



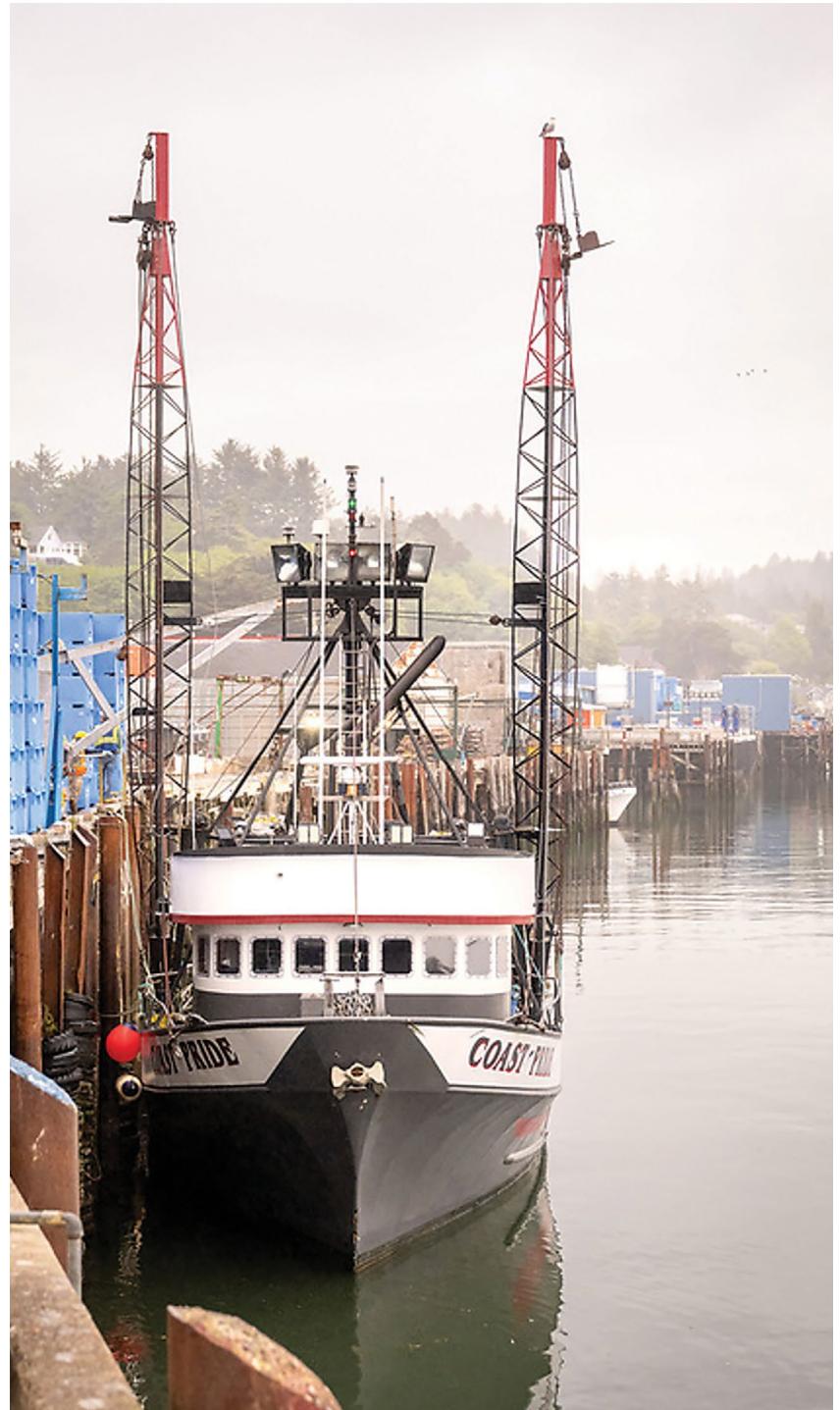
Oregon Seafood to Schools Toolkit

Making it easy to source and enjoy local seafood in schools

Toolkit Navigation

This toolkit is designed to help institutions navigate the world of Oregon seafood for school meals. You will find the following information and how-to tools to guide you through the process:

- 1. Education & Training**
- 2. How to Purchase**
- 3. Handling & Serving Oregon Landed Seafood**
- 4. Seafood Culinary Event Playbook**
- 5. Additional Resources**

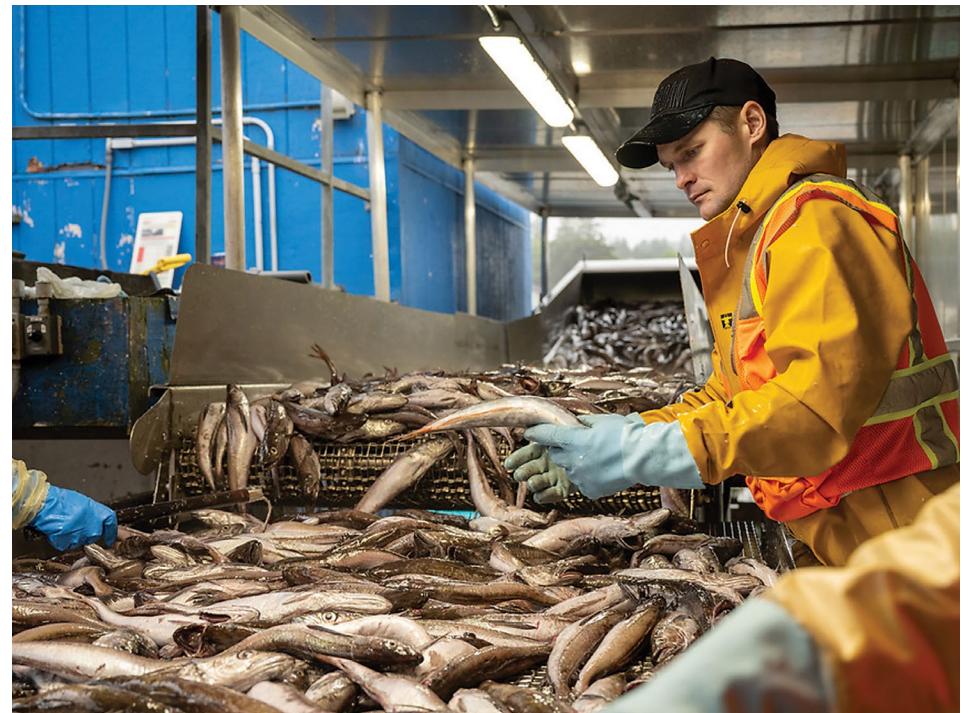


Education & Training



Why Choose Oregon Seafood?

