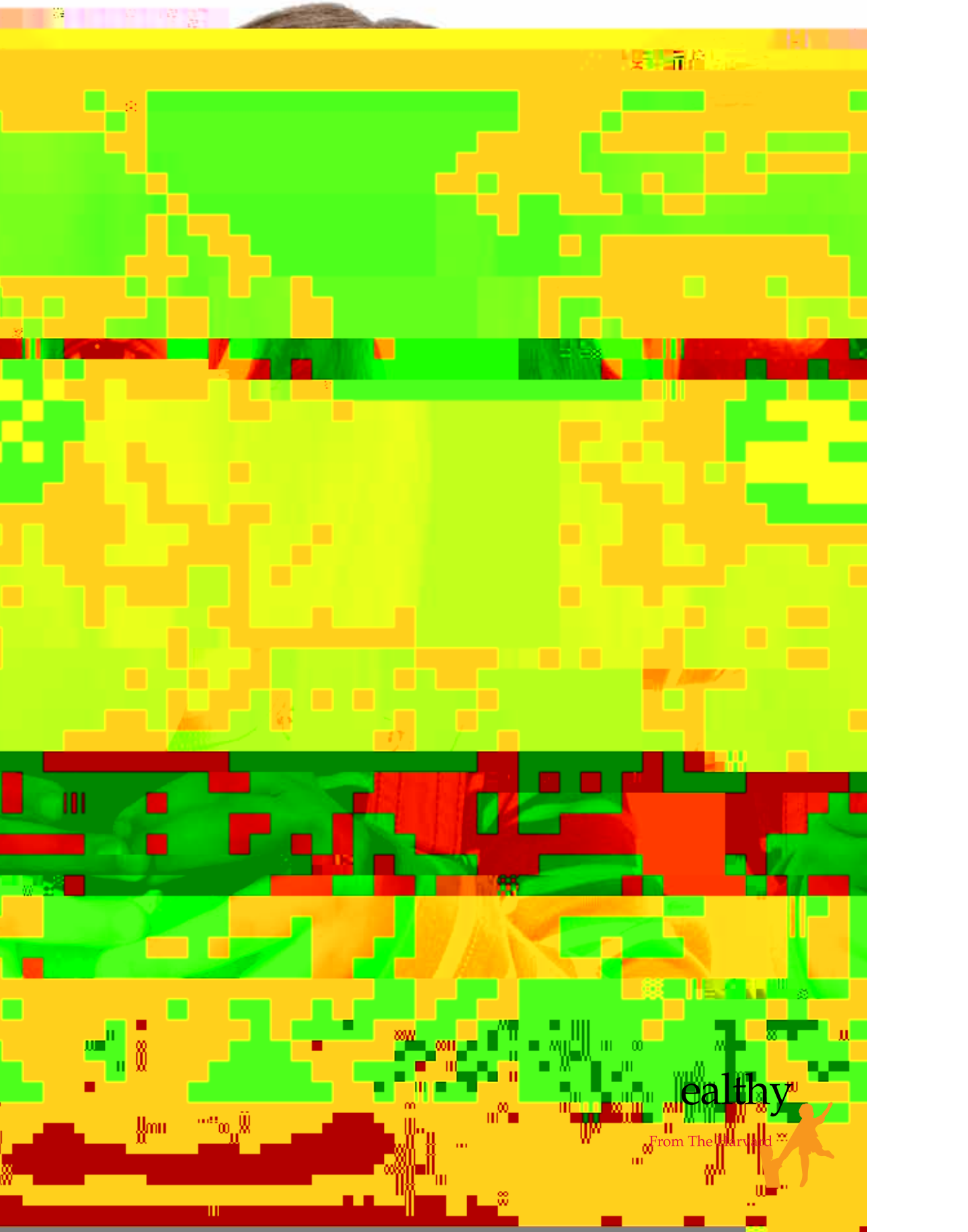


D n O healthy S M,



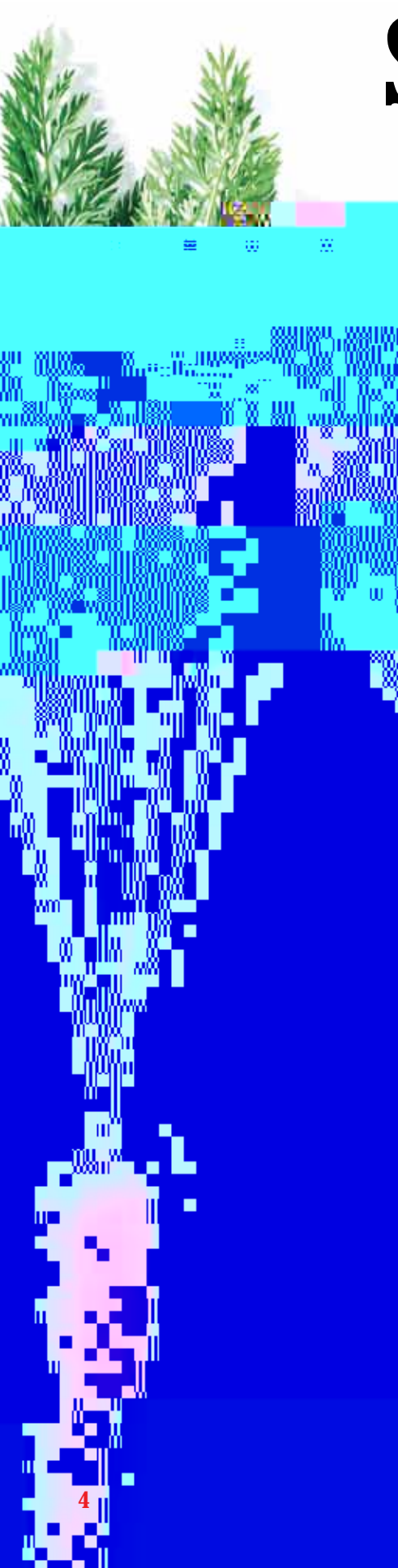
healthy

From The World



**One in three children in the US is overweight
or obese.**

S



food for thought: figuring out what works

“Tipping the Scales In Favor of Our Children”

Harvard Pilgrim Health Care Foundation

Friedman School of Nutrition Science and Policy at Tufts University

The Recipe for Success

This report focuses on the work of three school districts that have made significant

- **Massachusetts: Chicopee Public Schools**
- **New Hampshire: Laconia School District**
- **Maine: Maine School Administrative District #3 (MSAD3) based in Unity**

what they have in common is creativity, innovation and strong leadership, particularly from the school nutrition directors.

local wellness policy mandates, and they stay firmly focused on the ultimate goal:

Keeping in mind that all improvements must be revenue-neutral, these school districts employed the following five strategies to increase students' access to healthier meals.

cook more!

to rely on. Cooking more from scratch is a significant undertaking. Homemade food



