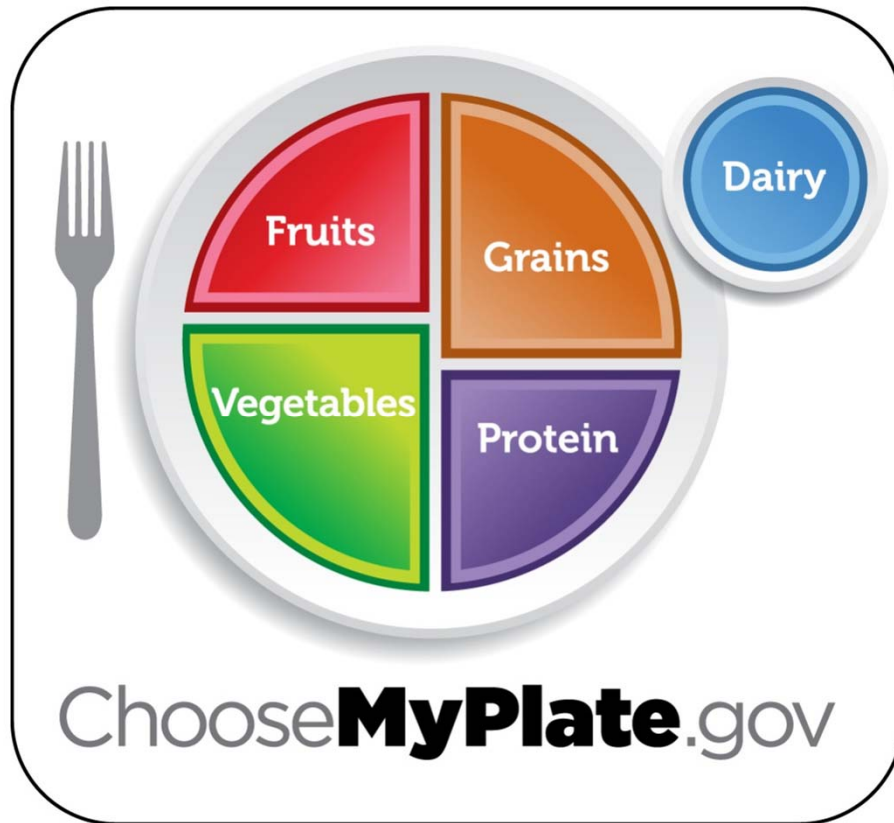


Improving Student Nutrition at School

Suggestions for nutritious and
appetizing options
to improve student health

Presented by
Daniel
Olivia
and Liam

Nutritional Requirements for Students



2010 Revised Guidelines

Diets should emphasize vegetables, cooked dry beans and peas, fruits, whole grains, nuts, and seeds.

Reduce intake of foods containing added sugars and solid fats.

Reduce sodium intake and lower intake of refined grains that are coupled with added sugar, solid fat, and sodium.

Sources: www.choosemyplate.gov

www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/QandA.pdf

				
Grains Group	Vegetable Group	Fruit Group	Dairy Group	Protein Foods Group
Make at least half your grains whole.	Vary your veggies.	Focus on fruits.	Get your calcium-rich foods.	Go lean with protein.

Source: www.choosemyplate.gov

US Guidelines: Calorie Needs For Teenagers

Teenage Girls Age	Calorie Needs Each Day for Moderately Active
12-18 years	2000
19-25 years	2200

Teenage Boys Age	Calorie Needs Each Day for Moderately Active
12-13 years	2200
14 years	2400
15 years	2600
16-25 years	2800

Moderately Active = at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities.

