



**Lunch Lessons: Writing & Implementing Great
Wellness Policies**

Ann Cooper, Founder Chef Ann Foundation



**Hungry Children Can't Learn
Malnourished Children Can't Think**

We Must Do Better!

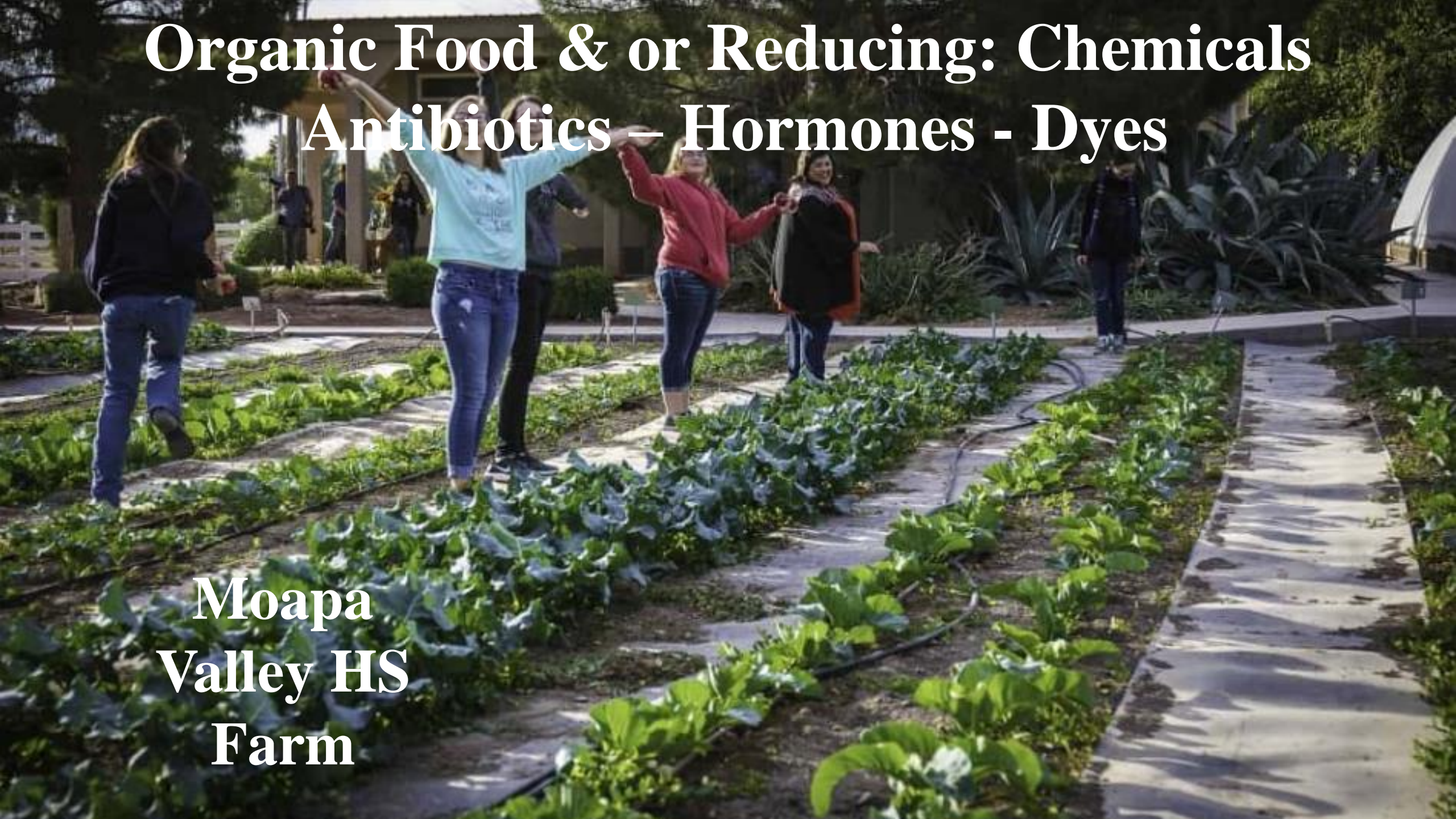




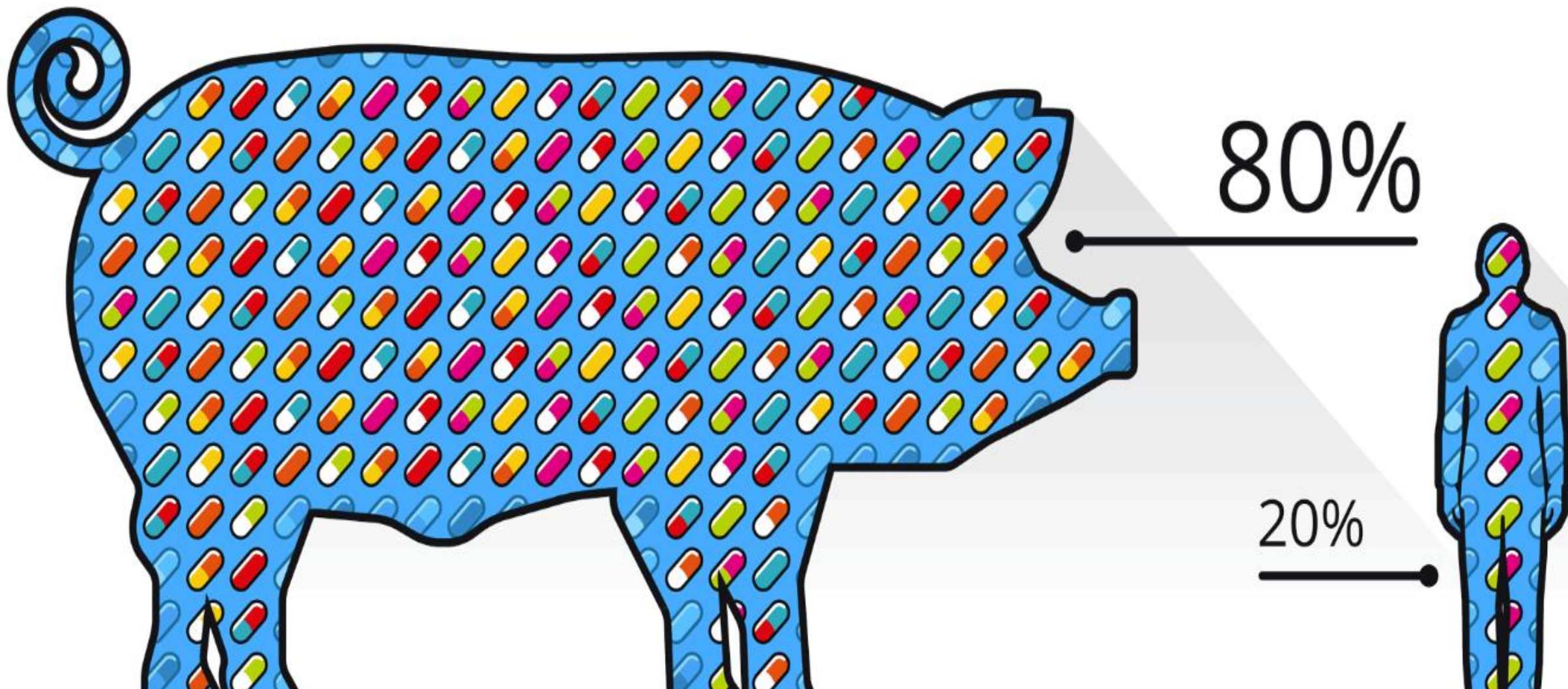
Buying Locally Grown Food - Food with a FACE and PLACE

Organic Food & or Reducing: Chemicals Antibiotics – Hormones - Dyes

Moapa
Valley HS
Farm



Animals in factory farming are prone to illness.
This is the reason why 80% of all antibiotics prescribed in the States
are consumed by farm animals and only 20% by humans.