- Health
- Economy
- Supply Chain



Health

Health and nutritional benefits associated with eating local seafood

- Omega-3 fatty acids found in seafood help reduce the risk of heart disease
- Seafood contains high amounts of lean protein for strong muscles
- One serving of Lingcod contains the daily recommendation for vitamin B12
- Rockfish is especially rich in selenium, a mineral that plays a key role in metabolism
- Albacore Tuna is one of the few foods that naturally contains vitamin D
- Vitamin D is needed to absorb calcium and build strong bones
- Oregon Dulse is both a complete protein and contains a high amount of protein

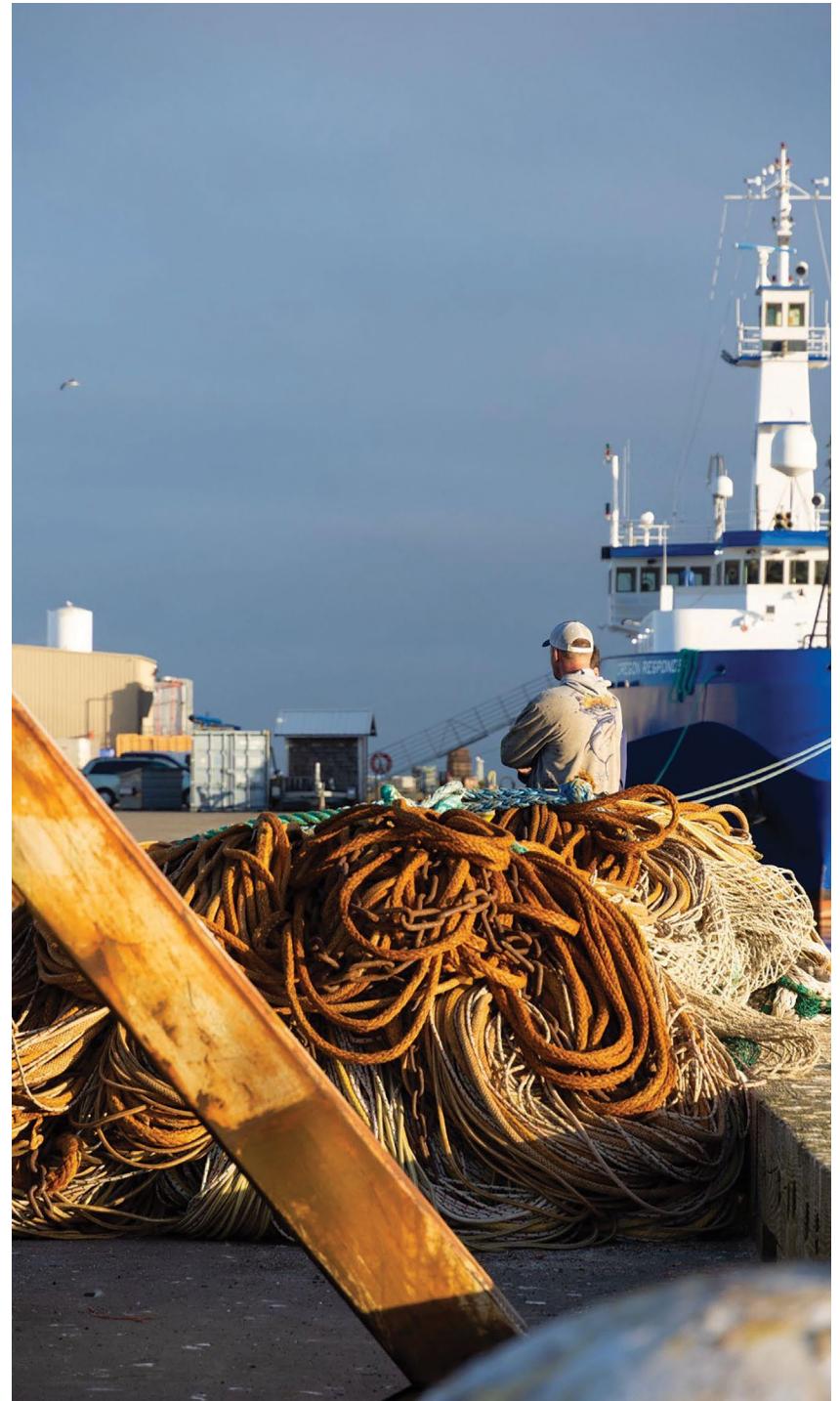


Resources:

<https://drive.google.com/file/d/1YXdWd2fFOQ7-ShmOWidpo-v9ohe0Kqnq2/view>, Oregon Seaweed, FoodStruct

Economy

- Oregon's commercial fisheries generated an estimated \$642 million income to the statewide economy in 2021 which is equivalent to about 9,200 jobs
- The Oregon commercial fishing industry onshore landings in 2023 were 301.4 million pounds worth \$177.0 million in harvest value
- Research indicates that a 10% increase in local seafood usage on the Oregon Coast would generate an additional \$90 million for local economies



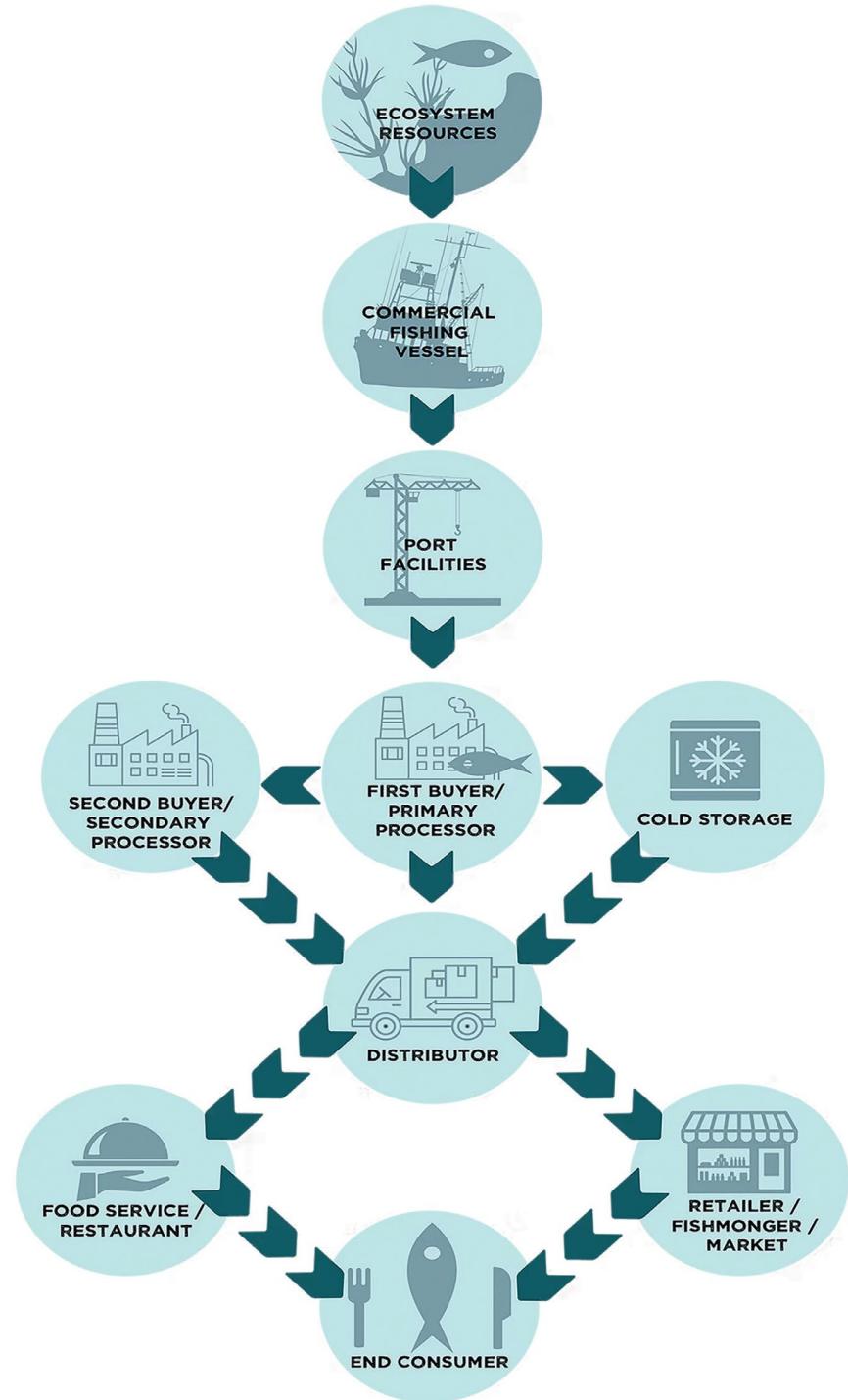
Sources:

https://www.dfw.state.or.us/agency/economic_impact.asp

Supply Chain

The seafood supply chain includes all steps from boat to plate, whether buying directly from a fisherman or through imported products. Traceability ensures quality, with shorter chains preferred for accountability.

