

# **The School Nutrition Programs Role in Teaching Children to eat Healthy**

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**When was the last time you  
ate a school lunch?**





# Weapons of Mass Nutrition Instruction!







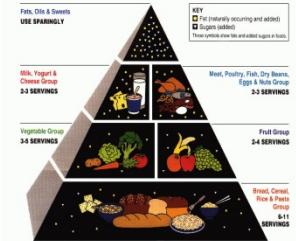


# Six School Nutrition Revolutions

1. Late 19<sup>th</sup> century poor children were in need of school meals
2. Passage of National School Lunch Act of **1946** because of malnourished children
3. Passage of Child Nutrition Act of **1966** that established breakfast programs
4. **1994** the application of the Dietary Guidelines for school meals
5. **2006** Wellness Policies were required.

We now have “**misnourished kids**”

6. **2010** The need for balancing healthy nutrition with needs to prevent excess energy intake, especially through reduction of high-calorie, low-nutrient dense foods and beverages. Healthy Hunger Free Kids Act



# Obesogenic Environments vs. Healthy Schools

- *Redesigning school space design to promote healthful physical activity and diets.*

- ***Changes in the kitchens:***

- Open visible kitchen so you can see the food production
- Compost center for food
- Increase size of Walk in Coolers and Freezers
- Kitchens equipped so you can scratch cook

## ***Changes in the Schools***

- Stairs
- Plenty of drinking fountains
- Indoor Gyms
- Outdoor Walking Tracks
- Chairs that wiggle so students can work their core
- Under the desk bicycles





# Recess before Lunch

- Switching times for recess and lunch so that lunch is after recess.



## Don't try to compete with this!

One study showed that after analyzing 22,939 observations, researchers found in schools that switched to recess before lunch the children ate 54% more fruits and vegetables. Also, there was a 45% increase in those eating at least one serving of fruits and vegetables. Within the same time period, the schools that did not switch their recess has a decrease in the consumption of fruits and vegetables.

# Walking School Bus or Bicycle Train



- A walking school bus is a group of children walking to school with one or more adults.
- It can be as informal as two families taking turns walking their children to school to as structured as a route with meeting points, a timetable and a regularly rotated schedule of trained volunteers.
- A variation on the walking school bus is the bicycle train, in which adults supervise children riding their bikes to school.



## **School lunches have changed a lot in 73 years since the National School Lunch Program began. (1946)**

- Child nutrition programs in schools now include:
  - 101,000 schools in America
    - **99% of schools**
  - National School Lunch Program (1946)
    - **30.5 million/day**
    - 60% of children in school
  - School Breakfast Program (1965)
    - **14 million/day**
    - 28% of all children
  - After School Snack program
    - **1 million/day**
  - Summer Food Service Program
    - **3.5 million/day**

# Supper Programs

Child and Adult Care Food Program  
(CACFP) 2010





# Healthy, Hunger Free Act of 2010

- Totally changed meal pattern based on the **Institute of Medicine's** recommendations.
- Requires **national nutrition standards to be set for all foods sold on the school campus throughout the school day.**
- Requires schools to plan **food based menus** versus nutrient based menus
- Water** has to be available at all meals.



# Healthy, Hunger Free Act of 2010

## •Breakfast Changes

- Must provide 1 cup of fruit instead of ½ cup
- Juice can only be ½ of requirement
- Student must pick up a fruit
- 50% whole grain rich products
- No formulated fruit grain products
- Minimum and maximum calorie levels
- Strict sodium requirements
- Skim or lowfat milk including lowfat flavored





# Nutrient Standards School Breakfast

Age/Grade	Grades K-5	Grades 6-8	Grades 9-12
Energy	350-500 kcal	400-550 kcal	450-600 kcal
Sodium Target 1 2023-24	< 540 mg	< 600 mg	< 640mg
Sodium Target 2 2024-2025	< 485 mg	< 535 mg	< 570 mg



