

Cafeteria Chronicles:

Spartanburg School District 4

Students at Spartanburg School District 4 in Woodruff, South Carolina are enjoying healthier school meals thanks to the trailblazing efforts of the district's school nutrition team and funding from USDA and Action for Healthy Kids' Healthy Meals Incentives (HMI) Grant.

HMI Grant funds were used to make much needed upgrades to kitchen equipment, to provide comprehensive training programs, and to update nutrition education signage in the cafeteria. Additionally, it helped support the purchase of local ingredients for use in school meals and to use at taste-test events to encourage healthy eating habits in students.

Combined, these initiatives provided the district with the resources to make changes to their breakfast and lunch menus, earning them the Small and/or Rural School Food Authority Breakfast Trailblazer Award and the Small and/or Rural School Food Authority Lunch Trailblazer Award. These awards recognize Spartanburg's efforts to reduce added sugars and sodium in school meals and celebrate the district's commitment to meeting school nutrition standards and fostering a healthier future for its students.

Some of the changes they have made to reduce added sugars include switching to reduced sugar varieties of cereal and yogurt and eliminating canned and frozen fruit cups at breakfast in favor of fresh fruit, carrot sticks, and broccoli florets. This change has even inspired some students to incorporate vegetables into their morning meals!

To reduce sodium at lunch, the district shifted toward using fresh or frozen vegetables instead of canned vegetables. By using natural flavor substitutes like garlic, citrus juice, salt-free seasonings, herbs, and spices, the district has created delicious, lower-sodium dishes that students enjoy.

Learn more about Spartanburg School District 4 in this [video](#).

As Spartanburg School District 4 continues its journey toward a healthier future, we applaud the incredible steps they have taken to promote student wellness. Join us in celebrating Spartanburg's exciting journey toward a healthier future for students!

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