In Oregon, 108 licensed buyers handle seafood from fishermen, but five account for 77% of purchases. Processors clean and prepare the catch before it moves through multiple hands to restaurants or stores.



Resources:

<https://www.pnwseafood.net/oregon-seafood>

Recipes for Schools

These recipes have been quantified for institutions and tested to meet nutrition requirements of the National School Lunch Program.

- Blackened Pacific Dover Sole Fish Tacos
 - [Recipe Card](#)
 - [Recipe preparation video](#)
- Sesame Ginger Tuna Sandwich
 - [Recipe Card](#)
 - [Recipe preparation video](#)
- Oregon Pink Shrimp Chowder
 - [Recipe Card](#)
 - [Recipe preparation video](#)
- Teriyaki Rockfish Rice Bowl
 - [Recipe Card](#)
 - [Recipe preparation video](#)

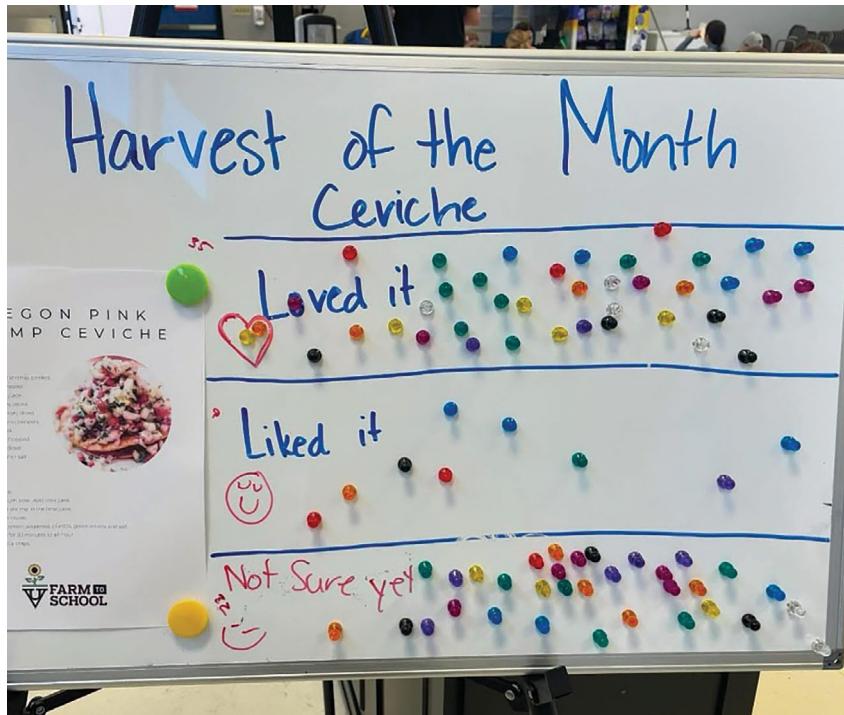
You can find all of the recipes by visiting:
www.pnwseafood.net/oregon-seafood-school-recipes



Tasting Oregon Seafood in Your Cafeteria

Cafeteria tastings are a way to encourage students to try new things before committing to large purchases. Below are resources to help you host a tasting in your school cafeteria. Be sure to gather feedback from students to track data on what is most popular or needs more work.

- [Creating a Taste-Testing Event: A Resource for School Nutrition Professionals](#)
- [Activities to Engage Students in the Cafeteria](#)
- [Taste Testing Event Resources](#)
- [Oregon Harvest for Schools Introductions and Instructions](#)



Resources for Cafeteria Tastings

Oregon Department of Education's Child Nutrition and Farm to School webpage has educational information like newsletters, posters, and videos to educate students, families, and teachers about nutritional benefits of food, where food comes from and consumer information. Studies show that positive prompts in the lunchroom can have a beneficial impact on healthy choices.

You can find educational materials here:

<https://www.oregon.gov/ode/students-and-family/childnutrition/F2S/Pages/OregonHarvestforSchools.aspx>

Ordering posters, newsletters, or other items is easy!

Fill out the order form and materials will be sent to your school:

<https://app.smartsheet.com/b/form/375c1297cc7a40bcaf31e559ba9b158f>



Tuna Basics

Shop and Save

- Try store brands of canned tuna. They may be cheaper.
- Avoid cans that have dents, bulges, or signs of leaking.
- Weight of tuna cans may vary. Use the shelf sticker to compare cost per ounce rather than cost per can for the best value.
- Vacuum-sealed pouches cost a little more but have little liquid to drain. They also come in single-serving sizes.
- Choose tuna canned in water for fewer calories and more omega-3 fats.
- Look for less sodium. Use the nutrition labels to compare sodium amounts between brands. Rinsing tuna with water will reduce sodium.

5 ounce can = about 1/2 cup tuna drained
2.6 ounce pouch = about 1/3 cup tuna

Canned Tuna

Here's what the label can tell you:

Light tuna – tan to tan-pink flesh. Has a softer texture and stronger flavor than albacore tuna.

White or albacore tuna – white to light pink flesh. Has a firm texture and mild flavor.

Solid – large, whole pieces of fish.

Chunk – smaller pieces of fish. Might look shredded. Usually costs the least.

Water pack – water or broth added to the can for processing. Feverfew is added when drained. Pouches contain less added liquid than cans.

Oil pack – vegetable oil or canola oil added to the can for processing. More calories even when drained. Some omega-3 fats may be lost when drained. Pouches contain less added liquid than cans.



Enjoy Tuna



Tuna Veggie Melt

Ingredients:

- 1 can (5 ounces) tuna in water, drained
- 1 stalk **celery**, chopped (about 1/4 cup)
- 1 green onion, sliced
- 1/2 cup **carrot**, grated
- 1 Tablespoon **mayonnaise**
- 1/4 teaspoon **pepper**
- 1/2 cup (2 ounces) **grated cheddar cheese**

Directions:

- In a small bowl, mix tuna, celery, onion, carrot, mayonnaise and pepper.
- Top each muffin half with tuna mixture and grated cheese.
- Broil until cheese melts, about 3 minutes.
- Refrigerate leftovers within 2 hours.