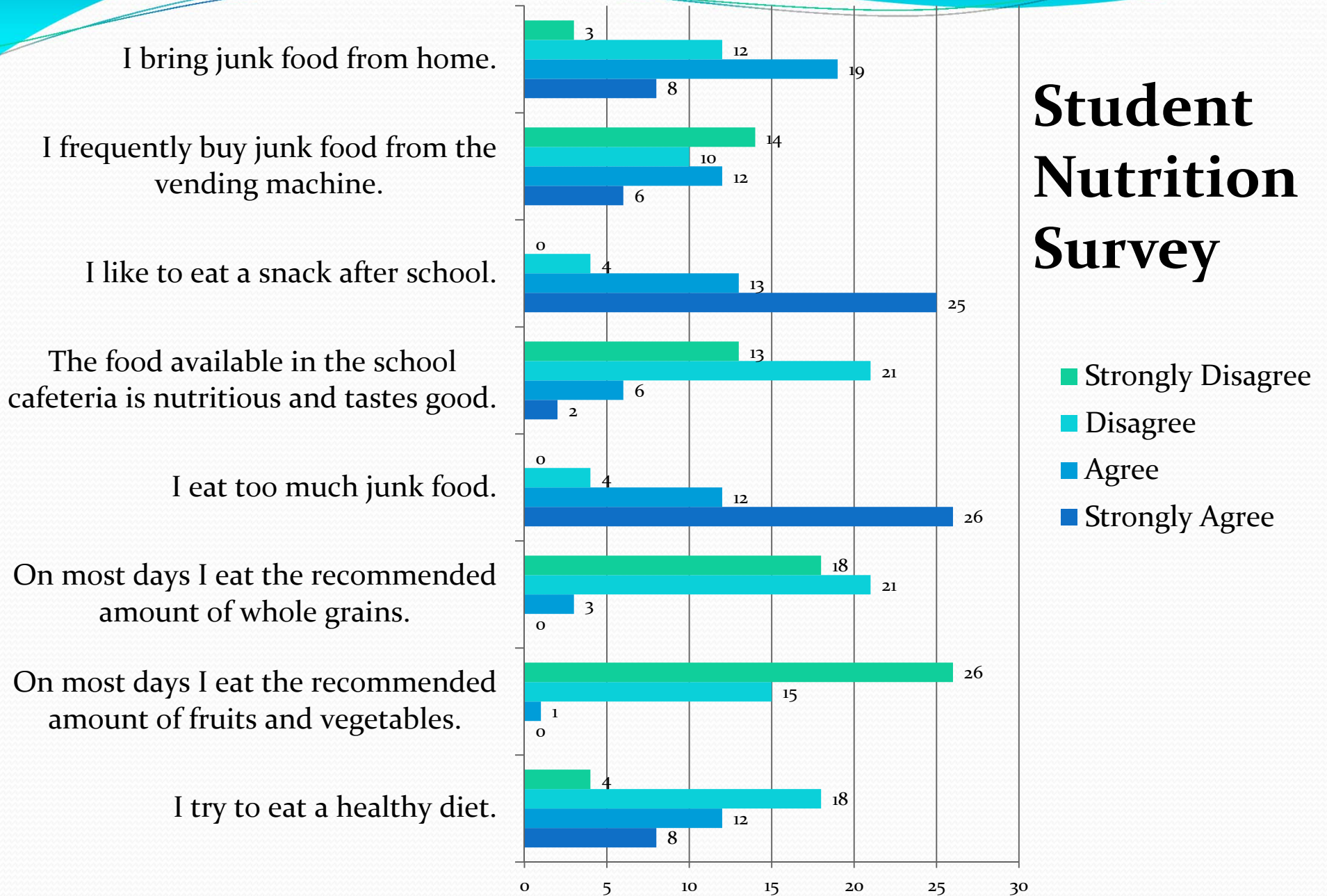
Source: www.choosemyplate.gov/foodgroups/downloads/MyPyramid_Calorie_Levels.pdf

