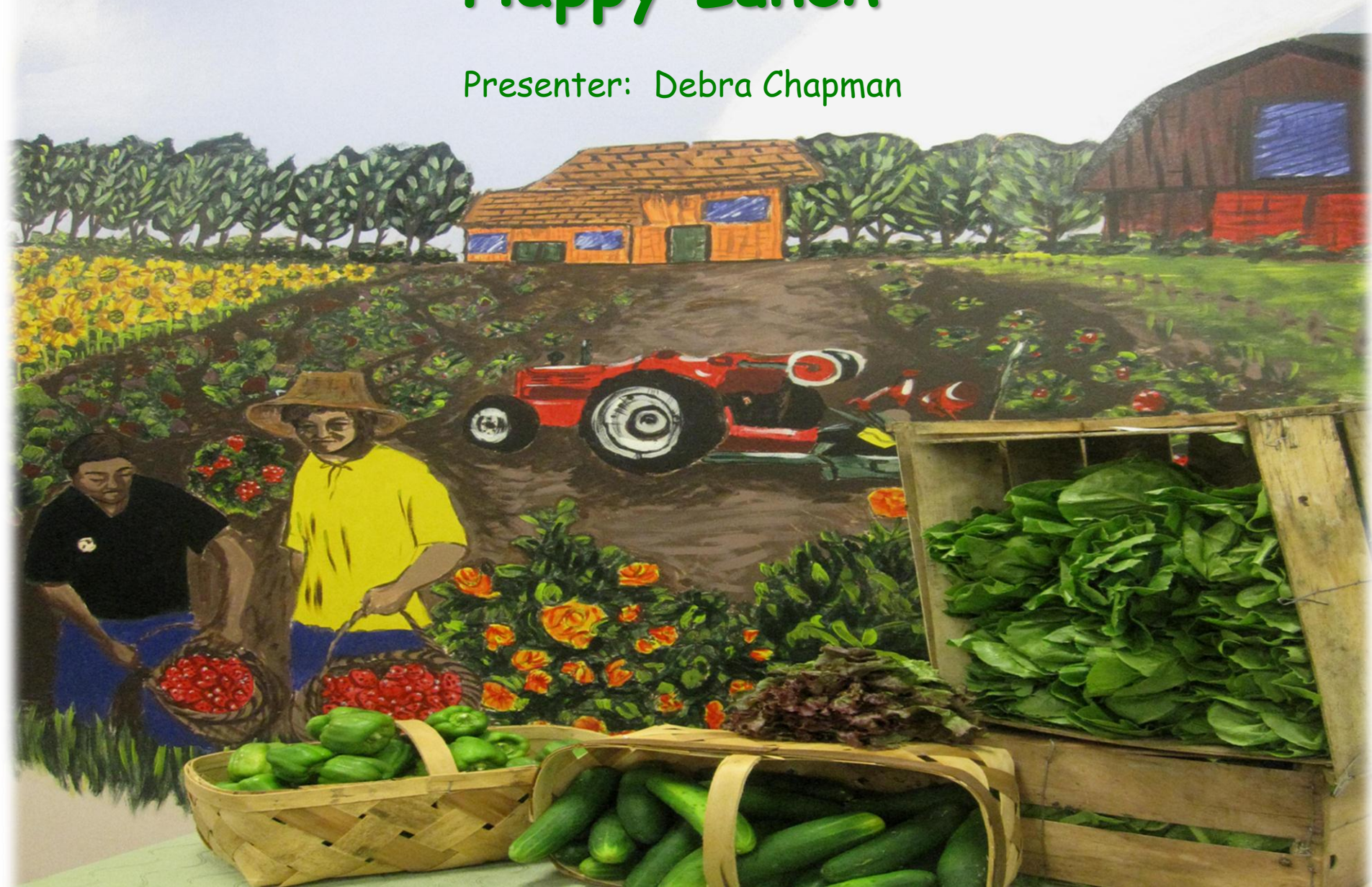


Welcome to "Healthy Food Makes for a Happy Lunch"

Presenter: Debra Chapman



Purpose of Session

- Demonstrate how we provide students with a healthy learning environment
- Demonstrate how we provide students with a healthy lunch utilizing local foods



Our Mission: A Whole Child, Whole School Approach



Helping
children reach
their full
potential

Our Recipe for Every Child: Three Interconnected Ingredients



Odyssey Charter School

Florida's First Healthy High Performance School



- Creating a National prototype for "Green" and Healthy Schools
- Recipient of the Governor's 2009 Serve to Preserve "Green" School Award
- Fully accredited by Southern Association of Colleges and Schools (SACS)
- Designated a High Performing Charter School by the FL Commissioner of Education



