

# FCPS NUTRITION TASK FORCE

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Recommendations presented to FCPS  
Superintendent, FNS, and School Board Liaison

October 12, 2011

# Agenda

- Process and approach
- Goals and guiding principles
- Recommendations
  1. Provide foods with fewer artificial ingredients
  2. Increase the quantity of fresh fruits and vegetables served on a daily basis
  3. Promote lunchroom best practices to maximize accessibility of healthy food and time for eating
  4. Strengthen school and community wellness by raising awareness of the importance of healthy food choices in and out of school
  5. Composting and recycling (food and beverage waste)
- Next Steps

# Process and Approach

- Process
  - Planning committee defined issues
  - Larger task force made recommendations
- Approach
  - NTF comprised of knowledgeable individuals from our community, including parents, FCCPTA, chefs, wellness professionals, and registered dietitians.
  - Guest speakers from the business community, FCPS principals, and other groups participated in the larger task force

# NTF Members

Members	Members	Staff
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# Goals

- Provide students with the healthiest and most nutritious food options from FNS
- Educate parents/guardians and students about healthy lifestyle habits and how to help students make healthy food choices in and out of school
- Recommendations represent a consensus of the NTF members and present the most feasible, reasonable, and valuable outcomes for FCPS/FNS.

# Guiding Principles

- Nutrition is important
- All food is good
- Some parents and students are asking for change
- Federal government has proposed changes
- Awareness of FNS challenges
- School board student achievement goals
- Feasibility based in part on costs

# 1. Provide foods with fewer artificial ingredients

- Make a focused/dedicated effort to eliminate all of the most potentially harmful artificial ingredients within 1-2 years
  - Artificial flavor enhancers, food dyes, preservatives, high fructose corn syrup, processed trans fats and partially hydrogenated oils
- Take one (or more) menu items immediately (most popular item...pizza) and replace the current offering with one that contains fewer artificial ingredients.
  - A frozen pizza purchased at a local grocery store has approximately 28 natural ingredients, compared to one current pizza offered today in FCPS which has 70 ingredients
- Provide additional a-la-carte items, such as nuts, trail mix, string cheese, tuna in pouches, carrot sticks, fresh fruit, and hard-boiled eggs.
  - These items, along with water, need to be displayed prominently.

## 2. Increase the quantity of fresh fruits and vegetables served on a daily basis

- Salad Bars
  - Expand the availability of a salad bar to any school that wants one.
  - Communicate the availability of salad bars to school administrators.
  - Develop an application and evaluation process to facilitate a school obtaining a salad bar.
- Ensure that canned fruit is packed in juice or light syrup, rather than heavy syrup.
- All menus will continue to promote fresh fruits and vegetables as they currently do.

### 3. Promote lunchroom best practices to maximize accessibility of healthy food and time for eating

- Provide adequate time for students to purchase and eat lunch by maximizing the number of lunch periods and serving lines available.
- Provide adult supervision of lunch lines in middle schools and high schools in order to limit the number of students in a line at one time.
- Schedule recess before lunch in elementary school.
- Provide case studies of sample schools (of different levels, sizes) to promote and share best practices.

## 4. Strengthen school/community wellness by raising awareness of the importance of healthy food choices in and out of school

- Create a database of best practices and guidelines for schools.
- Promote best practices from the Golden Apple Wellness Scorecard Award recipients and share with all schools.
- Require that each school's annual School Improvement Plan (SIP) include a Wellness Goal.
- Partner with respective school stakeholders in order to tie into existing science, health, and physical education curriculum.
- Promote creating and maintaining school gardens, integrate the school gardens in learning activities, and encourage the use of foods grown in school gardens to be served in school meals.
- Accurately maintain and post changes to the food items ingredient lists on the FCPS website as they occur.

## 5. Composting and recycling (food and beverage waste)

- Support pilot programs with a compost hauler company such as EnviRelation, the compost hauler for the Alexandria City Public Schools.
- Support recycling and composting in schools by integrating with outdoor science education curriculum
- Create recycling awards or incentives for adoption of school composting and recycling programs
- Include Composting & Recycling part of the SIP

# Next Steps

- Response from administration to NTF recommendations including which recommendations will be implemented, a timeline for implementation, and how it will measure its progress
- Establish ongoing Food and Nutrition Services Advisory Committee for continued follow-up, implementation monitoring and oversight.