



Food Service Update

December 18th, 2017

Pam Kinne, Food Service Director

Lindsey LaDue, School Dietitian

2017-2018 Updates

- Wellness goals and progress
- Bearcat Bites & Barista
- New weekly salads/sandwiches at SHS
- After school snack program

Overall Wellness Goals: Food Service Department

- Promote proper nutrition to students with staff acting as role models
 - Promote healthy options
- Incorporate nutrition education in yearly curriculum, gain student input on school meals, and use visual and written reminders
 - Improve the wellness of the students in our district
- Increase participation in the school breakfast and lunch program

Nutrition Education- Once per year as part of health education classes or lesson plans for all grades

Outcomes:

- School dietitian offered services to all building principals and sports teams
 - 2nd grade classroom- interactive MyPlate lesson (January 2017)
 - Compiled list of reliable nutrition education resources for website

Nutrition and health posters will be displayed in the cafeteria, gyms, etc. and easily visible to students

Outcomes:

- Health and/or nutrition related posters visible to students
 - Resources from state education department sent to all buildings



Find your **balance** between food & fun!



Eat well.
Be active.
Have fun.



For your personal plan go to:
ChooseMyPlate.gov

Surveys/promotions relating to school meals meeting USDA guidelines will be completed by the FSD twice per year.

Outcomes:

- Surveys & discussion at Principal's Cabinet Meeting (December 2015)
- Smart snack samples and surveys (December 2016)
- Survey on website, promoted via posters (March 2017)
- Surveys, discussion, & interactive meal building activity at Principal's Cabinet Meeting (October 2017)

Implementation of Smarter Lunchrooms techniques to help increase student likelihood of choosing healthier options

Outcomes:

- District Dietitian completed training at Cornell
 - Presented to staff (August 2017)



*Focus on Fruit
Vary the Vegetables
Highlight the Salad
Move More White Milk*

*Boost Reimbursable Meals
Lunchroom Atmosphere
Student Involvement
School Community Involvement*



Information to be disseminated to families encouraging them to choose healthy options for their children and teach children about the benefits of good nutrition. School newsletter articles will be written by the School Dietitian twice per year with a focus on nutrition and/or food service.

Outcomes:

- School Dietitian composed articles for the Sentinel
 - Food service news, nutrition guidelines, MyPlate tips (June 2016)
 - Snack Attack- Snack Smart! (November 2016)
 - National Dairy Month (June 2017)
 - Bearcat Bites & Barista, Holiday Wellness (November 2017)
- “Bearcat Nutrition Tip” monthly- website

Fueling the Bearcat: Nutrition Tip of the Month

Happy, Healthy Holidays

Whichever way you celebrate, be sure to take time to enjoy the season and all of the joy this time of year can bring. It's okay to indulge in our favorite treats, especially on special occasions. If you love peppermint brownies (my favorite!), allow yourself to enjoy one! While it can seem difficult to keep on top of proper nutrition during the holiday season, it doesn't have to be extremely complicated. Make conscious, realistic decisions as you head into parties or other gatherings. If you're planning to indulge at the event, be sure to plan for a filling breakfast packed with protein, complex carbohydrates, and produce. For example, try an english muffin with peanut butter and banana. Remember, depriving yourself of favorite foods is never the answer to a healthy, fulfilling life. Happy Holidays and may you all savor the flavors of the season!

100% of the snacks and meals offered by the food service department will comply with USDA school nutrition and Smart Snacks guidelines. Parents and students will be notified of this using the school newsletter or website.

Outcomes:

- Compliance- meals and snacks
- Website- USDA requirements, FAQs
- “Bearcat Bites & Barista”- Smart Snack compliant

Determine the total number of students who purchase school meals (monitor yearly) with the goal of increasing participation by 10% at the end of a 3 year period.

- Goal set in March 2016
- 2014-2015 SY through 2016-2017 SY
 - Participation increased 7%

Overall Wellness Goals: Physical Education

- Students are afforded the opportunity to participate in moderate to vigorous activity for at least 60% of physical education class
- Fitness testing will take place in grades 5-12 twice a year
- All physical education classes are taught by a certified physical education teachers and they participate professional development annually
- All students K-12 receive physical education – athletic opt outs are not permitted

Wellness Committee

- Information on the wellness policy can be found on the District's web page
 - John Dippold, Pam Kinne, Karen Henry are leaders
- Interested individuals can reach out to one of the leaders above if they would like to get involved