# Healthy, Hunger Free Act of 2010

## •Lunch Changes

- Double the amount of fruits and vegetables served
  - 2 cups per day at high school
  - 1 ½ cups per day at Elementary and Middle school
- Requires minimum amounts of the following vegetables each week.
  - dark green (1/2 cup per week)
  - red/orange (3/4 cup per week)
  - beans and peas (1/2 cup per week)
  - starchy (1/2 cup per week)
- Student must have a fruit or vegetable on tray
- Minimum and maximum calorie levels
- Strict sodium requirements
- 50% Whole Grain rich products
- Skim or lowfat milk and low fat flavored



# Nutrient Standards School Lunch

Age/Grade	Grades K-5	Grades 6-8	Grades 9-12
<b>Energy</b>	550-650 kcal	600-700 kcal	750-850 kcal
<b>NEW</b> Target 1 2023-2024	< 1,230 mg	< 1,360 mg	< 1,420mg
Target 2 2024-2025	< 935 mg	< 1,035 mg	< 1,080 mg



Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs – Jan. 2012

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 <sup>a</sup>	Grades 6-8 <sup>a</sup>	Grades 9-12 <sup>a</sup>	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food <sup>b</sup> Per Week (Minimum Per Day)					
Fruits (cups) <sup>c,d</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) <sup>c,d</sup>	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green <sup>f</sup>	0	0	0	½	½	½
Red/Orange <sup>f</sup>	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) <sup>f</sup>	0	0	0	½	½	½
Starchy <sup>f</sup>	0	0	0	½	½	½
Other <sup>f,g</sup>	0	0	0	½	½	¾
Additional Veg to Reach Total <sup>h</sup>	0	0	0	1	1	1½
Grains (oz eq) <sup>i</sup>	7-10 (1) <sup>j</sup>	8-10 (1) <sup>j</sup>	9-10 (1) <sup>j</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) <sup>l</sup>	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal) <sup>m,n,o</sup>	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) <sup>n,o</sup>	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) <sup>n,p</sup>	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat <sup>n,o</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.					

## HEALTHY, HUNGER-FREE KIDS ACT OF 2010

# Before/After Elementary School Lunch Menu

### Monday

#### BEFORE

Bean and cheese burrito (5.3 oz)  
with mozzarella cheese (1 oz)  
Applesauce (1/4 cup)  
Orange Juice (4 oz)  
2% Milk (8 oz)

#### AFTER

Submarine Sandwich  
(1 oz turkey, .5 oz low-fat cheese)  
on Whole Wheat Roll  
Refried Beans (1/2 cup)  
Jicama (1/4 cup)  
Green Pepper Strips (1/4 cup)  
Cantaloupe wedges, raw (1/2 cup)  
Skim Milk (8oz)  
Mustard (9 grams)  
Reduced fat mayonnaise (1oz)  
Low Fat Ranch Dip (1 oz)

### Tuesday

#### BEFORE

Hot dog on bun (3 oz)  
with ketchup (4 T)  
Canned Pears (1/4 cup)  
Raw Celery and Carrots  
(1/8 cup each)  
with ranch dressing (1.75 T)  
Low-fat (1%) Chocolate Milk (8 oz)

#### AFTER

Whole Wheat Spaghetti  
with Meat Sauce (1/2 cup)  
and Whole Wheat Roll  
Green Beans, cooked (1/2 cup)  
Broccoli (1/2 cup)  
Cauliflower (1/2 cup)  
Kiwi Halves, raw (1/2 cup)  
Low-fat (1%) Milk (8 oz)  
Low Fat Ranch Dip (1 oz)  
Soft Margarine (5 g)

### Wednesday

#### BEFORE

Pizza sticks (3.8 oz)  
with marinara sauce (1.4 cup)  
Banana  
Raisins (1 oz)  
Whole Milk (8 oz)

#### AFTER

Chef Salad  
(1 cup romaine, .5 oz low-fat mozzarella,  
1.5 oz grilled chicken) with Whole Wheat  
Soft Pretzel (2.5 oz)  
Corn, cooked (1/2 cup)  
Baby Carrots, raw (1/4 cup)  
Banana  
Skim Chocolate Milk (8 oz)  
Low Fat Ranch Dressing (1.5 oz)  
Low Fat Italian Dressing (1.5 oz)

