

District 15

Healthy School Food Alliance Pilot

Change a child's diet, and you can change their world.

COMPARING THE MENUS

| Regular Menu | Alternative Menu |
|---|--|
| Pizza Fridays | Pizza Fridays |
| Popcorn Chicken (nuggets) | Spinach and Cheese Quesadillas |
| Beef Burgers | Turkey Burgers |
| Fried Fish and Cheese Sandwiches | Hot Sliced Turkey |
| Beef Tacos in Tostidos Bowls | Zucchini parm |
| French Fries | Sweet Potato or Seasoned Wedges |
| Fried Chicken and Waffles | Chickpea tagine |
| Beef Patties | Chicken Dumplings |

Who Uses the Alternative Menu

- ❖ In D15, there are 40+ standalone schools
- ❖ 14 schools use the alternative menu
 - 5 of them are WTS schools
- ❖ 141 schools citywide use the alternative menu



SchoolFood
Feed your mind

MENUS

FREE LUNCH

MOBILE APP

RULES & POLICIES

PROGRAMS

OUR FOOD

ABOUT US

Nutrition
is
Priceless

LUNCH for All Students. No

WE'RE ALL ABOUT

NUTRITION

READ ABOUT SCHOOLFOOD'S NUTRIT



OUR MISSION

SchoolFood is committed to serving Delicious, Healthy, Nutritional menu choices

of students.

BREAKFAST

BREAKFAST IN THE CLASSROOM

LUNCH

AFTER SCHOOL MEALS

SATURDAY

PRE-K

LYFE

SUMMER

GARDEN TO CAFÉ

FRESH FRUIT & VEGETABLE

SALAD BARS

NEW YORK THURSDAYS



Change a Child's Diet, Change their World

Data from the Tisch Center on Food & Policy shows a combination of a healthy diet and physical activity has significant benefits for children:

- ❖ **Better grades and school performance**
- ❖ **Increase in good behavior**
- ❖ **Increase in concentration and focus**
- ❖ **Change long term health prognosis, lowering obesity, lower BMI, diabetes and heart disease**

PS 261 Apple Tasting!



D15 GOALS

- ❖ **Increase participation of D15 schools using the Alternative Menu by 20%**
- ❖ **Explore funding sources for inserting nutrition and wellness programs such as Fan4Kids and Wellness in the Schools into all D15 schools (free for Title 1 schools!)**
- ❖ **Encourage schools to adopt free nutrition/healthy eating workshops and assemblies for schools/parents/families (see handout)**
- ❖ **Work on increased messaging to kids and parents about the positive changes that can come from using this menu**
- ❖ **Encourage creation of Wellness Councils across the District with mentoring (see Handout)**

Next Steps!

Would CEC15

- ❖ **Present this idea to SLTs and Principals**
- ❖ **Sponsor and support this initiative**
- ❖ **Give us time on your February Agenda for a check-in**
- ❖ **Host a food focused Calendar Meeting in early 2019**

We Will

- ❖ **Share this information with the PTA Presidents' Council**

**Also, Please join our NYC Healthy School Food Alliance Parent Action Meeting,
Dec 4th at 9am at BP Adams' Office!**