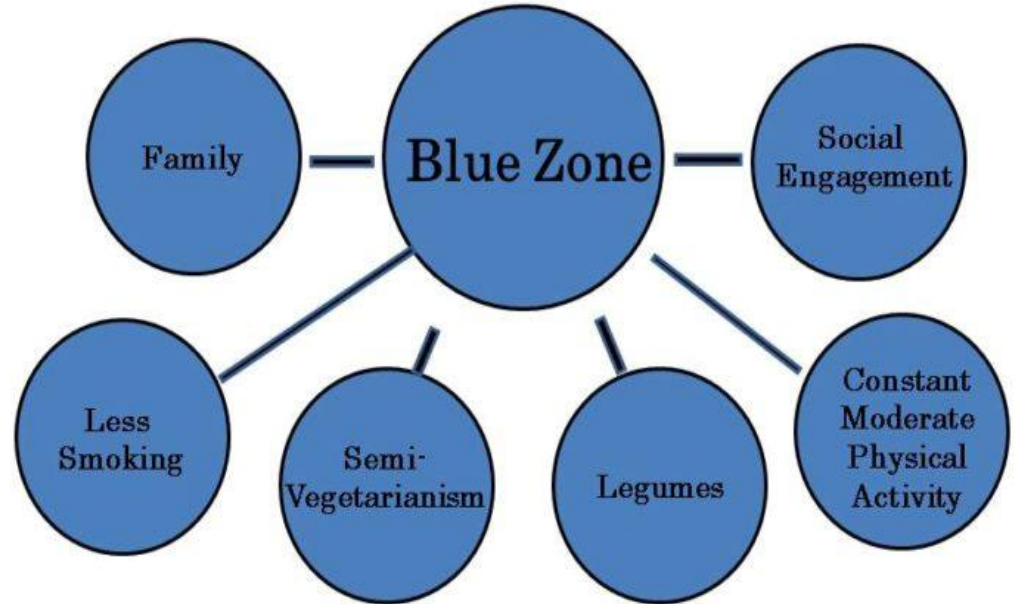
Source: AHA

Plant-forward

- Blue Zones
- Mediterranean

Blue Zone is a concept used to identify a demographic and/or a geographic area of the world where people live measurably longer lives, as discovered by researcher Dan Buettner.

Okinawa, Japan Sardinia, Italy Loma Linda, US Nicoya, Cost Rica Icaria, Greece



Plant-forward Trends

5%

American adults
identifying
as vegetarian

8%

18- to 34-year-olds
identifying
as vegetarian

39%

American adults
actively trying to eat
more plant-based
foods

44%

Consumers seeking
to
reduce meat intake

80%

Americans at least
“open” to trying
plant-based
substitutes for meat
and/or eating less
meat (1)

Health Benefits

- Plants are packed with essential nutrients
 - healthier body weights
 - decreased reliance on medications
 - lower rates of cancer, cardiovascular disease, and type 2 diabetes



Health Benefits

- Higher in fiber
 - promotes healthy immune system
 - mood regulation
 - decreased cancer risk
 - good cholesterol levels
 - appetite regulation



Societal benefits



Culturally appropriate &
ethnically diverse

Environmental Benefits



- Plants require significantly less water and resources
- Locally grown uses less fossil fuels to be transported

Financial Benefits



- Less expensive options
- Locally grown uses less fossil fuels to be transported
- Smaller portions higher quality

Menu



Traditional Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Cheeseburger or Hamburger French Fries Burger Salad Watermelon	Beef Tacos or Chicken Quesadilla Spanish Rice Refried Beans Lettuce & Salsa Grapes	Chicken Nuggets or Nut/Seed Butter Sandwich Roll Mashed Potatoes Green Beans Mandarin Oranges	Orange Chicken w/ Brown Rice or Cobb Salad Broccoli Baby Carrots Pears	Pepperoni Pizza or Cheese Pizza Corn Side Salad Apple Slices

Plant-Forward Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger or Cheeseburger Veggie Burger Sweet Potato Wedges Burger Salad Watermelon	Bean Burrito or Chicken & Peppers Quesadilla Spanish Rice Pinto Beans Lettuce & Salsa Grapes	Chicken Nuggets or Nut/Seed Butter Sandwich Whole Grain Roll Mashed Potatoes Green Beans Orange Smiles	Crispy Orange Tofu w/ Brown Rice or Cobb Salad Broccoli Baby Carrots Pears	Pepperoni Pizza, Cheese Pizza or the Garden Special Corn Side Salad Apple Slices

