

objective 04

Quality Education

objective 02

Zero Hunger

*A cross-disciplinary design proposal of public
school lunch program experience development*

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Integrated Research Development F17

project brief.

Our project, **NYC Public School Nutrition and Wellness Enrichment Program**, focuses on nutrition education and enforcement within New York Public School youth (**particularly low-income youth**).

Most low-income students are reliant on free lunch provided by NYC's School Food Program. We seek to expand this program into a meal kit/food-prep program in which students will assemble their own lunches with healthy ingredients provided by NYCSchoolFood.

We hope this will enforce an appreciation for a healthy lifestyle whilst also educating students on nutrition, proper serving sizes, and reducing waste through instructive recycling and composting. We also hope that this will encourage schools to consider expanding curriculum into one that is more holistic, applicable, and skills-based.

problem statement.

New York Public Schools, particularly low-income schools, are lacking in health and wellness resources. These schools lack both healthy food choices and nutrition awareness.

Over 90% of the student body is reliant on free breakfast and lunch provided by NYC's School Food Program. The fast food-esque meals prevent students from making healthy dietary choices and perpetuate a lifetime of bad habits.

The objective of our proposed lunch alternative is to promote healthy lifestyle inclinations and adoptions. The program will service a meal-kit program in which students can assemble their own lunches whilst also learning the importance of nutrition, proper serving sizes, as well as the importance of recycling and composting food waste.

Enforcing and continuing this program and these principles throughout elementary, middle, and high school education will help to reinforce a healthy mindset for students throughout their lifetime.

who involved.