serve fresh fruits and vegetables

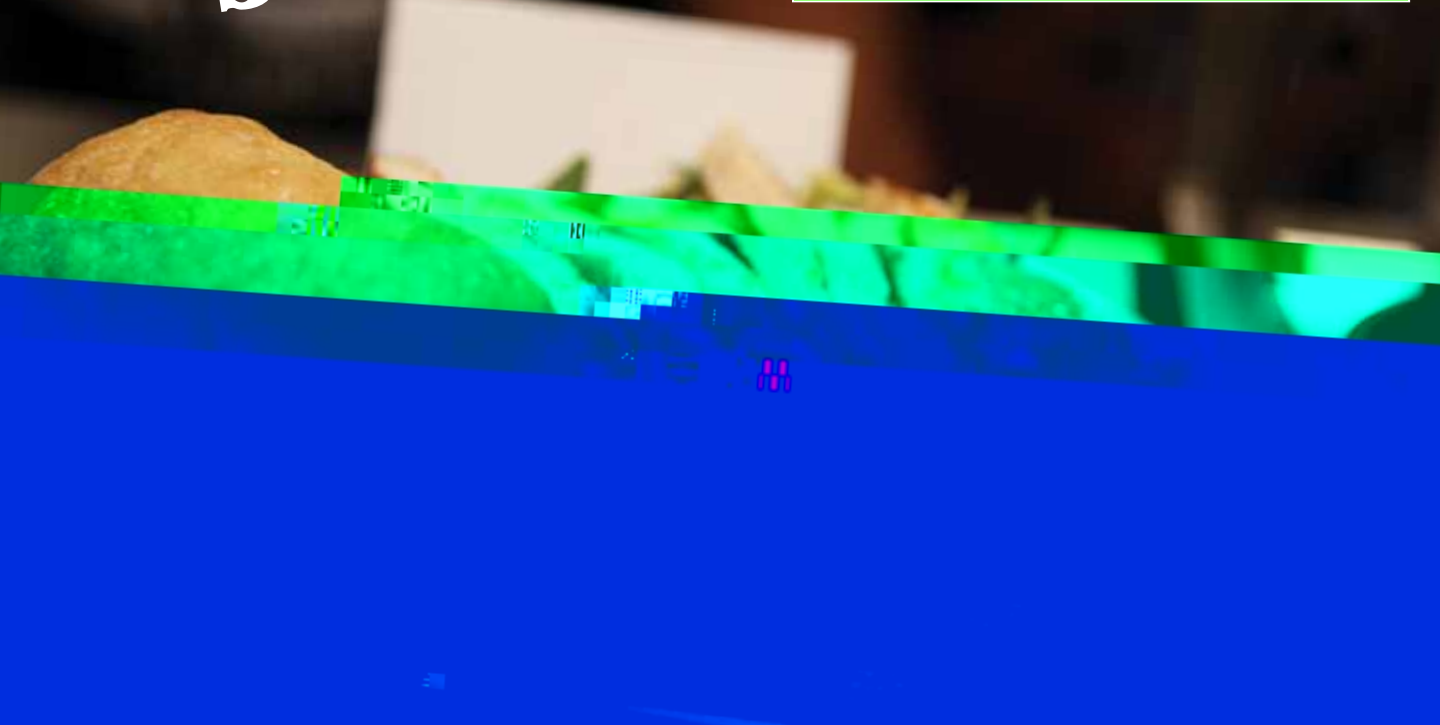
When was the last time you tried a new food? It can be hard to take that first bite,







**trying
something new**



a passion for teaching

3 make changes in competitive foods

a la carte

Chicopee High School replaced its old vending machines with new ones that offer *a la carte*

more they can get a whole meal. MSAD3 also boasts the state's first vending machine



4 source healthy foods creatively

particularly those that are produced locally, and show tremendous flexibility in both

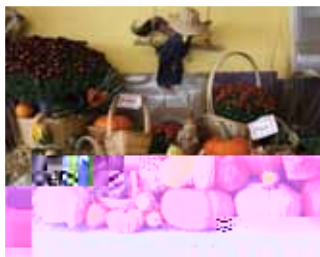
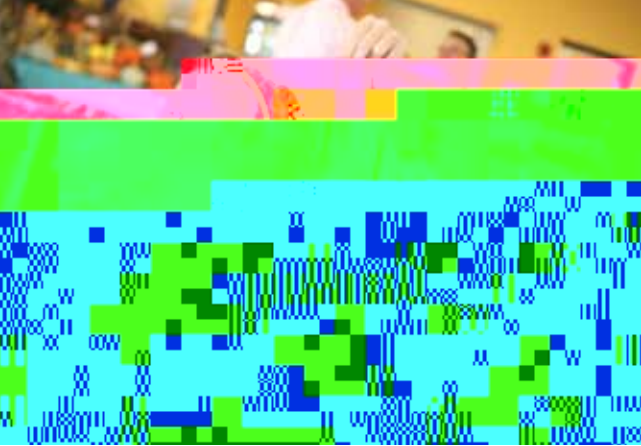
Working with local farms can benefit both farms and schools. The Laconia food service has worked with individual farms to supply specific foods like apples; it has

local produce for use in fall and winter. They also periodically prepare a "Harvest

A

t 10:30 a.m. the first round of Laconia Middle School students begins to shuffle through the lunch line, trays in hand, looking over today's options. Cups of sliced pineapple are the first choice they encounter, neatly lined up





reaching for healthy

On a typical day at Laconia Middle School, children can choose from:

