

Child Nutrition: Feeding the Future



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Learning Objectives

Optimizing Learning Environments

At the end of this program, participants will be able to:

- 1. Understand the importance of partnering with your Child Nutrition/Food Service Department.*
- 2. Understand the importance of breakfast participation as it relates to the learning environment.*
- 3. Understand ways to partner with Child Nutrition on Green initiatives.*

VVSD Nutrition Services Dept.

- K-12 District w/ 18,000 students
- 19 schools + an Early Childhood Center
- 200 NS staff members
- 18 managers
- 6 Central office staff
- 4,200 breakfast / day
- 12,000 lunches / day
- \$9 million annual budget



VVSD

Nutrition Services

FEEDING THE FUTURE

WWW.VVSD.ORG/FOOD

Menus – www.vvvsd.org/food

- Things to consider
 - Nutrition
 - Student acceptability
 - Cost
- Best nutritional value for the money!!
- Breakfast entrée choices: 10 or more daily at each site
- Lunch entrée choices: 3 at ES, 10-12 at MS and 12-15 at HS
- **Wide** variety of F/V
- 51% or more whole grain
- < 30 % of calories from fat
- < 10% of calories from sat fat
- Excellent model for appropriate portion size

Production
Equipment



Direct Connection with Breakfast: Enhancing the Learning Environment

- **Breakfast improves school performance**
 - It lays the ground work they need to learn
 - Better memory recall
 - Improves math scores and vocabulary skills
- **Eating breakfast reduces behavioral problems**
 - They are less likely to be irritable & poorly behaved
 - Their attendance improves, they have fewer discipline problems

Barriers to Eating Breakfast at Home

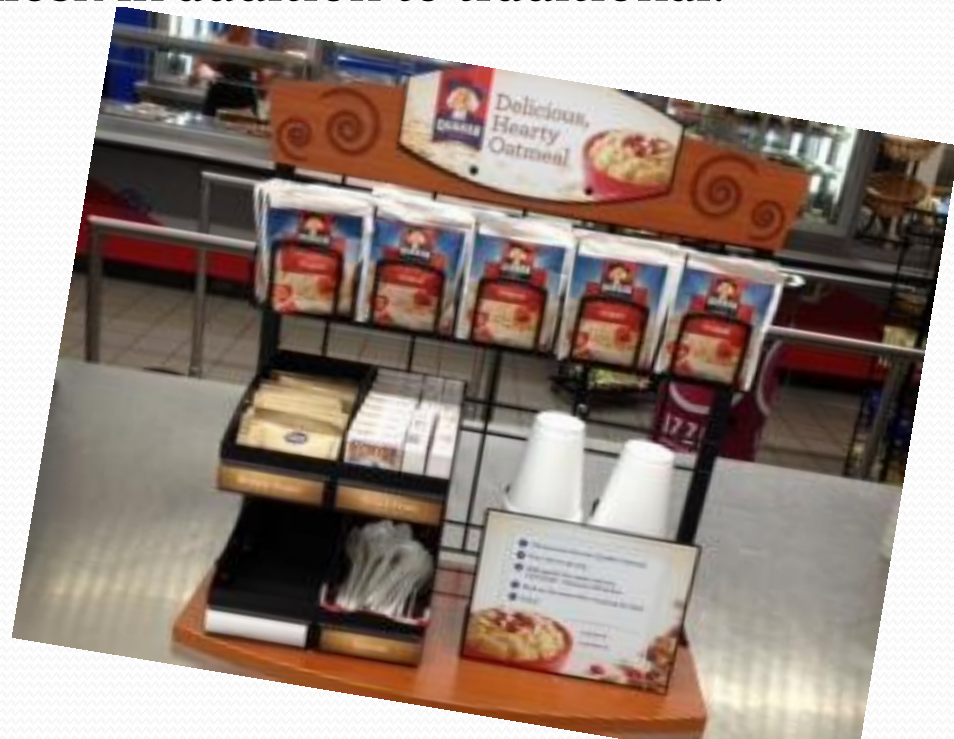
- **Lack of time w/ early morning rush to school and work by family members**
- **Many children don't have an appetite early in the morning**
- **Families are not eating breakfast together**
- **Children left to prepare breakfast themselves often skip it**

Barriers to Breakfast at School

- **Lack of supervision for students**
- **Lack of school staff support** – negative attitude
 - Cuts into classroom/teaching time
 - Trash in hallways and classroom
- **Not cost effective**

Breakfast at Valley View SD

- 2 options at all of our schools:
 - “Traditional” – Hot and cold option in cafeteria
 - “Grab and Go” - For those who have no time to eat breakfast in the cafeteria
 - K-5 – Grab n Go replaces “traditional” last 10 minutes before the bell ring. 6-12 – Hallway kiosk in addition to traditional.



Three Tier Kiosks in the hall

Cashless check out



Our largest high school serves over 200 Grab 'n Go breakfasts in 15 minutes!!

Facts & Figures

- When Grab 'n Go was introduced, breakfast participation went up 30-50% at each school.
- District-wide, ~30% of our students consume a full breakfast at school (Entrée, fruit + milk)
- Breakfast is \$1.25 at all of our K-12 sites!!!



Green Initiative 1: Energy Conservation



- Facility Operations and Nutrition Services monitor energy efficiencies annually
- NS office surveys kitchen managers on:
 - On/off times for large pieces of equipment (ovens, exhaust hoods, food warming boxes, serving wells, etc)
 - Are the lights on in the kitchen when you arrive in the am?
 - Do the hot wells get turned "off" between breakfast and lunch?
 - Elementary -- are the 5 compartment trays packed seperately in the lunchroom for recycling?

Green Initiative 2: Styrofoam Recycling

A Step in the Right Direction

- All 12 Elementary Schools serve breakfast and lunch on 5 compartment styrofoam trays
- Our 5 middle and 2 high schools serve on standard useable tray.
- Why Styrofoam at ES?
 - Elementary sites have no room for a dish machine
 - Our staff averages \$18-20/hour.
 - Biodegradable trays are 3-5 times the cost and are still diverted to landfill



Styrofoam Recycling

- We recycle over 22,000 styrofoam trays each week!
- A Facility Operations employee collects trays and delivers them to Dart recycling in North Aurora
- Outcome: Reduction in trash by almost 50%



Green Initiative 3: VVSD Edible Garden Grant

- 3 Pilot Sites- SY12-13
- Plans for up to 16 more gardens!
- \$5K internal grant
- NS funds the grant, connects VVSD resources and facilitates but the school takes ownership.
- Purpose:
 - 1) To integrate the garden into new/existing curriculum
 - 2) To increase fruit and vegetable consumption
 - 3) To get kids to try new foods!!



VVSD Edible Gardens

Internal Grant application: www.vvsd.org/food



Jane Addams
Middle School

J.R. Tibbott
Elementary School



Key to Successful Partnerships

- Include all stakeholders: Students, Staff, Parents and community members



Thank you for your time!

Questions????

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