Pre-k and lower level
k-5 students @P.S. 15

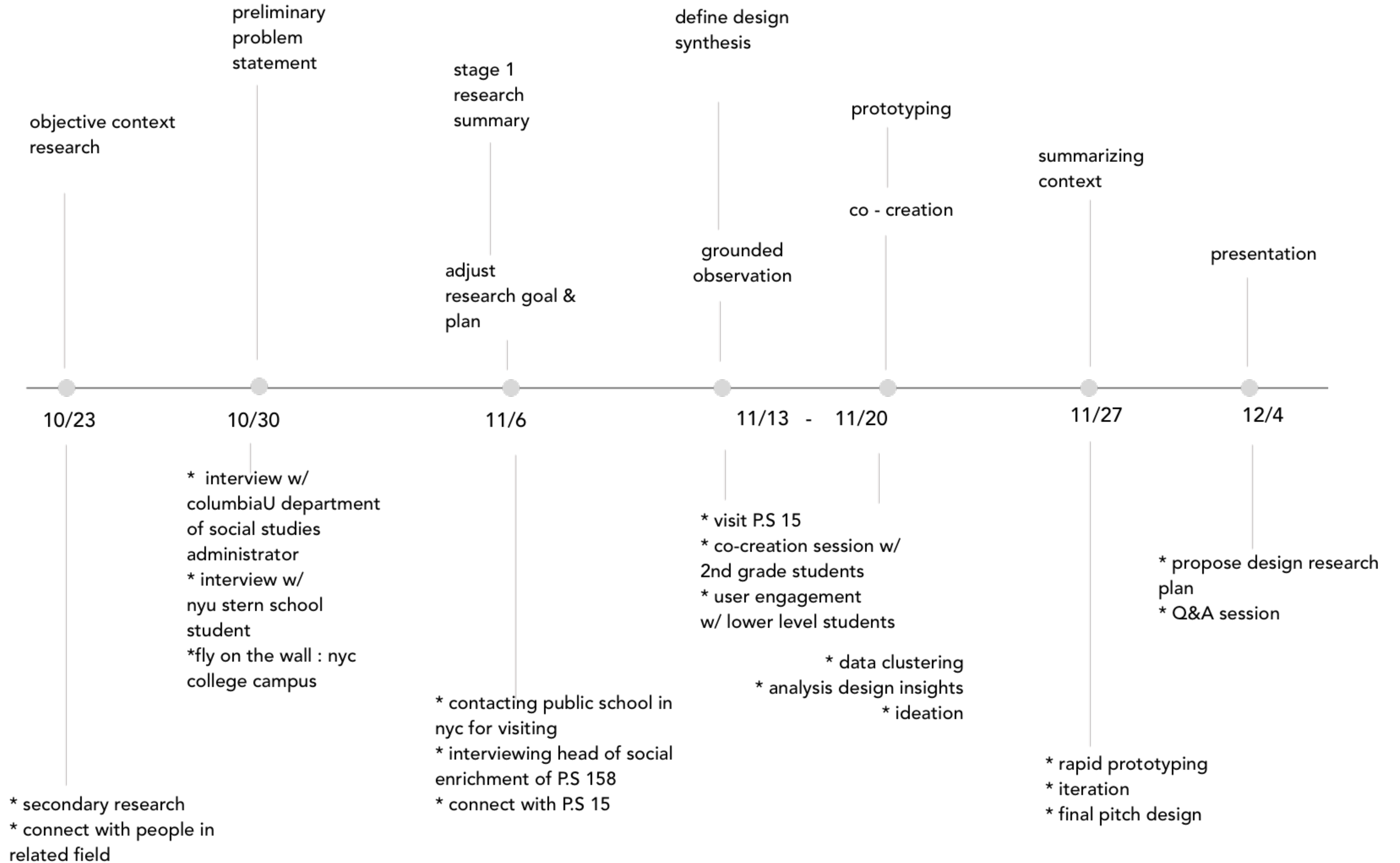


P.S. 15 social enrichment
coordinator Ms. Camera

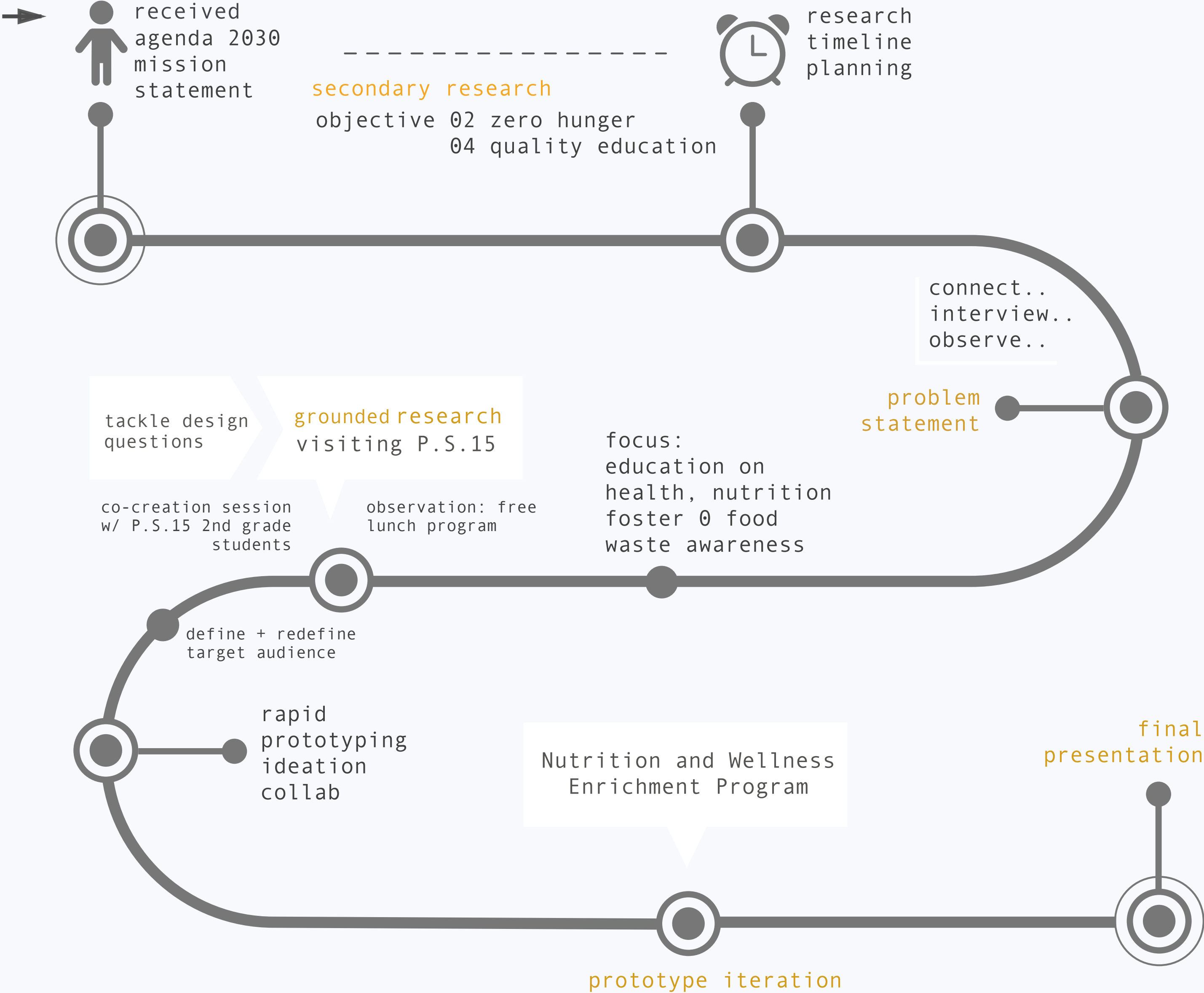


SchoolFoodNYC
free lunch program provider

