

Worcester Public Schools
Business Division
Report of the Superintendent
October 20, 2011



Child Nutrition Program and Services

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National School Lunch Act of 1946

***a nutritional safety net for the nations children
who were suffering the ill effects of
nutritional deficiencies***

under-nutrition adversely affects the
behavior of children
performance in school
overall cognitive development

Deliver Menu Components with *Academic and Public Health Relevance*



School Meal Funding

- Direct Certification from AFDC/Food Stamps = Free Meals
- Income qualification from Meal Application

[illegible]

Reimbursement Rates fy'2012

■ Lunch	State/Federal	+	Student/Household	=	TOTAL per Meal
Free	\$2.84		\$.00		\$2.84
Reduced:	\$2.44		\$.40		\$2.84
Paid:	\$.33		\$1.55		\$1.88
■ Breakfast	State/Federal	+	Student/Household	=	TOTAL per Meal
Free	\$1.94		\$.00		\$1.94
Reduced:	\$1.64		\$.15		\$1.79
Paid:	\$.41		\$.25		\$.66
■ After S Sn	State/Federal	+	Student/Household	=	TOTAL per Meal
Free	\$.76		\$.00*		\$.76
Reduced:	\$.38		\$.00*		\$.00
Paid:	\$.41		\$.00*		\$.00

*most all after school snacks served are considered "at risk" free reimbursement

- Expenditures are derived entirely from state and federal reimbursement, and food sales
- Program is self-supporting, requiring no local appropriation
- Goal of the program is to expand meal participation by providing healthful options to ensure that all students are well nourished regardless of economic status

Program Data

10.18.11

Enrollment	24,368
Free eligible	15,894 (65%)
Reduced eligible	1,508 (6%)
TOTAL F/R eligible	17,402 (71%)

Lunch

served per day

Free	13,154
Reduced	948
Paid	1,770
TOTAL	15,867

Breakfast

served per day

Free	8,553
Reduced	432
Paid	805
TOTAL	9,790



Expanded Breakfast Programs

*provides breakfast in the classroom setting to all students in attendance
schools with 80% or greater free/reduced eligibility*

Belmont Community
Burncoat Preparatory
Canterbury Street
Chandler Elementary
Chandler Magnet
City View
Columbus Park
Elm Park
Goddard
Grafton Street
Lincoln Street
Quinsigamond Elementary
Union Hill
Vernon Hill
Woodland Academy

improved menu components

whole grain cereal and snack

all cereal with < 8 grams of sugar per serving



NO

artificial colors

flavors

sweeteners

high fructose corn syrup

standard levels of fortification including

Iron and B-vitamins

all juices citrus or vegetable based



Increasing Accessibility Nutrient Dense Foods



Increasing Accessibility Minimally Processed Foods



additional changes to existing meal pattern

(Healthy Hunger Free Kids Act of 2010)

- fluid milk offered must be fat-free (unflavored or flavored) or unflavored low fat milk
- meals selected by students must include at least one fruit or vegetable*
- students may decline one food item at breakfast but must select one fruit or vegetable*
- students may decline two food items at lunch but must select one fruit or vegetable*

**student are currently allowed to decline any combination of menu items*

additional changes to existing meal pattern

(Healthy Hunger Free Kids Act of 2010)

- final average sodium reduction for would decrease by 25% for breakfast and 54% for lunch from current baseline.
- additional 6 cents per reimbursable lunch upon implementation of the final regulations.
No increase for breakfast mentioned.
- Equity in School Lunch Pricing *directive issued and implemented*
- Free Potable Water *directive issued and implemented*

districts with enrollments between 10,000 and 25,000
expected to implement the proposed rules beginning with SY 2013-2014.
whole grain menu items to be implemented within 2 years
sodium reductions to be implemented within 10 years

Massachusetts General Law

Nutrition Standards for Competitive Foods and Beverages Sold in Public Schools

- nutritional standards for competitive foods
- water available to all students without charge
- milk and milk substitutes
 - all milk and milk substitutes shall be fat free or low-fat (1%)
 - serving shall be no more than 8 oz.
 - flavored milk and milk substitute shall have no more than 22 grams of sugar per 8 oz.
- beverages with added sugar or sweeteners
 - Any beverages with added sugar or sweeteners not already prohibited will be phased out by August 1, 2013; provided, however, that a public school may provide or sell flavored milk or milk substitutes that contain the same amount of sugar or less sugar than plain fat-free or low-fat milk

USDA Fresh Fruit and Vegetable Program

provides fresh fruits and vegetables to students during the school day

13 elementary schools

Belmont Community

Burncoat Preparatory

Canterbury Street

Chandler Elementary

Chandler Magnet Columbus Park

City View

Columbus Park

Elm Park

Grafton Street

Lincoln Street

Union Hill

Vernon Hill

Woodland Academy

contributing to the displacement of foods of "minimal nutritional value"