Link Nutrition Education, Food Served in Schools, Physical Activity, Academic Achievement



Recognize Connection: Healthy Eating, Active Living, Student's Ability to Learn - Academic, Intellectual, Emotional, Physical, Abilities





**Recognize Critical Role of Family & School Staff
in Nurturing Healthy Self-esteem**

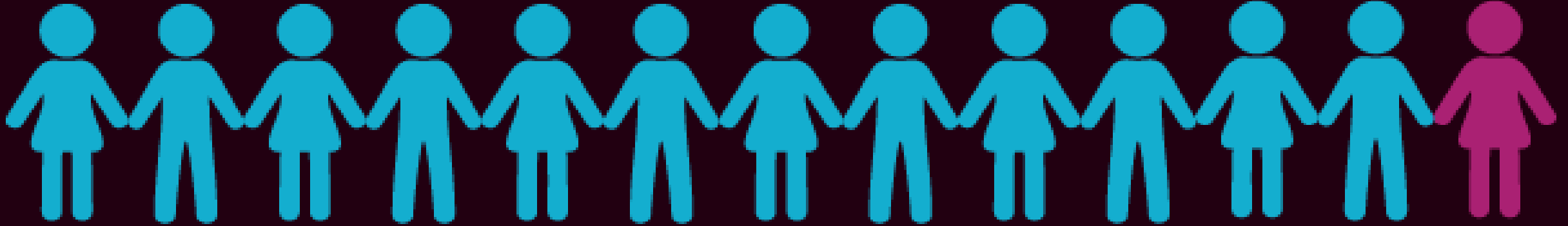
Model and Actively Practice Through Policy and Procedures the Promotion of Family Health, Physical Activity, and Good Nutrition



Sharing & Enjoying Food is a Fundamental Experience: Nurturing, Celebrating Diversity



