

Heart Healthy School Meals

Bridgette Matthews MEd, RD, LD
Elbert County School System

Team Up!



Elbert County Board of Education

Elberton, Georgia

5 Consolidated Schools

- *Blackwell Learning Center (Pre-K and Head Start)*
- *Elbert County Primary School (K-1st)*
- *Elbert County Elementary School (2nd-4th)*
- *Elbert County Middle School (5th-8th)*
- *Elbert County High School (9th-12th)*

83% Free and Reduced

CEP: 4 schools



Elbert County School Nutrition

- Breakfast in the Classroom (2000)
- National School Lunch Program (2500)
- After School Snacks(200)
- Catered Snacks (200)



TRAINING

- The “Whys”
- Staff Training
- Student Training



School Strategies

- Student Opinions
 - *Taste Testing*
 - *Ask!*
- WEEKLY Totals!!



School Strategies

- Farm to School
 - *Fresh, local ingredients*
 - *Scratch cooking*
- Recipes
- Flavor Station



QUESTIONS?



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