Child Nutrition & Wellness
Kansas State Department of Education
Presents

Sodium Savvy

Training Manual

A Lesson for School Food Service Employees

Update Spring 2013

This class was developed by Child Nutrition & Wellness, Kansas State Department of Education. Class content and activities were adapted from the following sources:

- *Are You Salt Savvy?* Retrieved July 2009 from http://www.lowsaltfoods.com/health_center/quiz/dir_quiz.htm.
- *Cooking With Herbs and Spices (n.*d.). Retrieved July 2009, from http://www.permanente.net/homepage/kaiser/pdf/6108.pdf.
- Davita Mexican Seasoning. http://www.davita.com/recipes/.
- Henneman, Alice. (n.d.). *Add a Little Spice (&Herbs) to Your Life!*. Retrieved July, 2009, from http://lancaster.unl.edu/food/spice&herbshandout08.pdf.
- *IFIC Review: Sodium in Food and Health.* International Food Information Council. (2005). Retrieved July 2009 from http://www.ific.org/publications/reviews/sodiumir.cfm.
- *Step Up Menu Plan*. Illinois Nutrition Education Training Program. (2009). Retrieved July 2009 from http://www.kidseatwell.org/flyers/StepUpPlan.pdf.
- Taste of Home Salt Free Seasoning Blends. http://www.tasteofhome.com/Healthy/Special-Diets/Low-Sodium/Rub-the-Salt-Out.
- *The Scoop on Sodium*. American Heart Association, (n.d.). Retrieved July 2009 from http://www.americanheart.org/downloadable/heart/flash/sodium/quiz.html.

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Sodium Savvy

Administration

* Sodium Savvy *
Administration
Table of Contents

Lesson Outline

Topic	Estimated Time
Welcome, Warm-Up, Objectives and Quiz	15 minutes
Sodium & Health Lecture	10 minutes
Sodium & Food Lecture Activity #3: Sodium Savior	15 minutes 10 minutes
Lowering Sodium in the Diet Lecture Activity #4: The Sodium Connection Activity #5: Make It & Shake It Activity #6: Menu Makeover	15 minutes 15 minutes 10 minutes 15 minutes
Activity #7: Test Your Knowledge	10 minutes
Summary	5 minutes
TOTAL TIME	**2 hours**

Facility Requirements

Classroom:

- Comfortable chairs and tables for all class participants that can be rearranged for small group work
- Blank wall or space for a screen at the front of the room
- Table located near the blank wall or screen for the trainer's materials
- Tables or counter space for making seasoning blends in Activity 5

Audio-Visual Equipment:

- Computer/Data Projector
- Screen (if the classroom does not have a blank wall at the front of the room)

Supplies Needed

Item	Description	Amount Needed
Pens or pencils	Any full size for participants who forget to bring one	At least ½ the number of participants
Bowls, plates, napkins, serving utensils	Activity #3: Disposable or plastic is fine. These items will be for serving the items that will be taste tested. The plates will be for participants to place the taste-test items on. Napkins, as needed by participants.	5 bowls & serving utensils, 1 plate and napkin per participant
Food Name Cards	Activity #3: Food name cards printed on cardstock. These will be used to identify the products during the taste test. (See Administration)	5 labels per class
Food Items	Activity #3: Gold Fish Crackers, Keebler Club Crackers, Ruffles Original Potato Chips, Kellogg's Raisin Bran Cereal, Little Debbie Oatmeal Crème Pies	1 box/package of each
Dairy Council Food Models	Activity #4	1 set
Quantity Processed Food labels	Activity #4: Actual food labels from institutional size products used in schools (see Administration)	4 sets of 6 labels
Measuring spoons	Activity #5: ½ teaspoon & 1 teaspoon	1 of each per group
Plastic knife	Activity #5	1 per group
Recipe Ingredients	Activity #5: Chili powder, paprika, ground cumin, onion powder, garlic powder, cayenne pepper, dried basil, dried oregano, powdered lemon rind	Enough to double or triple the recipes depending on class size
Snack size baggies	Activity #5: To mix seasoning mixes in.	1 per group in Activity #5
1 oz. catsup packet	To show when discussing slide #36	1 oz. packet

**Note: Some items may be supplied by KSDE. Trainer will be reimbursed for items purchased with prior approval from KSDE Training Coordinator.

Preparation and Set-Up Instructions

For Organizer

- Gather supplies needed
- Copy Participant Booklets

For Host Site

- Ensure that the classroom is clean and meets the requirements
- Ensure that the audio-visual equipment is in good working condition

For Trainer

- Buy food items and paper products for Activity 3. See Supplies Needed list.
- Buy spices and snack size baggies for Activity 5. See Supplies Needed list.
- Gather measuring spoons from home and/or the school kitchen to be used for Activity 5.