Real Food Can Reduce & Eliminate: Allergies – Asthma – ADHD - Autism



1 in **13**

U.S. kids has
food allergies



Reduce & Eliminate Added Sugar



Eliminate ALL Advertising

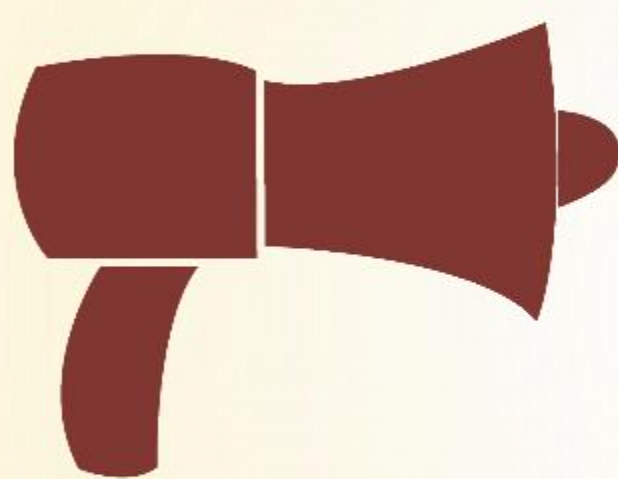
In 2012

\$4.6 Billion

was spent to
ADVERTISE

FAST FOOD

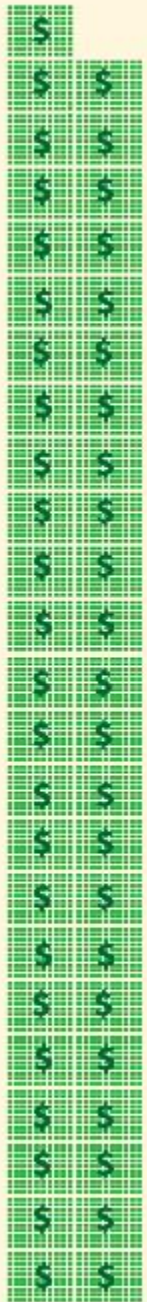
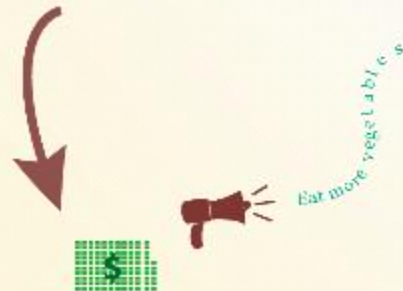
for Non-Nutrient Food



Fried Chicken Eat
TASTY Eat
Chicken Fingers EAT
Delicious
Fun EAT!
Late Night Eat
Salty Eat
Tacos BISCUTTS
French Fries Eat
Bacon Cheddar Burger
Milkshake Snack
Burgers Eat
Cheesy Eat
Tator Tots Eat
Curly Fries
Treat yourself Eat
EAT Eat
Chicken Nuggets
Exciting



\$116 million was spent to advertise
FRUITS and VEGETABLES



■ = \$1,000,000

Eliminate Waste & Hunger



At consumer level
20% of food
is being wasted
which can be
avoided completely

A child dies
every
5 seconds
because of
HUNGER



DON'T WASTE FOOD

Value Your
Meal



A photograph of three young children of diverse backgrounds standing outdoors. The child on the left is a young girl with long brown hair, looking upwards with a serious expression. The child in the middle is a young boy with short dark hair, wearing an orange tank top, also looking upwards. The child on the right is a young girl with dark skin and braided hair, wearing a light-colored patterned shirt, looking to the right with a slight smile. They are all holding a large, rectangular piece of brown cardboard. The background shows a park-like setting with green trees and a stone wall on the right.

**Ensure Every Child Has Access to
Healthy Food in School**

Please Help

Reduce & Eliminate ala Carte! Focus on Healthy Reimbursable Meals!



**All Food Cooked With a Priority on Both
Healthfulness and Deliciousness**





Promote Scratch-Cooked Meals: Fresh Fruits & Vegetables, Whole Grains, Clean Proteins



Support a Regional Food System: Ecologically Sound, Economically Viable, Socially Responsible



**Procurement
Priorities:
Local Economies,
Environmental
Sustainability,
Valued Workforce,
Animal Welfare,
Nutrition, Value-
Chain Equity and
Innovation**



**Eliminate Food
Additives, Colorings,
Dyes, HFCS, GMOs,
Pesticides, Herbicides,
Hormones,
Antibiotics, Refined
Sugar, Brominated
Flour and Artificial
Sweeteners**