● plan & timeline



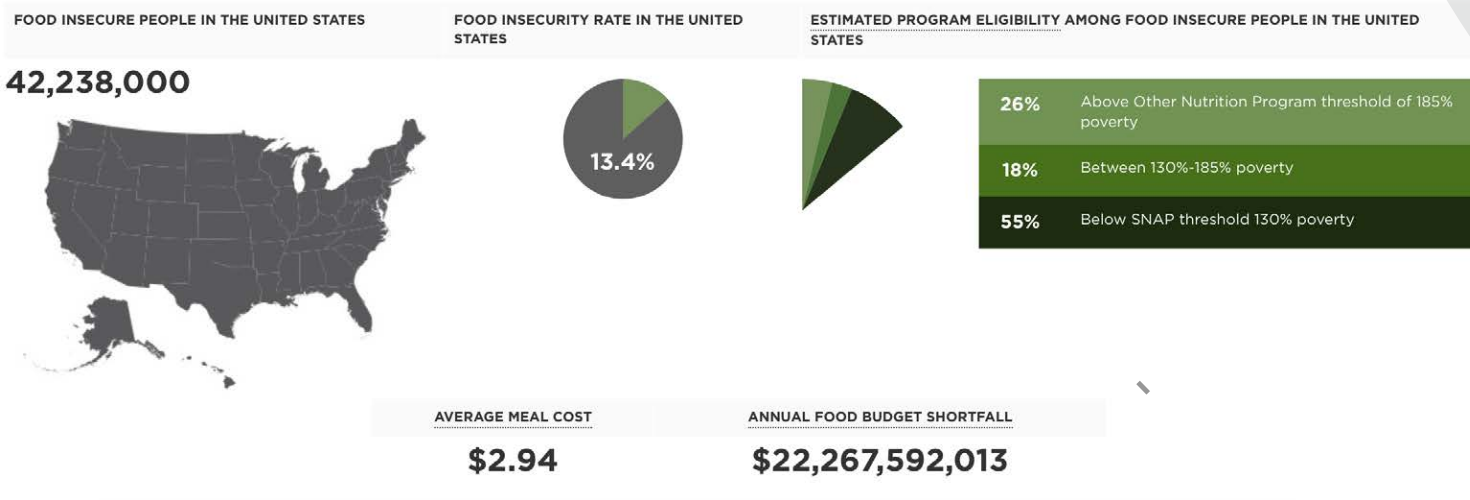
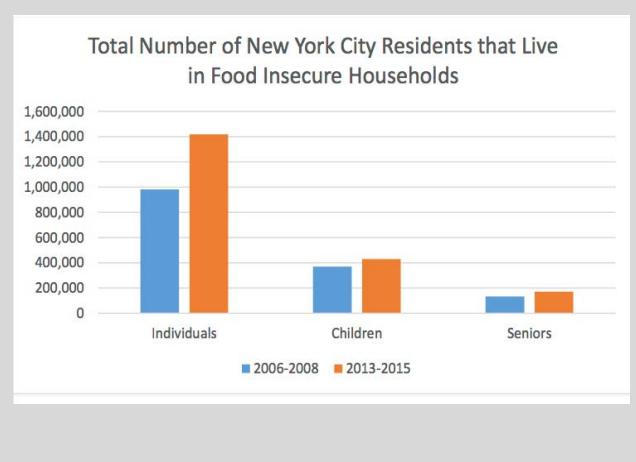
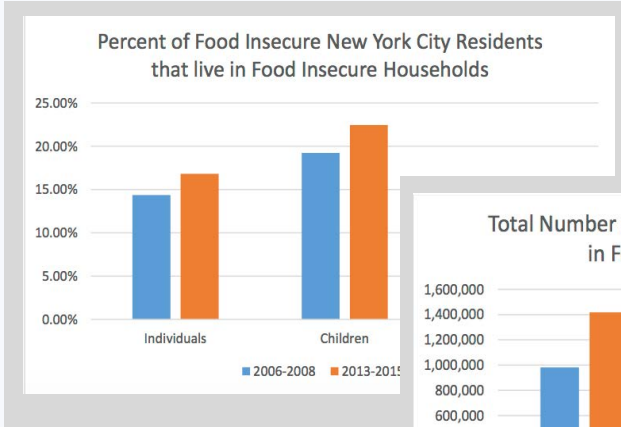
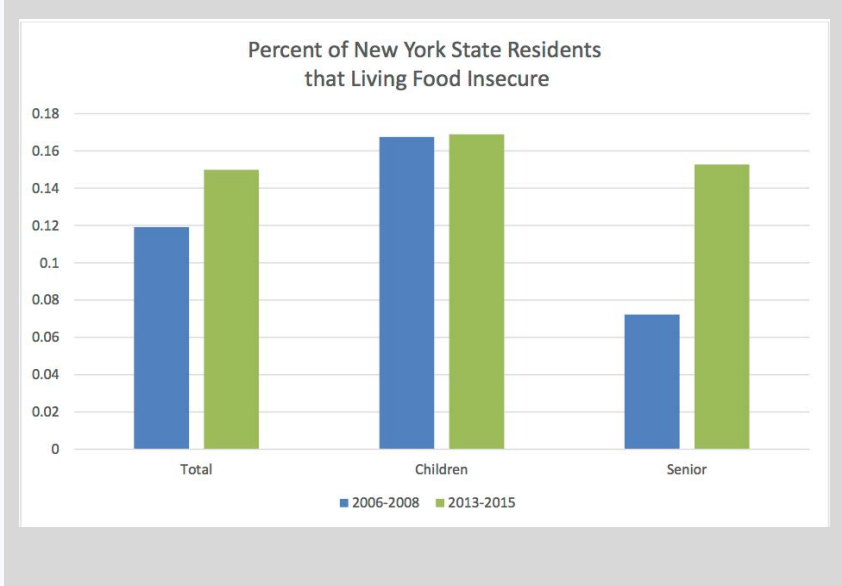
● research journey map



research process.