### Thursday

#### BEFORE

Breaded beef patty (4 oz)  
with ketchup (2 T)  
Wheat roll (2 oz)  
Frozen Fruit Juice Bar (2.4 oz)  
2% Milk (8 oz)

#### AFTER

Oven-Baked Fish nuggets (2 oz)  
with Whole Wheat Roll  
Mashed Potatoes (1/2 cup)  
Steamed Broccoli (1/2 cup)  
Peaches  
(canned, packed in juice -  $\frac{1}{2}$  cup)  
Skim Milk (8 oz)  
Tartar Sauce (1.5 oz)  
Soft Margarine (5 g)

### Friday

#### BEFORE

Cheese pizza (4.8 oz)  
Canned Pineapple (1/4 cup)  
Tater Tots (1/2 cup)  
with ketchup (2 T)  
Low-fat (1%) Chocolate Milk (8 oz)

#### AFTER

Whole Wheat Cheese Pizza  
(1 slice)  
Baked Sweet Potato Fries  
(1/2 cup)  
Grape tomatoes, raw (1/4 cup)  
Applesauce (1/2 cup)  
Low-fat (1%) Milk (8 oz)  
Low Fat Ranch Dip (1 oz)



# Polling Question

## Question 1:

How much time do you think children need to eat lunch once they have sat down with their tray?

- a. 10 minutes
- b. 15 minutes
- c. 20 minutes
- d. 25 minutes



# We have changed!

- No fried foods/Lower fat
- Lower sodium
- Less sugar content
- No trans-fats



It isn't nutrition unless  
the student eats it!



# Students palettes are much more sophisticated!





# Ethnic Cuisine



# Chicken and waffles

## Southwestern Salads

## Bread Bowl Soup





# Smoothies and Parfaits/Yogurt





# Salad Bars – Sandwich bars



# Prepackaged Salads





# Roasted Vegetables



# Low fat or Skim Milk Consumption

## Whole Milk????

### The new look of milk!

- Bottles
- Whole milk replaced with 1% fat or skim
- Chocolate, Strawberry Vanilla **Skim or 1% Milk**
- 35% decrease in milk consumption if you do not offer flavored milk
- Reduced Sugar Milk – 18 grams vs 31 grams





# Student involvement – Taste Tests



# Fresh Fruit and Vegetable Grants

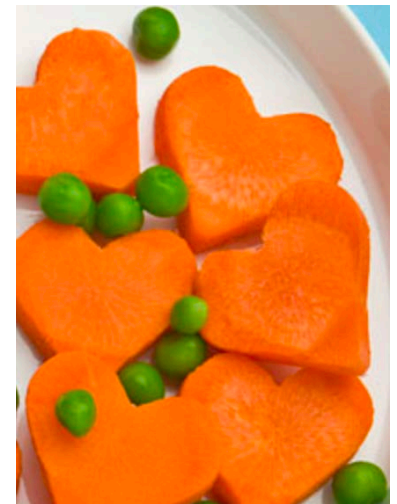
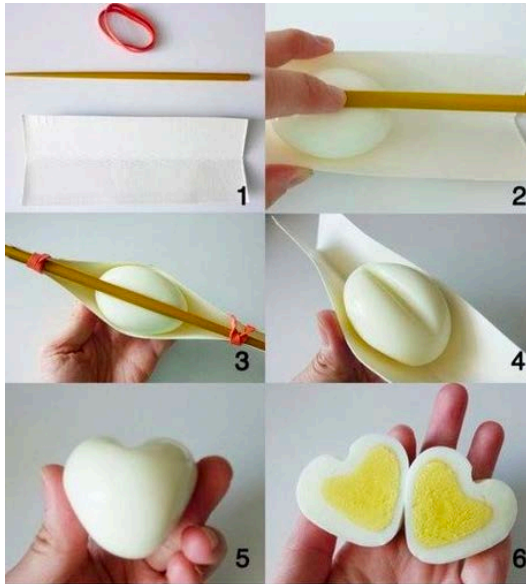


