Lunch Lessons: Writing & Implementing Great Wellness Policies

Ann Cooper, Founder Chef Ann Foundation
Hungry Children Can’t Learn
Malnourished Children Can’t Think
We Must Do Better!
Great “Real Food” Wellness Policies!
Buying Locally Grown Food - Food with a FACE and PLACE
Organic Food & or Reducing: Chemicals
Antibiotics – Hormones - Dyes

Moapa Valley HS Farm
Animals in factory farming are prone to illness. This is the reason why 80% of all antibiotics prescribed in the States are consumed by farm animals and only 20% by humans.
Link Nutrition Education, Food Served in Schools, Physical Activity, Academic Achievement
Recognize Connection: Healthy Eating, Active Living, Student’s Ability to Learn - Academic, Intellectual, Emotional, Physical, Abilities
Recognize Critical Role of Family & School Staff in Nurturing Healthy Self-esteem
Model and Actively Practice Through Policy and Procedures the Promotion of Family Health, Physical Activity, and Good Nutrition
Sharing & Enjoying Food is a Fundamental Experience: Nurturing, Celebrating Diversity
Real Food Can Reduce & Eliminate: Allergies – Asthma – ADHD - Autism

1 in 13 U.S. kids has food allergies

JAMA Pediatrics The Prevalence, Severity, and Distribution of Childhood Food Allergy in the United States
Reduce & Eliminate Added Sugar

Sugar is Toxic! 34% of Calories in Kids' Cereals from Sugar!

Sugary Drinks Associated with Markers for Alzheimer's

Limb Amputations:

Iraq & Afghan Wars: 1500

Diabetes: 1.5M
Eliminate ALL Advertising for Non-Nutrient Food

In 2012, $4.6 Billion was spent to advertise FAST FOOD. $116 million was spent to advertise FRUITS and VEGETABLES.
Eliminate Waste & Hunger

A child dies every 5 seconds because of hunger.

DON'T WASTE FOOD

Value Your Meal

At consumer level, 20% of food is being wasted which can be avoided completely.
Ensure Every Child Has Access to Healthy Food in School
Reduce & Eliminate ala Carte!
Focus on Healthy Reimbursable Meals!
All Food Cooked With a Priority on Both Healthfulness and Deliciousness
Promote Scratch-Cooked Meals: Fresh Fruits & Vegetables, Whole Grains, Clean Proteins
Support a Regional Food System: Ecologically Sound, Economically Viable, Socially Responsible
Procurement Priorities: Local Economies, Environmental Sustainability, Valued Workforce, Animal Welfare, Nutrition, Value-Chain Equity and Innovation
Eliminate Food Additives, Colorings, Dyes, HFCS, GMOs, Pesticides, Herbicides, Hormones, Antibiotics, Refined Sugar, Brominated Flour and Artificial Sweeteners
Eating Experiences & School Gardens Should be Integrated into the Academic Curriculum
Scratch Cooking is the Centerpiece of Sustainable School Lunch Programs

USDA $35M in School Grants $1,035M is Needed
USDA Trainings: Professional Certification Culinary Skills & Uniforms
Marketing & Education: Cooking Classes & Iron Chef Competitions
Gardens as Classrooms

Teaching Students Where Their Food Comes From
Food Literacy: School Garden – Cooking – Ag & Environmental Curriculums
Get to know BVSD School Food Project’s programs and events

Farm Field Trips
BVSD students visit working farms and learn more about farm operations, where their food comes from, and how the produce is grown.

Rainbow Days
There is a fully stocked, colorful, endless salad bar available to BVSD students at each school every day. On Rainbow Days, students learn about the benefits of eating healthy fruits and vegetables, and those who make a rainbow at the salad bar are rewarded with "I Made a Rainbow at the Salad Bar Today" stickers and wear them with pride.

Locally Grown
The School Food Project teams up with local farmers each month to give kids a taste of fresh, locally grown fruits and vegetables. Look for our farmer partners at Colorado Proud School Meal Day, Market Day, and A Taste of BVSD.

Bag Program
BVSD’s No Student Hungry program provides food to select group at our highest need schools in order to extend healthy eating and nutrition education beyond the school day. At the end of each week, the School food Project provides reusable bags with shelf-stable, whole, unprocessed, fresh food and locally harvested produce to families for use during times when schools are closed, such as weekends and holiday breaks.
Educating Students: Harvest of the Month Cards

“\nWhen I tell people I am a farmer, their response tells me how special my work is to everyone. Grow, eat and love your food! \n”

ERIC SKOKAN
Black Cat Farm
Healthy Kids Meal Wheel – Plant Forward Menus
Chickpea Masala: Replacing Beef with Chickpeas Saves 270 Gallons of Water Per School Lunch
Universal Breakfast In the Classroom

Senate Bill 503
Breakfast After The Bell

FAQs
Frequently Asked Questions
Senate Bill 503
Breakfast After The Bell
30 Minute Lunch - Periods Recess Before Lunch
Salad Bars in Every School
Meals Served to Students Shall be Attractively Presented in a Pleasant Environment with Sufficient Time for Eating & Socialization at the Table
School Finance: School Lunch 30 M Lunches/Day - $12.5B per Year!
Milken Institute: Diet Related Illness: $1.4 Trillion / Year!