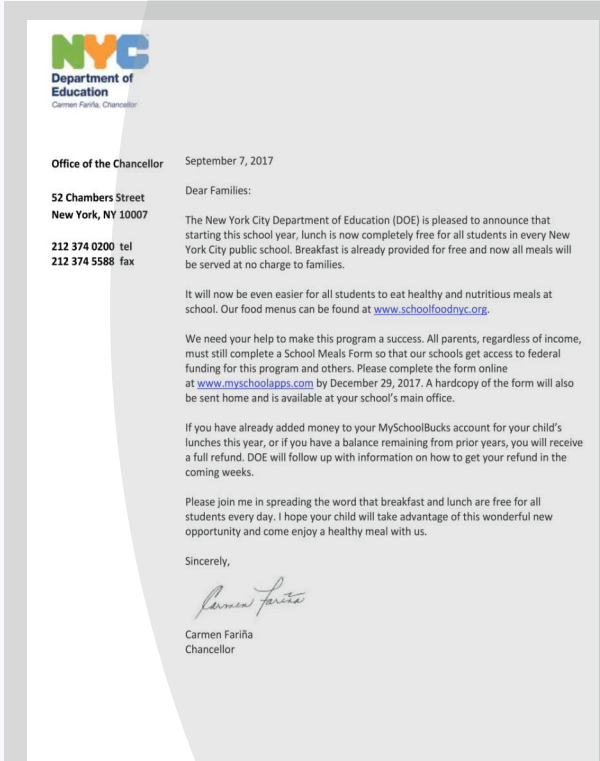
design research method 01

secondary research



agenda 2030 guide

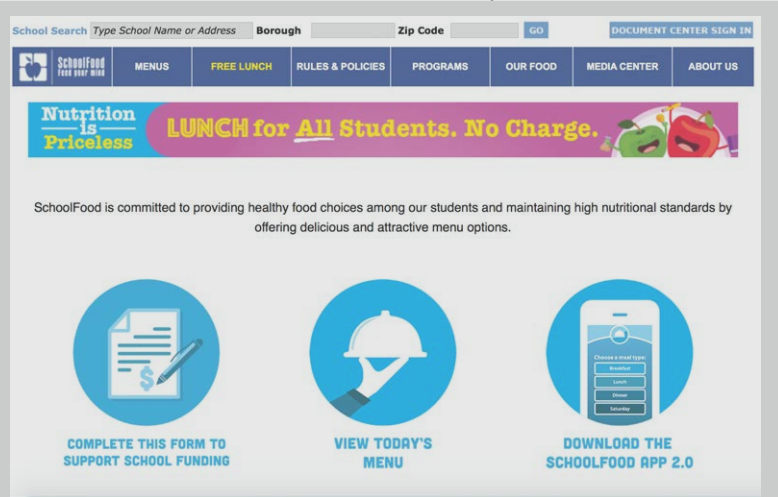
schoolfoodnyc.gov, the portal for School Food NYC, NYC Public Schools' free breakfast and lunch program.



Youth free meal program in PS



food waste;
nutrition;
health;



SchoolFood Organization

free meal's
quality and
satisfaction

education
on health &
food nutrition



School Food NYC and NYC Department of Education promise to deliver nutritious (defined by the U.S. Dietary Guidelines for Americans) meals and ample time to eat and exercise. It also promises to promote connections between public schools and with health education services.

interview

with Rosemary Camera, Education Enrichment Coordinator of PS. 15

Q: You preside over a wide variety of activities, including lunch and recess time. How do you think it's been going lately? Are you satisfied?

A: I enjoy it, even though it's chaotic. I enjoy working with the kids; it's fulfilling. Obviously I think there's a lot to be improved on.

Q: What do you think can be improved?

A: I think the most obvious thing is that **we're often shorthanded**. As you saw during the Kindergarten lunch and recess, I pretty much do everything - line them up, take them outside, take them inside, take off their coats, help them wash their hands, get milk, get them seated, even clean when necessary because I couldn't find the janitor. Everyone gets overwhelmed during lunch - we only have one lunch lady to get all the kids their meals.

Q: What do you think of the school lunch program? (School Food NYC)

A: I think it's **good it's now free for everyone**, because there used to be a stigma against kids who needed free lunch. Almost everyone gets free lunch, and **most of our kids need it**.

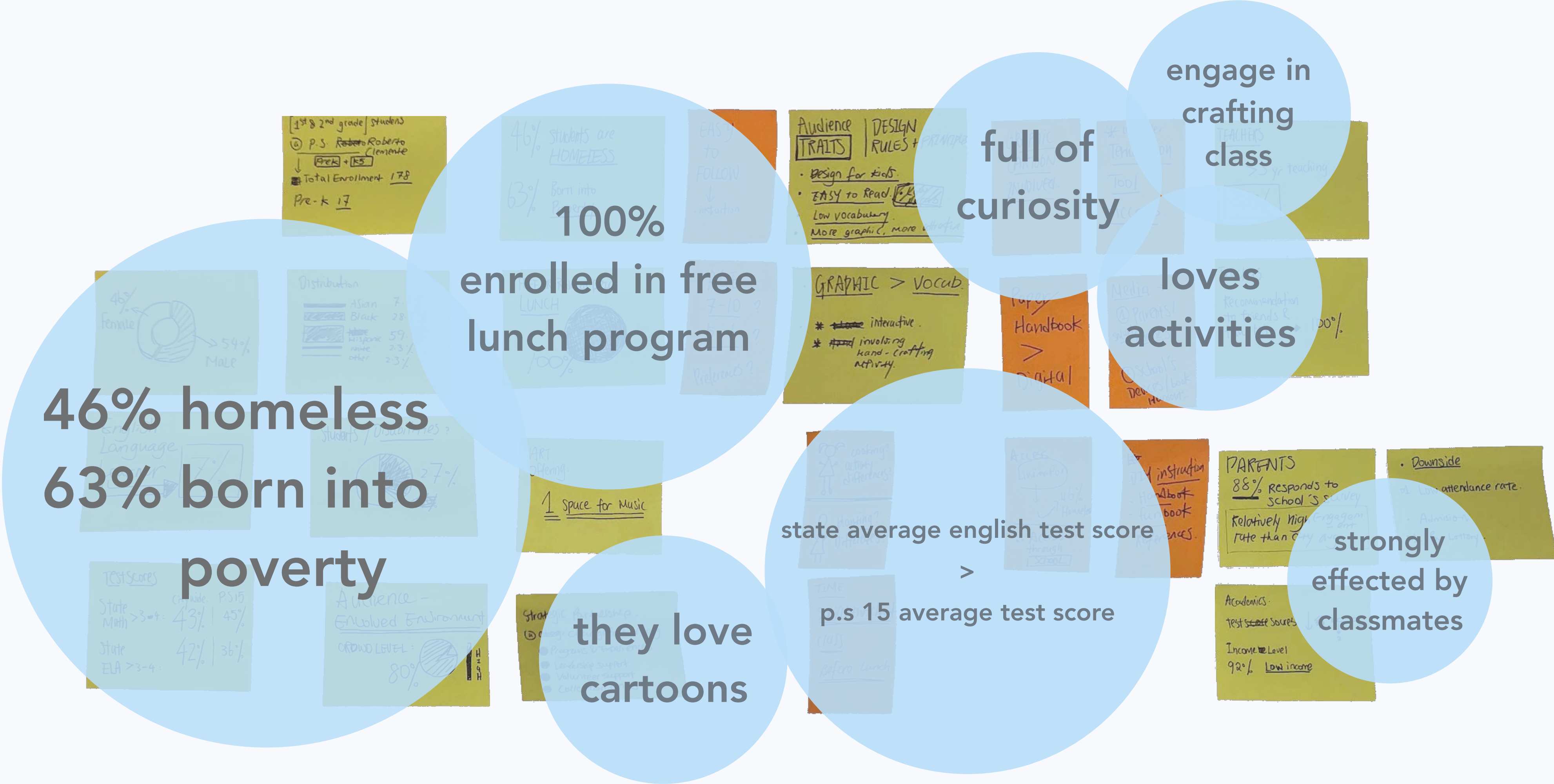
Q: What do you think of the food itself?

