

Nutrition Services Goals:

- To provide quality meals and programs that improve healthy eating attitudes of students.
- Serve meals that incorporate whole grains, fresh fruits and vegetables, and meet guidelines of less than 30% fat, 10% saturated fat, and less than 30% sugar by weight.
- Providing Nutrition Education on the monthly menu, website, and in school cafeterias.
- Raise awareness to students, employees, and community that health matters to us.
- Achieve sustainable and economic stability.

How Are We Doing?

Farm to School Initiative



Thanks to updated nutrition standards students are eating 16% more veggies and 23% more fruit.



2,500,000 pints of milk served to SVVSD students.



Over 900,000 pounds of local produce has been served in our cafeterias.



102,000 pounds of Wacky Apples served from Hotchkiss, CO.

Some of Our Local Partners

- Ela Farms: Peaches & Pears
- American Produce
- Wacky Apples
- Colorado Tortilla: Corn & Flour Tortillas
- Meadow Gold: Greeley Division



All 48 SVVSD schools offer a daily salad bar to all students that purchase lunch.

Salad Bar Successful Outcomes

- ↑ Increased student access to fresh fruits and vegetables.
- ↑ Increased Student Participation in School Lunch program.
- ↑ Increased school fresh fruit and vegetable purchases.
- ↑ Increased administrators, staff, parents, and students support of salad bars.
- ↓ Decreased in food waste.

Nutrition Services Facts

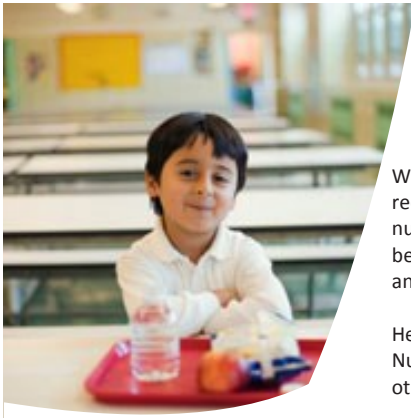
Average # of Meals Served Per Day	18,000
Total Meals Served Last Year	3.25 million last year
Applications Processed	11,000 per year
Free and Reduced	33%
Number of Employees	240

100% Self-Funded Program

- Nutrition Services just completed its 10th Annual Summer Meal Program. Many families rely on free and reduced lunch programs throughout the school year. This program was developed to extend support to those children in need of regular nutrition. Summer feeding sites run through June and July.
- The Nutrition Services office processes all free and reduced meal applications for the district. The information compiled from these applications can be used to assist in reduction of meal cost, fee waivers in schools, grant development, and Title I funding for classrooms.
- Money made from vending machines goes right back into funding school meal programs. All products that are sold meet the nutritional standards set by USDA's new Smart Snack regulations.
- Nutrition Services offers healthy "Birthday Bundles" and a "Classroom Catering" menu to make classroom celebrations easy, nutritious, and delicious!



"Providing Fuel for Student Achievement"



School Lunch...Oh How Far We Have Come!

With all of the new regulations and recommendations focused on school nutrition, SVVSD has gone above and beyond to provide the most nutritious and delicious meals to your students.

Here is just a quick glance at how Nutrition Services is setting the bar for other meal programs.

Fruits and Vegetables

- 90% of all in-season produce comes from local Colorado farmers.
- That translated into more than 900,000 pounds of Colorado grown produce used last school year, and that number will be exceeded this school year.
- All schools have a fresh salad bar everyday stocked with all of this local produce.
- By keeping it local we are supporting our local farmers and economy.

Whole Grains

- Only whole grain products are served in the cafeteria; that includes pizza crusts, buns, rolls, and sandwich bread.
- We only serve brown rice, never white.
- On the few occasions students get breaded chicken, even the crust is whole grain.
- Our tortillas are not only whole grain, they are made in Commerce City at Colorado Tortilla.

Dairy

- Our milk is all low- or non-fat.
- The chocolate milk only has 12 additional grams of sugar, which is about half what you would normally find in the grocery store.
- All cheese that is served is low- or non-fat.

