

# SAN FRANCISCO UNIFIED SCHOOL DISTRICT

## SCHOOL MEAL MILESTONES

### **June 1999 – Commercial-Free School Resolution Passes**

The Board of Education passes a resolution declaring all SFUSD schools to be commercial- and tobacco-free settings. Under the Resolution, SFUSD is prohibited from entering into explicit vendor contracts for sport drinks or snack foods and is required to increase healthy snack and drink options.

### **January 2003 – Development of Healthy School Nutrition and Physical Exercise Policy**

Amidst mounting concerns about the increasing rate of childhood obesity, the Board of Education passes this resolution, creating an official School Nutrition and Physical Fitness Advisory Committee. Reporting to the Superintendent and the Board of Education, the Committee's responsibilities include reaching out to parents, youth groups, and other interested parties as well as recommending ways to improve the nutritional quality of school meals and physical education programs.

### **January 2003 – Development of SFUSD's Student Nutrition and Physical Activity Policy**

Under this policy, high-calorie, low-nutrient food and beverages are removed from a la carte offerings and school vending machines.

*Funding & Community Partners: SFUSD parents, students, city agencies, and community-based organizations*

### **Spring 2003 – Implementation of Nutrition Standards for Competitive Foods /A la Carte**

A pilot is initiated at Aptos Middle School to remove the high-calorie, low-nutrient items “junk food” from the cafeteria in both a la carte lunch lines and school vending machines. A la carte items are replaced with healthy options including sandwiches, salads, low-fat entrees, water, milk, and 100% fruit juice.

*Funding & Community Partners: The Aptos Nutrition Committee was formed by parents and students; UCSF documented the pilot. “Healthier Choices and Increased Participation in a Middle School Lunch Program: Effects of Nutrition Policy changes in San Francisco.” American Journal of Public Health. 96, (9).*

### **2003 – Launch of Farm-to-School Feasibility Study**

SFUSD begins working with city and community partners to assess the feasibility of introducing farm-to-school salad bars as a means to increase the quantity of fresh, locally grown produce in the school meal programs. The project was informed by the School Food Environment Survey, assessing the opportunities and barriers specific to individual school sites.

*Funding & Community Partners: parents, SFUSD School Health Programs, San Francisco Food Systems, San Francisco Department of Public Health (Environmental Health), USDA Community Food Projects, Columbia Foundation, Clarence E. Heller Charitable Foundation, and California Nutrition Network*

### **2004 – Development of SFUSD Nutrition and Physical Activity Policy**

The Board of Education adopts the Student Nutrition and Physical Activity Policy. Created to improve the nutritional quality of breakfast, lunches, snacks, and beverages served in SFUSD schools, the policy phases out sodas and unhealthy snacks, providing guidelines to improve the overall school food environment. Additionally, fried foods are eliminated and canned fruit is replaced with fresh fruit on most days.

### **2004 – First Farm-to-School Salad Bar Pilots at Harvey Milk Civil Rights Academy (K-5)**

The salad bar is offered as a reimbursable meal twice per week, featuring two or three fruit options and four to six vegetable options each day, some of which are grown by local, sustainable farms. The pilot measures the change in lunch participation, cost of the program, change in food waste, and student consumption of fruits and vegetables.



*Funding & Community Partners: SFUSD parents, San Francisco Food Systems, San Francisco Department of Public Health (Environmental Health), USDA Community Food Projects, Columbia Foundation, Clarence E. Heller Charitable Foundation, California Nutrition Network, and San Francisco Foundation*

### **September 2005 – Grab n Go Breakfast Program Pilots at Balboa High School**

Launch of the Bay Area's first Grab n Go Breakfast program has a big impact on Balboa High School, immediately doubling the number of students eating school breakfast.

*Funding & Community Partners: School Nutrition and Physical Fitness Advisory Committee*

### **2006 – Point-of-Sale System for School Meals Pilots at Balboa and Galileo High Schools**

With the installation of the SchoolHouse POS system (in one cafeteria line), NSLP students are able to pay for their lunch using meal cards that are identical to those used by paying students. This payment option provides anonymity for students receiving government-paid meals.

*Funding & Community Partners: Galileo PTA and California Department of Education*

### **2007 – SFUSD Wellness Policy Revisions Pass**

The SFUSD Nutrition and Physical Fitness Advisory Committee's recommendations help form the school district's new Wellness Policy. The recommendations include detailed minimum nutritional standards for school lunches and vending machines, restrictions on outside food sales, encouragements to improve enrollment in federal lunch programs, enhanced nutritional education, and minimum standards for increased physical activity.

### **2007 – Salad Bars Open at 25 Additional Schools**

A comprehensive evaluation of school salad bars is conducted by the Department of Public Health and the Department of Children Youth and Their Families. The related report, "Evaluation Report on the Salad Bar Program for San Francisco Unified School District" is published.