Kellogg's Raisin Bran Cereal
Goldfish Crackers
Keebler Club Crackers
Ruffles Original Potato Chips
Little Debbie Oatmeal Crème Pies

FERNANDO'S

16272 **10112**

RED BURRITO

Beef, Beans & Vegetable Protein Product Wrapped in a Flour Tortilla

(Caramel Color Added)

PREFRIED

INGREDIENTS: TORTILLA (ENRICHED BLEACHED FLOUR (WHEAT FLOUR*, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE OIL (SOYBEAN AND/OR CORN), CORN FLOUR (STONEGROUND CORN MASA FLOUR, TRACE OF LIME), SALT, WHEAT GLUTEN*, GUAR GUM, L-CYSTEINE), WATER, GROUND BEEF (NOT TO EXCEED 26% FAT), PINTO BEANS, TEXTURED VEGETABLE PROTEIN PRODUCT (SOY FLOUR, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), CYANOCOBALAMIN (B12)), REHYDRATED RED BELL PEPPER, FLAVORINGS AND COLORING, SALT, CHILI POWDER (CHILI PEPPER, SALT, CUMIN, OREGANO, GARLIC), CARAMEL COLOR, SODIUM ALGINATE, PREFRIED IN PARTIALLY HYDROGENATED VEGETABLE OIL

CONTAINS: SOY, *WHEAT

CN 072927

CN EACH 4.0 OZ BURRITO PROVIDES 1.0 OZ EQUIVALENT MEAT/MEAT ALTERNATE & 2.0 SERVINGS OF BREAD ALTERNATE FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 10-08) CN

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ConAgra Foods®
9 ConAgra Drive, Omaha, NE 68102

KEEP FROZEN

NET WT. 18 LBS.

72 CT/4 OZ.

Nutrition Facts

Serving Size 1 Burrito (113 g)
Servings Per Container 72

Amount Per Serving

Calories 280 Calories from Fat 110

		% Daily Value*
Total Fat	12 g	18 %
Saturated Fat	3 g	15 %
Trans Fat	1 g	
Cholesterol	20 mg	6 %
Sodium	540 mg	23 %
Total Carbohydrate	33 g	11 %
Dietary Fiber	2 g	10 %
Sugars	0 g	
Protein	10 g	

Vitamin A 15 % • Vitamin C 4 %
Calcium 4 % • Iron 15 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

10016272101120

U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE EST. 6492

HEATING INSTRUCTIONS

	FRIED 360 F	MICRO	OVEN 350 F	CONVEC. 300 F
FROZEN	*N/R MIN.	2 MIN.	30 MIN.	25 MIN.
THAWED	4 MIN.	1 MIN.	20 MIN.	15 MIN.

Internal Temperature of product should be 160 F.
Product may be thawed up to 48 hours under refrigeration (40 F) prior to heating.
DO NOT REFREEZE.
For best results, thawed cooking instructions are recommended.

* NOT RECOMMENDED

Foster Farms®

WHOLE GRAIN LOWER FAT CHICKEN CORN DOG

WHOLE GRAIN BATTER WRAPPED CHICKEN FRANKS ON A STICK
FAT CONTENT HAS BEEN REDUCED BY 47% WHEN COMPARED TO OUR REGULAR CHICKEN CORN DOG. FAT CONTENT HAS BEEN REDUCED FROM 15g TO 8g PER SERVING

BATTER INGREDIENTS: WATER, WHOLE WHEAT FLOUR, WHOLE GRAIN CORN, SUGAR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SOY FLOUR, SOYBEAN OIL, SALT, EGG YOLK WITH SODIUM SILICOALUMINATE, ASCORBIC ACID, EGG WHITE, DRIED HONEY, ARTIFICIAL FLAVOR. FRIED IN VEGETABLE OIL. CHICKEN FRANK INGREDIENTS: MECHANICALLY SEPARATED CHICKEN, WATER, CORN SYRUP SOLIDS, CONTAINS LESS THAN 2% OF SALT, SPICES, POTASSIUM LACTATE, SODIUM LACTATE, SODIUM PHOSPHATE, FLAVORINGS, SODIUM ERYTHORBATE, SODIUM DIACETATE, SODIUM NITRITE.
CONTAINS WHEAT, SOY, EGG AND GLUTEN

KEEP FROZEN

95150

NET WT. 18 LBS.
FOSTER FARMS
LIVINGSTON, CA 95334
FOR FOODSERVICE USE ONLY

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-6137B

CN 384077

CN 074112 EACH 4 OZ. FOSTER FARMS LOWER FAT CHICKEN CORN DOG PROVIDES 2 OZ. EQUIVALENT MEAT AND 2 SERVINGS OF BREAD ALTERNATE FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 3-09). CN

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Nutrition Facts

Serving Size 1 Corn Dog (112g)
Servings Per Container 72

Amount Per Serving

Calories 240 Calories from Fat 70

		% Daily Value*
Total Fat	8g	12%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	20mg	6%
Sodium	590mg	25%
Total Carbohydrate	33g	11%
Dietary Fiber	5g	20%
Sugars	9g	
Protein	9g	

Calcium 15% • Iron 15%

Not a significant source of vitamin A and vitamin C.