A: I don't think it's the best, clearly. Obviously it's not the most nutritious meal - to be honest, a lot of **it is junk food**. However, this is the food we're provided through the program, and we don't have much say otherwise.

Q: Do you wish there were more healthy options?

A: Yes, I do. **I wish there was more of an emphasis on nutrition**, but I don't think that idea is common throughout public schools.

define: the target audience



journey canvas

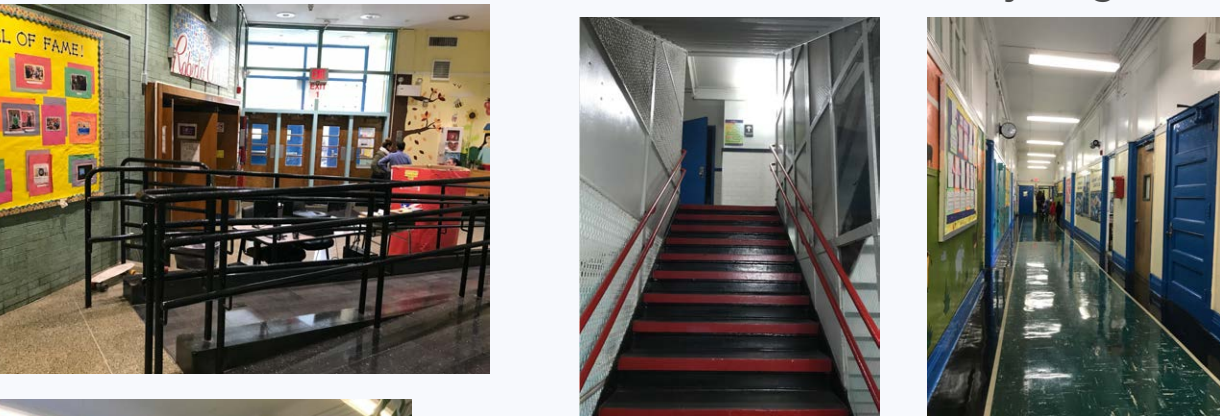
Monday, November 20, 2017
11:00am - 13:00pm
P.S. 015 Roberto Clemente Elementary School
333 East 4 Street, Manhattan, NY 10009

An observational study of P.S. 015’s lower grade before lunch activity and lunch period.

Pre-engagement



recycling center nearby the school location
sign of the recycling program
school outdoor playground close to the recycling center



wire grid on the stairs
hallway



dropped by the main office for check-in before the session



trash bins - compose.



empaty food truck on the side of trash bins

Engagement



free lunch menu on the wall



kids washing hands



only 1 cafeteria staff



students waiting online to get hand washed



low fat chocolate milk



bagged apple slides



plastic culteries



students sitting in the cafe before started having their 12 min lunch



main dish: sweet potato fires, mac and cheese, popcorn chicken
drink: chocolate milk

