

Head Start Central Kitchen Initiative

Salt Lake Community Action Program (SLCAP)



When it's better to do it yourself!

Some time ago, the Salt Lake CAP Head Start program resolved to provide **high-quality, healthy, affordable** meals and snacks to enrolled children. When staff were unable to find a vendor who could meet their criteria for price, quality and delivery, they decided to operate their own **central kitchen**.

Success

Since 2009, the SLCAP **Central Kitchen** has been preparing nutritious meals from scratch and then delivering them to Head Start sites in the community. Currently, the **Central Kitchen** delivers 3,000 healthy, appetizing meals daily to Head Start classrooms.

In its present location, the kitchen functions at maximum capacity, necessitating the construction of a new kitchen that will double capacity and allow service to more classrooms.

SLCAP Central Kitchen is revenue neutral

86% of the operating budget is from Child and Adult Care Food Program (CACFP) reimbursement, and food costs are budgeted at 50% of the CACFP reimbursement.

SLCAP adopted its own best practices for healthy eating

Meals catered through the **Central Kitchen** are required to meet or exceed the USDA CACFP standards.

SLCAP shares tips on:

- Hiring an experienced food service director
- Negotiating prices with food distributors
- Developing cycle menus and standardized recipes
- Developing systems for data tracking and reporting to CACFP and others
- Responding to children's special dietary requests
- Staffing a central kitchen
- Conducting a successful pilot test
- AND MORE

To learn more:

The SLCAP **Central Kitchen** is posted at www.centertrt.org where you will find:

- * **Resources** required
- * **Implementation** steps
- * Statement of **Public Health Impact**



The Center of Excellence for Training and Research Translation (Center TRT) is devoted to bridging the gap between research and public health practice with an emphasis on nutrition, physical activity, and the prevention and control of cardiovascular disease and obesity.

To advance the skills of public health practitioners, the Center TRT provides in-person and web-based trainings. To promote evidence-informed practice, the Center TRT identifies, translates and disseminates interventions, including the one featured above. To download the translated intervention and accompanying materials, visit the Center TRT website at www.center-trt.org

The Center TRT is based in the Center for Health Promotion and Disease Prevention at the University of North Carolina at Chapel Hill and is funded by CDC Cooperative Agreement Number 1-U48-DP001944-01.