

Cafeteria Improvement Motion – 12/13/05

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Whereas, according to the US Department of Health and Human Services, overweight and obesity, caused by a combination of poor diet, lack of physical activity and nutritional education, are a leading cause of preventable death in the United States; and

Whereas, previous LAUSD Board of Education policies eliminated sale of foods and beverages of minimal nutritional value, increased availability of fruit and vegetables at breakfast and lunch, expanded breakfast programs and established the cafeteria as a place of learning; and

Whereas, LAUSD has begun to develop a comprehensive physical education plan to increase students' activity level; and

Whereas, the National School Lunch Program was created in 1946 to prevent malnutrition by providing nutritious lunches to school-aged children; and

Whereas, school meal programs can play an important role in ensuring adequate nutrition and dietary habit formation; and

Whereas, LAUSD increased participation in school lunch at secondary schools from 17% of Average Daily Attendance in 2001 to 43% of ADA in 2005; and

Whereas, students *and parents* cite the following as reasons for non-participation: lunch time is too early or late in the day, lines are excessively long, there is insufficient time to eat, and negative perceptions of food safety and quality; and

Whereas, new 2005 Dietary Guidelines for Americans recommend limiting intake of foods high in sodium, saturated and trans fats and added sugars; now, therefore be it

Resolved, that the Los Angeles City Board of Education directs the Superintendent to:

- 1) Update and revise goals and the plan for increasing participation in the school breakfast, lunch and summer nutrition programs by non-participating students to incorporate the contents of this motion;
 - a. Track student participation and monitor impact of plan;
 - b. Create a Cafeteria Improvement Committee comprised of nutrition experts, community based organizations, parents and other appropriate partners to provide input on the plan and assist with implementation.
 - c. Report to the Board of Education via committee the status of implementation and impact on participation annually for 3 years;
 - d. Recommend changes to the Board of Education if participation is adversely affected for any reason.

- 2) Work with market research firms, parent and student organizations and other appropriate partners to gather information from nonparticipating students (and their parents) about the district's cafeteria programs through, but not limited to, surveys, focus groups and ongoing community feedback mechanisms; Conduct market research and student focus groups while transitioning to new nutrition specifications to facilitate product reformulation and evaluate acceptance of reformulated products;

- 3) Implement the following to increase participation in the School Meals Program:
 - a. Present information at a future committee meeting on current food safety, compliance and monitoring systems and mechanisms for students and parents to report concerns regarding school kitchen and cafeteria cleanliness and food safety; Establish and publish a hazardous analysis critical control point (HACCP) plan by July 1, 2006;
 - b. Parents may request that principals print and post at school sites cafeteria inspection reports that are on the district website.
 - c. Ensure schools serve lunch at appropriate times, 12:30 pm or before (where possible).

- d. Ensure all students have sufficient time to eat by convening a working group to identify steps necessary to add additional lunch periods at overcrowded sites;
 - e. Identify and fund facilities upgrades to improve participation at satellite kitchen sites, and provide an update on the use of bond funds for kitchen and cafeteria alterations at existing and new buildings;
 - f. Publish established customer service expectations and tenets;
 - g. Initiate a partnership with local chefs to identify potential improvements in batch-cooking practices, dining area design and equipment;
 - h. Incorporate student and parent input and the nutrition improvements specified in this and previous Board motions to develop a comprehensive program to market cafeteria meals to students;
- 4) Improve the nutritional value of the school meals program by adopting the following policies:
- a. Adopt the sodium recommendations of the Los Angeles Unified School District Lunch Review panel as follows:
 1. Reducing sodium levels to no more than 2000 milligrams per individual meal, and no more than 1500 milligrams of sodium per meal averaged over a one week period no later than January 1, 2007.
 2. Reducing sodium levels to no more than 1500 milligrams per individual meal, and no more than 1100 milligrams of sodium per meal averaged over a one week period no later than July 1, 2008.
 - b. Add nutritional specifications to cafeteria procurement contracts to eliminate trans fat added in the manufacturing process;
 - c. Limit fat content of entrees to 35 grams of fat;
 - d. Improve accuracy of forecasting to ensure variety in accordance with Food Services policy and rotate staple entrees to reduce availability of entrees with more than 15% total calories from saturated fat;
 - e. Reduce students' consumption of added sugars in school meals by limiting prepared foods and pastries with high

fructose corn syrup and other added sugars or caloric sweeteners. Immediately limit added sugar to less than 7 grams per ounce of cereal;

- f. Staff may bring recommendations to add singular items that are nutrient dense but may not meet the above-listed standards to the Board of Education's Health and Safety Committee on a quarterly basis and for approval by the whole board through the ratifications report.

- 5) Facilitate students' ability to make healthier choices and increase capability to track students' choices
- a. Post nutritional information for all entrees and a la carte items in the cafeteria and indicate visually which items are the healthiest so students can make informed selections.
 - b. Develop accurate forecasting with assistance from the cafeteria point of sale system implemented on site, using historical trends to ensure a variety of breakfast and lunch entrees, and fresh fruits and fresh vegetables and salad bars (where served) will be available throughout the meal period;
 - c. To develop bid specifications for the development of the integrated cafeteria Point of Sale system to include mechanisms to gather data regarding type of entrée selected;