

SCHOOL NUTRITION PROGRAMS IN Let's Go!

Let's Go! views School Nutrition Programs as essential partners in our goal to promote healthy eating and active living. School Nutrition Programs (also known as school food service programs) often operate independently from the rest of the school environment. However, schools implementing 5-2-1-0 Goes to School can greatly benefit from a positive relationship with the School Nutrition Program and vice versa.

What 5-2-1-0 teams can do:

- **Invite the district School Nutrition Director to join your team.** Tell them about 5-2-1-0 Goes to School and that you are looking at the entire school food environment (not just lunch but also celebrations, snacks, fundraisers, etc.). Invite them to participate because of their expertise in feeding students and your desire to develop a productive relationship. A good way to start off on the right foot is to ask what you can do to help the nutrition program. Be positive and don't immediately request changes.
- **If you are working on a healthy snack program, involve your school nutrition director.** Each school also has a kitchen manager. You may get more headway with the director, but having the manager on board is helpful too. Check out the **Cafeteria Sponsored Snack Program** handout under Strategy 10 in the toolkit!
- **Embrace school lunch staff as valuable members of the school community.** Give them a chance to show off their stuff! Offer them the opportunity to come into the classroom to offer nutrition education.
- **Spend time in the cafeteria.** Walk through the hot lunch line. Help students identify how their lunch choices can contribute to their 5-a-day. Go to the salad bar. **Sit with the kids. Be a healthy eating role model!**
- **If you want to work on the school menu, developing a positive working relationship with the director is the first step. Be curious.** Ask about what nutrition standards they follow and how much money they are allowed to spend per meal. It's a real eye-opener. Contact Let's Go! for further assistance.

What School Nutrition Directors can do:

- Adding a healthy new menu item? **Rely on your 5-2-1-0 team members** to help promote the new item. Ask the principal, school nurse, or school secretary to help serve the new item.
- **Write a descriptive menu.** For example, write "Grandma's Garden Vegetable Stew" instead of "Vegetable Soup."
- **Encourage teachers to eat school lunch with students.** Enter these teachers into a drawing for a healthy snack for their classroom.
- **Increase the nutritional quality of school meals** by achieving the HealthierUS School Challenge.
- **Market, market, market!** Let people know why your program is great!

Let's Go! runs regional School Nutrition Workgroups. Visit our website to see if there is one in your area! With a little extra effort, everyone who has a role in healthy eating and active living at school can come together and have double the impact!

Cafeteria-Sponsored SNACK PROGRAM

Instead of bringing a snack to school, a snack program lets students purchase snacks through the cafeteria.

Here's how it works:

- If students are interested in purchasing a snack through the school, they can pay 50¢ in the cafeteria each day before 8:00 a.m., and then leave their name and classroom name.
- Snacks are then placed in a basket along with the names of students who purchased a snack. Just before snack time, a designated classroom helper will come to the kitchen and pick up the classroom's snack basket.
- All snacks are "user friendly," meaning that they are cut up, ready to eat, and come with the necessary utensils.

Why it's great:

- The school lunch program gets some revenue because the cost of snacks to the cafeteria is several cents less than what is charged.
- It is a simple, effective way to ensure that the students are getting something healthy to eat and eases parents' anxiety around packing a healthy snack.

SAMPLE MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yogurt	Applesauce	Whole Grain Crackers	String Cheese	Fresh Fruit or Veggie Sticks