*Funding & Community Partners: Mayor Gavin Newsom; Department of Children, Youth, and Their Families; San Francisco Department of Public Health (Environmental Health)*

### **March 2007 – Mobile Catering Ordinance Passes**

At the request of the Student Nutrition and Physical Activity Committee, the San Francisco Board of Supervisors passes a resolution to keep food vending trucks at least 1,500 feet from the perimeter of public middle schools and high schools.

### **2008 – Nutrition Improvements Made to School Meals**

Salad bars expand to nearly all SFUSD middle schools and high schools. More grains in the National School Lunch Program meals changed to whole grains, introducing foods such as brown rice, whole wheat pasta, whole grain pizza crust, and tortillas. White bread is completely eliminated. All breakfast cereals are limited to no more than 6g of sugar per serving. Artificial trans fats are entirely eliminated from school meals.

### **March 2009 – Feeding Every Hungry Child Resolution Passes**

The resolution affirms the SFUSD commitment to feeding every hungry child a full meal regardless of his or her ability to pay. The resolution outlines five key goals: 1) sets quantity targets for the return of meal applications, 2) identifies six ways school sites should be implementing the schools meals program at their sites, 3) requires an evaluation of the progress after the fall of 2009-10, 4) requires implementation of limits to school sites cash shortages, and 5) outlines further steps to ensure that the district is maximizing its ability to receive federal and state reimbursements for every eligible child while eliminating unnecessary fiscal drains.

### **April 2009 – Elimination of Competitive Meals /A la Carte Items is Piloted at Balboa High School**

Students receiving free lunches are offered the same choice of meals formerly available to paying students only. As a result, the number of students eating school lunch increases.



*Funding & Community Partners: San Francisco Food Systems and San Francisco Department of Public Health (Environmental Health)*

### **July 2010 to June 2010 – District-Wide Point-of-Sale System Installation Completed**

The Horizon Software POS system is installed in just one school year.

*Funding & Community Partners: Funding provided by Proposition H. Student Nutrition and Physical Fitness Committee advocated for funding.*

### **January 2010 – High Fructose Corn Syrup Removed from Chocolate Milk**

First, high fructose corn syrup is replaced with natural sugar, and the recipe was adjusted lowering the total amount of sugar from 28 grams to 25 grams. A further reduction in sugar occurred in February 2011, bringing the total to 19 grams of sugar, of which 13 grams is naturally occurring sugar.

### **February 2010 – Implementation of the MealpayPlus Pre-Payment System**

Continuing the district's efforts to improve meal service, the pre-payment system decreases the need for cash collections at the end of the lunch line, allowing the lines to move faster. The pre-payment system creates an identical experience for NSLP students and paying students who purchase meals using a pre-paid account, providing anonymity for students receiving free meals.

### **Spring 2010 – Francisco Middle School and Lowell High School Eliminate Competitive Meals**

This change results in an increased number of students eating lunch at both sites.

*Funding & Community Partners: San Francisco Food Systems and San Francisco Department of Public Health (Environmental Health)*

### **August 2010 – District-Wide Elimination of Competitive Meals / A la Carte Items**

The new lunch model expands to all SFUSD middle and high schools resulting in a 27% increase in the number of National School Lunch Program meals being served.

*Funding & Community Partners: San Francisco Food Systems and San Francisco Department of Public Health (Environmental Health)*

### **August 2010 – “Going Gold” Menu Exceeds National School Lunch Program Regulations**

The menu meets the Gold Standard for the HealthierUS School Challenge, replacing juice with fruit in school breakfast as well as white potatoes with sweet potatoes in elementary and almost all high school lunches. Dark leafy greens are also introduced. Audrey Rowe of the USDA visits San Francisco and praises the school meals program.

### **January 2011 – Healthy Vending Machine Piloted at Lincoln High School**

Connected to the POS system, the machine dispenses reimbursable lunches to all students. The number of students eating school lunch at Lincoln increases by 17%.

*Funding & Community Partners: San Francisco Food Systems & San Francisco Department of Public Health (Environmental Health)*

### **April 2011 – Second Grab n Go Breakfast Program Piloted at Mission High School**

*Funding & Community Partners: Student Nutrition and Physical Fitness Committee and Share Our Strength Second Harvest Food Bank*

### **August 2011 – The National School Breakfast and Lunch Meal Application Made Available Online**



**Spring 2012 – Grab n Go Breakfast Program Rolled Out to Nine Additional High Schools**

*Funding & Community Partners: San Francisco Department of Public (Environmental Health) and California Department of Education*

**Fall 2012 – On-Site Meal Preparation Pilot**

The California Endowment and the San Francisco Food Systems Project awarded grants to Student Nutrition Services to support the pilot of a new type of meal production during the 2012-13 school year.

*Funding & Community Partners: California Endowment and San Francisco Department of Public Health (Environmental Health)*

**Fall 2012 – Grab n Go Breakfast Program to Be Rolled Out to Ten SFUSD Middle Schools**

*Funding & Community Partners: San Francisco Department of Public Health (Environmental Health) and California Department of Education*