12 Dimes For Our Kid’s Food & Future
Federal & State Reimbursement Rates Should Be Increased – Nutritional Guidelines Must Not Be Rolled Back!
Do One Thing: Enforce Strict USDA Smart Snack Guidelines on Competitive Foods!
Do One Thing: Healthy Vending
Do One Thing: No High Fructose Corn Syrup!
Do One Thing: NO Fried Foods!
Do One Thing: NO Refined Sugars
Do One Thing: Healthy USDA Foods!
Do One Thing: NO Refined Flours!
What Local Food Means To Me

Do One Thing: NO Soda, Candy or Chips!
Do One Thing: NO Antibiotics or Hormones!
Do One Thing: Healthy Cold Milk!
Do One Thing: Family Style Meals For Pre-K
Do One Thing: Weekend Bags of Food Sent Home for Food Insecure Families!
Do One Thing: Unlimited Free Water!
Do One Thing: Composting, Recycling & Waste Reduction

Lyon CSD
Do One Thing: Reusable Dishes  Glasses & Silverware!
Do One Thing: Goolsby & Lyon Greenhouse & Hydroponics
Do One Thing: Build Gardens!
Do One Thing: Harvest Tastings!
Do One Thing: Food Service
Delivery Trucks for Marketing
Do One Thing: Farm to School Education
Do One Thing: Engage Students in Art Contests!
Do One Thing: HOTM Tastings!
Do One Thing: Fresh Fruit & Veggie Tastings!
RELATIVE GREENHOUSE-GAS EMISSIONS ASSOCIATED WITH SEVERAL COMMON PROTEIN SOURCES

Do One Thing: Fight Climate Change
Do One Thing: Salad Bars in Every School
Do One Thing: Menu Tastings!
Do One Thing: Whole Grains at Every Meal!
Do One Thing: Plant Forward Menus: Polenta w/ Roasted Vegetables
Do One Thing: Recess Before Lunch!
Do One Thing:

COLORADO SEASONAL FOOD CALENDAR

SUMMER

FALL

SPRING

WINTER

YEAR ROUND

SCHOOL FOOD PROJECT

10 YEARS
Do One Thing: Websites

WE BELIEVE

that all children of the Boulder Valley School District

WILL HAVE DAILY ACCESS TO FRESH FLAVORFUL AND NUTRITIOUS FOOD MADE WITH WHOLESOME AND WHEN POSSIBLE, LOCAL INGREDIENTS,

SO THAT EVERY CHILD MAY THRIVE.
**The 5 Meal Components**

**You pick at least 3!**

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<th>Why?</th>
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<td><img src="image1" alt="Meal" /></td>
<td>Fruit or vegetable portion is not 1/2 cup.</td>
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<td><img src="image2" alt="Meal" /></td>
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<tr>
<td><img src="image3" alt="Meal" /></td>
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<tr>
<td><img src="image4" alt="Meal" /></td>
<td>Healthy portions, but needs a meat or meat alternate, grain or milk.</td>
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<table>
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<th>Yes</th>
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<tr>
<td><img src="image5" alt="Meal" /></td>
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**NCSD Healthy School Lunch**

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**Do One Thing: Healthy Complete Meals!**
Do One Thing: Universal Breakfast After the Bell
Do One Thing: Support Local Family Farms – Farmer’s Markets & the Farm Bill!
Keep School Food Healthy!
Delicious Kid-Approved Recipes

FREE TO DOWNLOAD over 200 healthy USDA compliant, school-tested recipes

www.thelunchbox.org
Salad Bars + Schools = More Fruits & Vegetables For Children

- $14,253,369 raised so far
- 338 schools waiting for a salad bar
- 272,350 kids served
- 5,447 salad bars granted

www.saladbars2schools.org

We donate salad bars to schools so that every child across our nation has daily access to fresh fruits and vegetables.

GET A SALAD BAR IN YOUR SCHOOL
SEARCH BELOW OR LEARN MORE
It Should Be a Birthright in Our Country: Every Child Has Healthy Delicious Food in School