Student Survey

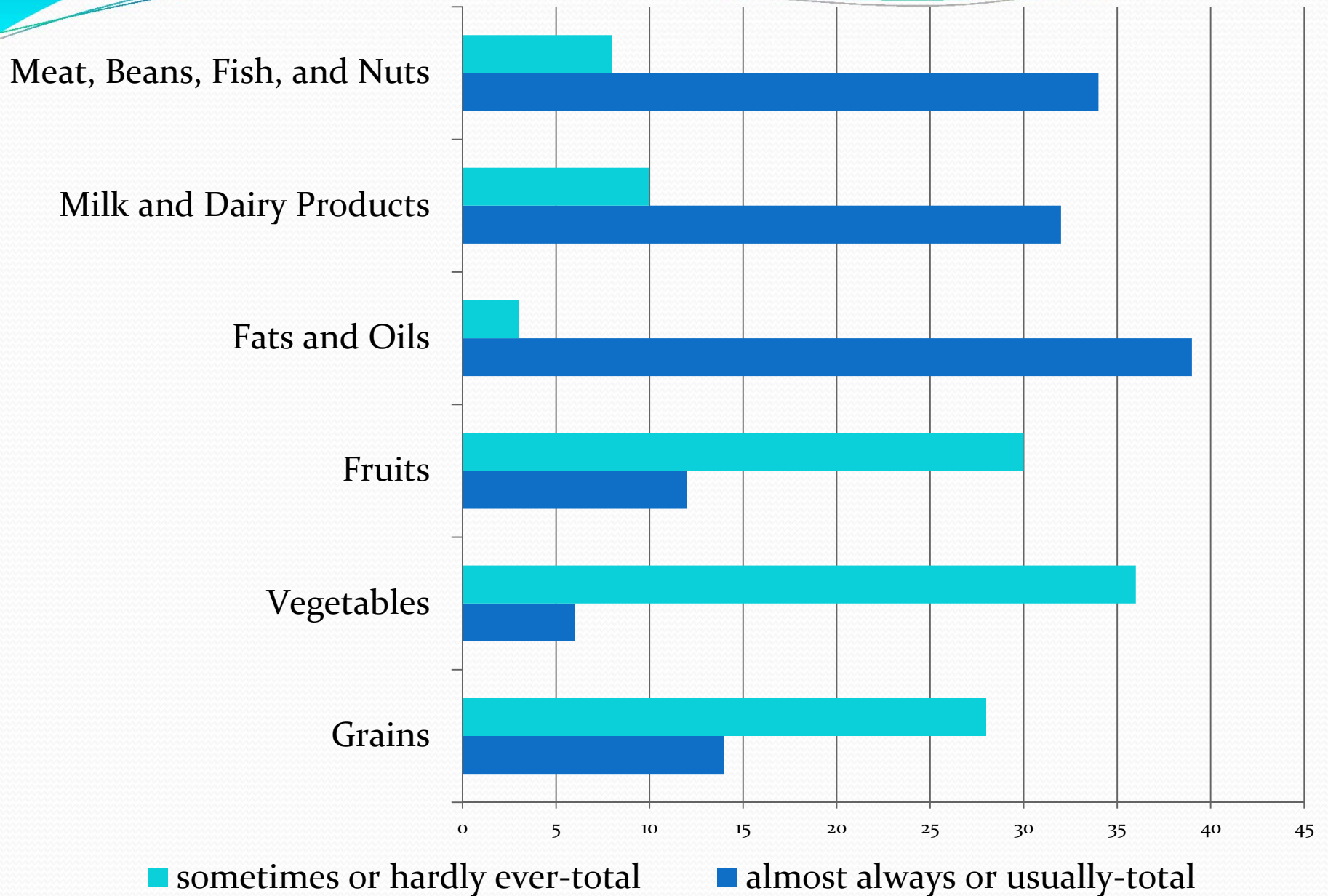
- A total of 42 students were surveyed, equally distributed across the grades
 - 20 girls were surveyed
 - 22 boys were surveyed
- We used both paper surveys and online tools for surveys and tracking food intake
- Students were randomly selected roughly in thirds from each of the following groups:
 - Those eating food purchased at school
 - Those eating a lunch from home
 - Those not eating a lunch
- Students were provided with the recommended dietary requirements for the food groups