**FOOD
CORPS**

**Eating Experiences & School Gardens Should be
Integrated into the Academic Curriculum**

Scratch Cooking is the Centerpiece of Sustainable School Lunch Programs



USDA \$35M in School Grants \$1,035M is Needed

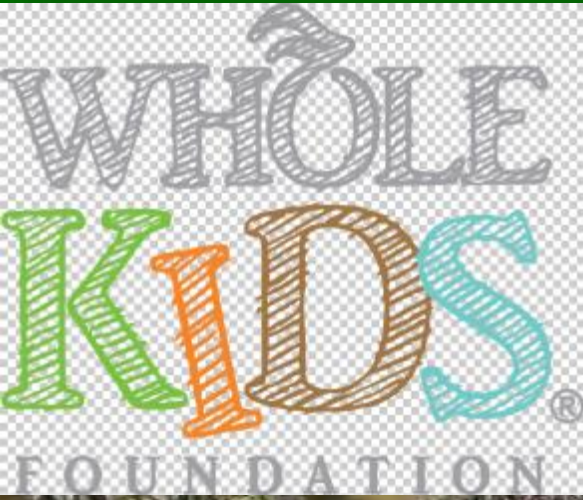


**USDA
Trainings:
Professional
Certification
Culinary Skills
& Uniforms**

Marketing & Education: Cooking Classes & Iron Chef Competitions

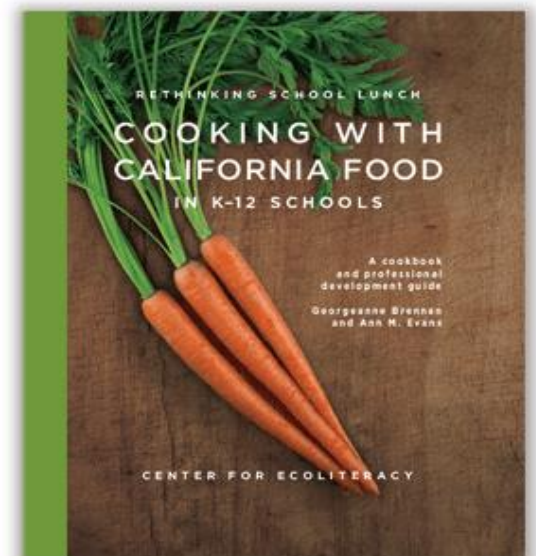
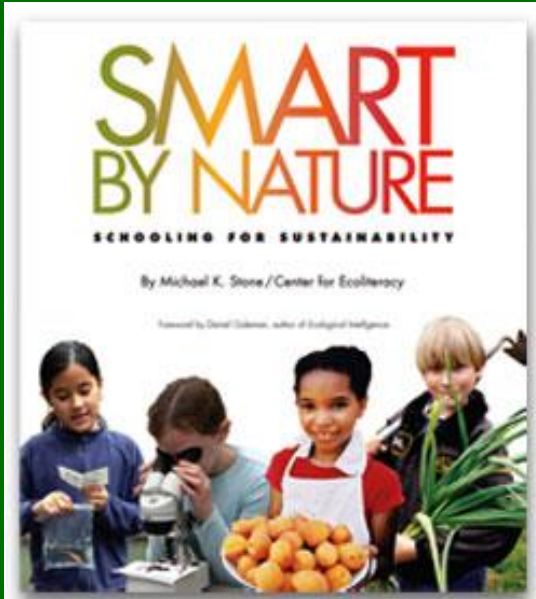


Gardens as Classrooms



Teaching Students Where Their Food Comes From

Food Literacy: School Garden – Cooking – Ag & Environmental Curriculums



Collaborating Classrooms - MyGarden



About MyGarden Lesson Plans

About

Get to know BVSD School Food Project's programs and events



Farm Field Trips

BVSD students visit working farms and learn more about farm operations, where their food comes from, and how the produce is grown.



Rainbow Days

There is a fully stocked, colorful, endless salad bar available to BVSD students at each school every day. On Rainbow Days, students learn about the benefits of eating healthy fruits and vegetables, and those who make a rainbow at the salad bar are rewarded with "I Made a Rainbow at the Salad Bar Today" stickers and wear them with pride.



Locally Grown

The School Food Project teams up with local farmers each month to give kids a taste of fresh, locally grown fruits and vegetables. Look for our farmer partners at Colorado Proud School Meal Day, Market Day, and A Taste of BVSD.



Bag Program

BVSD's No Student Hungry program provides food to select group at our highest need schools in order to extend healthy eating and nutrition education beyond the school day. At the end of each week, the School Food Project provides reusable bags with shelf-stable, whole, unprocessed, fresh food and locally harvested produce to families for use during times when schools are closed, such as weekends and holiday breaks.



farmer
ERIC SKOKAN
{Black Cat Farm}

“When I tell people I am a farmer, their reponse tells me how special my work is to everyone. Grow, eat and love your food! ”



KIRSTEN BOYER

Educating Students: Harvest of the Month Cards



Boulder Valley School District
Excellence and Equity

COURTESY OF
Boulder Valley School District



Healthy Kids Meal Wheel – Plant Forward Menus



Plant Forward Menus



**Chickpea Masala: Replacing Beef with Chickpeas
Saves 270 Gallons of Water Per School Lunch**

Universal Breakfast In the Classroom



Senate Bill 503 Breakfast After The Bell

Factsheet 2015-04

FAQs

Frequently Asked Questions

Senate Bill 503

Breakfast After The Bell



Meals Served to Students Shall be Attractively Presented in a Pleasant Environment with Sufficient Time for Eating & Socialization at the Table



**School Finance: School Lunch 30 M
Lunches/ Day - \$12.5B per Year!**

Milken Institute: Diet Related Illness: \$1.4 Trillion / Year!

