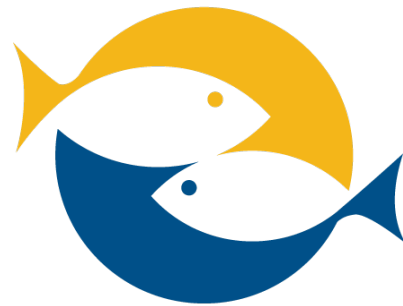


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**Seafood for Healthy People and Planet:
Nourishing Our Brains, Restoring Our Oceans**



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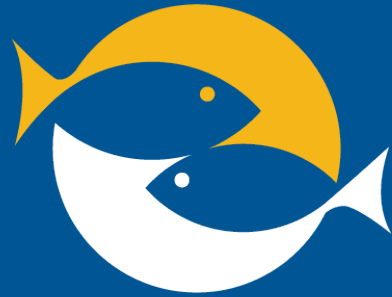
*Consumer Outreach – Seafood in the School Nutrition
Program*

Lauren Couchois, RD Culinary Specialist for
Greenville County Schools



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Seafood in the School Nutrition Program

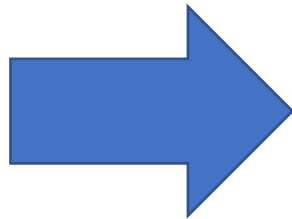
Benefits to Students:

- Vitamin D and the B Vitamins: support brain health and the immune system
- Omega 3 Fatty Acids: heart health and brain health
- Exposure to different cuisines: some students get their main source of nutrition from school meals



Seafood in the School Nutrition Program

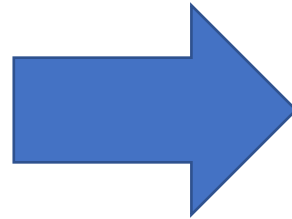
Perceived Obstacles to Serving Seafood in the School Meal Program



- Top 8 Allergen List Includes Seafood:
 - Fear
- Prior Experience with Seafood:
 - Improperly Cooked
 - Lack of Exposure
- Costs:
 - Perceived as Expensive

Seafood in the School Nutrition Program

Overcoming Obstacles to Serving Seafood in the School Meal Program



- Top 8 Allergen List Includes
Seafood:
 - Work with RD
 - Follow Protocols
- Prior Experience with Seafood:
 - Follow Recipes
 - First Impressions Make a Difference
- Costs:
 - Cost of other Proteins
 - Consider Working with a Local Farm
 - Menu Engineering

Seafood in the School Nutrition Program

Serving Seafood to Students- Greenville, SC

1. Served twice every 3-weeks, soon to be weekly
2. Offer a variety of seafood
3. About 40% of the students take seafood on the day it offered
4. Host special events showcasing seafood- Shrimp & Grits
5. Look to restaurants and higher education for trends and ideas

Serving Seafood to Students

Get the Students Involved!

- a. Hold Contest
- b. Recipe Entries
- c. Survey
- d. Taste Tests

Serve Regional Favorites

- a. Shrimp and Grits
- b. Fish and Grits (more allergen friendly)
- c. Gumbo
- d. Fish Tacos
- e. Clam Chowder

Serving Seafood to Students



Newest Menu Item Caesar Salad Bar Featuring Salmon



Seafood in the School Nutrition Program



Seafood in the School Nutrition Program

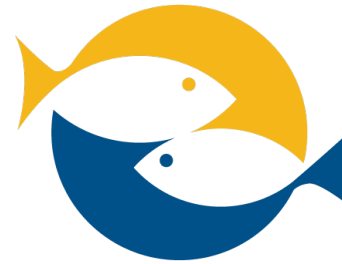


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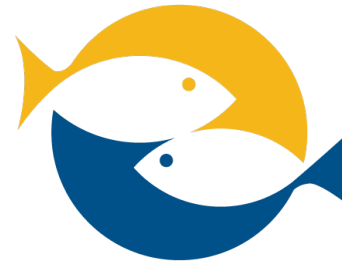
“By prioritizing seafood in K-12 student diets, we can help them build strong bodies, sharp minds, and healthy eating habits that will benefit them for years to come. So, let's dive into the sea of delicious and nutritious seafood options for a brighter, healthier future!”

-Joe Urban, Director
Food & Nutrition Services for
Greenville County



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Thank you!
Any Questions?



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