- Chicken Lo Mein
- Greek Salad with Pita Bread
- Italian Sandwich with Chips
- Turkey on Whole Wheat
- Roast Beef on Whole Wheat
- PB&J
- Side of fresh fruit, pineapple and milk

help his program stay afloat financially as they

Electronic direct certification:

certification be implemented for children eligible

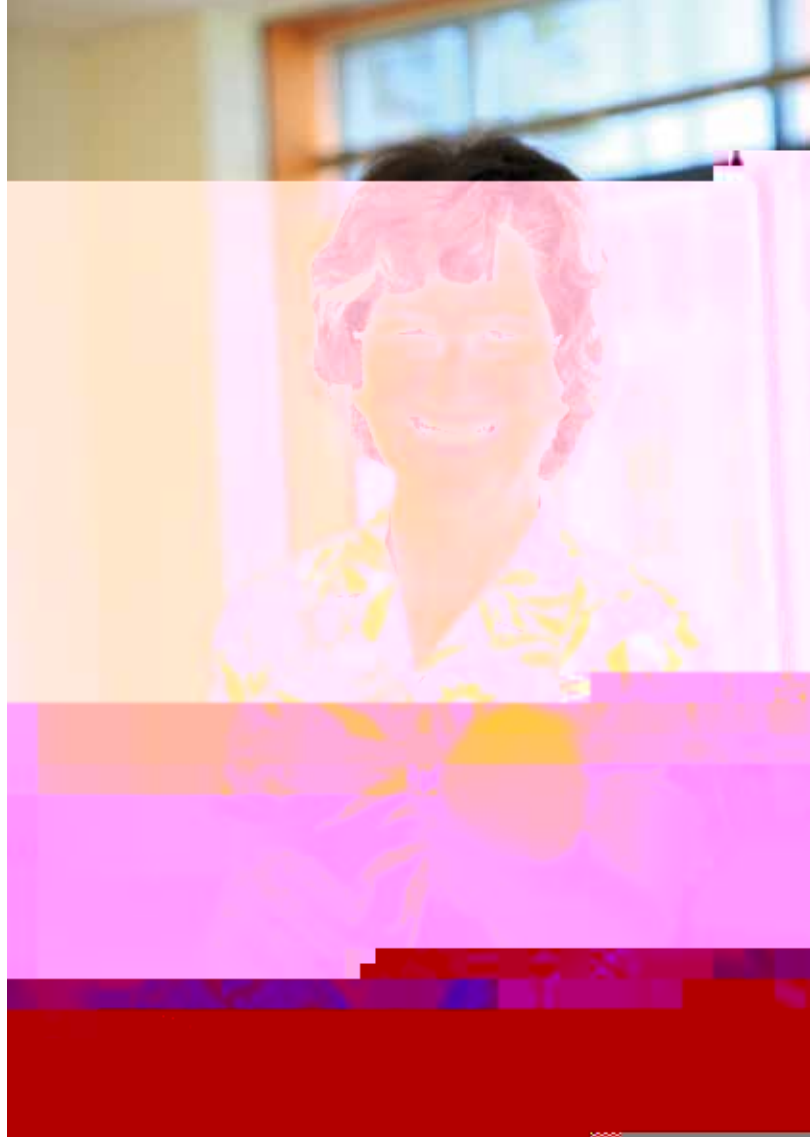
“But then we began to see the connections between nutrition and educational performance. Continuous improvement is our academic goal and our nutritional goal.”

“It can be a struggle, but it’s a good struggle.” He ended last year in the black.



Catering:

making stone soup



The five strategies outlined above are critical steps for food service departments to develop healthy meals and healthy budgets. Here are ingredients that are

Put Kids First

Get High Participation Rates

Introduce New Foods Slowly

foods. The school food service must be confident about introducing new foods, must

Store Smart

(2) take advantage of beneficial pricing, and (3) work down inventories of frozen

Keep The Equipment Humming

Take Advantage of Federal Commodity Program Dollars

departments benefit by purchasing unprocessed commodity foods, focusing on

Look For Grant Opportunities

Reduce Waste

to finish meals, would also reduce food waste.

