# **SOUTH SHORE SCHOOL FOOD PROJECT – MOVING FORWARD!**

## EAT TO LEARN!

Administration and SAC can be instrumental in helping create a positive food culture in your school to support Education's priorities: Attainment; Attitude to learning; Antisocial behaviour; Absenteeism and Physical Activity.

## **STUDENTS SEE CAFETERIA OFFER AS SCHOOL ENDORSED!**

Children assume what happens within their school is endorsed by their school, both in classrooms and in the cafeteria! Together let's use the food we serve at school to support student health and as a showcase for learning and connecting with local source, in order to support healthy food habits for life.

**For a snapshot of what we have been up to, please connect to our** <u>South Shore School</u> <u>Food Project Facebook</u>. Warning: you will see a lot of smiling faces eating veggies! Being in schools for a pilot year was invaluable for learning and trialing. The exciting work continues this year a little differently, as we are taking what we have learned and now focusing on building resources to support all SSRCE schools in the future. The offer will begin in 2019-2020.

The **Four Priorities** that continue to underpin the development of this work:

- ★ Healthy Menus in School Cafeterias
- $\star$  Food Education in the Classroom
- ★ Collective Local Procurement from NS Farmers & Producers
- ★ Food Security in School Communities

### What's to Come in 2019-2020

We will continue to address the four priorities in a number of ways: With resources that will support **Healthy Menus** with more local source and salad bars to make it simpler for cafeterias to achieve this goal. **Support for Food Service Workers** to help with adoption of changes and create a collective team that they can be a part of. **Communication Support and Advocacy Platform** to help schools create a positive food culture in schools with a holistic approach and increase the number of kids accessing healthy food together. Offer **Cookhouse Kids**, a pilot food safety module for curriculum to skill kids up, while meeting educational outcomes, bringing food and education closer together. The **Munch Card** will be a multi-purchase meal card to create better pricing for better food and also to support more kids in need of free meals.

# **IDEAS FOR TEACHERS, SAC, HOME & SCHOOL & PARENTS**

Get a "Good Food" initiative going at your school - Start a **SALAD BAR CAMPAIGN NOW** to be ready to access resources when they become available!

Each school will have different needs and considerations when looking at "Build Your Own Salad Bars". This year we are determining what will work best in all schools. We will be gathering more info from Food Service Workers (FSW) as to willingness, interest and ideas around menus and salad bars.

We are working to bring funding partners on board to see the salad bar program grow in all our schools, but there is definitely a role for each school to raise some funds and campaign for the salad bar. Raising funds will create interest and get the parent community involved in bringing the salad bar in therefore they are invested in volunteering and buying into meals when the salad bar is launched.

# Please Note: At this time, it is important that activities do not interfere with the already busy FSW or take away from cafeteria sales.

Also, we need this year to develop resources for all, so, unfortunately, we cannot run these initiatives for each school. But we can provide information if we have it and resources as we build them. We would also love to hear about and share your "good food" efforts on our social media platforms!

### With SAC leadership, you can...

- ★ Assign SAC Money to build a Salad Bar Fund (funds made on food fundraisers e.g. Nourish Your Roots is a great start)
- ★ Follow us/Like us on the <u>South Shore School Food Project Facebook</u> and get your school community to do the same
- ★ Parent Outreach Recruit a parent and student group this year to be a dedicated "Good Food Team". Setting up a Good Food Team in each school will build advocacy and momentum for positive change from the ground up and this is the best way to build a voice and a will for change! Can you find someone to take this on?

### Ideas for the Good Food Team.....

Help fundraise for Salad Bar campaign. Funds can support equipment purchase and free trials at launch to promote excitement, comfort and trial around a "build your own service".

- ★ You can run free veggie "try it" days with local food where possible to build excitement, familiarity and get kids digging in together. This can happen in the cafeteria and in classrooms. Fresh veggies and fruit go with all sorts of learning!
- ★ If the FSW themselves suggest it and would like to try a "build your own salad bar" lunch event with your support that is wonderful! We have a few basic resources we could share and your volunteer crew could visit a few schools that already run these bars to see what is required of them and what menu offers have worked well on these days. SAC or food fundraisers could supplement this day to give more kids access. Try a "Toonie Day", where students pay \$2 and the other \$2 is donated

through SAC, H&S or community funds to cover meal and labour.

- ★ Raised funds could also subsidize the Munch Card for all kids when the program is launched in 2019-2020. This could allow more kids to access the cafeteria and get more buy in to support the cafeteria in sustainable operations with a healthy food offer!
- ★ Create awareness and help parents understand the importance of their buy in to better food at schools and salad bars. Encourage a volunteer sign up and commitment to purchase lunch for their kids at the cafeteria when healthy menus/salad bars are introduced.



### THIS IS NOT A COST. THIS IS AN INVESTMENT!

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South Shore Regional Centre for Education



## Top 10 Reasons Why Your School Should Have a Salad Bar

- 1. Both academic research and actual experience in schools across the US where over 5000 salad bars have been introduced, have shown that children significantly increase their consumption of fruits and vegetables when given a variety of choices on a school salad bar.
- 2. Increased daily access to fruits and vegetables provides a personal experience about choices that can shape a child's habits far beyond the school lunch line and prepares them for a lifetime of healthy eating.
- 3. When offered multiple fruit and vegetable choices, children respond by trying new items, incorporating greater variety into their diets, and increasing their daily consumption of fruits and vegetables.
- 4. Salad bars can help increase participation in school lunch. When more students eat school lunches, there are often more funds to allow for further improvements to the school's meal program.
- 5. School Salad bars are an amazing learning tool and will be incorporated into Cookhouse Kids!
- 6. It is also an amazing tool to bring in local foods and educate on local harvest while connecting kids to their NS farm/producer community and the impact their choices can have on their economy. Salad bars are also a great way to utilize school garden vegetables and let kids taste what they've grown.
- 7. Salad bars are a smart first step to incorporating not only healthier, but also fresh foods into your school lunch program. You can start with a basic plan and build your program from there.
- 8. Salad bars can help raise community awareness about positive food changes being made at your school. They are also a useful tool for increasing parents' involvement in their children's school meals.
- 9. Salad bars are a great way to help Food Service Workers meet the Food and Nutrition Policy for Nova Scotia Public Schools
- 10. The more exposure kids have to healthy food in a school environment and the more their peers and teachers dig in, the easier it is to bring them on board to eat well (easier than when it comes from a parent!). In some homes the most food insecure children do not get this exposure, therefore a school environment may be the only way for these children to break eating habits that damage their health.