

# Healthy School Meals in the RCSD

World of Inquiry School #58



## 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](http://www.healthikids.org)

585.224.3101



In January 2014, Healthi Kids and the Children's Institute worked with parents from School #58 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 fajitas, salad, or sunbutter and jelly sandwich, apples and broccoli. Here's what we learned:

#### *How much food was thrown away?*

- Of the 15 students we talked to, almost all students chose the fajita, two picked salad, and two took sandwiches. 10 students ate all or most of the main dish, four students threw away half, and one threw all of it away.
- Only two students chose the fruit option. One ate the entire fruit and one threw it away.
- Three students chose a vegetable. All three ate all or most of the broccoli.
- Of the 13 students who took milk, eight chose chocolate, 4 took strawberry, and 1 picked white milk. Most students finished their milk and 2 students threw away all of it.

#### *What do kids think of lunch?*

*Students thought that there were some simple ways to make lunch better:*

- Some said that it was hard to identify ingredients in the chicken fajitas.
- Keep it simple, don't mix too many things together.
- Students would like to see more variety of foods.
- One student noted that the flavored milks are too sweet.



#### **What can we do to make school food better?**

##### *Parents:*

- Call **Ms. Boyd**, your Parent Liaison, at **325-6170** 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 #58:*

- 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.