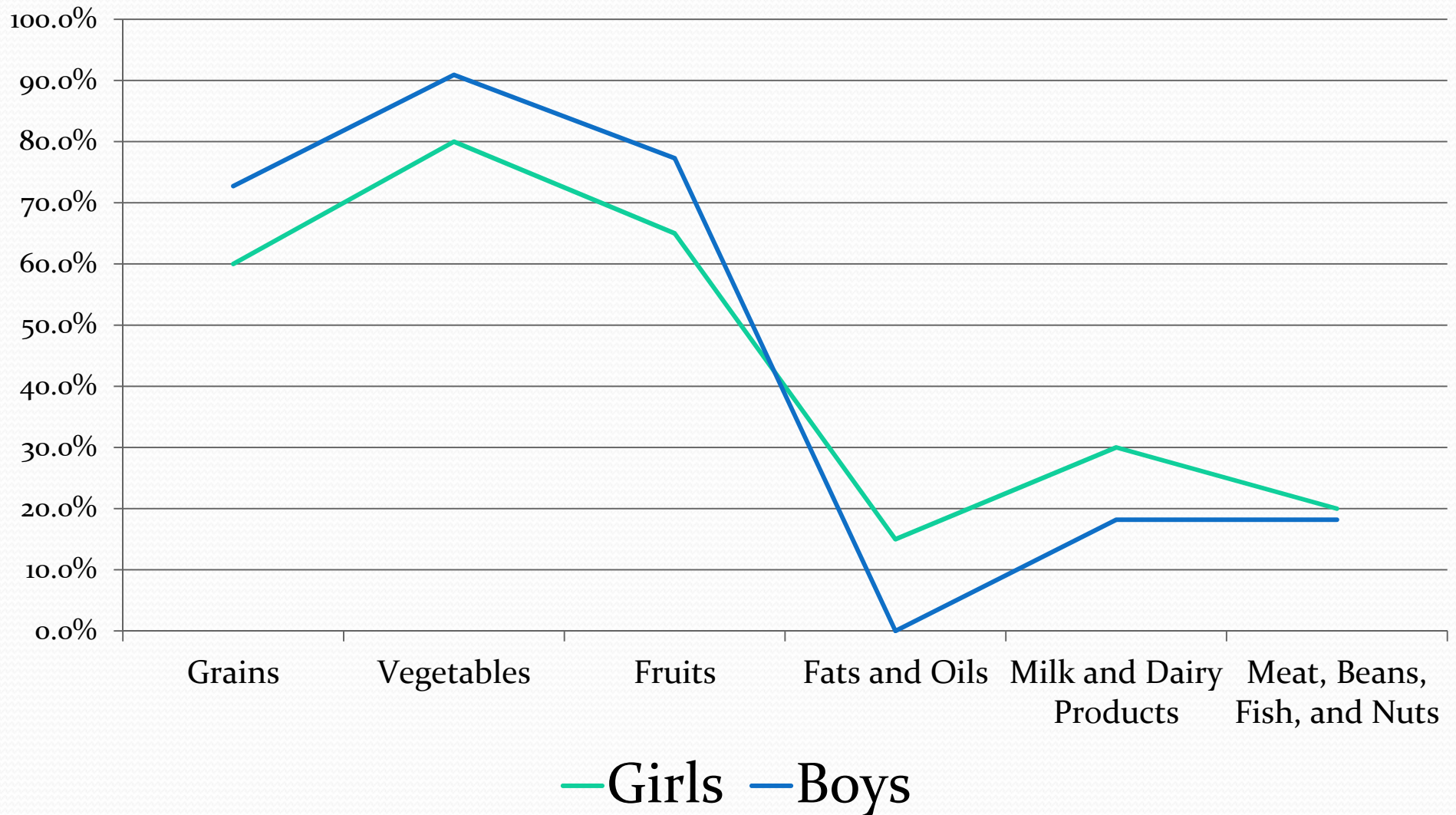
Student Nutrition Survey



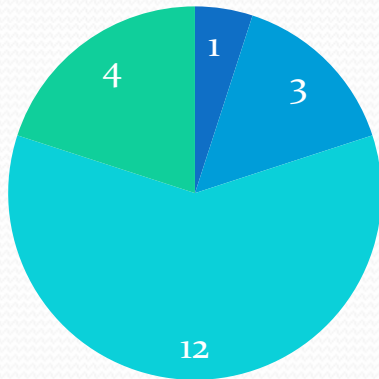
Summary of All Students



Comparison of Girls to Boys Who “Sometimes” or “Hardly Ever” Meet Recommended Nutritional Guidelines



Girls: "I eat the recommended amount of vegetables"