Food Service Events

December 2015-Present

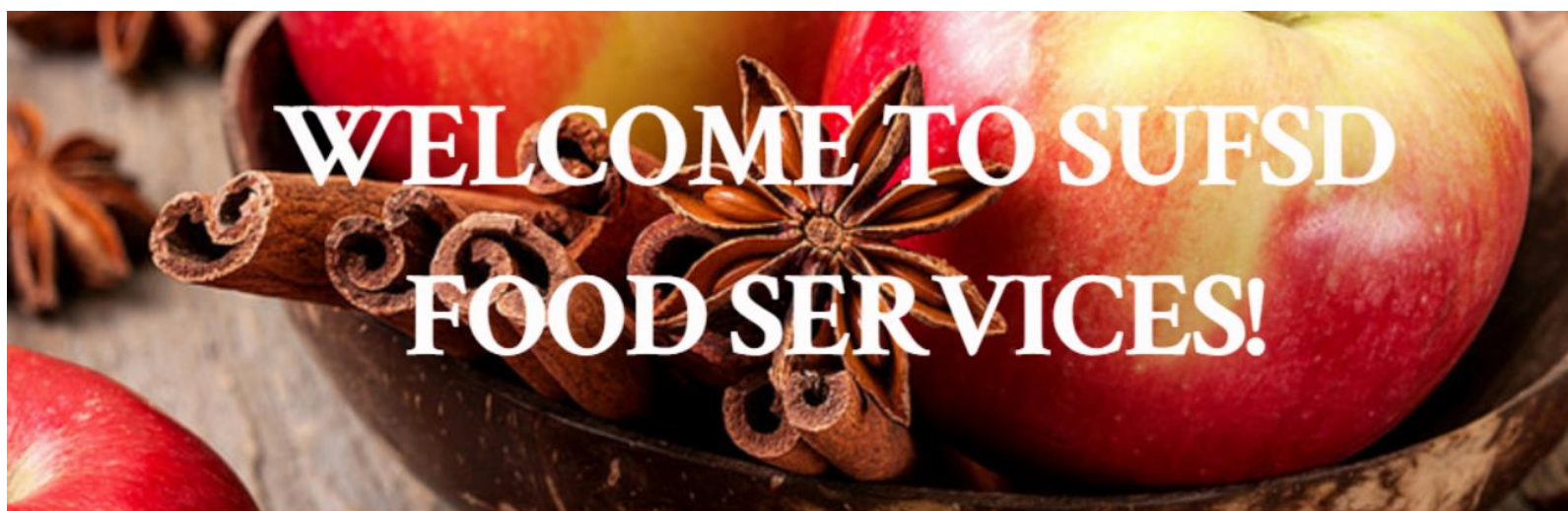
Student Taste Tests



Solvay High School

Updated Food Service Website

solvayfoodservice.weebly.com



Solvay Food Service Program Feeding the Future!

The Solvay Food Service Program is committed to the highest standards of food excellence and safety, by providing quality meals that are both nutritious and appetizing. Solvay Food Service program prides itself on offering meals that meet federal guidelines established for school meals. We believe there is a connection between nutrition and student performance. When

Solvay High School

- Bearcat Bites & Barista
 - Started September 2017
 - Coffee, smoothies, snacks
- Salad and Sandwich of the Week





Bearcat Bites & Barista



DECEMBER SPECIALS

 December 4-8

Salad: COBB SALAD w/ROLL

Features protein-packed diced chicken, crisp romaine, eggs, and tangy bleu cheese crumbles.

Sandwich: SPICY HOT TUNA SALAD

 December 11-15

Salad: BUFFALO BLUE SALAD w/Tortilla Chips

Features spicy buffalo chicken, crisp banana peppers, and tangy blue cheese crumbles

Sandwich: BOLOGNA

 December 18-22

Salad: CAESAR SALAD SUPREME w/ROLL

Features protein-packed chicken, crunchy croutons, and tangy Caesar dressing.

Sandwich: ROAST BEEF

Principal's Cabinet Meeting

October 2017

37 student survey responses

- How often
 - 75% never eat school breakfast
 - 68% eat school lunch every day
- Favorite breakfast entrée
 - French Toast
- Favorite lunch entrees
 - Tacos, Chicken (nuggets, patty, etc.), Chicken “Sundae”
- Would like to see
 - Brunch for Lunch, more strawberries, entrée salads, grilled cheese, stuffed crust pizza, ravioli, strawberry milk
- I'd be more willing to eat school meals if...
 - Larger portions, vegetarian options, variety

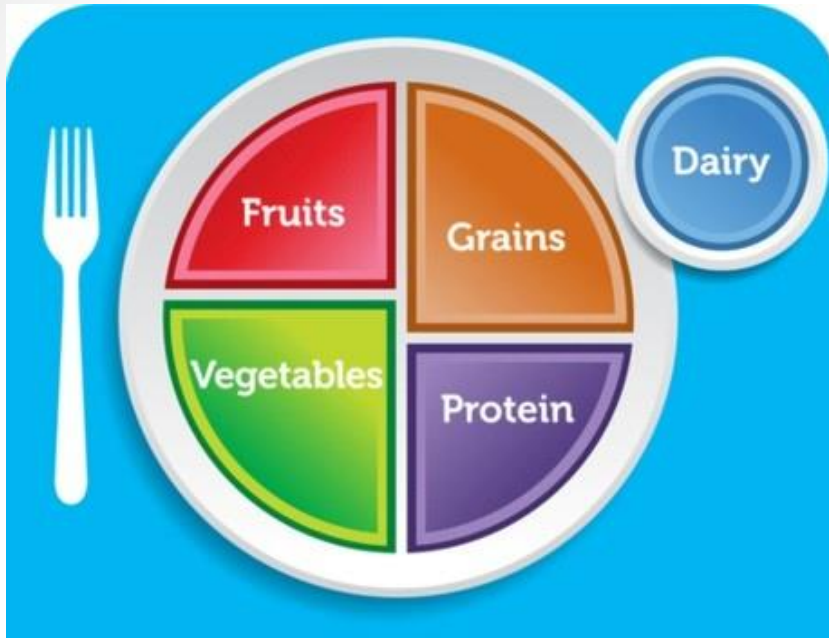
After School Snack Program

- 21st Century Grant
- SUFSD now providing snacks for after school programs
- Served 1,260 (without ELE) in November

Dietitian Responsibilities

- Staff training
- Sentinel articles
- Website updates
- Meal and snack analysis
- Carbohydrate counts
- Special dietary needs
- Allergen list
- Student survey development/analysis





Available for:

- Sports Team Presentations
- Classroom Activities
- School Wellness Days
 - Staff Wellness

Lindsey LaDue, RD, CDN
School Dietitian- OCM BOCES
LLaDue@ocmboces.org

Future Plans



- Student feedback
- Exploring new menu items and recipes
- Appeal to students with new technology
- Continue to offer high quality homemade meals

*Questions?
Thank you!*