

Healthy School Meals in the RCSD

Theodore Roosevelt School #43



Healthi Kids Coalition

The Healthi Kids Coalition is blazing a path for healthier, more active children in Rochester. Eating a healthy lunch each day will help your child focus on learning and do better in school. Join the movement to make sure your kids are getting healthy meals that have kid appeal! Give us a call or visit us online to find out how!

www.healthikids.org

585.224.3101



In December 2013, Healthi Kids and the Children's Institute worked with parents from School #43 to learn what's happening in the school cafeteria. We wanted to know if kids were happy with the food that they are served and what would make it better. Together we looked at how much food was being wasted and thrown away and we talked to kids about what they like and don't like. The menu that day was pizza or hamburger, applesauce, and black beans for the vegetable. Here's what we learned:

How much food was thrown away?

- Out of 27 students, 20 chose pizza and 7 picked hamburgers. 17 students ate almost all of their main dish but 5 threw the whole thing away.
- All 27 students took the applesauce. About 1 out of 3 students who took applesauce threw it all away. Thirteen students ate all or their applesauce.
- About half of the students chose the beans. 21% threw them away and 4 students ate the whole serving.
- About half of all students drank most of their milk, 6 threw their milk away and 5 did not take milk at all.

What do kids think of lunch?

About half of the students we talked to said that they liked their lunches that day but had thoughts on how school lunch could be better. Here is what they told us:

- Pizza is sometimes burned and needs to have more sauce .
- Students requested more sauces and seasonings as well as variety of choices.
- Some students think that the portions are too small.
- Foods are often undercooked or overcooked.



What can we do to make school food better?

Parents:

- Call **Ms. Alexander**, your Parent Liaison, at **458-4200** to find out how you can meet other parents just like you who want to make a difference.
- Contact **Erick Stephens**, Healthi Kids Parent Coordinator, at **224-3112** to learn more about school lunch and how to ask for change.
- Pack healthy lunches/snacks and practice healthy eating at home.

School #43:

- Teach kids about how important it is to try new fruits and vegetables.
- Encourage adults in the building to be positive role models and encourage kids to try new foods.

RCSD:

- Create a Youth Food Advisory Committee to learn what kids like about school food and how to keep making it better.
- Train kitchen staff on how to prepare foods in a way that kids like and treat kids like customers.

Healthi Kids:

- Advocate for an increase in the amount of money the district gets to make healthy, kid-friendly meals.