Proteins

- We serve lean meats such as turkey and chicken.
- The only red meat served is:
 - * Once a month on hamburger day, and three times a year

when we serve meatballs.

- Even our sausage and pepperoni are turkey.
- For those looking for a vegetarian option, we offer a meatless option everyday, in every kitchen.

Sugar

- We do not serve any sugar-sweetened beverages in the lunch line.
- The only dessert items that are offered come at the holidays with a small sugar cookie or pumpkin cake.
- Any juice sold a la carte is only 100% juice.

Food Preparation

- More importantly, 90% of the food that is served to students is made on-site. Long gone are the days where everything comes out of a can.
- Nothing is ever fried, only oven-baked.

Special Dietary Needs

- We can work with any parent whose child has special dietary needs.
- Whether it's an allergy to milk, eggs, gluten, nuts etc. a meal can be prepared specifically for your child (and separate from all other foods) to ensure your child receives a healthy, nutritious and safe meal.
- Contact Shelly Allen at allen_shelly@svvsd.org or 303.682.7255 to learn more.

Nutrition Services Website

- The SVVSD Nutrition Services website is full of helpful information such as:
 - * Nutritional information and interactive menus.
 - * Sign up to receive your menu electronically and also receive Wellness Alive! A parent wellness newsletter right in your inbox.
 - * Online payment system, check the balance of your students

****NEW ****

Smart Snacks

Nutrition standards for all food sold:

- Outside the school meals programs;
- On the school campus; and
- At any time during the school day.

Any food item sold must contain:

- No more than 200 calories
- Less than 35% of calories from total fat
- Less than 10% of calories from saturated fat
- 0 grams of trans fat
- Less than 230mg Sodium
- Less than 35% weight from total sugars in foods

Fundraising:

- Each school is allowed no more than three food fundraisers per school year.

accounts or reload when they are low.

- * The District Wellness Policy.
- * Tons of resources on how to incorporate healthy eating and physical activity into your family's lifestyle.

Meal Applications

- A family can apply for the Free and Reduced Lunch program at any time.
- Go to ApplyForLunch.com and fill out an application.

So why talk so much about lunch? Well for some students this could possibly be the only well balanced meal they receive in a day. With our schedules getting busier, making time for quality and healthy meals becomes harder and harder. So take something off your plate so to speak and have your student eat in the cafeteria!

If you have any questions/comments/concerns about anything happening in your cafeteria please contact Shelly Allen at allen_shelly@svvsd.org.

Breakfast Programs are available at:

- ◇ Alpine Elementary
- ◇ Altona Middle
- ◇ Centennial Elementary
- ◇ Central Elementary
- ◇ Coal Ridge Middle
- ◇ Eagle Crest Elementary
- ◇ Erie Elementary
- ◇ Erie High
- ◇ Frederick High
- ◇ Longmont Estates Elementary
- ◇ Longmont High
- ◇ Mead High
- ◇ Niwot High
- ◇ Sanborn Elementary
- ◇ Silver Creek High
- ◇ Skyline High
- ◇ Sunset Middle
- ◇ Trail Ridge Middle

Breakfast in the Classroom is available at:

- ◇ Burlington Elementary
- ◇ Columbine Elementary
- ◇ Indian Peaks Elementary
- ◇ Longs Peak Middle
- ◇ Mountain View Elementary
- ◇ Northridge Elementary
- ◇ Rocky Mountain Elementary
- ◇ Timberline (K-8)
- ◇ Thunder Valley (K-8)

Boulder County Excellence in Food Safety

The Partner for Food Safety Program (PFSP) is an incentive program aimed at recognizing facilities in Boulder County who practice excellent food safety. SVVSD Nutrition Services has earned this recognition for EVERY school located in Boulder County. Among other requirements, this designation means EVERY school kitchen has scored "Good" or "Excellent" on their last Boulder County Public Health Inspection and ensures all employees who handle food are properly trained in food safety.

Congratulations to SVVSD's Nutrition Services department for making safety a top priority!

What's For Lunch?