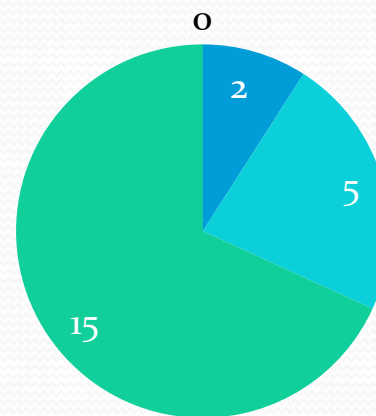


- Almost Always--Girls
- Usually--Girls
- Sometimes--Girls
- Hardly Ever--Girls

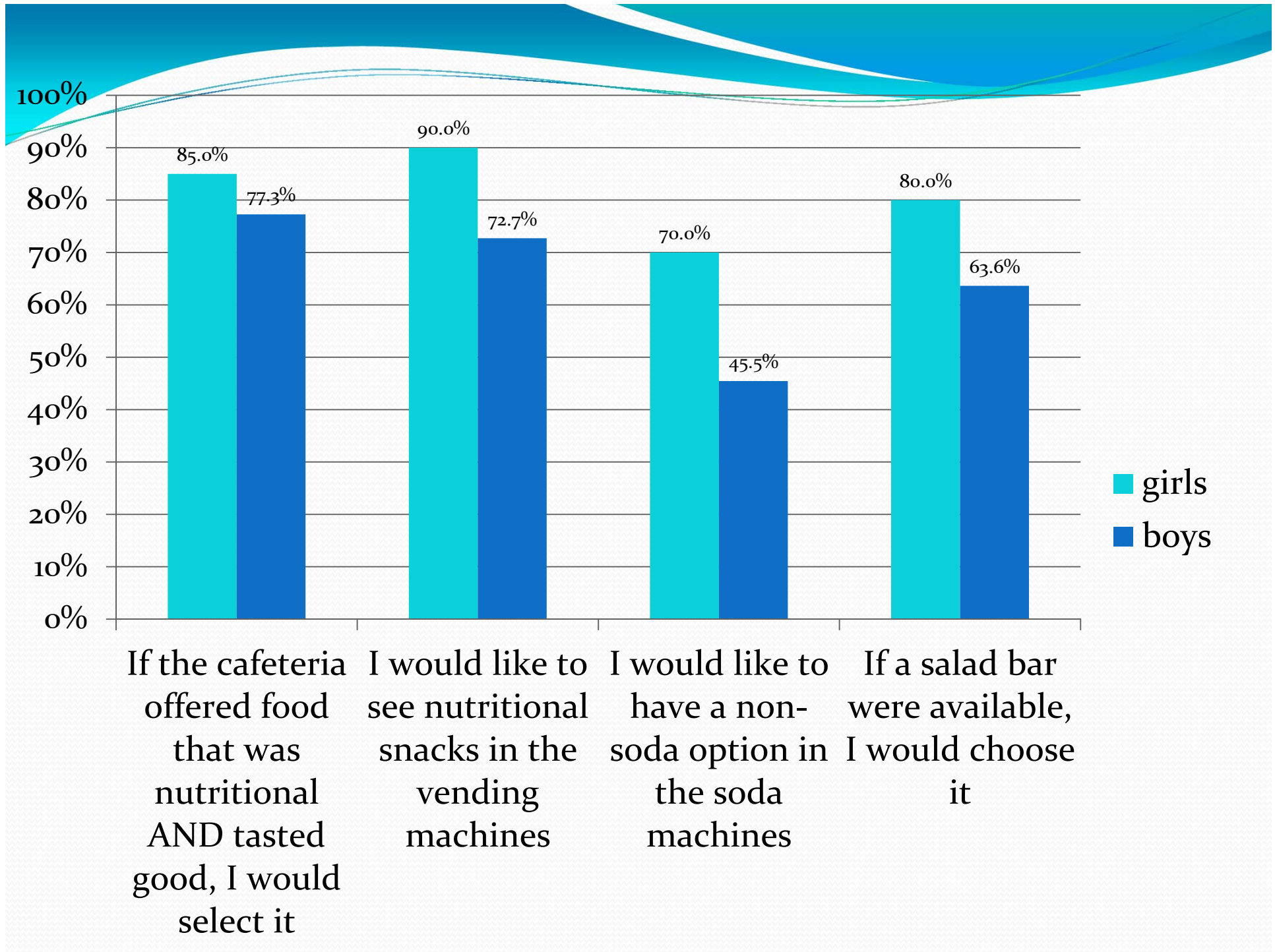
80% of girls "sometimes" or "hardly ever" eat the recommended vegetables daily.

91% of boys "sometimes" or "hardly ever" eat the recommended vegetables daily

Boys: "I eat the recommended amount of vegetables"



- Almost Always--Boys
- Usually--Boys
- Sometimes--Boys
- Hardly Ever--Boys



Salad Bars: A Healthy Choice

- Our survey of students says that **80%** of girls and **63.6%** of boys would regularly eat from a salad bar if it were available.
- Local farmers' markets can be used to provide fresh, varied, and organic salad choices supporting our local economy.
- In a 2005 evaluation, students at the salad bar ate an average of 2.36 servings of fruits and vegetables vs. 1.49 servings for those eating from hot lunches.