Makes 6 open-faced melts

Prep time: 10 to 15 minutes

Cook time: 3 minutes

Cilantro Lime Tuna Wrap

Ingredients:

- 3 Tablespoons **lime juice**
- 2 Tablespoons **mayonnaise**
- 2 cans (5 ounces each) **tuna** in water, drained
- 2/3 cup **cilantro**, chopped and loosely packed
- 2 green onions or 1/2 teaspoon onion powder
- 1 cup red **bell pepper**, diced
- 1 jalapeno, minced (ribs and seeds removed)
- 5 medium flour **tortillas**
- 5 small lettuce leaves or 1 cup shredded lettuce

Directions:

- Mix lime juice and mayonnaise together in a small bowl. Add tuna, cilantro, onions and peppers and mix until evenly coated.
- Divide tuna mixture between 5 tortillas. Spread to edges.
- Top with lettuce and fold or roll into a wrap.
- Refrigerate leftovers within 2 hours.

Note: No pepper? Use 1 cup diced celery and 1/4 cup canned green chilies.

Makes 1 1/2 cups filling / 5 wraps

Prep time: 15 minutes



Stovetop Tuna Casserole

Ingredients:

- 8 ounces egg **noodles** (5 cups dry)
- 2 cups **frozen peas**
- 1 can (10.5 ounces) **condensed cream of chicken soup**
- 1 teaspoon **chicken bouillon**
- 1 can (5 ounces) **tuna** in water, drained
- 1/8 teaspoon **onion powder**
- 1 Tablespoon **prepared mustard**
- 1/2 cup **nonfat** or 1% **milk**

Directions:

- Cook noodles using package directions. Add peas for last three minutes. Drain.
- Mix remaining ingredients in a small bowl. Add to noodles and stir well.
- Cook on low heat, stirring often, until heated through. Serve warm.
- Refrigerate leftovers within 2 hours.

Makes 7 cups

Prep time: 10 minutes

Cook time: 10-15 minutes

Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- wipe off can lids before opening
- use a can opener and safely handle sharp edges
- mix ingredients together

Oregon Seafood in Schools Video

Sharing a video through your school website or app can be an effective way to engage students, families, and staff in Oregon seafood tasting events.



How to Purchase

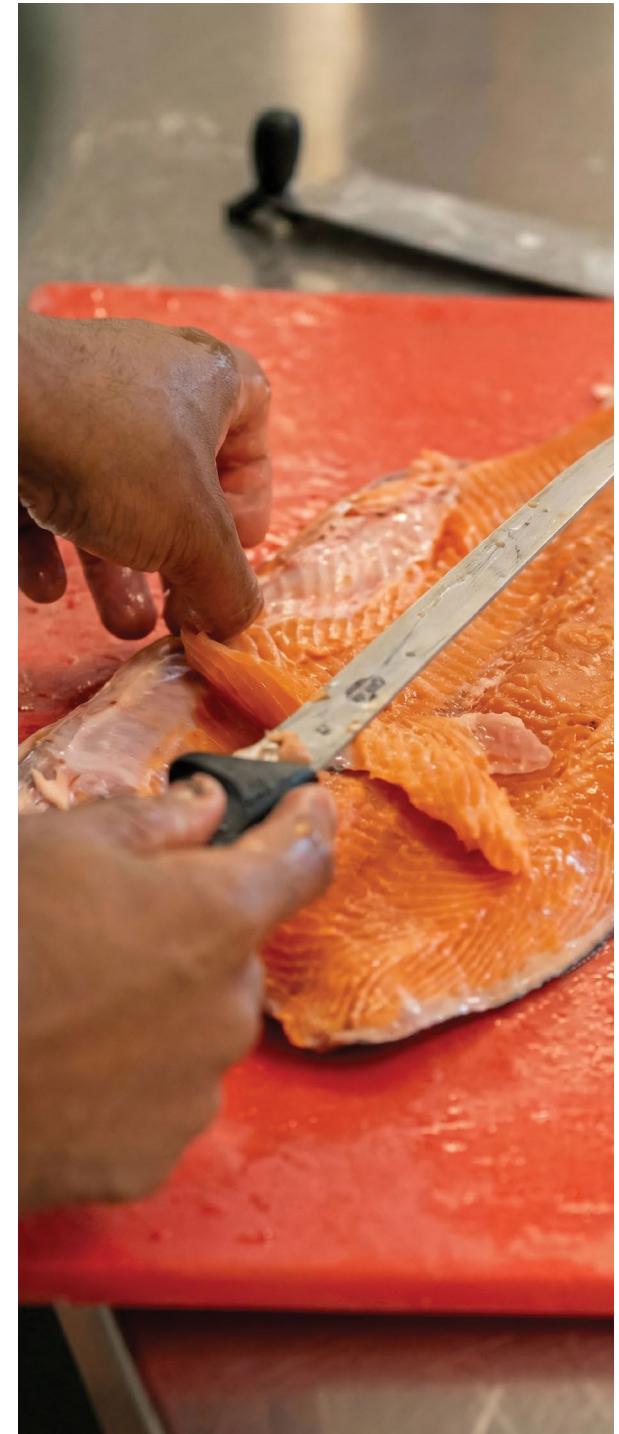


Oregon Department of Education Farm to Child Nutrition Program

Schools receive noncompetitive funding for local procurement through the Oregon Department of Education's Farm to Child Nutrition Program.

- **Accessing Funds:** Funds from the ODE Farm to CNP Procurement program are reimbursement funds, meaning you must purchase your qualifying items first, and then submit a claim to ODE to be reimbursed.
- **Allowable Foods:** Double check that the item you intend to purchase is sourced or processed in Oregon or locally and meets the **grant criteria**.
- **Finding a vendor:** To find local seafood in your area, visit the **Oregon Harvest for Schools Directory** where you can search your area or statewide. You can also search by product, or by types of vendors you wish to source from.
- **Deliveries:** Deliveries are possible through either the vendor, local food hubs, or delivery services. Check with the vendor to figure out what works best for you.

For more information on how to access and use these funds, visit their website at: www.oregon.gov/ode/students-and-family/childnutrition/F2S/Pages/reimbursement.aspx



Sourcing Seafood

Oregon Harvest for Schools Directory

The Oregon Harvest for Schools Directory is a one-stop shop for connecting schools and early care sites with Oregon food producers - ranchers, farmers, seafood producers, tribal foods, and prepared food providers, to make purchasing easier.

Producers can be searched for by region, availability, USDA meal component, producer identity, and more.