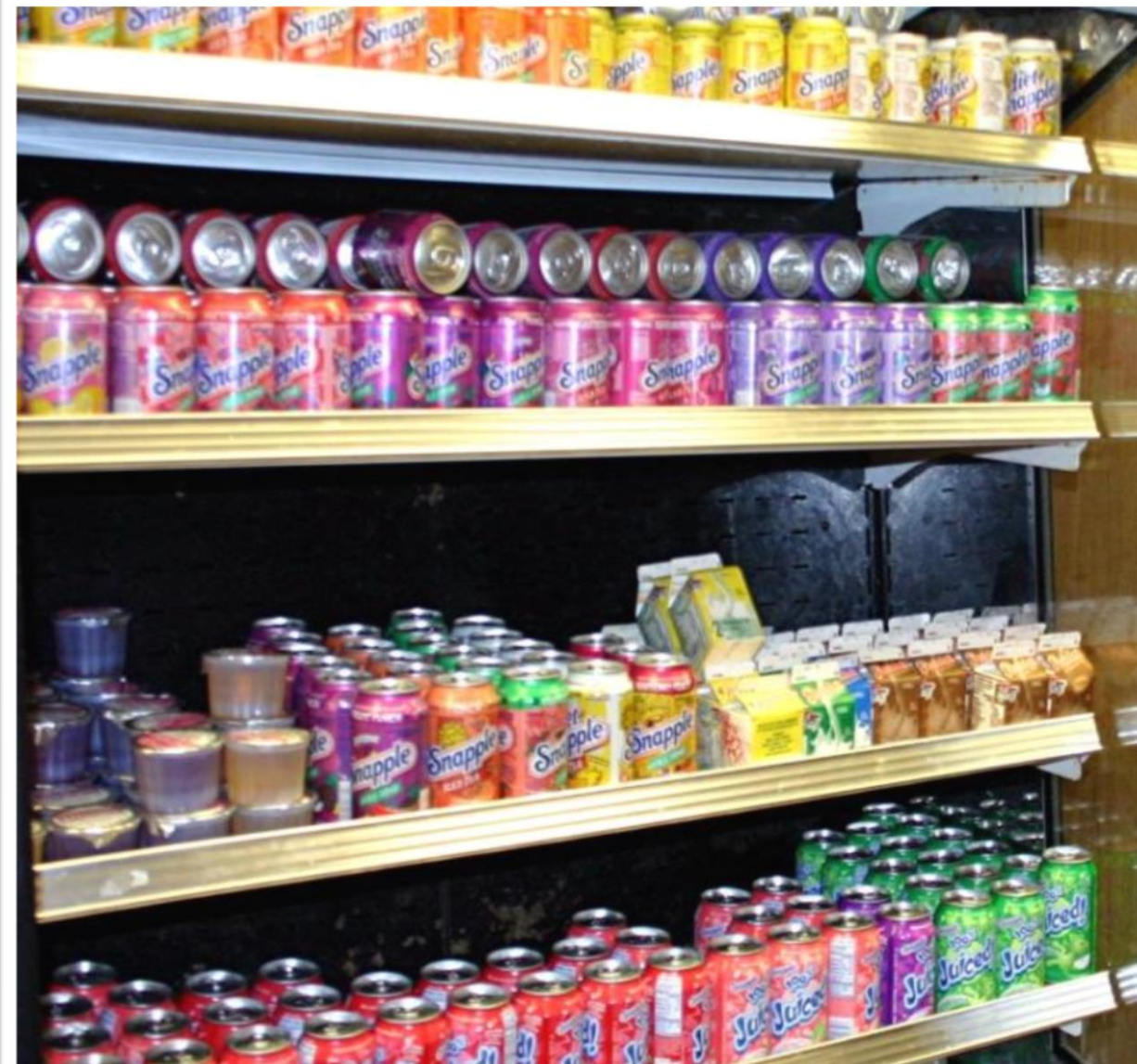


12 Dimes For Our Kid's Food & Future

Federal & State Reimbursement Rates Should Be
Increased – Nutritional Guidelines Must Not Be
Rolled Back!



Do One Thing: Enforce Strict USDA Smart Snack Guidelines on Competitive Foods!



Do One Thing: Healthy Vending



Do One Thing: No High Fructose Corn Syrup!





Do One Thing: NO Fried Foods!

Do One Thing: NO Refined Sugars





Do One Thing: Healthy USDA Foods!

Do One Thing: NO Refined Flours!



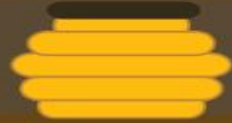
What Local Food Means To Me

Do One Thing: NO Soda, Candy or Chips!

APPLES



HONEY



ZUCCHINI



Do One Thing: NO Antibiotics or Hormones!



Do One Thing: Healthy Cold Milk!