Build Strong Alliances

Engage The Community

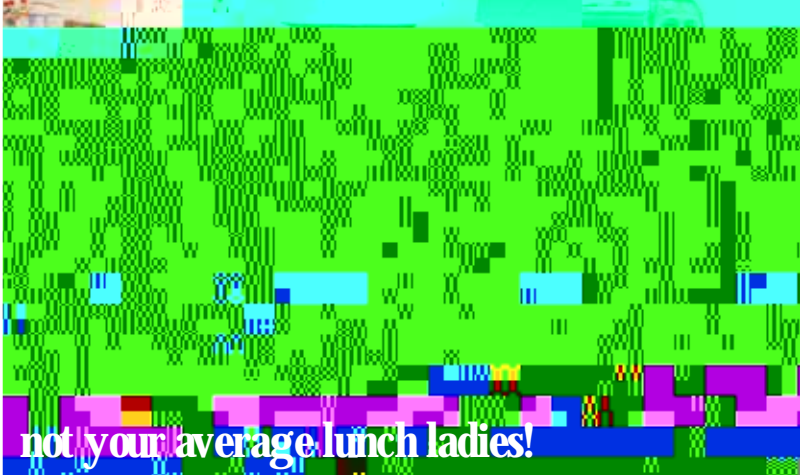
Buy Cooperatively

U



starting small, and growing

*Nutrition Standards for
Foods in Schools: Leading the Way toward Healthier
Youth,*



Cherie Merrill (right) and her staff use creativity and ingenuity to create appetizing and nutritious meals that students really like.

Last year 40 percent of the food budget was spent locally



elementary school as well as Mount View High School



Mount View Elementary School — and all the elementary schools in MSAD3 — keep fresh fruits and vegetables within easy reach for students to snack on throughout the day.

Fresh salads and sandwiches on whole wheat and whole grain breads are available every day.



bought a field of corn from the Amish farmers,”

Maximize revenues:

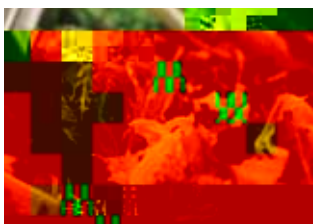
to say that she has the first reimbursable meal

It is filled with healthy options like yogurt, fruit, and cheese. “Kids who are on a modified schedule

averaged about \$300/week in sales.

Merrill's advice

for other communities that want to improve school



the vital role of food service directors



“Is it good for the kids?”

These three school districts are the first to admit they are not perfect.

Their communities continue to face considerable challenges, and they work every day to improve. They are not affluent. They struggle to stay out of the red.

The progress they have made did not come overnight; some changes took place over years, or even over a decade or more. But the pace of progress doesn't stop them from continuing to pursue improvement.

What these school districts have in common is the trust and support of their administrations and communities, as well as strong food service leaders and engaged and empowered staff who routinely display patience, persistence and ingenuity.

While it's clear that school nutrition directors need more financial support from policymakers, it's also clear that school nutrition directors need more support from the community. School nutrition directors need more support from the community.

web resources:

— A non-profit organization advocating for policies and practices that provide a healthy school environment addressing areas such as food and fitness, environmental justice, environmental

Glossary

Food-based Menu Planning approach requires specific food groups (meat/meat alternate, grains/breads, vegetables/fruits, and milk) to be served in specific amounts for particular age groups. This is the meal

Enhanced Food-based Menu Planning approach is similar to the traditional approach in that it requires specific food groups be served in specific amount that vary with established age and grade groups and also reflects an increase in the number of

Current legislative status

Federal

expired September 30, 2010. Introduced by Senator Blanche Lincoln, S. 3307 “Healthy, Hunger-Free Kids Act

House version for child nutrition reauthorization is H.R. 5504, The “Improving Nutrition for America’s Children Act” and is scheduled for mark-up in the House Education and Labor Committee. This bill provides roughly

To find out the latest on these two bills, visit: www.thomas.gov.

State

must be a planned part of the food service program. All competitive food and beverage sales would benefit the

In New Hampshire and Massachusetts, bills setting limits on saturated and *trans*

For more information about legislation in Maine, go to: www.maine.gov/legis/

For more information about legislation in Massachusetts, go to: www.malegislature.gov/

For more information about legislation in New Hampshire, go to: www.gencourt.state.nh.us

**Healthy school meals
are a key ingredient in
improving the health
of the next generation.**



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