Our own student survey

<http://saladbars2schools.org/pdf/Riverside-SBP.pdf>



©Kirsten Boyer Photography Let's Move Salad Bars to Schools



Let's Move Salad Bars to Schools



©Kirsten Boyer Photography

Let's Move Salad Bars to Schools

Concerns about and Solutions for Salad Bars



Costs

- We found the costs for salad bar varies a lot, but averages around \$2500 ([Michelle Obama's Plan: 6,000 Salad Bars In Schools In 3 Years](#))
- Additional staff or volunteer hours are required to coordinate food provided in salad bar.
 - However, grants are available to help the initial costs of salad bars, such as
 - Grants from <http://saladbars2schools.org>
 - Grants from the Whole Foods Market (<http://wholekidsfoundation.org/20110210.php>),
 - Grants from United Fresh Produce Association (http://www.huffingtonpost.com/2010/11/22/michelle-obama-6000-salad-bars-for-schools_n_787009.html)
 - Local community service organizations can be contacted for donations.
 - Students and PTA can help with fundraising.

Concerns about and Solutions for Salad Bars

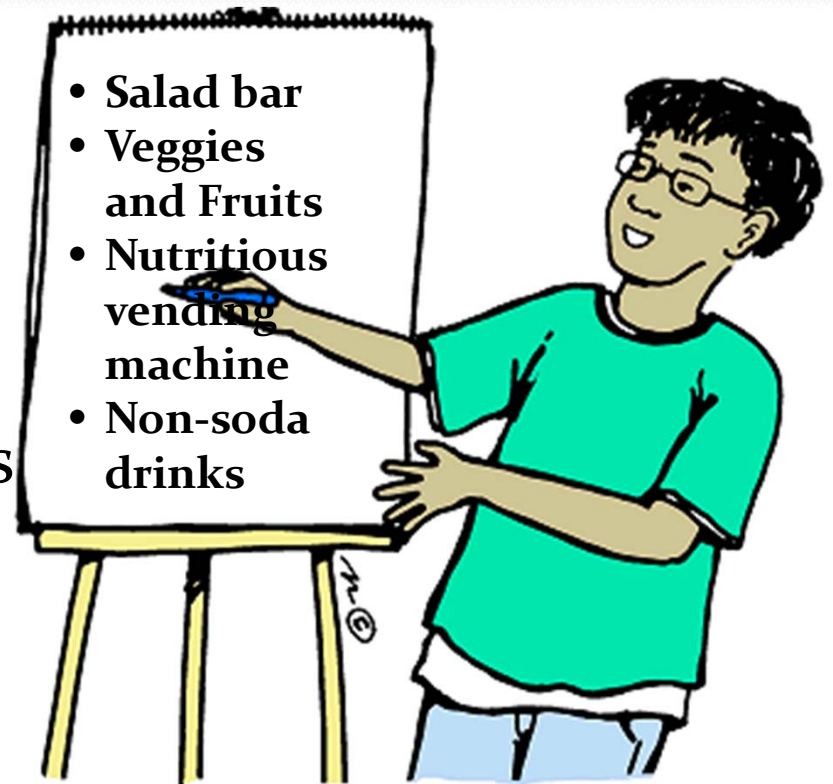
Safety



- Staff and parents may be concerned of food safety when students are choosing their own food—they may spread germs.
 - One or more classes could take on the creation of student safety campaign and promotion of the salad bar to help raise awareness on proper handling
- 41% of high schools, 26% of middle schools, and 14% of elementary schools offer a salad bar at least once per week—so it IS possible! ([USDA report on School Lunch Salad Bars, April 2002](#))

Our Recommendations

- Add a salad bar to cafeteria offerings.
- Add low-fat, vegetable- and fruit-rich offerings in the cafeteria such as
 - Fruit smoothies
 - Vegetables and dip
- Add nutritional choices to vending machines.
- When drink machine contracts are renewed, select those that provide non-soda alternatives.



Resources

USDA's Choose My Plate

- www.choosemyplate.gov

Questions and Answers on the 2010 Dietary Guidelines for Americans

- www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/QandA.pdf

Let's Move Salad Bars to Schools

- <http://saladbars2schools.org>

Fruits & Veggies: More Matters

- www.fruitsandveggiesmorematters.org

How to get a salad bar in your school

- http://featuresblogs.chicagotribune.com/features_julieshealthclub/2010/09/how-to-get-a-salad-bar-in-your-school-.html

The LunchBox

- www.thelunchbox.org/resources/salad-bar

USDA report on School Lunch Salad Bars

- <http://www.fns.usda.gov/ora/menu/published/CNP/FILES/saladbar.pdf>

Riverside Unified School District Farmers' Market Salad Bar Program

- <http://saladbars2schools.org/pdf/Riverside-SBP.pdf>