The Healthy Facility

- Superior Indoor Air Quality
- Natural Day Lighting
- Energy Efficient
- Hospital Grade "Green" Cleaners
- Energy Star Rating of 95%



ODYSSEY CHARTER SCHOOL,
PALM BAY, FLORIDA

The Sustainable Campus

Making connections
with nature through:

Garden Courtyards



Designated National Wildlife
Federation Campus

Gopher Tortoise Preserve
and Butterfly Garden

Wise Nutrition and Healthy Lifestyles Program

Our Healthy Café serves:

- 80% naturally prepared, made-from-scratch wholesome foods
- Locally grown and seasonal produce
- Growth-hormone free chicken
- Local farm-fresh eggs and honey
- Fresh baked whole grain bread and whole grains
- No high fructose corn syrup



Nutrition Education

- Teachers College, Life Curriculum
- The Big Ideas, Center for Eco-Literacy

BIG IDEAS

Linking Food, Culture, Health, and the Environment

Center for Ecoliteracy

Foreword by Michael Pollan



The Garden Integrated into the Curriculum

➤ Vermiculture

➤ Rain Barrels



➤ Hands-on Learning

➤ Composting



Developing the Radiant Child

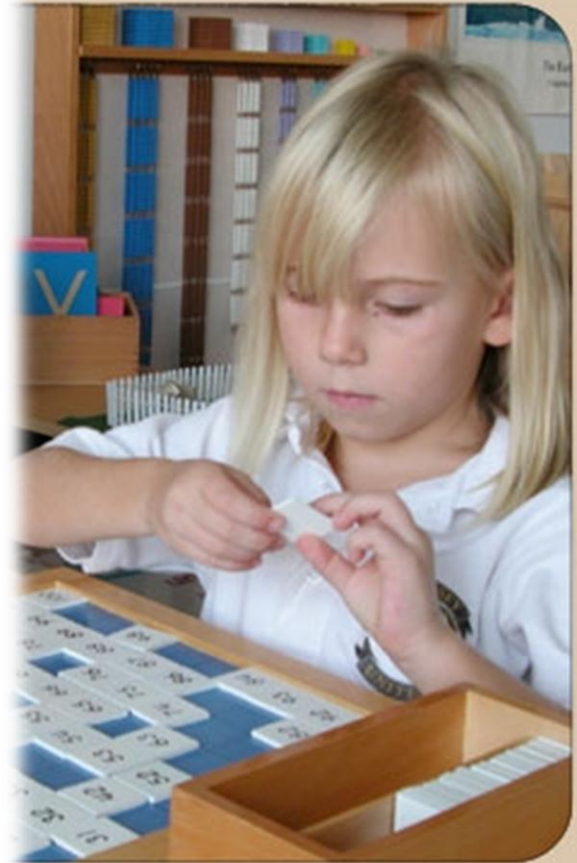
Reaching full potential holistically:



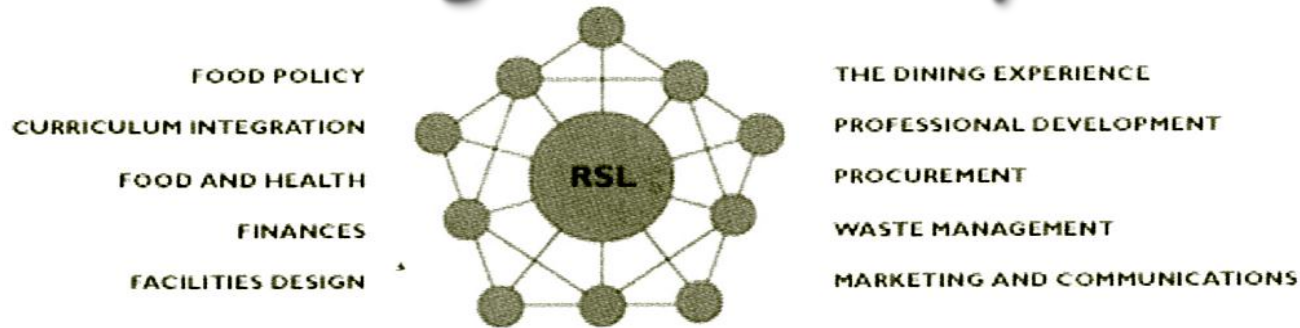
- Spiritually
- Emotionally
- Intellectually
- Physically
- Socially

