

Cafeteria Chronicles:

North Crawford School District

North Crawford School District in Soldier Grove, WI has been making significant strides in improving the quality of school meals with the support of the USDA and Action for Healthy Kids' Healthy Meals Incentives (HMI) grant. The district recently received the Small and/or Rural School Food Authority Breakfast Trailblazer Award, recognizing their efforts to reduce added sugars in school meals. Their dedication to transforming their breakfast program and overall meal offerings showcases the district's commitment to student health and wellness and reflects the USDA's updated school nutrition standards.

Using grant funds, North Crawford School District partnered with a Wisconsin-based consulting company to elevate their school nutrition program by reducing pre-packaged, processed foods and emphasizing scratch-cooking techniques instead. This included hands-on training for the child nutrition team, enabling them to develop new recipes that are lower in sodium and added sugars and that incorporate whole grain-rich ingredients.

Watch North Crawford's efforts in this [video](#)!

One of the district's most notable changes has been the transformation of their breakfast program. At the beginning of the school year, North Crawford set out to revamp their menu by reducing added sugars. They began by swapping out their current cereal selection for cereals with fewer added sugars and selected yogurts with no more than 12 grams of added sugars per 6 ounces. Over the course of the year, they phased out high-sugar, processed menu items in favor of healthier, scratch-made alternatives that include Breakfast Pizza, Country Breakfast Bowls, Savory Ham and Cheese Muffins, and Overnight Strawberry Oats. These items have quickly become student favorites, contributing to increased breakfast participation.

Through these efforts, North Crawford School District is not only providing healthier meals but also creating a culture of wellness and sustainability that will help students learn and grow. Congratulations to North Crawford School District on their well-deserved recognition and continued dedication to nourishing their students!

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