PASSOVER AND EASTER
Elementary MENU ADDITIONS
and Saturdays

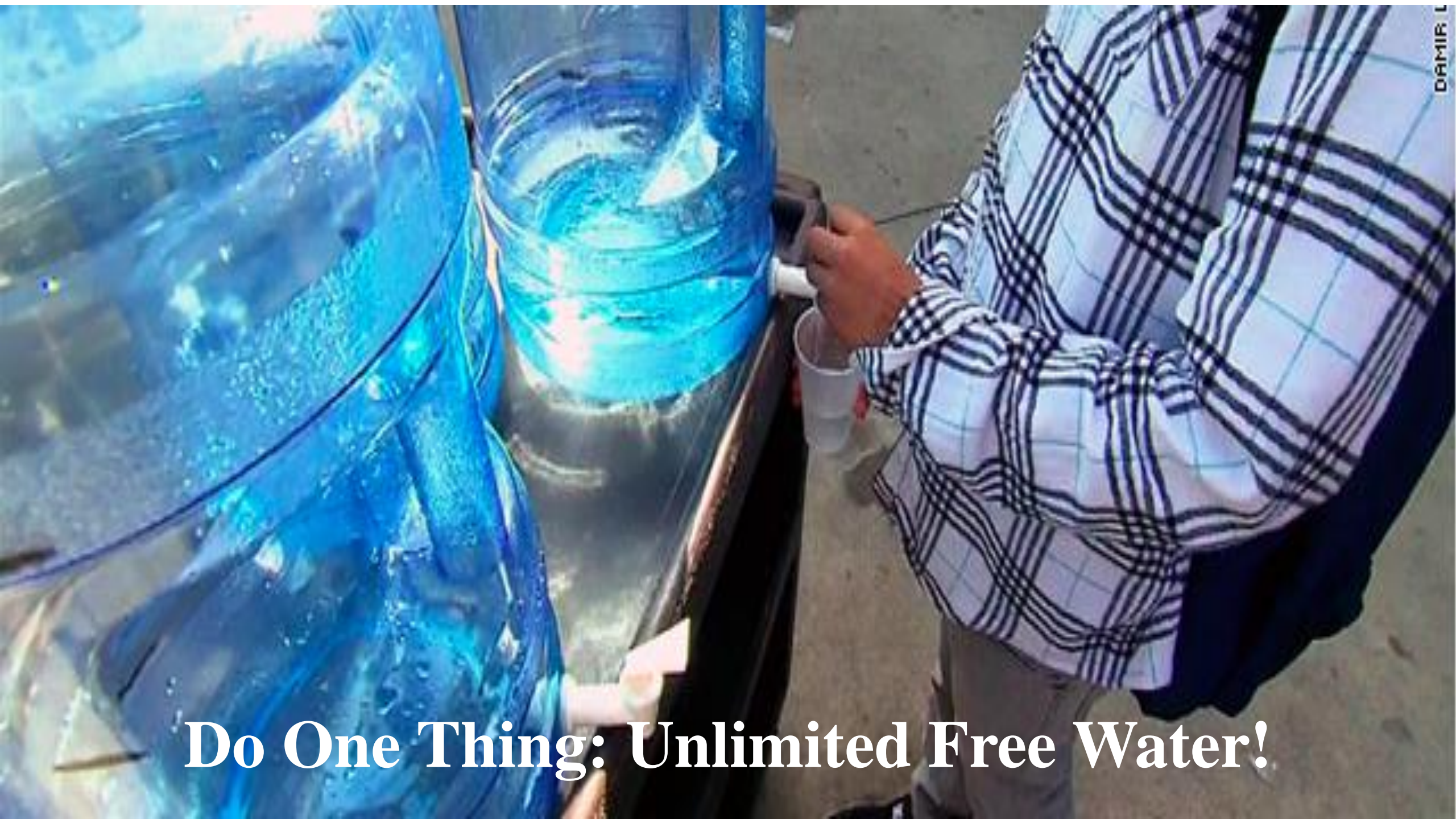
Tues. 4:10	Chicken Wings
Wed. 4:20	Milky available with Chicken Pot Pie
Thur. 4:25	Rice, Tortilla, or Muffin with Salad Bar
Fri. 4:30	Milky available with Chicken
Fri. 4:35	Hot Sandwiches
Wed. 4:05	Rice, Tortilla, or Muffin with Salad Bar

Do One Thing: Family Style Meals For Pre-K



Do One Thing: Weekend Bags of Food Sent Home for Food Insecure Families!





DAMIR L

Do One Thing: Unlimited Free Water!

Do One Thing: Composting, Recycling & Waste Reduction



Do One Thing: Reusable Dishes Glasses & Silverware!



Do One Thing: Goolsby & Lyon Greenhouse & Hydroponics





Do One Thing: Build Gardens!



