City of Santa Clara Challenge Team
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https://hkidsf.org/our-programs/challenge-team/
Visit the Challenge Team website!
www.hkidsf.org/our-programs/challenge-team

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Nutrition in Schools
Beyond the Classroom

Presented by:
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Nutrition Education and Obesity Prevention Program

- Grant funded by the USDA through the California Department of Public Health
- Serve those that are SNAP-Ed eligible
- Other funded partners UC CalFresh and Catholic Charities
Nutrition in Schools

What does nutrition education look like?
## Cafeteria Promotion Results

<table>
<thead>
<tr>
<th>HOTM</th>
<th>Loved It</th>
<th>Liked It</th>
<th>Not Today</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomatoes and Cucumber</td>
<td>215 (69%)</td>
<td>51 (16%)</td>
<td>49 (15%)</td>
</tr>
<tr>
<td>Apples with Yogurt</td>
<td>311 (92%)</td>
<td>9 (3%)</td>
<td>19 (5%)</td>
</tr>
<tr>
<td>Cara Cara Oranges</td>
<td>370 (94%)</td>
<td>11 (3%)</td>
<td>11 (3%)</td>
</tr>
<tr>
<td>Kiwi</td>
<td>214 (76%)</td>
<td>25 (9%)</td>
<td>42 (15%)</td>
</tr>
<tr>
<td>Asparagus</td>
<td>202 (59%)</td>
<td>44 (13%)</td>
<td>98 (28%)</td>
</tr>
<tr>
<td>Green Smoothie (Spinach &amp; Banana)</td>
<td>137 (54%)</td>
<td>70 (28%)</td>
<td>46 (18%)</td>
</tr>
</tbody>
</table>
What is the Smarter Lunchroom Movement?
Where did it come from?
Mindless Eating: Why We Eat More Than We Think

- Most food decisions are automatic, or “mindless”

- Choice Architecture
  - “nudging”
The following principles are based on research concerning various environmental cues that influence eating behavior. They are true in school lunchrooms as well as in restaurants, food courts, and even in your home kitchen!

4 Basic Principles to Consider

- Increase Convenience
- Improve Visibility
- Enhance Taste Expectations
- Utilize Suggestive Selling
Eye Appeal

- Colorful bowls make food more appealing to students.

- Slicing fruits and vegetables increases eye-appeal.
Creative Names

SUPER VISION CARROTS

COOL CUCUMBER SLICES

AMAZING BEAN SALAD
Be a Healthy Eating Hero, too!

• Be friendly and point out healthy lunch selections with a smile on your face.

• Encourage students to give your favorite foods a try!
In Classroom Education

89 Classes/Month
~3000 Students/Month
Parent Nutrition Education

- Classes in English and Spanish
- Harvest of the Month Newsletters
- School Newsletters
- Store Tours/Food Demo
School Events
Part of the Campus Community
District Level Collaboration

- District Wellness Committee
- District Food & Nutrition Services
- School Wellness Policy
What Schools have Public Health NEOP?

- Morgan Hill Unified: Barrett, PA Walsh, San Martin/Gwinn
- Gilroy Unified: ADB, El Roble, Eliot, Glen View, Rucker
- San Jose Unified: Olinder, Washington
- Sunnyvale Unified: Lakewood
- Mt. View Whisman: Theuerkauf, Castro, Monta Loma
- Luther Burbank
- Campbell Union: Sherman Oaks
Santa Clara Unified Nutrition Services

Presented by
Karen Luna
Director, Nutrition Services
National School Lunch
Program History

Serving a standard lunch to school children started, in both Europe and the United States, with private organizations who were interested in child welfare.

In 1946, the school lunch program was made official when the 79th congress recognized its importance. President Harry S. Truman signed the National School Lunch Act, authored by Senator Richard B. Russell Jr.:

“It is hereby declared to be the policy of Congress, as a measure of national security, to safeguard the health and well-being of the Nation’s children and to encourage the domestic consumption of nutritious agricultural commodities and other food, by assisting the States, through grants in aid and other means, in providing an adequate supply of food and other facilities for the establishment, maintenance, operation and expansion of nonprofit school lunch programs.” - Sec. 2 The National School Lunch Act, 1946
Healthy, Hunger-Free Kids Act Requirements

- All breakfast meals must include ½ cup of Fruit or Vegetable
- All Lunches must include ½ cup of Fruit or Vegetable
- Sodium reduction requirements – Final target 2023/24 will be 640mg
- New Calorie requirements by age group
What we do

- Secondary Schools cook approximately 50% or more of their items from scratch.
- Organic & local produce as much as possible, about 40% is local.
- Salad Bars at all schools.
- Whole grains in all breads.
- Hormone Free chicken and milk.
Local

- Maximize local & seasonal produce
- Feature a “Fresh Pick” taste test for students
National School Breakfast and Lunch Program

Choose 3 for your meal!

- Milk
- Meat/Meat Alternate
- Grain

$\frac{1}{2}$ cup of
- Fruit
- Veg

= Complete meal
Special events

Culinary Class collaboration

BBQ lunches
Holiday theme meals
Taste Testing

- Student taste test with unique and local fruits
  - Included Kumquats, Kiwi, Gooseberries and Tamarind
- Sampled new menu items
Qualifications for Seamless Summer Participation

- Sites within the geographical boundaries of a school attendance area with at least 50 percent of its children approved for free or reduced-price meals are area eligible.

- Sponsors must participate in the National School Lunch Program.
Summer Feeding

- Seamless Summer Feeding
  - Everyone 18 and under receive free meals
  - Open to the public

  - Last year was the first year for SCUSD
  - We served over 9,000 Breakfast and 21,000 lunches!

  - We are expanding the program this summer!
    - At least 5 locations
      - Santa Clara High School
      - Wilcox High School
      - Don Callejon School
      - Boys & Girls Club @ George Mayne Elementary

  - Two more potential sites in the works!

  - All sites are serving Breakfast and Lunch
Resources

- FOOD CONNECTION AT SECOND HARVEST FOOD BANK: (800) 984-3663
- https://www.fns.usda.gov/summerfoodrocks
Thank you!