District 15 Healthy School Food Alliance Pilot

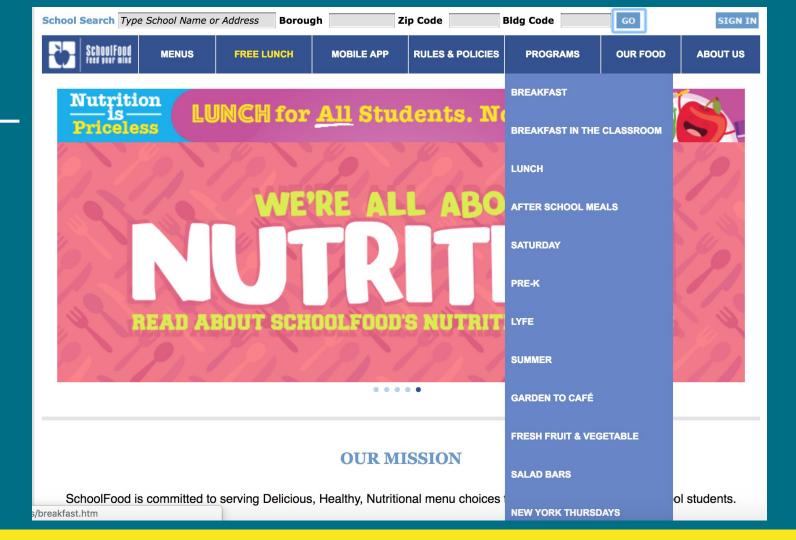
Change a child's diet, and you can change their world.

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 WITS schools
- **♦** 141 schools citywide use the alternative menu



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



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
- **\Delta** 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!