

Healthy School Meals in the RCSD

Dr. Walter Cooper Academy School #10



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 #10 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 beef and cheese taco or sunbutter and jelly sandwich, nacho chips, apples and corn. Here's what we learned:

How much food was thrown away?

- Almost all students chose the taco. 1 out of 3 students ate their whole entrée, the main part of the meal, but three threw all of it away. The rest of the students threw out at least half of the taco.
- All but two students chose the nacho chips. 77% of those students ate the entire portion.
- 39 students took an apple. Only 15% ate the entire apple, 1 out of 3 threw away the entire fruit.
- Half of the students chose the corn instead of fruit. 10% ate all of the corn, and 21% threw out the entire serving.

What do kids think of lunch?

About 60%, more than half, of all kids said that they liked their lunches that day but thought that school food could be better. Here is what they told us:

- Sometimes the food is too cold.
- Cooking the food at the school instead of packaged food would make it better.
- Serve food on real plates and trays.
- Improve the quality of the cheese.
- Seasoning —kids want more flavor but there were mixed feelings about how "spicy" the food should be.



What can we do to make school food better?

Parents:

- Call **Ms. Ogden**, your Parent Liaison, at **324-2010** 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 #10:

- 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.