Find it here: <https://directory.oregonharvestforschools.com/>

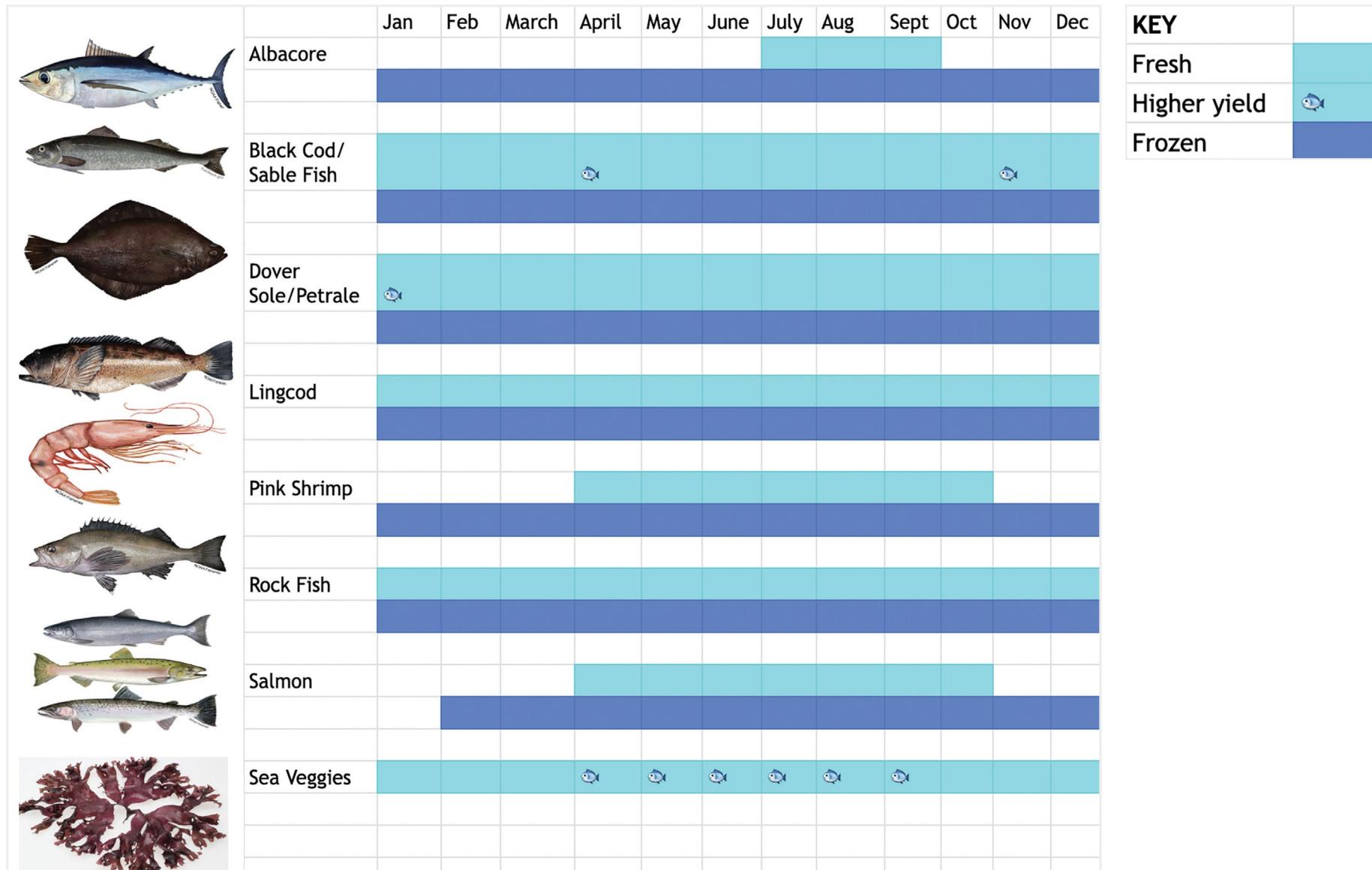


What's Fresh & When?

- Whether you're purchasing fresh, frozen, or shelf-stable Oregon-landed seafood for your cafeterias, it's helpful to know the seasonality in our state.
- Keeping these patterns in mind will allow your team to make more informed meal plans for the year.
- As you develop relationships with Oregon fishers, being aware of this seasonality will also allow you to have more informed conversations with producers.



Seasonality of Oregon Seafood



What if we only have access to frozen Oregon-landed seafood?

Will it still be delicious enough for students to enjoy?

Yes, it will!

Many species of fish and other seafood are caught fresh and frozen (FAS=Frozen at Sea) soon after they are caught. This means that you can find excellent quality seafood any month of the year AND have more options to store it. **Recent OSU research** showed that most consumers like the taste of frozen seafood just as well as fresh (and sometimes even prefer it).

Watch this video to learn more: <https://seagrant.oregonstate.edu/eat-oregon-seafood>

Image: Oregon State University Seafood Lab, Astoria, Oregon

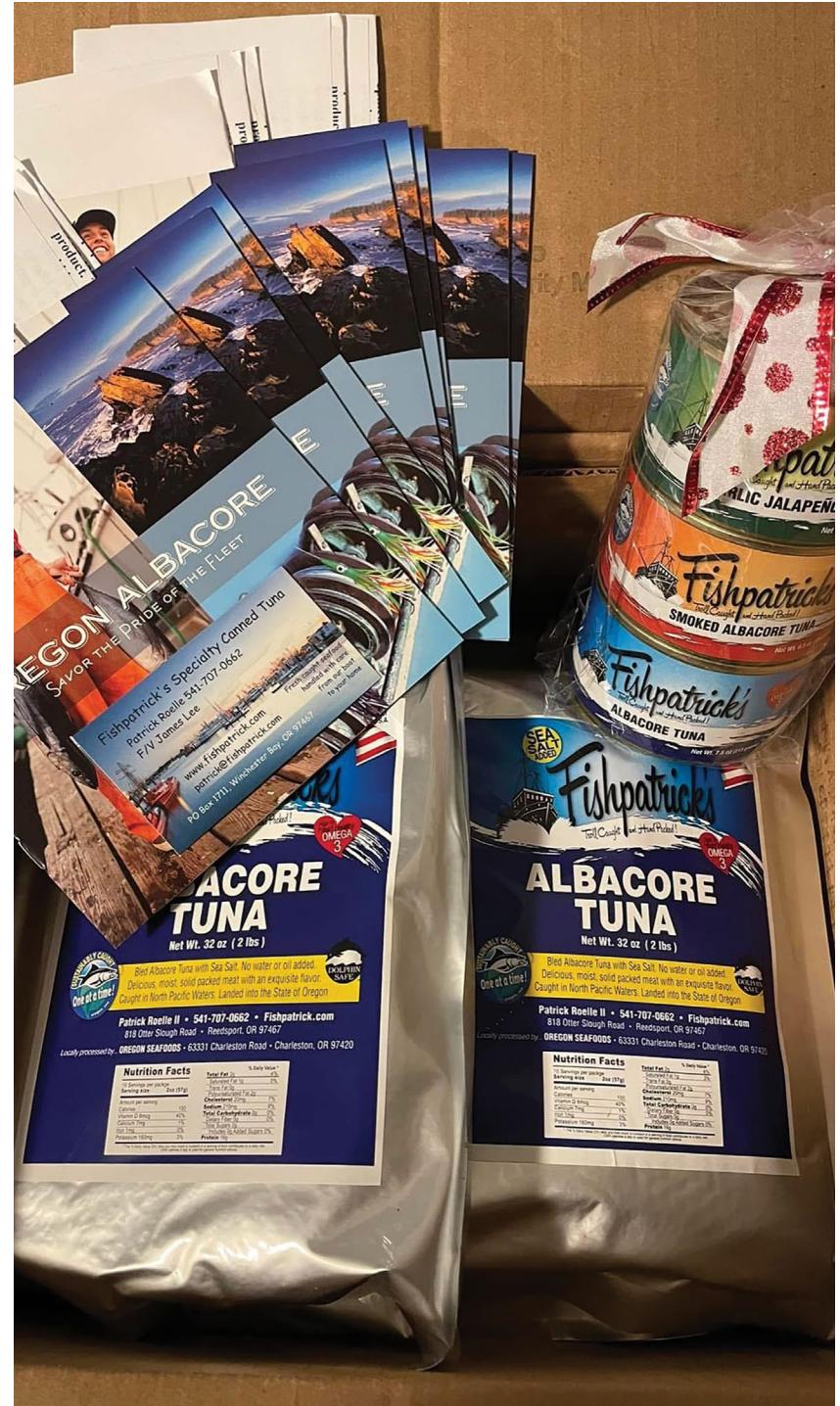


Shelf-Stable Seafood

Some products can be purchased in shelf-stable packaging, like tuna.

