



# Healthy School Food Coalition

## Working to Improve Nutrition

### in LAUSD

#### Brief Report 2006 - 2007

For more information and to get involved, call us!!

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### Who we are

The Healthy School Food Coalition is a group of committed parents, students and community members who work to develop and implement food and nutrition policies in the Los Angeles Unified School District (LAUSD).

### What we do

During the last year, and thanks to the leadership of Coalition members, other health advocates and the Food Services Branch we have made many different changes that benefit students' nutrition their access to healthy meals in school. Among the improvements are the creation of a

### Cafeteria Improvement Committee

### Where are we headed and how can we work together

Our focus has been to work with students and brake the barriers that prevent them from accessing food in school. Now we have the opportunity to work with a professional **Chef** and the **Marketing Specialist** recently hired as part of the goals for this year and as required by the 2005 food policy approved by the board.

This committee was established, as mandated by the Cafeteria Improvement Motion (2005), during the summer of 2006 with the purpose of observing and ensuring full implementation food policies at all cafeterias that serve over 700 school sites in the district. This committee is composed of Food Services representatives, students, the Healthy School Food Coalition, other parent organizations, nutritionist and district representatives. Through the committee we have worked on:

- Eliminating artificial transfats;
- Reducing the availability of foods high in saturated fats;
- Reducing the availability of pizza to 2 times every 10 days;

Student leaders are working to find solutions to issues like — long lines and waiting, improving looks and taste of meals, including the design of new menus and marketing campaigns to attract other students to participate in the school meal program, create communication systems to collect information input among



Eating seasonal fresh fruit and veggies.

- Reducing levels of sugar and sweeteners in breakfast items;
- Provide cut up fruit at more middle and high schools more frequently;
- Collect input from students in order to improve the cafeteria experience through the use of comment cards, meetings and surveys;
- Launch a pilot on sanitation inspections at 19 cafeterias;
- Train cafeteria staff on implementation and customer service in general.

students, etc. Additionally, students will train on nutrition education.

*Support efforts students! The motivation provided by parents, teachers and community are very important to create real changes!*

### Did you know... In September 2007

- All bread products contain at least 51% whole wheat grain.
- Elementary schools now have 3 entrees at lunch (sandwich, a cold option like a salad or yogurt and hot entrée).
- All Middle and High schools have a 7 option menu daily.
- The Obesity Prevention Motion (2003) approved by the board prohibits junk food sales at schools. To report sales call 866-528-7364
- Studies indicate that eating fresh fruits and vegetables is healthier than drinking bottled juices.
- Window washing or doing aerobics for 30 min. can burn 100 calories.



### Glossary

- ◆ **Calories** amount of energy contained in food. Fresh foods have less calories.
- ◆ **Saturated fats** these can be found in animal products. High levels of saturated fats can cause heart problems, etc.
- ◆ **Trans-fats** refers to artificial fats added to foods to preserve them for life shelf.

