

# Healthy School Food Coalition

Working to Improve Nutrition in LAUSD

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## New Menus in LAUSD Schools

On September 4th, 2007 Food Services at LAUSD launched new menus at all schools. Elementary School students now have a choice of 3 lunch entrees and Secondary and High School students can choose from 7 options, including at least one daily vegetarian option at all schools. This is a direct victory from our work in the last year. The Healthy School Food Coalition, represented at the Cafeteria Improvement Committee, brought concerns regarding lack of variety and the result is more choices for Elementary age students. Food Services has also pledged to improve food quality and make sure healthy options are available. In September and October we received lots of positive feedback from our members. Here is what they had to say about the new menu items:

“Sold out of salads, everybody is jazzed, and the kids are into it, the teachers are buying food

again, hurray for the Healthy School Food Coalition and for the motion, and this cool stuff!”  
- **Teacher, Alessandro ES**

“I am stunned; I will make more of those salads next week so that more students eat them.”  
- **Cafeteria Manager, Alessandro ES**

“I get new foods, like sand-

wiches and vegetables that are good and tasty.”  
- **Student, Berendo MS**

“We are very excited about the changes and seeing children getting real options to choose from.”  
- **Teacher, Hoover St. ES**

“I saw that even the last student in the line actually gets to choose

from all 7 options.”  
- **Student, Miguel Contreras Learning Complex**

“I talk with my children everyday and ask them what they ate at school. They really like the yogurt and the salads and choose them all the time.”  
- **Mom, Castellar ES**



## What is the Farm Bill and why does it matter?

The farm bill is a giant piece of legislation that forms the foundation of our food system. You can think of it as the ‘food menu’ passed by Congress approximately every five years; the next one will be signed into law in early

2008. The farm bill influences what kinds of crops are planted, whether family farmers or multinational corporations get money from the government, how much information is provided on food labels, and much more that affects your dinner

plate. The farm bill has some good pieces, like making it easier for schools to prioritize purchasing local food, and some rotten parts, like continuing to give massive subsidies to large agribusiness. The farm bill has a major impact on food

and nutrition programs that affect our community, like food stamps and the National School Lunch Programs. For more information, visit [www.foodsecurity.org/policy](http://www.foodsecurity.org/policy) and [www.agobservatory.org/issue\\_farm-bill2007.cfm](http://www.agobservatory.org/issue_farm-bill2007.cfm)

# Food Justice Fair

## Putting our Advocacy into Action

On October 21st, 2007, the Healthy School Food Coalition organized a 'Food Justice Fair' along side our allies and friends from Hunger Action LA (HALA) and the El Sereno Community Garden. As you already know, we are committed and have been working hard to improve school food and school food access, as a way of defeating Childhood Obesity and this was also one of the goals of the Fair. We also wanted to emphasize that all communities need to have access to fresh food at affordable prices and we have the power to make it happen.

The fair offered workshops, activities and information tables for all members of the El Sereno community and surrounding areas, including youth and children. For those of you that didn't get a chance to come out, this is what we

offered:

- Prepare a fresh, fast and easy meal, by Familias Unidas – Soy Ceviche & Spinach Lemonade
- Food Prices, Food Stamps & the Farm Bill by HALA
- Fruit Tree Giveaway, by Tree People LA
- Self-Defense & Zapateado Demonstration, by the East Side Cafe
- Health Screening Area that included a cholesterol and high blood pressure screening and a demonstration called "Look at what you're eating"
- Know your School Food Rights, by the HSFCoalition
- Tai-Chi Demonstration, by teacher Misako Tsuchiya
- Food Stamps Program information booth, by the DPSS
- Gardening "You can eat the parts.....to", for kids
- Paint a Mural with José Ramírez, for kids
- Make Day of the Dead Flow-

ers & Papel Picado, for kids

We were able to host this fair FREE to the community because of the financial support of Occidental College's Urban and Environmental Policy Institute and the El Sereno Neighborhood Council. All of the facilitators donated their time and we had a great group of volunteers that helped from setting up the day of the event to handing out flyers on weekends. Also Familias Unidas generously donated 2 baskets full of organic food as well as 6 herbal plants for our raffle.

We met so many great people that day and learned a lot. Let's keep in contact. Make sure you mark your calendar for our next HSF Coalition meeting on January 19th. Learning, putting knowledge into practice and getting involved is the way to go! See you at our next meeting.



La Opinion published an article about the fair, entitle 'Por una alimentacion con justicia y salud' by eillen truax, which translates to, 'For a just and healthy diet'. Read it on their archive page <http://www.laopinion.com/archivo/> which you'll need to search by date, 10/22/07.



### Who we are

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



*The Healthy School Food Coalition is a project of the Center for Food & Justice, a division of the Urban and Environmental Policy Institute at Occidental College*