Post Engagement



proud - moment
student reward small prize; after-lunch activity



student ready to go to class after lunch peirod

journey canvas: key observations



Set weekly menu: chicken, burgers, pizza



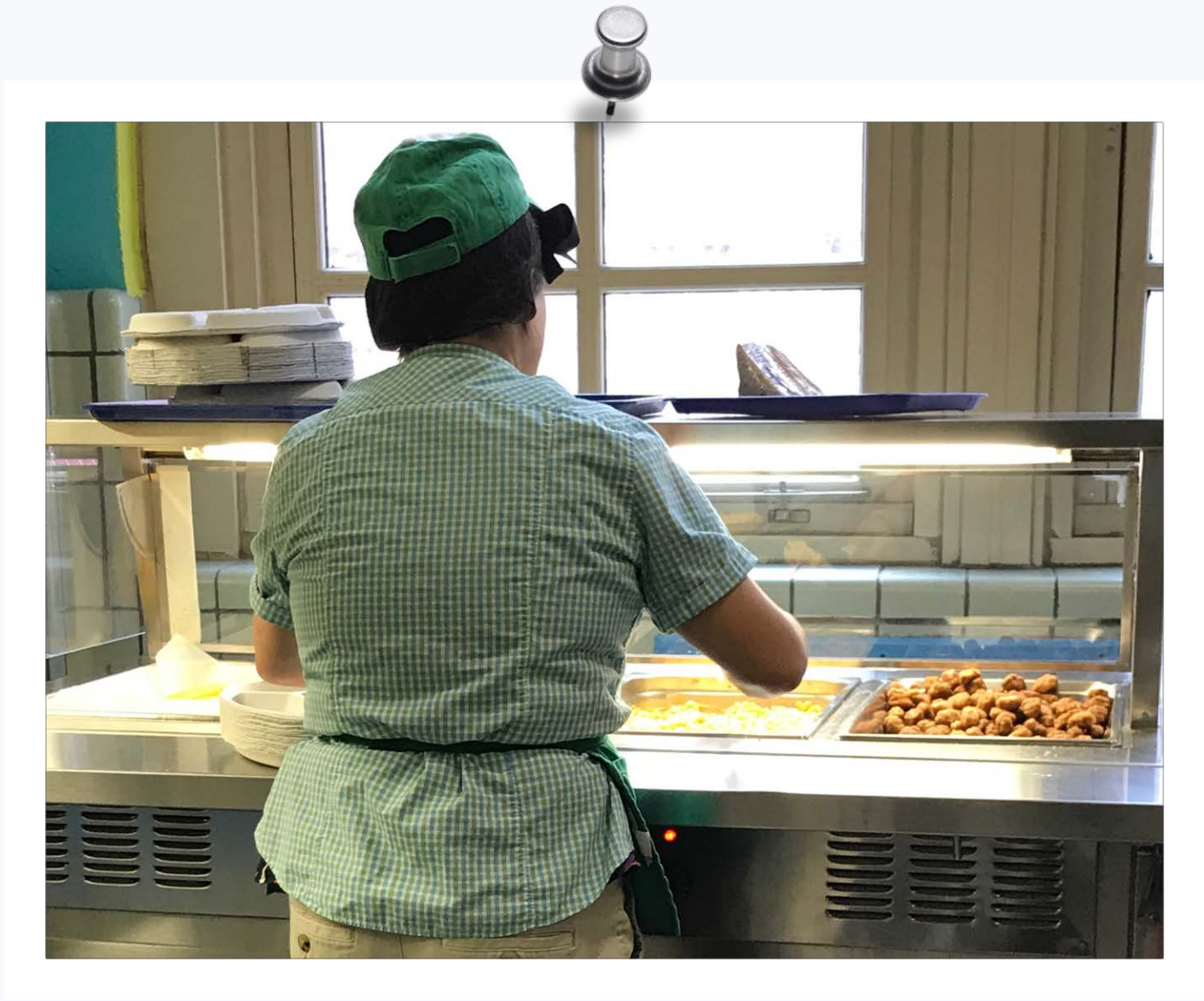
Boxed chocolate milk



Leftovers at the end of lunch



No vegetables served on day of site visit



Lunch meal of fried chicken, sweet potato wedges, and mac 'n cheese

Imaginary Map Co-creation

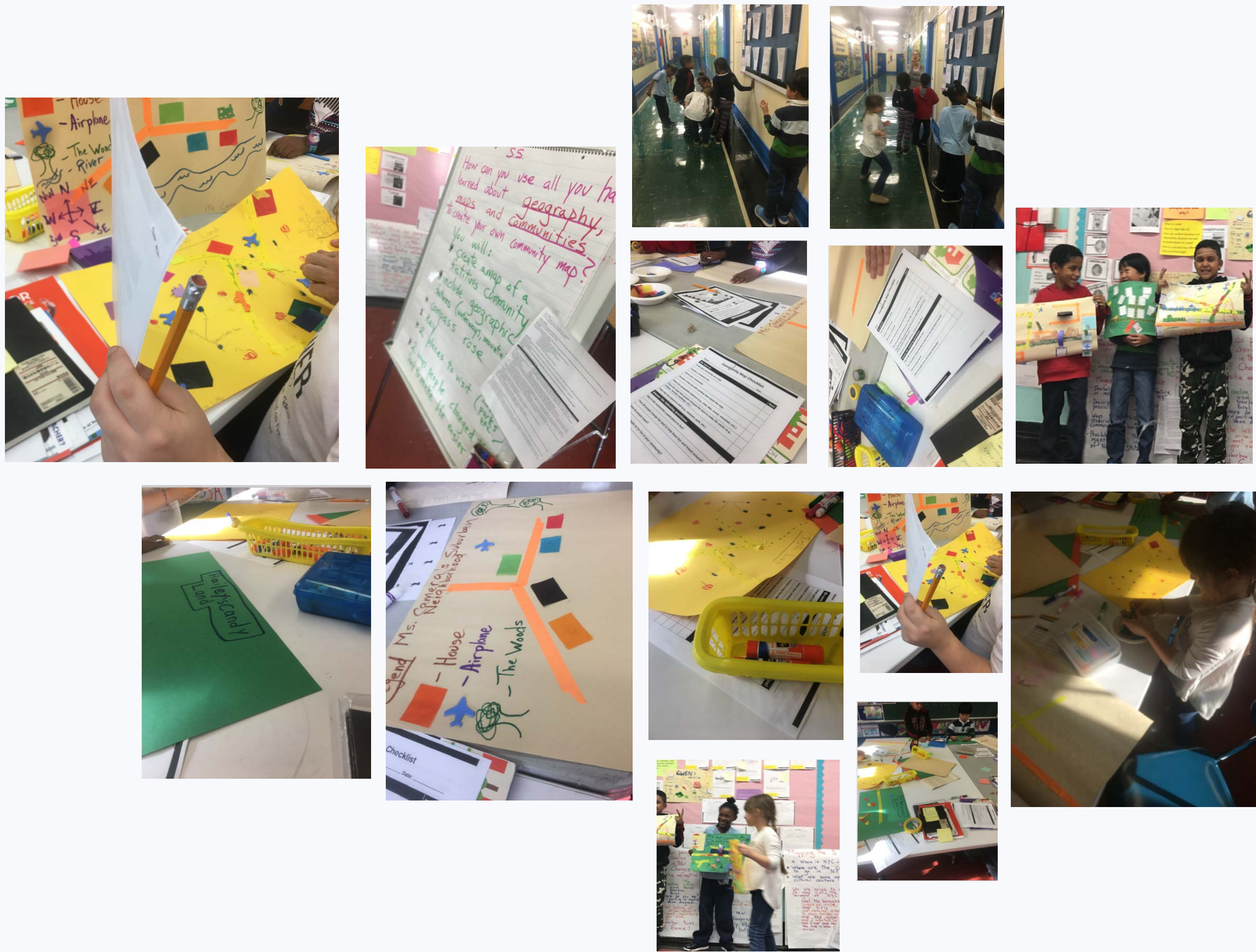
Wednesday, November 15, 2017
12:45pm - 2:15pm
P.S. 015 Roberto Clemente Elementary School
333 East 4 Street, Manhattan, NY 10009