# How to market the healthy choices to the customers. Nutrition/Wellness Fairs





# Merchandising/Marketing



# Sample Offer vs Serve Menus

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Entrée</b>	Chicken Filet Sandwich on WW Bun 32.6	Pork Roast & Gravy w/ WW Roll 3.5/29.4	Baked Spaghetti w/ WW Breadsticks 30.2/19	Chicken Strips w/ WW Biscuit 15/23	Herb-Baked Chicken & WW Cornbread 8.0/18.1
<b>Entrée</b>	Spicy Chicken Filet Sandwich on WW Bun 32.6	Hamburger Steak w/ WW Roll 2/29.4	Baked Spaghetti w/ WW Breadsticks 30.2/19	Chicken Strips w/ WW Biscuit 15/23	Herb-Baked Chicken & WW Cornbread 8.0/18.1
<b>Entrée</b>	Fruit & Cheese Plate w/ Graham Crackers 51.6	Chicken Pasta Salad w/ Crackers 39.2/16	Combo Sub on WW Bun 36.1	PB on WW Bread 52.0	Pimento Cheese Sandwich w/ WW Bread 28.5
<b>Salad</b>	Packaged Salad 31	Packaged Salad 31	Packaged Salad 31	Packaged Salad 31	Packaged Salad 31
<b>Choice 1</b>	Mixed Vegetables 8.4	Brown Rice 29.7	Succotash 18.0	Maccaroni & Cheese 23.0	Sunday Sweet Potatoes 38.9
<b>Choice 2</b>	Cabbage 3.05	Okra & Tomatoes 10.4	Green Beans 5.92	Cooked Carrots 5.64	Collard Greens 4.16
<b>Choice 3</b>	Lettuce & Tomato 1.11	Broccoli Salad 27.16	Tossed Salad 5.5	Tropical Fruit Mix 24	Black-Eyed Peas 25.14
<b>Choice 4</b>	Orange Sections 15.39	Apple Wedges 21.04	Banana 26.04	Cantaloupe 8.0	Fresh Pear 13.0
<b>Choice 5</b>	Strawberry Muffin 23.0	Chilled Peaches 17.0	Cookie 17.0	Fruit Mallow 15.34	Frozen Fruit Cup 18.0
13 g skim 20 g choco 23 g straw	Assorted Milk (8 oz.)	Assorted Milk (8 oz.)	Assorted Milk (8 oz.)	Assorted Milk (8 oz.)	Assorted Milk (8 oz.)