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Serving Size 2 waffles (72g)
Servings per Container 72

Amount Per Serving	
Calories 180	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol less than 5mg	0%
Sodium 530mg	22%
Total Carbohydrate 31g	10%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 4g	

Vitamin A	0% •	Vitamin C	0%
Calcium	35% •	Iron	50%
Thiamin	40% •	Riboflavin	40%
Niacin	35% •	Vitamin B6	50%
Folate	15% •	Vitamin B12	35%
Phosphorus	25%		

*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 1 Pancake N Sausage (71g)
Servings Per Container 60

Amount Per Serving	
Calories 230	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 480mg	20%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 6g	

Vitamin A 0%	•	Vitamin C 0%	
Calcium 4%	•	Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Trident SEAFOODS

4 oz. Raw Breaded, Oven Ready Fish Wedge Portions

smart

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.

412450

ESTNO. 391A

CN

070366

One raw breaded fish portion (4.0 oz. each) when cooked, provides 2.00 oz. equivalent meat and 1.25 serving of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA, 09/07.)

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COOKING INSTRUCTIONS - COOK FROM FROZEN.
CONVECTION OVEN : BAKE AT 425 DEGREES F. FOR 13 TO 15 MINUTES.
CONVENTIONAL OVEN : 450 DEGREES F. FOR 16 TO 18 MINUTES.
COOKING TIME AND TEMPERATURE MAY VARY WITH EQUIPMENT.
FOR ADDED CRISPNESS, COOK 5 LIGHTLY LONGER.

NET WT. 10 LB. (4.54 kg)

Nutrition Facts

Serving Size 1 Piece (113 g/4 oz)
Servings Per Container 40

Amount Per Serving	
Calories 160	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 380mg	16%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 18g	30%

Vitamin A 0% • Vitamin C 10%
Calcium 0% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LOT A413118

INGREDIENTS: 65% ALASKA POLLOCK. 34% BATTER & BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: ANNATTO EXTRACT (COLOR), CANOLA OIL, CARAMEL COLOR, DEXTROSE, DRIED GARLIC, DRIED ONION, DRIED YEAST, EXTRACTIVES OF PAPRIKA (COLOR), HYDROLYZED CORN GLUTEN, HYDROLYZED WHEY PROTEIN, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), MODIFIED CORN STARCH, MODIFIED FOOD STARCH, MONO AND DIGLYCERIDES, MUSTARD BRAN, MUSTARD FLOUR, NATURAL FLAVORS, POTASSIUM CHLORIDE, SALT, SOY FLOUR, SOY LECITHIN, SOYBEAN OIL, SPICE EXTRACT, SPICES, SUGAR, YEAST EXTRACT, YELLOW CORN FLOUR.
CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK, SOYBEANS

QUICK FROZEN - OVEN READY

WILD ALASKA POLLOCK
PRODUCT OF U.S.A. CFN# 3025165 391A NF01

800
91003

1007358258387

Nutrition Facts

Serving Size 3 Sticks (84g)
Servings Per Container About 53

Amount Per Serving	
Calories 190	Calories from Fat 80
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 230mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 12g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

SEASTAR BY ICELANDIC

SEA CRISP

25838

Precooked Breaded Fish Sticks

MADE FROM MINCED FISH
1 oz. Size

USDC

EST. No. 045

COOKING INSTRUCTIONS:
REGULAR OVEN: Place frozen sticks in preheated oven at 425°F and bake for about 20 minutes.
CONVECTION OVEN: Place frozen sticks in preheated oven at 400°F and bake for about 15 minutes.

INGREDIENTS: Minced fish: 66.7%. Breading: 16.85%; Enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, dextrose, yeast, partially hydrogenated soybean oil, colored with oleoresin paprika and annatto extract. Batter: 16.45%; Water, enriched yellow corn flour (corn flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), cellulose gum, spice extractive. Fried in soybean oil.
CONTAINS FISH, WHEAT.

CN

072640

Two 1.00 oz. fried breaded fish sticks provide 1.00 oz. equivalent meat and 0.50 serving of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 06-08.)

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NET WT. 10LBS (4.54 Kg)

0 73538 25838 0

KEEP FROZEN

25838

Precooked Breaded Fish Sticks
MADE FROM MINCED FISH
1 oz. Size

1007358258387

www.icelandic.com
For more information, please call: 1-800-ICELANDIC
ICELANDIC® USA, INC., NEWPORT NEWS, VA 23603

Welcome to

Sodium Savvy

Restrooms