

## Healthy School Meals in the RCSD

**John James Audubon School #33**



## 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 #33 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 pizza, sunbutter and jelly or tuna sandwich, banana or fruit cup and carrots. Here's what we learned:

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

- Almost all students chose pizza, 2 students chose the sunbutter and jelly sandwich, and one chose tuna. 83% of students finished their entire entrée, the main part of the meal and 3 students threw it all away.
- 31 students took a banana and 3 students chose a fruit cup. About half finished all of their fruit but 16% threw away half or more.
- 70% of kids also selected the vegetable but almost half threw out the entire serving and less than 10% ate all of the carrots.
- More than half of kids finished their milk but ten students threw away most or all of their milk. Eight students did not select milk at all.

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

Almost 90% of kids said that they liked their lunches that day but had thoughts on how school lunch could be better. Here is what they told us:

- Food preparation—food is often over or undercooked.
- Seasoning and sauces —several noted wanting to add flavor to the food.
- Kids want more variety/choices.
- Some students indicated that portion sizes were too small.



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

##### *Parents:*

- Call **Ms. Peoples**, your Parent Liaison, at **482-9290** 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 #33:*

- 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.