# Farm to School





# Farm to School In Burke County





# Feed My School





Seen on lunch line;  
Signifies local item

# FeedMy School For A Week--Blakeney Elementary

August 24-28th, 2015



Item has been  
sourced from  
Burke County, GA

## Masterpiece Monday



### Cheesburger on Whole Wheat Bun

Buns- Derst Bread, Savannah, GA  
Beef- Tink's Grassfed Beef, Washington, GA

### Ham Sandwich on Whole Wheat Bread

Bread, Derst Bread, Savannah, GA

### Packaged Salad

Lettuce- Fisheads, Sardis, GA  
Tomatoes- Pete Jackson, Midville, GA

### Baked Beans

### Squash Casserole

Squash- Pete Jackson, Midville, GA

### Sliced Tomato & Lettuce

Lettuce- Fisheads, Sardis, GA  
Tomatoes- Clyde's Fresh Produce- Grovetown, GA

### Watermelon

Clyde's Fresh Produce- Grovetown, GA

### Mandarin Oranges

## Dress Like A Farmer Day



### Congo Chicken with Corn Bread

Chicken- XXX  
WW Flour & Corn Meal- Freeman's Mill, Statesboro, GA

### Turkey Sandwich on Whole Wheat Bread

Bread, Derst Bread, Savannah, GA

### Packaged Salad

Lettuce- Fisheads, Sardis, GA  
Tomatoes- Pete Jackson, Midville, GA

### Eggplant Fries

Eggplant- Lee Family Farms, Statesboro, GA

### Corn on the Cob

Lee Family Farms, Statesboro, GA

### Marinated Cucumber and Tomato Salad

Tomatoes- Pete Jackson, Midville, GA  
Cucumbers- Fisheads, Sardis, GA

### Peach Cobbler

Peaches- Lee Reeves, Millen, GA

### Ginger Gold Apples

Mercier Farms, Blue Ridge, GA

Milk Served Daily from PET Dairy in Macon, GA

## Awe Shucks Expo Day



### Spaghetti with Meat Sauce, Whole Wheat Rolls

Ground Beef- Tink's Grassfed Beef, Washington, GA  
WW Flour- Freeman's Mill, Statesboro, GA

### Breakfast For Lunch; Scrambled Eggs, Strawberry Yogurt Drink & WW Blueberry Muffin

Eggs- Lee Family Farms, Statesboro, GA  
Blueberries- Byne's Blueberries, Burke County, GA  
Yogurt & Whipped Cream- Swiss Dairy, Burke County, GA

### Packaged Salad

Lettuce- Fisheads, Sardis, GA  
Tomatoes- Pete Jackson, Midville, GA

### Cheese Grits

Grits- Freeman's Mill, Statesboro, GA

### Green Beans

### Peaches

Lee Reeves- Millen, GA

### Honeydew

Leo's Produce

## Taste Test Thursday



### Chicken Sandwich on Whole Wheat Bun

Buns- Derst Bread, Savannah, GA  
Chicken, Proviv Farms, Gainesville, GA

### Tuna Salad on Whole Wheat Wrap

Packaged Salad  
Lettuce- Fisheads, Sardis, GA  
Tomatoes- Pete Jackson, Midville, GA

### Corn

### Cherry Tomatoes w/ Ranch Dressing

Ranch- Swiss Dairy, Burke County, GA  
Tomatoes- Pete Jackson, Midville, GA

### Purple Hull Peas

Pete Jackson, Midville, GA

### Muscadines

Ogeechee Farms, Millen, GA

### Cantaloupe

Leo's Produce

## Farmer Final Parade



### BBQ Sandwich on Whole Wheat Bun

Buns- Derst Bread, Savannah, GA  
Pork-Tinks Grassfed, Washington, GA  
BBQ Sauce- Abrams, Burke County, GA

### PBJ Sandwich on Whole Wheat Bread

Bread- Derst Bread, Savannah, GA

### Packaged Salad

Lettuce- Fisheads, Sardis, GA  
Tomatoes- Pete Jackson, Midville, GA

### White Acre Peas

Pete Jackson, Midville, GA

### Okra and Tomatoes

Okra- Pete Jackson, Midville, GA

### Red and Orange Bell Pepper Strips w/ Ranch Dressing

Peppers- Lee Family Farms, Statesboro, GA  
Ranch- Swiss Dairy, Burke County, GA

### Whole Grain

### Oatmeal Cookies

Sills Farms, Sardis, GA

### Gala Apples

Mercier Orchards, Blue Ridge, GA









# Ag Field Day







Friday **DECEMBER 11** at 3:00pm  
@ **BURKE COUNTY HIGH SCHOOL**

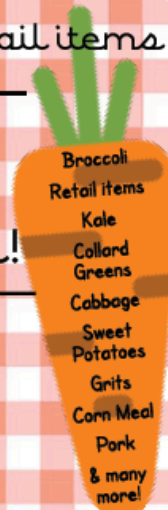
**FRESH** Vegetables, Meat, Grains & Retail items

**ALL BURKE COUNTY SCHOOLS**

students, staff, faculty, and  
parents are welcome to shop!

**PLEASE  
DO  
NOT  
FORGET**

Cash or Check  
&  
Christmas Gift List



Support your local farmers. Buy Local.



