

TORRANCE CREATES A CHARCUTERIE FLATBREAD

ABOUT THE DISTRICT

Torrance Unified School District (Torrance USD) is located in Los Angeles County. The district has 29 transitional kindergarten-through-twelfth-grade schools serving 21,776 students, of which 27 percent were eligible for free and reduced-price school meals during the 2022–2023 school year.

ACTIVITIES

- Offered nutrition education events for students in collaboration with the California Table Grape Commission
- Created a Charcuterie Flatbread recipe featuring scratch-cooked sauce and local grapes
- Conducted recipe taste-testing opportunities with students
- Provided professional development activities including trainings and participation in the California Department of Education's (CDE) Standardized Recipe Workshop series

LOCAL INGREDIENT

Torrance USD knew they wanted to include grapes in their recipe because grapes are an integral part of their agricultural community. Throughout the process, the recipe Torrance USD intended to prepare changed drastically, but they remained focused on including local grapes. To assist with their success, they connected with the California Grape Table Commission to facilitate partnerships with local sources.

RECIPE DEVELOPMENT

The district initially focused on developing a Greek wrap that featured local grapes. However, due to personnel changes, the recipe was not fully developed.

When Sera Shimooka, a former student, became the Assistant Director, she began engaging the students in developing recipe ideas. Next, she contacted her former environmental science teacher who facilitated student participation in recipe taste-testing.

Some of the constructive feedback received from students was to use more grapes, to not cook the grapes, to cut the grapes in a different way, and to use less cheese.

As a result of their feedback, the recipe evolved into a grape pizza, which eventually became a Charcuterie Flatbread recipe.



Charcuterie Flatbread Pizza served with the Fresh Market Side dish of hummus, baby carrots, grape tomatoes, cucumbers, and assorted grapes

By naming the recipe Charcuterie Flatbread, it appealed to the popular food trends involving charcuterie boards and piqued student interest. Although students were skeptical at first about having grapes on a pizza, the recipe received a 91.6 percent student approval rating.

Torrance USD developed a second recipe, named the Fresh Market Side and consisting of hummus, carrots, grape tomatoes, cucumbers and more grapes to accompany the flatbread.

NUTRITION EDUCATION

To help set the stage for their new culinary creation, Torrance USD partnered with the California Table Grape Commission to provide students with nutrition education featuring grapes.

They conducted an in-person nutrition education lesson about grapes with the 73 students who were involved in taste-testing the recipe.

Additional nutrition education about local, seasonal produce highlighting farmers markets was included in monthly newsletter articles provided to students and emailed to the school community as well.



Torrance Unified School District

[@tUSD_nutritionservices](https://www.facebook.com/TorranceUnifiedSchoolDistrict)

*Recipes: Fresh Market Side
Charcuterie Flatbread*



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