**Do One
Thing:
Harvest
Tastings!**

HEALTHY BODIES = HEALTHY MINDS

**Fuel Your
Child's Success**



Boulder Valley School District
Ensuring Equal Opportunity

BUY SCHOOL LUNCH
bvsd.org/food



MASTERCRAFT



53303

**Do One Thing: Food Service
Delivery Trucks for Marketing**

Do One Thing: Farm to School Education



OLLIN
FARMS

WHAT LOCAL FOOD MEANS TO ME



Do One Thing: Engage Students in Art Contests!



flavorful



nutritious



eco-friendly

*What Local
Food Means
To Me*



organic



affordable



seasonal



sustainable



fresh





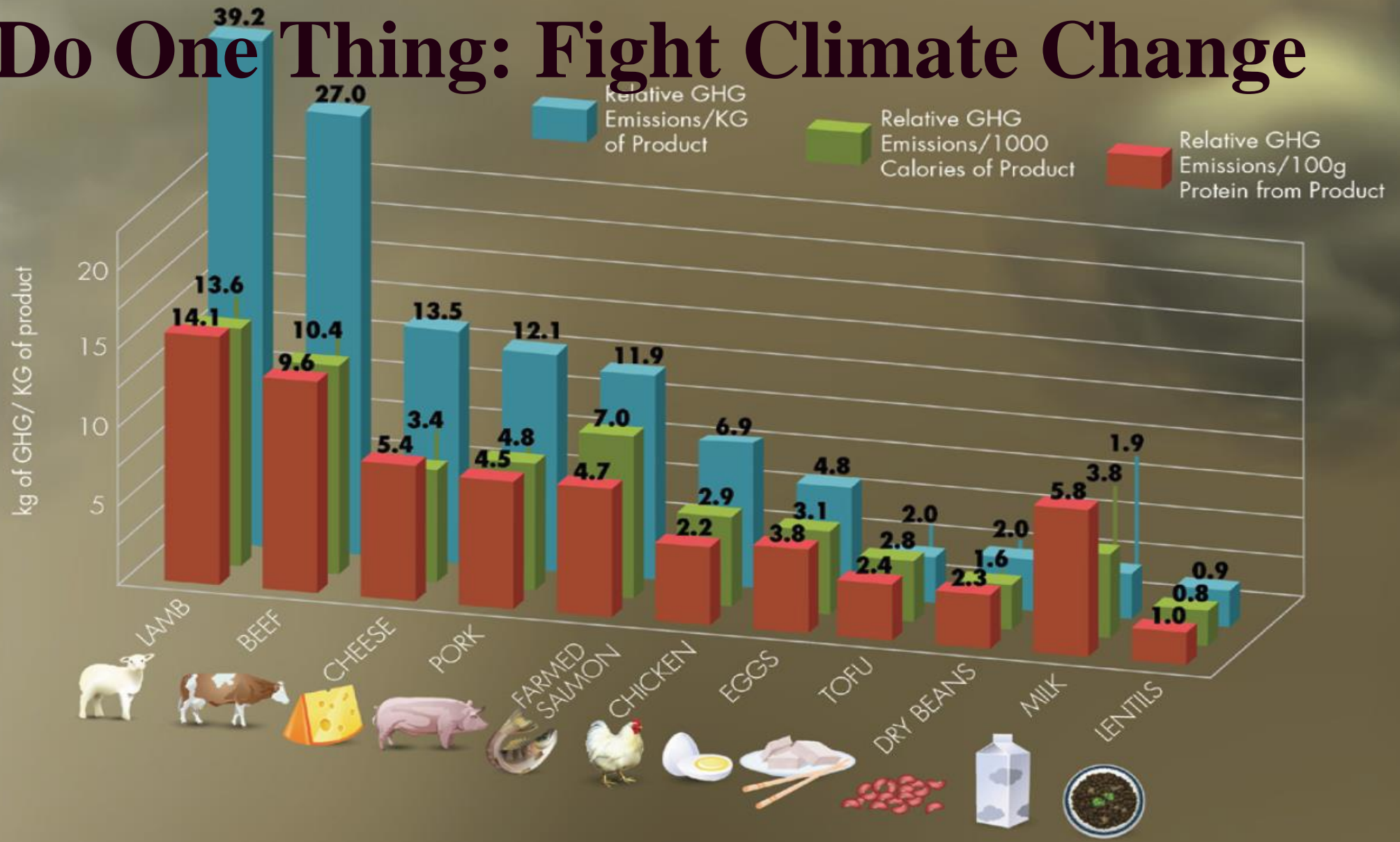
Do One Thing: HOTM Tastings!

Do One Thing: Fresh Fruit & Veggie Tastings!



RELATIVE GREENHOUSE-GAS EMISSIONS ASSOCIATED WITH SEVERAL COMMON PROTEIN SOURCES

Do One Thing: Fight Climate Change





Do One Thing: Salad Bars in Every School



Do One Thing: Menu Tastings!



Do One Thing: Whole Grains at Every Meal!

TAKE WHAT YOU TAKE.
AT LEAST:
1/2 cup
1/2 cup

Do One Thing: Plant Forward Menus:
Polenta w/ Roasted Vegetables



Do One Thing: Recess Before Lunch!