Developing the Whole Child Through Healthy Learning Environments

- Montessori Hands-on Education
- Experiences in Nature
 - Place-based Environmental Education
 - Organic Gardening
- Creating the Culture for Learning
 - Positive Discipline in the Classroom
 - Conflict Resolution
 - Peace Education



Setting the School's Food Compass through Food Policy



- "Rethinking the School Lunch Guide" - A systems approach from The Center for Ecoliteracy
- A well defined Wellness Policy includes:
 - Parent and Student Pledge
 - Healthy Celebrations & Birthday Policy
 - Healthy Fundraisers
 - Alternatives for Food as Reward
 - Nutrition Education
 - Environmental Health
 - School Based Learning Experiences - Gardening
 - Waste Reduction
 - Physical Activity
 - Professional Development
 - A Self-Assessment Rubric
- Fundraising Policy - Sweet Deals: School Fundraising Can Be Healthy and Profitable

Our Mission: Raising student achievement from the inside out



Healthy Options/Portions - Every Lunch a Rainbow



- Fresh Fruit
- Fresh Veggies
- Whole Grain

Healthy Earth + Healthy Food = Happy Children



A Healthy Future for Tomorrow's Leaders

Impacting all aspects of a student's daily life

Positively impacting their home life

Far-reaching outcomes into adulthood



Ten Ways to Improve Your School Lunch Program



1. Cook from scratch delicious, nutritious, seasonal and sustainable food

- Fresh local fruits and veggies
- Eliminate processed foods/meats



2. Serve antibiotic and hormone-free milk

- To prevent the early onset of puberty from added hormones
- To reduce antibiotic accumulation
- To reduce sugar consumption through the elimination of chocolate and strawberry milk



3. Change *À la carte* menu to healthier options



- Don't be afraid to experiment
- Be creative
- Keep options light and appealing

4. Eliminate trans-fats and high fructose corn syrup

- Read **ALL** of your labels carefully
- Our Café does not serve chicken nuggets or French fries

The Peanut
Butter
Challenge!!



5. Use Only Whole Grains

- Ask your supplier for whole grain items such as pasta and breads
- We bake homemade bread that is a blend of whole wheat and ten grain flour



6. Apply for a salad bar from Michelle Obama and Chef Ann Cooper's "Lets Move" campaign at www.thelunchbox.org



Our Salad Bar



Self-serve encourages independence and teaches portion control



7. Experiment with new veggies, fruits and recipes

- Students sample new recipes monthly
- Students provide feedback using surveys and comment boxes
- Students may sample items before selecting



Keep your students involved in the decisions of which foods to eat



Xtreme Cuisine Cooking Class



8. Reformulate recipes to make them healthier

- Replace salt with an Herb blend
- Reduce sugar by replacing with applesauce
- Use local honey sparingly in place of sugar
- **Activity: Making Standard Recipes Healthier**



9. Examples of how we incorporate leftovers in our meals:

- Cooked chicken in Taquitos
- Cooked pasta used on salad bar as pasta salad
- Veggies or meats for pizza & soups
- Menu/Wellness Newsletter



Leftovers can be used in all aspects of your lunch



10. Start a "Farm to School" Program

- Visit local farmers markets to find both farmers and vendors willing to work with your school



Support Local Growers - Purchase Whole Foods

- We use 50% local organic free range eggs
- We purchase our honey from a local bee farm
- Local organic farms provide lettuce, cucumbers, tomatoes, and peppers



Food from our School Gardens



Builds Self-Reliance



In the Beginning...

Lessons Learned

- Be patient. Start slowly.
- From small salad 3x weekly to full salad bar
- Samplings determined our menu offerings
- Finding nutritious recipes that kids will eat can be challenging
- Encourage feedback both positive and negative

Future Plans



- Increase number of local suppliers
- Offer a more diverse ethnic menu
- Cater to dietary restrictions
- Develop parent education tools

Reflections



& Healthy Food Links

Center for Eco-Literacy,
www.ecoliteracy.org/

Teachers College, Columbia University
www.lifecurriculum.info/

Chef Ann Cooper
<http://www.chefann.com/>

Odyssey Charter School
www.odysseycharterschool.com

Sweet Deals: School Fundraising can be
Healthy and Profitable
[http://www.cspinet.org/schoolfundraising.
pdf](http://www.cspinet.org/schoolfundraising.pdf)

Local Harvest
<http://www.localharvest.org/>

Let's Move
<http://www.letsmove.gov/>