recap

We got to know that second grade students are learning to use symbols to present geography features and organization of the compass to draw map in previous weeks’ social enrichment classes.
After discussed with Ms. Rosemary, we decided to host a co-create session together as in her class on Wednesday, Nov 15.

activity

“Imaginary Map”
We asks students to draw a map of their imaginary land for living when they grow up.
The map will include least 4 geographic features, a compass rose, key/legend, least 2 public places to visit, least 2 ways people can change the land to make life easier.



Rapid Prototyping

1

Nutritious Cooking Classes.

Design Principles + Insights

Invite parents, educators, and students on how to assemble a nutritious meal using basic, common ingredients. It will teach parents and students how to shop for affordable produce and quickly make a healthy meal. The outreach to parents will ensure that nutrition will spread from school to household.

2

Gardening and Composting.

The school has a designated Recycle Center which is largely unused. Any outside recycling can be redirected to a larger, city recycling center just around the corner from the school. The outdoors Recycle Center can be repurposed into a garden and compost area. This will give kids a chance to learn how to grow their own produce; it will also instill an appreciation for fresh produce, and the importance on lessening food waste.

3

Interclass Cooking/Nutrition partnership.

Have older students teach younger students, through a similar cooking class, about the importance of nutrition and how to build a nutritious meal. This will help enforce the importance of nutrition amongst older students, so they treat it more as a lifestyle adoption rather than a one-time consideration.

4

Interactive Meal Plan Voting System.

The interactive meal plan voting system is a device that offer student voting for their meal preference in a interactive, joyful way. We instance a devise near the main office, with large touch screen and customized software. Student could interact with the devise, pick what kind of ingredient they would like in the next week/day’s meal plan, at the same time, the software will show preinstalled information about the ingredients, for example how is this ingredient grown, or the nutrition value of it, aiming at collecting preference and education at the same time.

5

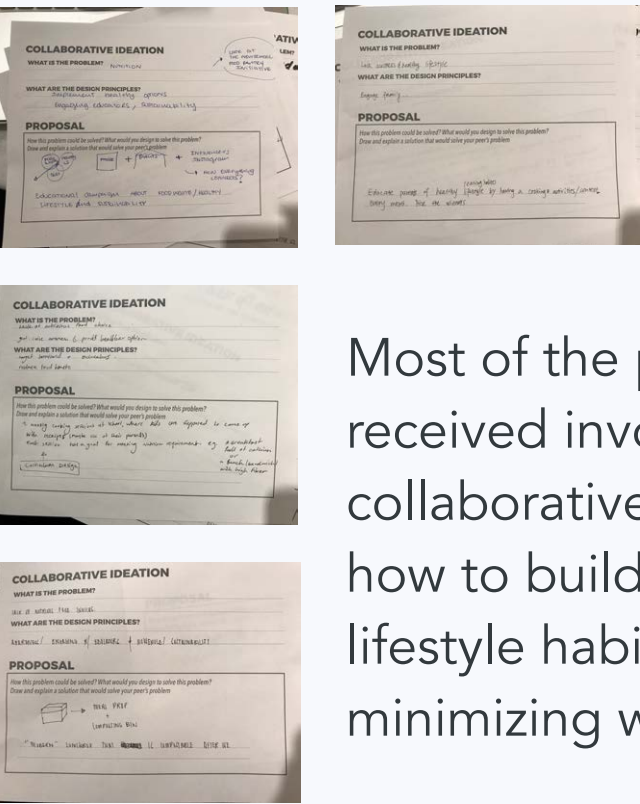
Incentive Program for healthy breakfast and lunchtime.

Many kids are skipping the healthier options offered for breakfast and lunch (reduced fat milk, veggies, apple slices) in favor of the unhealthier food.

Design Principles + Insights

The school already does a reward program for behavior, in which students receive passes redeemable for points, which then can be used to purchase prizes. Many of the kids are enthusiastic about this program, which is why we think it would translate into positive eating habits.