Do One Thing! Marketing Using Social Media

 **BVSD**
food truck



Do One
Thing:

COLORADO SEASONAL FOOD CALENDAR





Boulder Valley School District
Excellence and Equity

MEALS

PROGRAMS

FOOD TRUCK

CATERING

About Us

FAQ

Employees

GET
Involved

newsletter
SIGN-UP

SUPPORT

Do One Thing: Websites

WE BELIEVE

*that all children of the
Boulder Valley School District*

WILL HAVE DAILY ACCESS TO FRESH FLAVORFUL
AND NUTRITIOUS FOOD MADE WITH WHOLESOME
AND WHEN POSSIBLE, LOCAL INGREDIENTS,

SO THAT EVERY CHILD
MAY THRIVE.



**BVSD MEAL
ACCOUNT**



**WHAT'S FOR
LUNCH TODAY?**



**BVSD
CATERING**



**WHAT'S
HAPPENING**

The 5 Meal Components

You pick at least 3!



Full Meal - Hot

- Vegetable or salad
- Fruit
- Milk
- Grain or bread
- Meat or meat alternate



Full Meal - Salad

No

Why?

Yes



Fruit or vegetable portion is not 1/2 cup.



No fruit or vegetable selected.



No fruit or vegetable selected.



Healthy portions, but needs a meat or meat alternate, grain or milk.



REMEMBER: 1 of your picks must be at least 1/2 cup of fruit or vegetable.



NCSD
Healthy
School
Lunch



Do One Thing: Healthy Complete Meals!



Do One Thing: Universal Breakfast After the Bell

**Do One
Thing:
Support
Local Family
Farms –
Farmer’s
Markets &
the Farm Bill!**





1 SERVING
1 cup of fresh fruit or
100% fruit juice
or ½ cup dried fruit

1-2 cups



1oz SERVING
1 slice of bread, 1 cup
breakfast cereal, or
½ cup cooked rice,
cereal or pasta

3-7 oz



1 SERVING
1 cup of milk or
yogurt, 1½ oz
natural cheese
or 2 oz of
processed
cheese.

2-3 cups



1 SERVING
1 cup of cooked or
raw vegetables or
vegetable juice or
2 cups raw
leafy greens

1-2 cups



1 SERVING
1 oz lean meat,
poultry or fish, 1 egg,
1 tbsp peanut butter,
¼ cup cooked beans,
or ½ oz of nuts
or seeds

2-6 oz

Keep School Food Healthy!

♥ DONATE

The Lunch Box • School Food Institute

Search...



ABOUT

PROGRAMS &
GRANTS

NEWS &
MEDIA

GET
INVOLVED

FOR PARENTS

CONTACT

Changing the way we feed our kids.



www.chefannfoundation.org

ABOUT

PROGRAMS

RECIPES &
MENUS



PROCUREMENT

MANAGEMENT

MARKETING

Tools for school food change

Delicious Kid-Approved Recipes

FREE TO DOWNLOAD
over 200 healthy
USDA compliant,
school-tested recipes

www.thelunchbox.org

SEARCH RECIPES



Training Videos >



Breakfast >



Grant Opportunities >



Management Tools >



WHY
support salad bars

GET
a salad bar in your school.

DONATE
to the program

ABOUT US

THE MIX
news, tips, & stories

OUR SPONSORS

Search the Site



Salad Bars
+
Schools
=

**More Fruits & Vegetables
For Children**

\$14,253,369
RAISED SO FAR

338
SCHOOLS WAITING
FOR A SALAD BAR

2723500
KIDS SERVED

5,447
SALAD BARS
GRANTED

www.saladbars2schools.org

We donate salad bars to schools so that every child across our nation has daily access to fresh fruits and vegetables.



**GET A SALAD BAR
IN YOUR SCHOOL**

SEARCH BELOW OR [LEARN MORE](#)



HOME

ABOUT ▾

COURSES ▾

MY ACCOUNT ▾

A Fresh Approach to Education

www.schoolfoodinstitute.org

A Fresh Approach to Education

SCHOOL
FOOD
INSTITUTE



Salad Bars in Schools



School Food Procurement



Recipes and Menu Development



Ingredients for Healthier Kids



Plant Forward



Sustainable Lunchrooms

It Should Be a Birthright in Our Country: Every Child Has Healthy Delicious Food in School

[DONATE](#) [The Lunch Box](#) • [The Lunch Line](#)

[ABOUT](#) [PROGRAMS](#) [NEWS & MEDIA](#) **CHEF ANN FOUNDATION** [GET INVOLVED](#) [FOR PARENTS](#) [CONTACT](#)

Changing the way we feed our kids.

The Lunch Box

ALL NEW with more recipes, tools, resources, and support for school districts

[LEARN MORE](#)

The image shows a close-up of a burrito filled with shredded purple cabbage, shredded chicken, and a white sauce, with a bowl of shredded carrots and cabbage in the background.