

School Food Renaissance...

7. STAFFING INVESTMENT

- We've added an Executive Chef to our Nutrition team.
- Provide staff with additional training in Culinary Arts, time management and food safety.
- Develop new job descriptions to better reflect staff job duties along with a plan to develop career pathways and compensation plans.
- Invest in the look of staff by outfitting them in chef coats to better convey to stakeholders their professional status.

8. COMMUNICATION PLAN

- It's time to get the word out about our commitment to improving the food we serve our students!
- Seek input from students, parents, staff and other community members.

Additional Healthy Eating Initiatives:

- ◆ Colorado Harvest of the Month
- ◆ Fresh Fruit & Vegetable Program
- ◆ School Garden Projects
- ◆ Farm-To-School Program
- ◆ Fuel Up to Play 60

Find out more information about these programs head to the Nutrition page at:
www.greeleyschools.org

"Fueling the Future of Our Students"



**Weld County School District 6
Nutrition Services**

**Comments/Questions?
Want to get involved?**

Please Feel Free To Contact Us:

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Para obtener una versión en español, visita:

www.greeleyschools.org/departments/nutrition bajo de
"School Food Renaissance (en español)"

SCHOOL FOOD

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Changing the Way we Fuel District 6 Students

WELD COUNTY SCHOOL D6

Nutrition Services

SCHOOL FOOD

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**SCHOOL
MEAL
IMPROVEMENT
PLAN**

District 6 School Meal Improvement Plan— “School Food Renaissance”



Have you ever wished the school meal programs offered higher quality, more nutritious food? Have you ever been concerned about the rising obesity rates among America’s

youth? The team of District 6 Nutrition professionals shares both your dreams and concerns about improving the nutrition program and helping students develop lifelong healthy lifestyle habits.

The Nutrition Services Department has set their sights on improving the nutritional quality of school meals.

We’re calling this effort “**School Food Renaissance.**” It’s a return to our roots of offering freshly-prepared meals made by our own staff.

Years ago most school meals were prepared from scratch using raw, whole ingredients. Over the years, it became popular to rely on processed, pre-cooked foods. But along with these foods came increased amounts of sodium, artificial flavorings, colors and preservatives, and ingredient lists a mile long!

It’s time for a renaissance: to return to our roots and once again utilize good, wholesome ingredients to prepare our meals for students. So here’s the plan:

STEPS TO BETTER FOOD

1. RETURN TO SCRATCH COOKING— Eliminate Highly-Processed Foods

During the 2010-2011 school year only 18% of our entrées are being prepared from scratch. 100% of entrées will be prepared from scratch/speed scratch during the 2011-2012 school year.

- Produce all main entrées from scratch in a central production kitchen for distribution to individual serving sites.
- Invest in a central production facility using existing warehouse space.
- Eliminate highly-processed food from all D6 menus by January 2013.

2. IMPROVE INGREDIENTS

- To craft the perfect entrées, every effort will be made to use raw ingredients that are natural or whole.

- Free school meals of highly processed foods, artificial dyes and preservatives, hydrogenated oils, added sugars or artificial sugars, growth hormones and antibiotics.

3. SIMPLIFY MENU CYCLE

- The current menus will be simplified so time and effort can be focused on fewer items in order to improve overall quality and offer food that’s not only good for the body, but also tastes great.
- Lunch Entrée Choices: 2 at Elementary, 3 at Middle Schools, 4 at High Schools.

- **Childhood obesity has more than tripled in the past 30 years.**
- **The prevalence of obesity among adolescents ages 12 to 19 years increased from 5.0% to 18.1%**
- **The prevalence of obesity among children aged 6 to 11 years increased from 6.5% in 1980 to 19.6% in 2008.**

(Data from Centers for Disease Control)

4. FOCUS ON FRESH

- Each school will be equipped with at least one salad bar so students can customize their meals with foods they enjoy.
- Salad bars will offer local produce when possible.



5. FLAVORED MILK

- District 6 students consume **18 tons of added sugar** just from drinking chocolate milk each year! Milk offers great nutritional benefits, but flavored milk, we feel, should be offered in moderation.
 - Chocolate milk will be offered at lunch time for elementary students two or three times per week during the 2011-2012 school year. This restriction will expand to the secondary schools during later years.
- ### 6. INCREASE BREAKFAST PARTICIPATION
- Eating breakfast is known to increase a child’s capacity to learn, decrease behavior problems and decrease visits to the school nurse.
 - The Nutrition Services Department will seek to increase student opportunity to eat breakfast through expanding school breakfast programs.