6



Ideation Co-workshop

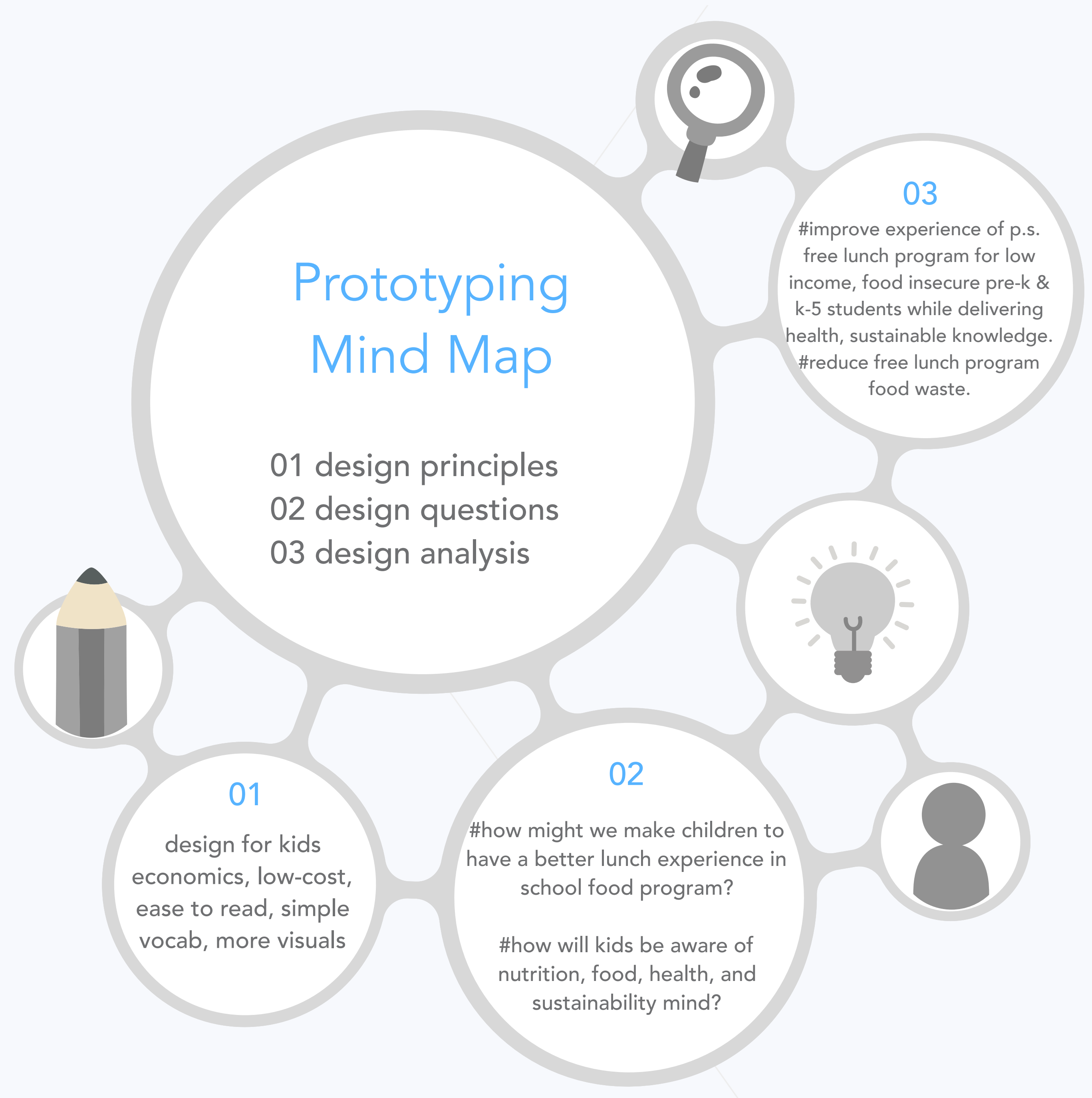
Most of the prototype suggestions we received involve some instructional, collaborative lesson with students on how to build healthy meals, as well as lifestyle habits such as nutrition and minimizing waste.

prototype.

About

*design brief, insights
research summary &
goals.*

*design keys:
experiential; instructive;
playful; educational;
economical;
strategically partnered;
empathetic*



prototype

Nutrition and Wellness Enrichment Program

We propose a new lunch initiative for School Food NYC. Instead of distributing ingredients for a set menu that focuses on easy, quick meals like pizza, mac and cheese, etc., School Food NYC will distribute boxed meal kits to NYC Public Schools.



Nutrition and Wellness Enrichment Program



These meal kits will contain fresh, locally sourced produce with which students and educators can provide student lunch. These lunches will vary in complexity and variety based on grade and maturity level.

the products



The meal kit will also provide guidelines and a recipe on a healthy meal that can be assembled from those ingredients, with recommended serving sizes and nutrition facts, as well as instructions on how to properly recycle and compost waste.

Nutrition and Wellness Enrichment Program

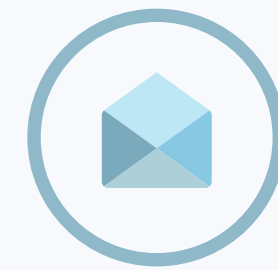
how to distribute

One box will be distributed per class. Each teacher will be responsible for instructing and overseeing meal prep, ideally right before lunch period. The assembled meal will then serve as students' lunch, replacing the ready-made, quick serve free lunch currently available to students. Any food waste and recyclable trash can be composted and recycled properly per the included instructions.

The objective of this lunch program is to manifest an appreciation for making home-cooked meals and a healthy lifestyle. We hope that beginning this program young, starting in Kindergarten and elementary school, and continuing this practice up to high school will introduce and reinforce an awareness of health and nutrition. We hope it will also foster and enforce a community among students and educators.



next step



recruit nutritionist
to design diverse
cooking plans for
the program.

tackle the plan with
schoolfoodnyc.org;
propose idea for
fund raising;



raise awareness
for the cause.

project reflection.

thank you.

Cassidy Zhang & Gwen Yixin Zhang
Parsons School of Design
Strategic Design and Management
Instructor Andrea Burgueno