

# Healthy School Meals in the RCSD

## Clara Barton School #2



## 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](http://www.healthikids.org)

585.224.3101



In December 2013, Healthi Kids and the Children's Institute worked with parents from School #2 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 meatballs or a cheese sandwich, tater tots, apples and green beans. Here's what we learned:

#### *How much food was thrown away?*

- About 30% of kids ate their whole entrée, the main part of the meal, but the same number threw out the entire entrée. The rest of the students threw out between 25-75% of the entrée.
- Most students ate all of their tater tots and all students ate at least part of the side.
- All students took an apple and ate at least half but most did not finish their apple.
- No students chose the vegetable.
- Half of the students observed chose chocolate milk, 30% chose strawberry, and 5% chose white milk. Almost all students finished at least 75% of their milk.

#### *What do kids think of lunch?*

About 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 (e.g. meatballs are cold).
- Cooking the food at the school instead of packaged food would be more like food from home.
- Some students want more time to eat and feel rushed.
- Kids want more variety/choices.
- More fruits and vegetables.



#### **What can we do to make school food better?**

##### *Parents:*

- Call **Ms. Harrell**, your Parent Liaison, at **235-2820** 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 #2:*

- 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.

