

Healthy School Meals in the RCSD

James P.B. Duffy School #12



Healthi Kids Coalition

The Healthi Kids Coalition is blazing a path for healthier, more active children in Rochester. Eating a healthy lunch each day will help your child focus on learning and do better in school. Join the movement to make sure your kids are getting healthy meals that have kid appeal! Give us a call or visit us online to find out how!

www.healthikids.org

585.224.3101



In December 2013, Healthi Kids and the Children's Institute worked with parents from School #12 to learn what's happening in the school cafeteria. We wanted to know if kids were happy with the food that they are served and what would make it better. Together we looked at how much food was being wasted and thrown away and we talked to kids about what they like and don't like. The menu that day was chicken nuggets or egg salad sandwich, chips, applesauce and carrots. Here's what we learned:

How much food was thrown away?

- 61 students chose chicken nuggets and 4 chose the sandwich. 3 out of 4 students ate the whole entrée, the main part of the meal.
- 92% of students took the applesauce as an option, 5 students did not select fruit. 37% of students ate the full serving while about 50% discarded half or more.
- 11 students chose the vegetable. Four students ate all of the carrots, and five students threw them all away.
- 27 students chose chocolate milk, 13 picked strawberry, and 5 took white milk. 77% finished most of the milk but 17% threw out most or all of their milk.

What do kids think of lunch?

Of all the students we talked to, 90% said that they liked their lunches that day. Here's how they think we could improve school lunch:

- Sometimes the food is too cold and sits out too long before they get it.
- Students would like to see more variety but also want to be get their favorite foods more often (e.g. pizza, chicken nuggets, and nachos).
- Serve food without the plastic overwrap. Students said that the food sometimes "tastes like plastic".



What can we do to make school food better?

Parents:

- Call **Ms. Allen**, your Parent Liaison, at **461-3280** to find out how you can meet other parents just like you who want to make a difference.
- Contact **Erick Stephens**, Healthi Kids Parent Coordinator, at **224-3112** to learn more about school lunch and how to ask for change.
- Pack healthy lunches/snacks and practice healthy eating at home.

School #12:

- Teach kids about how important it is to try new fruits and vegetables.
- Encourage adults in the building to be positive role models and encourage kids to try new foods.

RCSD:

- Create a Youth Food Advisory Committee to learn what kids like about school food and how to keep making it better.
- Train kitchen staff on how to prepare foods in a way that kids like and treat kids like customers.

Healthi Kids:

- Advocate for an increase in the amount of money the district gets to make healthy, kid-friendly meals.

