



Healthy School Foods Coalition

Working to Improve Nutrition in LAUSD

Winter 2010

Mark your Calendars & Participate!

Healthy School Food Coalition Membership meeting

Join us for our general meeting on Saturday, March 13th at 9:30am.

You will learn about current changes in the cafeteria, meet new people and learn about how you can get involved to help improve your eating experience at school.

Invite friends and neighbors! For more information about the meetings please call Elizabeth 323.341.5097 and Byron 323.341.5090

LA Street Summit

On Saturday, March 20th, at LA Trade Tech starting at 10am. Admission is FREE!

www.lastreetsummit.org



Beets

are excellent cooked or raw; they are very nutritious, low in calories and help our bodies stay healthy and nourished. Beets are a good source of folic acid, calcium, iron, Vitamins A and C.

Beets may help to prevent heart problems and anemia. The fiber contained in beets can help your digestive system.

Student Input on Cafeteria Experience

In February 2010 a Student Questionnaire will be applied in secondary schools that represent students from all LAUSD Local Districts.

Over 18,000 students will be surveyed on their perceptions of, and experiences in the cafeteria. The results from this survey will help the Food Services Division learn about any problems or changes that are needed and to make nutrition

programs efficient and viable for students.

A similar survey tool will be reaching 1,800 teachers. This is one activity among many that are carried out to gather student input. So, if your class is given the survey, please participate!

Integrating student feedback is one the Cafeteria Improvement Motion's principles towards a student friendly cafeteria program.



New Student Organizer Joins Our Team!

As the work of the Coalition continues to grow, our staff is also growing and expanding. This calendar year, we welcome to our team Byron Jose, new Youth Organizer at HSFC.

Byron will work with students in High Schools and Middle Schools, to facilitate student participation as key stakeholders in advocating and organizing for access to healthy foods in cafeterias throughout LAUSD.

He has worked with students in various campaigns in the past, and is looking forward to further the grassroots community organizing and mobilization work of HSFC. Students interested in organizing their schools to implement and monitor the motions and policy set forth by LAUSD can contact him directly at bjose@oxy.edu

Byron strongly believes in the creativity and voice of youth to create alternative ways to implement and ensure access to healthy foods in their schools.



Food Is Fun!

The Nutrition Education Committee, a group within the Cafeteria Improvement Motion Committee, launched the "Food Is Fun!" Pilot Program in 7 schools in October 2009. The goal is to have students learn while they eat, by integrating nutrition education in the cafeteria and the classroom.

Through these activities students are exposed to new and nutritious foods, and as students learn about the benefits of the foods, they can taste these during their mealtime! Studies show that these exercises help impact students' lifestyle toward adopting healthier habit changes.

This bimonthly pilot has featured walnuts and sweet potatoes in the cafeteria with menu items and recipes, as well as lesson plans in the classroom. Beets will be presented on the second week of February.

The schools participating in the pilot are:

- Dorris Place Elementary,
- Gratts ES,
- Gates ES,
- Griffin ES,
- 68th ES,
- Sheridan ES
- and Méndez HS.

If you attend one of the pilot schools ask your children about this vegetable and what they learned or contact the Cafeteria Manager for more information.

Food Allergies?

These days more people are finding that they have allergies (negative physical reactions) to some food products like dairy, peanuts, some fruits, etc.

This is hard, especially if you enjoy what you are allergic to or if you are unsure what ingredients are contained in prepared meals.

If you have a specific food allergy it's important for you to know that your school breakfast and lunch can be prepared without

that item.

This will ensure that you still receive a balanced nutritious meal without fear of allergic reactions.

What you need to do is request that your doctor write a letter explaining the allergy and listing which foods do not sit well with your body. Then, take this letter to the Cafeteria Manager at your school.

The manager will send your note to a dietitian who works to create special

diets for students with food allergies or other conditions like diabetes, etc.

Also, the Food Services Branch offers soy milk and lactose free milk in case you are lactose intolerant.

Talk with your Cafeteria Manager so that you have foods that are appropriate for your diet everyday.

You can also call Food Services at 1-800-300-FOOD to discuss allergies.



¿What is lactose intolerance?

Lactose intolerance means the body cannot easily digest lactose, a type of natural sugar found in milk and dairy products.

Sodas and Sugary Drinks

On November 5th, 2009 Senator Alex Padilla, chair of the Senate Select Committee on Obesity and Diabetes held a hearing in Los Angeles called “Exploring the Link Between Sugar-Sweetened Drinks and Obesity”. This was a public session that included participation from health experts, doctors, scientists, community members, as well as representatives from the beverage industry.

A UCLA study, *Bubbling Over: Soda Consumption and Its Link to Obesity in California*, showed that soda consumption is directly linked to obesity, which increases the risk of diabetes, heart disease, cancers, asthma and other problems like tooth decay.

The study findings, which came from the California Health Interview Survey implemented in 2005, showed that up to 44.3% of children in Los Angeles County between ages 2 and 11 years old drink one or more sodas per day.

For adolescents between 12 and 17 years old the percentage is up to 64.9%. Some of the recommendations shared were:

- to make it a priority to cut back on soda drinking everyday
- switch to water or other juices that are 100% natural, while reducing consumption of these
- help enforce current sugary beverages regulations
- work towards more policies that reduce access and marketing of these products, especially among young children and youth

How to support healthy eating changes at home?

Get the whole family involved in planning and preparing simple meals. Ask your children to do easy tasks and help you create new recipes. *They have a lot of ideas and this will help to get them to eat healthier!*

Try eating more vegetables that are in season, these are less expensive. During the winter months you can find

in most local markets—cabbage, carrots, cauliflower, celery, chard, potatoes, spinach, squash, and lots of citrus fruits filled with vitamins and minerals that may help protect you from chronic health problems.

Teach change by showing change. If you want your children to eat more fresh

fruits and vegetables and adequate servings, be a healthy eating model to them. They will see you and follow your example.

Be adventurous and have fun with food! Include new vegetables or fruits in your recipes. This will help your children develop interest in new flavors, textures and colors.

In 2002, the Healthy School Food Coalition led a campaign resulting on the adoption of the “Healthy Beverage Resolution,” better known as the Soda Ban in LAUSD.

The district’s Board voted unanimously and with this resolution prohibited the sale of soda and other sugary beverages on campus. Please contact us if you would like more information.



Urban & Environmental Policy Institute
OCCIDENTAL COLLEGE

The Healthy School Foods Coalition is part of the Urban and Environmental Policy Institute/

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