Recipes



Pork Moo Shu Tacos

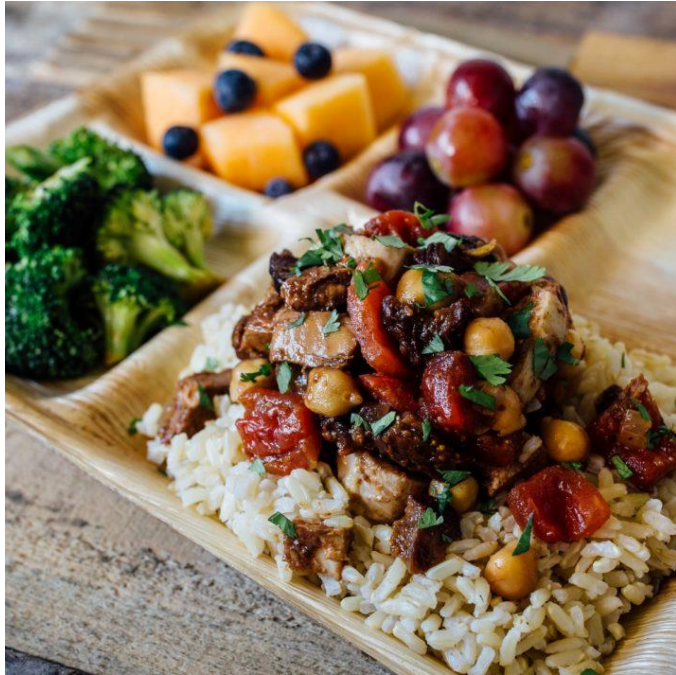


- Canned or dried beans, whole grains, fresh, frozen, or dried fruits, and fresh or frozen vegetables

Beef & Bean Burrito



Moroccan Tagine



- Blending $\frac{1}{2}$ and $\frac{1}{2}$

Burrito Bowl



Thai Chicken



- Adding color and flavor with plants

Activity



Beef Tacos



Italian Meat Sauce

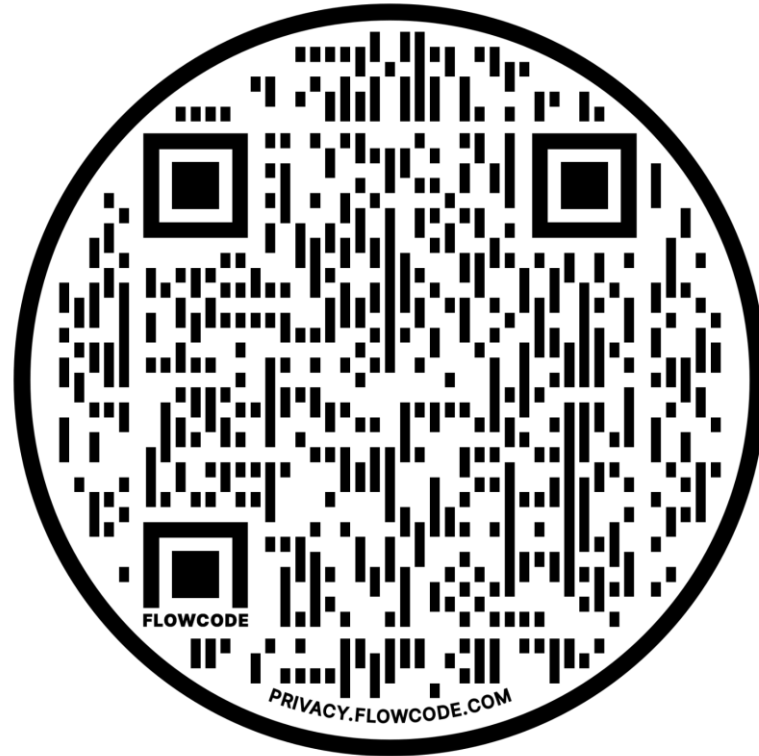


- How can we make this more plant-forward?

Closing Thoughts



Recipes



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Q&A

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