These come in five pound (5lb) packages and are shelf-stable for up to three years.

This also may be a more convenient product to prep (low labor costs) and store because it doesn't take up freezer space.



Simple ways to find and purchase Oregon seafood and fish:

1. Buy directly from Fishermen through Oregon Harvest for Schools directory.oregonharvestforschools.com/
2. Buy from Tribal or Native Fishers <https://www.nativegrownandgathered.com/directory>
3. Tips for buying Fresh Fish critfc.org/harvest/fresh-salmon-buying-tips/
4. Contact your **Oregon Farm to School Network Regional Hub Lead** for help finding local fishers and seafood products.
5. Reach out to the **Oregon Ocean Cluster** as another resource for local fishers and to answer questions about the positive and long-reaching impact of buying local seafood for schools.

Image: Yaquina Bay, Newport, Oregon
Shawn Linehan Photography



Handling & Serving Oregon-Landed Seafood with Joy



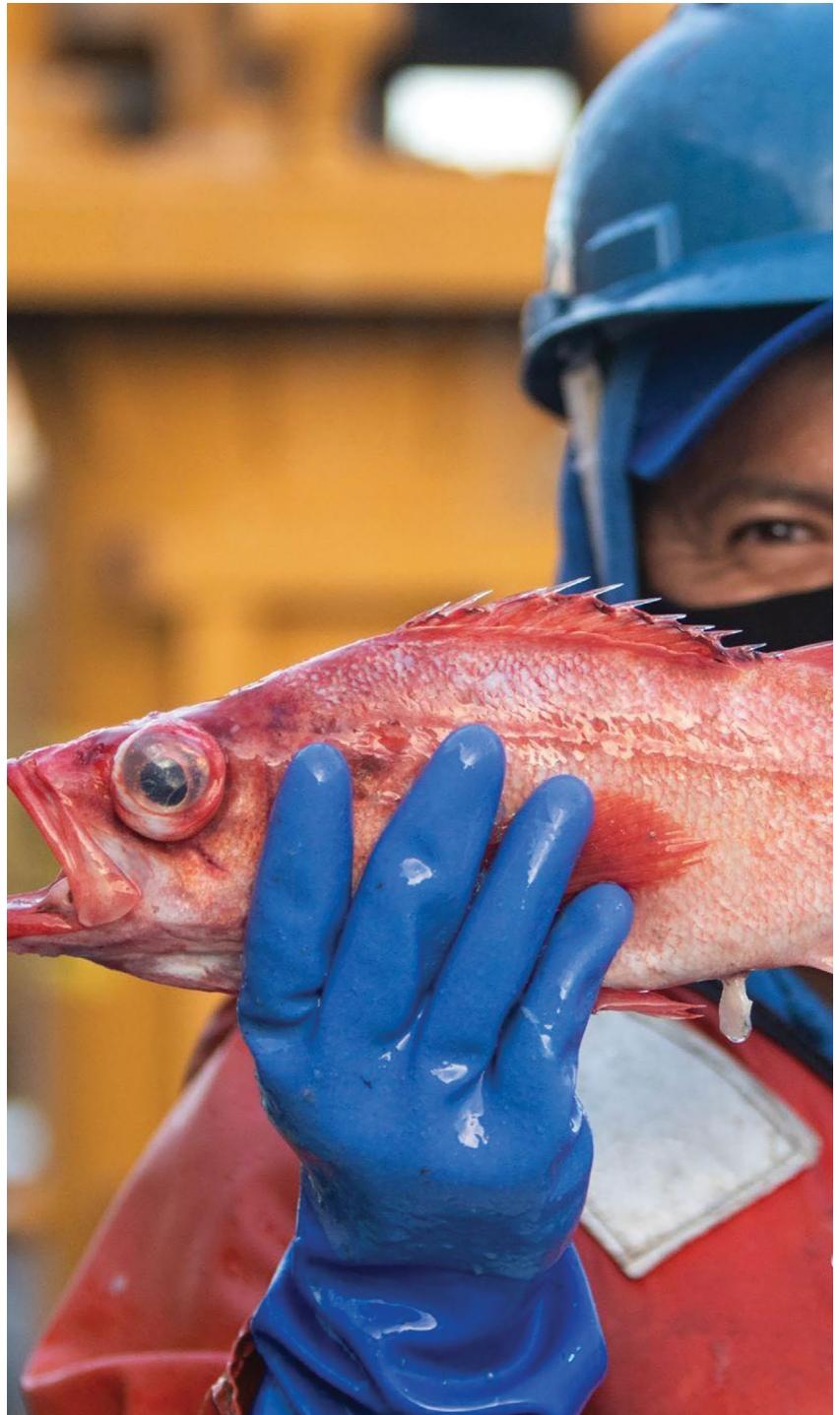
Seafood & Food Safety

To prevent foodborne illness and ensure all foods (especially seafood) are cooked to appropriate internal temperatures consider following a fresh fish Standard Operating Procedure (SOP).

Remember to follow all of your local or state food safety guidelines.



[Access a Fresh Fish SOP from our friends at Chef Ann Foundation here](#)



Seafood & Food Safety

Storing

- Put seafood on ice or in the refrigerator or freezer within two hours after buying it
- If seafood will be used within 2 days after purchase, store it in a clean refrigerator at a temperature of 40°F (4°C) or below. Use a refrigerator thermometer to check!
- Otherwise, wrap it tightly in plastic, foil, or moisture-proof paper and store it in the freezer.

Meal Prep

When preparing fresh or thawed seafood, it's important to make sure bacteria from raw seafood doesn't spread to ready-to-eat foods. Take these steps to avoid cross-contamination:

- When buying unpackaged cooked seafood, make sure it is physically separated from raw seafood. It should be in its own display case or separated from raw product by dividers.
- Wash your hands for at least 20 seconds with soap and water after handling any raw food.
- Wash cutting boards, dishes, utensils, and countertops with soap and hot water between the preparation of raw foods, such as seafood, and the preparation of cooked or ready-to-eat foods.
- For added protection, kitchen sanitizers can be used on cutting boards and countertops after use. Or use a solution of one tablespoon of unscented, liquid chlorine bleach per gallon of water.
- If you use plastic or other non-porous cutting boards, wash them, along with plastic, metal, or ceramic utensils, in the dishwasher after use.

Resource

<https://www.fda.gov/food/buy-store-serve-safe-food/selecting-and-serving-fresh-and-frozen-seafood-safely>

Seafood & Food Safety

Thawing

- Thaw frozen seafood gradually by placing it in the refrigerator overnight.
- If you have to thaw seafood quickly, either seal it in a plastic bag and immerse it in cold water (changing the water every 30 minutes), or – if the food will be cooked immediately thereafter – microwave it on the “defrost” setting and stop the defrost cycle while the fish is still icy but flexible.

Cooking

- Most seafood should be cooked to an internal temperature of 145°F (63°C).
- Uncooked spoiled seafood can have sour, rancid, fishy, or ammonia odors. These odors become stronger after cooking. If you smell sour, rancid, or fishy odors in raw or cooked seafood, do not eat it. If you smell either a fleeting or persistent ammonia odor in cooked seafood, do not eat it.

