

NUTRITION TEAM NOTES

May 31, 2017

Team Members Attending:

A.B., M.P., J.B, M.G, Laurie Smith

Overview:

We had a small group but a great discussion of nutrition at our school. We spent our time discussing what the barriers are for kids to eat healthy foods, both in general and specifically at school. We also brainstormed possibilities for improving nutrition at Bethel/Whitcomb. Many great ideas came up and we're excited to pursue them! To be realistic for next year, we selected two goals based on themes that grew from our conversation.

GOALS:

- 1) Provide students with regular opportunities to give input into the foods served at school.
- 2) Try more creative recipes in the cafeteria, with an emphasis on increasing flavor and healthy seasonings.

NOTES:

Goal 1

The team agreed that students are more likely to try new foods if they have input into what is served. Some ideas for increasing students' voice in food options included: each class researching a vegetable and proposing some recipes to the cafeteria staff, 8th grade health students sharing their nutrition work (research and recipes) with cafeteria staff, sampling and test tastes with chance for students to say what they liked, sharing data from health classes about student veggie preferences, students planting foods in the garden that could eventually be served in the cafeteria, students requesting options for the salad bar, and adding extras such as lettuce and tomatoes available on sandwiches.

Goal 2

The team believes that more students will choose nutritious food if we can increase the number of creative, flavorful items being served. Ideas for accomplishing this included adding fruits and vegetables to quesadillas, serving tacos with unique toppings, offering a variety of house-made salad dressings, or roasting and seasoning vegetables instead of boiling them

BARRIERS:

Too many sweets
Like salty food
Used to unhealthy stuff
Don't like veggies
Generational
Lack of education

Packaged foods
--people don't read labels
Parents not aware
Convenience
Affects immune system
Too chatty at lunch
Breakfast not nutritious
Brands matter!
Fun enough stuff not happening with f&v
The way we serve lunch (you have to take it)
Rely too much on classic "kid food"

POSSIBILITIES

Big container of yogurt and granola
Do fresh fruit and veggie grant differently (make more fun)
More variety--options
More vegetables
Upgrades to salad bar
Nix pot of plain veg
Roasted veggies that are well-seasoned
Include veggies for m.s./h.s.
Share table (put back whole fruits or veg)
What if kids self-served?
More options
Cold lunch is very limited (could more toppings be added?)
Cutting sandwiches in cool ways
Bread survey--test tasting
More flavor! Seasonings!
More dressing options
Every class came up with a new idea for a veggie
Eat the rainbow theme
Chocolate milk as a Friday treat
Double check expiration dates
Creative ingredients like apples in quesadillas
8th graders are already creating recipes
Sampling
Better quality food
No one likes the pizza or hot dogs
Garden and greenhouse
Salsa garden
Grades to plant foods that can be harvested for the kitchen (make pickles?)
Farm field trips
Trying international foods

Recipe on back of the menu

Lots of coordination between health classes and cafeteria

Veggie of the month

Kids voting on fruit and veggies

Having kids see whole veggies

Local veg