

Healthy School Meals in the RCSD

Charles Carroll School #46



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 January 2014, Healthi Kids and the Children's Institute worked with parents from School #46 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 chicken cordon blue, salad with beans and rice, or a hamburger; a choice of an apple, banana or orange, and baked beans for the vegetable. Here's what we learned:

How much food was thrown away?

- Out of 53 students, 3 chose salads, one a hamburger, and the rest chicken. One student did not take a main dish. 56% ate the entire entrée, the main part of the meal, while 25% threw away most of it.
- 31 students chose apples, 18 took bananas, and 1 picked an orange. 40 students ate all or most of their fruit and 6 of the students who took apples threw the whole apple away.
- 43% of kids chose the baked beans but nearly half of them threw out the whole serving.
- 29 students chose chocolate milk, 8 picked strawberry, and 3 took white milk. 13 Students did not take milk at all. About 70% finished most of their milk but 6 students threw out most or all of their milk.

What do kids think of lunch?

About half of all kids said that they liked their lunches that day but thought that school food could be better. Here is what they told us:

- Sometimes the food is the wrong temperature. Cold foods are served warm and hot foods are served cold.
- Students would like to see more variety of foods.
- Kids want the food to be fresh and made at school instead of coming in packages.



What can we do to make school food better?

Parents:

- Call **Mr. McCloud**, your Parent Liaison, at **288-8008** 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 #46:

- 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.