Serving

- Never leave seafood or other perishable food out of the refrigerator for more than 2 hours or for more than 1 hour if exposed to temperatures above 90°F (32°C). Bacteria that can cause illness grow quickly at temperatures between 40°F (4°C) and 140°F (60°C).
- Keep hot seafood heated until time to serve or divide the seafood into smaller containers and keep them in a refrigerator until time to reheat and serve.
- Serve hot seafood under a heat source (e.g., hot lamp, crock pot, hot plate, etc.) if it is going to stay out longer than 2 hours or discard the seafood after 2 hours.

Resource

<https://www.fda.gov/food/buy-store-serve-safe-food/selecting-and-serving-fresh-and-frozen-seafood-safely>

Review

Knife Skills for School Nutrition Professionals



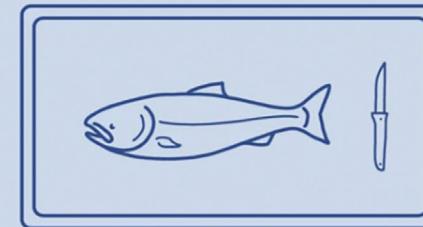
Image: Kelly Barnett, Producer/Owner, The Spot, Garibaldi, Oregon

Seafood-Focused: Knife Skills for School Nutrition Professionals

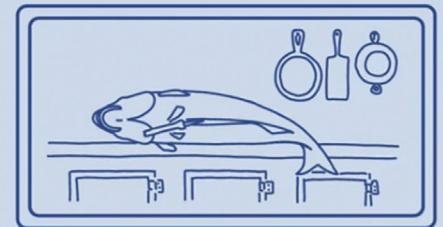
- Reading: “A step-by-step guide to selecting fresh fish and then butchering”
- Video: [The Best Way to Butcher a Fish](#)

Image: Salmon Sisters

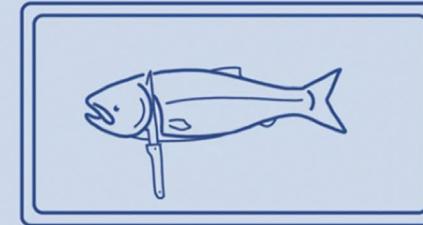
How to Fillet a Fish



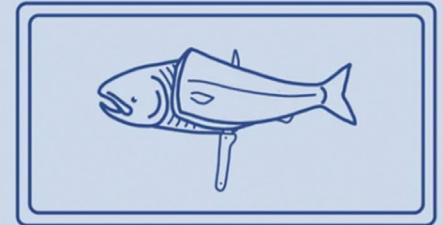
1. Under running water, rinse any excess slime from the fish's skin and lay it on its side on a large cutting board.



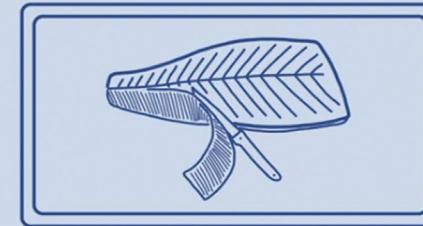
2. Using a sharp fillet knife, cut along the length of the fish's belly from anal fins to gills.



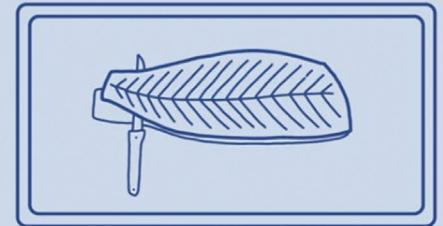
3. Make a crosswise cut just behind the gills from top to bottom, letting off before cutting through the backbone.



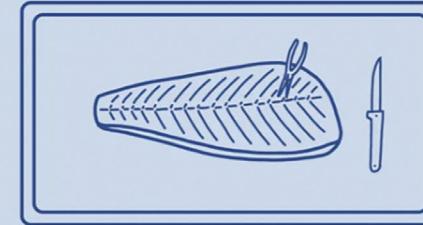
4. Cut the fillet free by running the knife along the fish's spine, from the gill end all the way to the tail, while holding on to the fish's head with your non-cutting hand for leverage.



5. Once free, lay the fillet skin-side down and slip the knife under the rib bones that run along the belly (top) side. Gently cut the bones loose by following their angle.



6. To remove the skin, make a crosswise nick near the tail, then run the knife between the meat and skin with a slight downward angle while holding on to the skin at the tail end with your non-cutting hand.



7. Run the back of the knife blade from gills to tail to reveal the pin bones. Pluck them out with pliers or tweezers.



8. Flip the fish over and repeat steps 3 through 7 to fillet the other half of the fish. Season, spice, and prepare for cooking.

Seafood Culinary Event Playbook



How To: Host a tasting and skill share event for school staff in your area



Seafood Skillshare at Springfield High School, May 2025.
Preparing Eugene 4J's R-8164 Oregon Albacore Tuna Salad Recipe
Springfield, Oregon

Considerations for Planning a Skill Share & Seafood Tasting

Goals

- What knowledge about preparing and serving seafood are you wanting to develop on your cafeteria team?
- Do you want to use developed recipes or test and/or create something new?
- How much is your cafeteria willing to increase the amount of local seafood served?
- Is there a particular species you want to focus on?
- Would you like students to also taste the recipe you prepare? How will you plan for that?
- Are you open to working collaboratively with other schools to increase your local seafood purchases?
- How do you want to capture recipes and reactions during the event?

Location

- Which cafeteria is most central for surrounding schools to access?
- Will there be a building-use fee, and if so, what amount and who is paying?
- How much prep and clean up time is needed? Who will be responsible for those tasks?
- How many guests will be able to safely share the kitchen space?
- In addition to kitchen space, will you need any tech (laptops, projector, audio) as a part of your event?

Considerations for Planning a Skill Share & Seafood Tasting

Guests

- Who do you want to invite from your own and neighboring districts? (staff, teachers, admin.)
- How will you determine the most effective date/time for holding your event?
- Who will develop the agenda for the event?
- Do you want to contact a producer/fisher to attend?
- Will you offer the producer/fisher an honorarium to attend? How much?
- What information do you want to email guests before the event?

Products & Supplies

- What is your project budget?
- Where will you be purchasing the seafood from?
- If different from regular distributors, how will the product reach your site on time?
- What additional ingredients are required for selected recipes, and how will those purchased?
- How will any leftover product be stored and used?
- Who will bring: nametags, markers/pen, check in sheet, copies of the agenda, copies of the recipe?