# Cooking Classes





# Mealviewer

Carrier 1:47 PM

**MealViewer**

**MV MealViewer Middle**  
Augusta, Georgia

Welcome Back! --- PTO Meeting Tonight at 7 PM

See Today **Tue 13** Wed 14 Thu 15 Fri 16 Sat 17 Su 18

Breakfast Lunch

**MealViewer Middle**

**ENTRÉE**

**Cereal, Assorted**  
70-130 Cal. See Website for Info  
n/a Calories , n/a Total Fat (g) , n/a Total Carbs (g) , n/a Sodium (mg)

**Egg Biscuit**  
236 Calories , 15 Total Fat (g) , 10 Total Carbs (g) , n/a Sodium (mg)

**FRUIT**

**Pineapple Tidbits**  
80 Calories , 1 Total Fat (g) , 19.88 Total Carbs (g) , 9 Sodium (mg)

**Grape Juice**  
40 Calories , n/a Total Fat (g) , n/a Total Carbs (g) , n/a Sodium (mg)

**DRINK**

Preview Mode Toggle fullscreen

Location: Blakeney Elementary  
Block: Lunch  
Date: 2-6-17

**Tuesday**  
High 76° Low 58°

**65°**  
High 69° Low 51°

**Wednesday**  
High 72° Low 60°

**Blakeney Elementary Monday, February 6, 2017**

**Entree**

**Spaghetti**  
w/Breadstick 271 cal 30 carbs 208 sod

**Packaged Salad**  
Yogurt and Granola 378 cal 50 carbs 396 sod

**Side**

**Tossed Salad** 1726 cal 6 carbs 16 sod

**Vegetable**

**Mixed Vegetables** 70 cal 15 carbs 114 sod

**White Acre Peas (L)**

**Fruit**

**Oranges (Vg)** 23 cal 6 carbs 0 sod

**Fruit Mallow** 110 cal 24 carbs 10 sod

**Drink**

**Assorted Milk**



# Adopt an all-school classroom snack policy of fruits or vegetables only

- To implement the policy you will need to:
  - Have an all-staff in-service
  - Have an all student in-service with fruit and vegetable taste-testing
  - Send home parent letters orienting all parties to the rationale and importance of the policy
  - Send home list of acceptable snack ideas



# Suggestions for Teacher Rewards

## Kentucky Teachers' Suggestions for Alternatives to Food Rewards

### Elementary School Students



- Make deliveries to office
- Teach class
- Sit by friends
- Eat lunch with teacher
- Play favorite game
- Stickers
- Fun video
- Extra recess
- School supplies
- Trip to treasure box filled with non-food items
- Paperback book
- Show-and-tell
- Teacher reads special book to class
- Bank system: earn play money to be used for privileges
- Teacher performs special skill: cart wheel, guitar playing

### Middle School Students

- Sit with friends
- Listen to music while working at desk
- 5 minute chat break at end of class
- Reduced homework
- Extra credit
- Fun video
- Computer time
- Assemblies
- Field trips
- Eat lunch outside, or have class outside



### High School Students

- Extra credit
- Fun video
- Reduced homework
- Coupons to video stores, music stores, movies (donated)
- Drawings for donated prizes among students who meet certain grades standards
- A few minutes of "free choice" time at end of class period



### Food for Thought

"Rewards can be abused and overused. Too often students come to expect something in return for behavior or good grades when in reality they should do the behavior for its intrinsic value."



# Healthy Snack List Websites

- <http://www.actionforhealthykids.org/assets/recharge-pdfs/healthysnacks.pdf><http://www.opi.mt.gov/pdf/schoolfood/nutritionense/WhatsHealthy.pdf>
- [http://www.cspinet.org/nutritionpolicy/healthy\\_school\\_snacks.pdf](http://www.cspinet.org/nutritionpolicy/healthy_school_snacks.pdf)
- <http://www.healthy-eating-made-easy.com/healthy-snacks-for-kids.html>
- [http://wellnessways.aces.uiuc.edu/pdf/tg\\_HealthySnacks.PDF](http://wellnessways.aces.uiuc.edu/pdf/tg_HealthySnacks.PDF)



# Healthy Happy Birthday Treats



Newton's Fruit Cake – place cookies around the outside of the pan and fill with dried or fresh fruits. Add sprinkles and then adhere 8 candles to the tops of the cookies with frosting.



