Annual Nutrition Policy Update To Prevent Childhood Obesity

April 23, 2009

Outline

- Background – Comprehensive Nutrition Policies to reduce Childhood Obesity
- Continuation of Nutrition Policies
- Menu Quality & Nutritional Content
- Integration of Nutrition into Curriculum
- Nutrition Policy Executive Committee Update
- Summary and Questions

Nutrition Policies

- All menus meet Board Motion directives – done
- Menus for 09-10 and beyond will remain nutrient standard focused currently implemented
- Content among the best in the Nation
  - No Fryers – Fried Foods
  - 0 Trans Fat Added
  - Lower in Sodium
  - Low in Sugar
  - High in Fiber
  - 51% Whole Wheat or Grains
    - Member of the Whole Grain Council

Background – Nutrition Policies

Update and Revise Goals for Increasing Participation

Past two years over 9 million more meals served: equates to over 25,000 more students participating each day than 06-07 school year

Primary Goals:

- To establish specific nutrient standards and portion sizes outside the Federal School Meals Program – **done**
- To provide a vegetarian option served daily in the cafeteria – **done**
- To increase variety, visibility and accessibility of fresh fruit & vegetables at schools – **doubled in 08-09**
- Soy Milk - available upon parent approval, and Lactose Free milk available as daily choice – **done**
- To offer second chance breakfast at all schools within 2 years – **408 current and 251 remain**
- To improve nutrition education and engage cafeterias as a place of learning – **ongoing**
- To develop a Food Service outreach plan to facilitate regular community input and participation – **Improvement Committee, Parent Meetings**

Background – Nutrition Policies

Primary Goals:

- Develop a comprehensive program to market cafeteria meals to students – **ongoing**
  - New Website Design & Launch, Student Focus Groups, Poster & Materials, 5 Star Meal Concept, Chef Signature Series

  Customer service expectations – **ongoing** surveys for both students and faculty; developing a student feedback phone number and customer service training

- Integrate Cafeteria Point of Sale (POS) system to gather data regarding type of entrees selected – **In Process; expected to have 250 sites completed in 2009-10**
- Modernization of secondary school serving areas, plus improved seating – **ongoing ; completed 49, total of 64 by June 2009 and all others under Measure Q**
- Meet State SB 12 and SB 965 Nutrition Standards – **done**
- Meet Federal – Foods of Minimal Nutritional Value – **done**

Background – Nutrition Policies

- Nutrition Education Resources
  - Tools
    - Lesson Plans as a resource
    - Marketing Signage/Posters
- Healthy Lifestyle- Energy & Fitness
  - Partnering—Culinary Arts, Construction Management, Adult Education, Health Services, Nursing, Parent Centers
- Incorporate Network for a Healthy California –LAUSD materials across the District

Menu Quality & Nutritional Content

Led to an increase of over 9 million meals in the last 24 months

- 25,000 more students participate per day – 360 school days
- Market Research & Student Focus Groups to incorporate student feedback
  - For March 2009, 410 Students have participated in focus groups
  - April 16th Dorsey HS

Requires Support:

- Board & Administration
- Local, State & National Advocates

Ongoing development of Board Policies:

- Leftover Foods Procedure
- Alternate Meal & Charge Procedure
- Revise Food borne Illness/Recall Policy
- Update Existing Donated Food Policy
- Official Meal Program

Access to Meals

- Inadequate time to eat…
  - Tool Box to assist schools to achieve 20 minutes for last child in line to eat
    - School Based Plan
    - Food Services
    - Employee Relations
    - Secondary Education
- Fully staffed schools
- Increasing access at secondary – Modernization

Nutrition Policy Executive Committee

- Committee Members include:
  - Dave Holmquist, Chief Operating Officer
  - Judy Elliott, Chief Academic Officer
  - Megan Reilly, Chief Financial Officer
    - Representative Jeanne Marmalefsky
  - Michael Eugene, Business Services Manager
  - Earl Perkins, Assistant Superintendent School Operations
  - Michelle King, Superintendent, LD 3
    - Lainey Rogers, Operations Coordinator LD 3
  - Marlene Canter, Board Member
    - Representative Andrea Giancoli
  - Wayne Scott Moore, Director School Operations
  - Cheri Thomas, Coordinated School Health Facilitator

Nutrition Policy Executive Committee

- First meeting was held March 3, 2009
- Second meeting was held April 2, 2009
- The Committee meets on a monthly basis to strategize:
  - Compliance with policies
  - Educating our School Communities
  - ASB Fundraising Activities
  - Business Services Economy of Scale Purchasing

Nutrition Policy Executive Committee: Educating our School Communities

- Reviewed policy violations as recently reported by Food Services
  - Food Services to make monthly reports to LD Superintendents/Operations Coordinators to follow-up with schools in question

- Develop a quick guide checklist on compliant foods and beverages
  - *Add checklist to the Coordinated Safe & Healthy School Plan*
  - Include this information in the Parent Student Handbook and the Principals' Handbook

Nutrition Policy Executive Committee: Educating our School Communities

- Sent letter "**STATE & DISTRICT NUTRITION POLICIES - SCHOOL SITE COMPLIANCE**" to all Principals, Cafeteria Managers, and Financial Mangers
  - Develop letter into Memorandum
  - Add responsibility to the *Administrators' Certification Form*
  - *Add Memo to the Coordinated Safe & Healthy School Plan*
  - Include this information in the Parent Student Handbook and the Principals' Handbook

Nutrition Policy Executive Committee: ASB Fundraising

- Reviewed combined statement of operations from July 1, 2007 to June 30, 2008
  - Income Activities: actual student earnings
  - Activity Expenses: actual costs of student activities

Nutrition Policy Executive Committee: Business Services Economy of Scale Purchasing

- Centralize purchasing e.g.:
  - Senior Package : ring/gown/year book/entertainment.
  - Standard School Uniform Purchases

Summary & Questions

- *Enforce access to meals*
- *Review necessary meal periods with site based decision makers to meet 20 minute compliance*
- *Mandate Nutrition Education in the classroom curriculum*
- *Align food raising opportunities with policies*