Increasing Exposure Variety of Fresh Fruits and Vegetables



Worcester Public Schools

Wellness Policy

emphasis on "whole food" menu components

cafeteria (and school environment) will focus marketing efforts on reimbursable meals and other "whole food" commodities

purchase locally grown fruits, vegetables and other commodities in season

continue to work with the Department of Agriculture to secure and develop availability

Fresh fruits/vegetables
Milk
Whole grains

"Farm-to-School"
"New Look of School Milk"
"Expanded Breakfast Program"

Massachusetts Farm to School 2011

started as a pilot Fall 2004

**procure required vegetable and fruit components fresh
with a preference for locally grown to
all feeding sites and including pre-plated systems**

Small Farms

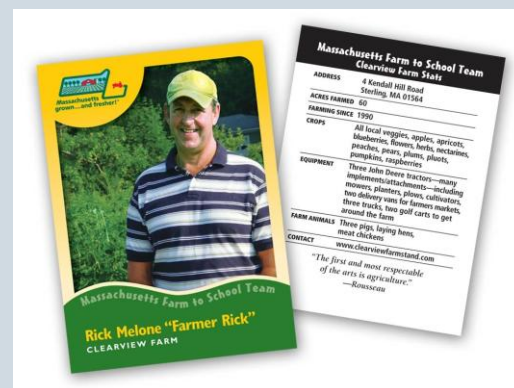
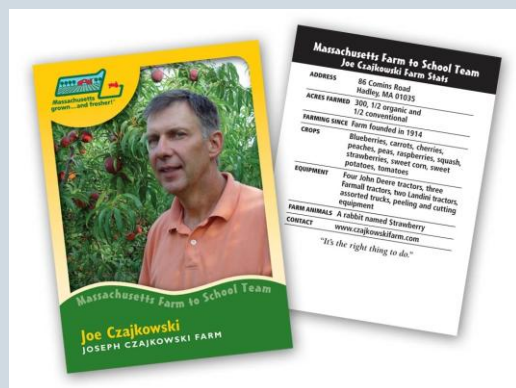
cherry tomatoes, cucumbers, peaches, apples, potatoes, corn-on-the-cob

Medium Farms

strawberries, carrots, turnip sticks, broccoli, greens

Large Scale Distributors

locally grown farm product from farmer to numerous feeding sites



Massachusetts Farm to School

Kindergarten Initiative

logistical support working with Early Childhood

325 kindergarten students / 13 classrooms

City View

Elm Park

Belmont Street

Woodland Academy

comprehensive
multidisciplinary nutrition education program
bringing
teachers farmers and families together to
see how food is grown
learn about nutrition
and share local snacks



MFTS recently awarded a Specialty Crop Grant of \$25,000 from USDA and Massachusetts Department of Agriculture

Department Collaborations

Superintendent's High School Advisory Council

5 students from each High School and Student Advisor
meets monthly

PEACH Club

(Promoting Exercise and Continuous Health)

Doherty Memorial High School

students, staff and community members

responsible for the school's nutrition and physical activity
in accordance with the Wellness Policy

School Health Advisory Council

WPS Department of Nursing

Coordinating School Wellness Policy



Allied Collaborations

Massachusetts Farm to School

pilot commencing 2004

working with local farmers to secure and develop availability

Kindergarten Initiative

Share Our Strength – Cooking Matters

Worcester Advisory Food Policy Council

" a collaboration of community development, environmental, governmental, faith and anti-hunger groups. The mission of the Council is to work with the community to reduce hunger and increase food security."

Council Members include but not limited to:

Worcester County Food Bank

WIC

SNAP

Friendly House

Worcester County Food Bank

Food Pantries

Family and Youth Service Agencies

Child Nutrition Programming presentations

American Dietetic Association

Food & Nutrition Conference 2010

"Creating Opportunities in School Nutrition Wellness"

Worcester County Food Bank

Worcester County Forum on Hunger: A Call to Action 2011

"School Meals as a Child Nutrition Resource"

Smart Health Talk, live KCAA Radio

October 6, 2011

provides the latest in health and nutrition information

"explained how WPS has been able to increase nutritional quality of meals and implement school breakfast in the classroom programs"

Smart Health Talk is a radio talk show that is broadcast

Thursdays from 4:00-5:00 PM, www.kcaaradio.com.

The host of the show is Elaine McFadden, MPH, RD.

Awards and Recognitions

Healthiest School System 2010

Massachusetts Health Council

"promoting healthy living, prevention, and wellness throughout the community"

Harvester Award 2011

Worcester County Food Bank

"outstanding commitment to the Food Bank's mission of feeding hungry people today while working towards creating hunger-free communities of tomorrow"