Dip Me Sheet – place a variety of fruits, caramel dip and vanilla wafers in an attractive square pan. Decorate with balloon candles held in place with styrofoam.

# Activities to Celebrate the Child

- Plan special party games and activities. Ask parents to provide game supplies, pencils, erasers, stickers and other small school supplies instead of food.
- Create a healthy party idea book. Ask school staff and parents to send in healthy recipes and ideas for activities, games and crafts. Compile these ideas into a book that staff and parents can use.
- Give children extra recess time instead of a class party. For birthdays, let the birthday child choose and lead an active game for everyone.
- Instead of food, ask parents to purchase a book for the classroom or school library in the birthday child's name. Read it to the class or invite the child's parents to come in and read it to the class.
- Instead of a party, organize a special community service project, e.g., invite Senior Citizens in for lunch, make "curechiefs" for chemotherapy patients, and blankets for rescue dogs. Involve parents in planning the project and providing needed materials.
- Create a "Celebrate Me" book. Have classmates write stories or poems and draw pictures to describe what is special about the birthday child.
- Provide special time with the principal or another adult, such as taking a walk around the school at recess.
- Create a special birthday package. The birthday child wears a sash and crown, sits in a special chair and visits the principal's office for a special birthday surprise (pencil, sticker, birthday card, etc.)
- The birthday child is the teacher's assistant for the day, and gets to do special tasks like make deliveries to office, lead the line, start an activity, and choose a game or story.

# Fundraising and Rewards

A guiding philosophy should be that  
“student health is not for sale”





# Creative School Fund-raising Ideas

- Gift wrapping
- Fun runs; Walk-a-thon; Bike-a-thon; Jump-rope-a-thon; Sled-a-thon
- 3-on-3 basketball tournament
- Car wash
- “Chuck a puck at the rink”
- Singing telegrams
- Talent shows/recital/lip-sync contest
- Read-a-thon; Spelling bees; Science fairs
- Carnivals (Halloween, Easter)
- Students volunteer for odd jobs to raise money
- Dances (kids, father/daughter, family, Sadie Hawkins)
- Bowling night/bowl-a-thon
- Skate night/skate-a-thon
- Raffles (teachers do a silly activity)
- Magic show
- Family/glamour portraits
- Penny wars
- Raffle (movie passes, theme bags, theme baskets assembled by students).
- T-shirts/caps
- School event planners

# Jump Rope for Heart



American Heart  
Association®



# Things that involve the community

- Catering (district food service department caters events)
- Workshop/class
- Conference
- Treasure hunt/scavenger hunt
- Tennis/horseshoe competition
- Recycling cans/bottles/paper/Christmas trees
- Golf tournament
- Rent-a-teen-helper (rake leaves, water gardens, mow lawns, wash dog)
- Auction or money jars for students to place money in
- Auction or money jars for students to place money in
- Dinner fund-raiser with a live or silent auction
- Community job fair (charge an exhibit fee)
- Bricks with engraved donor names
- Candles/crafts/books/plant sales
- Sell seat cushions at sporting events (sell advertisements on cushions for local businesses)
- School clothing or rummage sale
- Bingo nights (parents with kids in sports or involved in organizations man the tables)



# Children will eat it if?

1. They grow it!
2. They taste test it?
3. They cook it?



# Future of School Nutrition

- Many things have changed in school food service, but the basic philosophy has not – our job is to be
  - a non-profit program
  - providing nutritious meals to all students regardless of their ability to pay
  - That teaches them life long good eating habits
- To capture the student market, in my judgment, takes three things:
  - quality food, well presented, that students like
  - a facility in which to eat that is attractive, clean, and well kept
  - employees that understand and practice positive customer service.

**Please join us for lunch sometime!**





# Questions?