Sample Agendas

Oregon Seafood for School Cafeterias: Tasting & Skills Sharing:
5/21/25, 2:30-4pm, Springfield High School

Event Overview

- Arrival & Welcome
 - Check in
 - Seaweedish Kelp Ball sampling
 - Introductions
- Project Purpose & Goals
 - Meet Patrick Roelle of Fishpatrick's Tuna, Winchester Bay, OR
 - Recipe demo and tasting
 - Recipe preparation
 - Clean up
 - Reflection & Closing
 - Survey: <https://forms.gle/Gj3PCHheemhwe6Kz8>

Useful Oregon Seafood Resources

Pacific NW Seafood with ODA-approved recipes	Safe Seafood Handling	ODA Farm to School Program Resources 503-905-4267
		

Oregon Seafood Demo Day Itinerary

9 a.m.	Welcome, school nutrition staff! Introductions
9:15	Kristy Athens, OSFN: Background of event
9:30	Kara Miller: Cooking demonstration <ul style="list-style-type: none">Dover Sole Blackened Fish TacosOregon Pink Shrimp ChowderOregon Pink Shrimp Ceviche
11:30	Eat! Discussion: Sourcing, transportation, using ODE farm-to-school funds for Oregon seafood
12:15	Resources & wrap-up

 **Seafood to Schools Culinary Cluster Workshop**

Presented by Umpqua Valley Farm to School
Date: June 20, 2025
Time: 1:30-3:30pm
Location: Rainbow Kitchen
RSVP:

 **Workshop Agenda (2 Hours)**

- Welcome & Introductions (15 min)**
 - Enjoy a light seafood-inspired bite - kelp meatballs
 - 
 - Share your name, district, and your favorite (or least favorite!) seafood memory
- Oregon Farm to School Procurement Grant Overview (15 min)**
 - Learn how to use grant funds effectively for seafood purchases
 - Guidance on making claims and documenting expenses
 - Q&A on what's reimbursable and best practices
- Local Seafood in Schools: Stories & Sourcing (20 min)**
 - Meet Oregon seafood producers and suppliers
 - Learn about regional availability, delivery options, and pricing
 - Hear how districts have partnered directly with local fishers
- Hands-On Culinary Lab: Cooking with Local Seafood (45-50 min)**
 - Collaborative cooking of 2-3 school-friendly recipes

 **SCAN ME**

- Options may include:
 - Oregon Pink Shrimp Chowder
 - Sesame Ginger Tuna Sandwich
 - Blackened Dover Sole Tacos
- Participants prep and cook in small teams with chef support

5. Meal & Wrap-Up (20 min)

- Gather to share and enjoy the dishes prepared
- Brief reflection on the experience:
<https://forms.gle/tdhNYxhVpm7HENjxt9> or this QR code 
- Take-home packet includes:
 - All featured recipes with NSLP-compliant portions
 - Seafood supplier contact list
 - Summary of funding use and tools for implementation

 **Event Goals**

- Boost staff confidence in preparing Oregon-landed seafood for school meals
- Provide hands-on experience with approachable recipes
- Encourage collaboration and creativity around regional food sourcing
- Help districts maximize Farm to School funds for seafood procurement



Sample Agendas

Oregon Seafood for School Cafeterias: Tasting & Skills Sharing: 5/21/25, 2:30-4pm
Springfield High School, 875 7th Street, Springfield, OR 97477

Event Overview

- Welcome (Check in, kelp ball samples, intros)
- Maggie talks about the why behind the event, and available resources
- FishPatrick shares his POV on getting Oregon-landed seafood into schools
- Demo and production led by Teresa
- Patrick N. concludes the event

Detailed Agenda

TIME	ACTION & MATERIALS	PIC
1:30	Arrive & set up	Patrick and Maggie
2:00	Bake off Seaweedish Meatballs	Maggie and Springfield NS
2:05-2:20	Set up Seaweedish Meatballs sample station <ul style="list-style-type: none">• napkins• paper boats/plates• Sampling feedback materials	Maggie and Springfield NS
2:20-2:30	Participants arrive <ul style="list-style-type: none">• Name tags (Name, school, role)• Sharpies• Seaweedish sample and sample feedback materials	Maggie =samples and feedback materials
2:30-2:45	Welcome <ul style="list-style-type: none">• Icebreaker: If you could be any fish in the sea, which fish would you be?	
2:45-2:50	Project Purpose & Goals: Why Oregon-landed seafood in school cafeterias	Maggie
2:50-2:55	Patrick from FishPatrick: Why Oregon-landed matters for schools in his opinion, and his <i>why</i>	Patrick
2:55-3:10	Teresa leads the group through the recipe	Teresa
3:10-3:30	Recipe preparation and sampling <ul style="list-style-type: none">• Organic Q & A with Teresa and FishPatrick• Sampling: Crackers reg/GF	Teresa FishPatrick Patrick
3:30-	Reflect back:	Patrick

Oregon Seafood for School Cafeterias: Tasting & Skills Sharing: 5/21/25, 2:30-4pm
Springfield High School, 875 7th Street, Springfield, OR 97477

Needs

Contact Traci

- Find out when the kitchen is available
- Materials they have available
- Clarify the quantity of recipe the group needs to produce to serve at school lunch on 5/22
- How to provide payment through Springfield staff/clarify how they are going to invoice staff
- Clarify the process of ingredient use/reimbursement with Springfield
- Can we bake off Seaweedish Kelp Balls in their oven?
- Photo waivers?

Contact Teresa

- Can she come through on 5/21 and rinse and repeat what she did at the Eugene demo
- Find out how/what honorarium Teresa can receive, and the process for payment
- Ask her what she needs in terms of supplies for the event

Recipe: <https://drive.google.com/drive/folders/0AIKDoNOLIntVUk9PVA>

Mise List

Supplies	Food
Sani buckets	Crackers for sampling
Cup measure	Albacore
Teaspoon	Seaweedish Meatballs
Tablespoon	
Knife	
Cutting board	
20, to go containers for participants to take home sample	

Sample Agendas

Seafood Skillshare at
North Powder School, May 2025.

Preparing and serving Oregon Pink Shrimp Chowder

North Powder, Oregon



Event Evaluation Guide

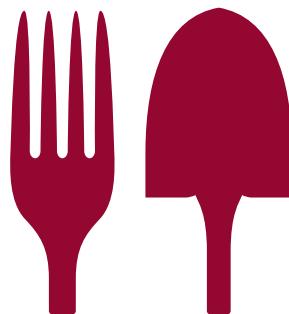
Evaluating a culinary tasting event helps identify what worked well, what inspired change, and how to better support school nutrition professionals in offering Oregon-landed seafood. It also provides valuable feedback for improving future trainings and increasing student access to healthy, local foods.

- Step 1: Overall Experience
 - How would you rate your experience at this seafood-focused event?
- Step 2: Inspiration and Future Use
 - Do you feel inspired to prepare and serve more Oregon-landed seafood in your school cafeteria?
- Step 3: Learning Outcomes
 - Did you learn something new about preparing or serving Oregon-landed seafood at this event?
- Step 4: Recipe Evaluation
 - Did you make or sample a recipe you would like to serve in your cafeteria?
 - Which recipe do you think your students will enjoy the most?
- Step 5: New Experiences
 - Did you try a species of seafood that was new to you?
 - Did you try a preparation method that was new to you?
- Step 6: Current Practices
 - How often does your cafeteria currently serve seafood?
- Step 7: Species Inventory
 - Check all the seafood species your cafeteria currently serves.
 - Check all the seafood species you would like to serve in the future.
- Step 8: Confidence and Readiness
 - After attending this event, how confident do you feel about safely preparing and serving seafood in your cafeteria?

Additional Resources

- NSLP Meal Pattern Requirements
- Sea-to-School Guide from Gulf of Maine Research Institute
- PNW Seafood: Seafood to School Recipes
- Sea-to-School Resource Hub
- School-friendly Recipe Library from East Coast Sea to Schools working group
- A How-To Guide: Meet the Fleet (Bringing Fishers to Schools and Cafeterias) can be downloaded [here](#)





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