Our students are with us for over a decade and their developmental needs evolve dramatically through pre-k, elementary, middle, and high school. Our future meal experiences are designed to grow with students, considering their development at each phase of their lives.

**Meal Experience**

**Fixed**

**Flexible**

**RITUAL & ROUTINE**

**A Shared Lunchroom**
Engages young learners in food through the rituals and routines of communal eating

**A Participatory Lunchroom**
Instills confidence and ownership in students as active participants within their schools

**A Lunchroom of Options**
Supports students’ busy lives by offering convenient food options and technology that fit their needs

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**UPDATE FROM**

**STUDENT NUTRITION SERVICES**

**A GUIDE FOR PRINCIPALS**

**SPRING 2014**

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- Superintendent Richard A. Carranza

This update includes a student nutrition wellness policy checklist for principals to help ensure schools are complying with the Board’s Wellness Policy, provides information about our vision to reform the school food experience, and highlights our work to serve our students three meals a day at school.

Don’t forget to sign the Wellness Policy Checklist for Principals on the back page!

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**CONTACT**

Orla O’Keeffe - OkeeffeO@sfusd.edu
Zetta Reicker - ReickerZ@sfusd.edu

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STUDENT VALUES

In talking with students and observing their experiences inside and outside of the cafeteria, we identified four needs they have for school food. These student-centered values guide our vision for the future dining experience.

SENSES STIMULATED

Students are delighted by the food experience.

FEELING VALUED

Students feel our commitment to their needs and overall well-being.

CONNECTED TO FOOD

Students experience the value of food in their daily lives and are curious to know more.

ACTIVE VOICES

Students are empowered to impact the system, embracing roles and responsibilities.

EXPANDING SCHOOL MEALS TODAY

Our goal is to serve more students three nutritious, delicious meals a day while working on our vision to reform the school food experience.

Breakfast is the most important meal of the day. FACT. Eating breakfast at school helps students learn. Students who eat breakfast have more energy, do better in school, and eat healthier throughout the day. A good breakfast helps improve academic performance and attendance, and it also reduces behavior problems and tardiness. Unfortunately, only 9% of our students are currently eating breakfast at school. As a result, Student Nutrition Services is partnering with principals and school communities to expand breakfast services for our students. Please contact Zetta Reicker at ReickerZ@sfusd.edu if you are interested in offering any of the breakfast expansion programs described below.

Bryant Elementary School - Breakfast in the Classroom

Bryant Elementary School began serving Breakfast in the Classroom in five classrooms, and as a result breakfast participation is around 94% in those classrooms. The Breakfast in the Classroom initiative takes the traditional school breakfast approach and improves it with one key ingredient: the classroom. Breakfast becomes available to everyone for free - no matter their income level - and it's served after the opening bell. This makes it easier for all children to easily participate.

Drew Elementary School - Second Chance Breakfast

Drew Elementary School recently launched Second Chance Breakfast, and as a result the percent of students eating school breakfast has gone from 29% to 48%. The Second Chance Breakfast (2CB) model, school breakfast is offered in the morning before school starts and during morning recess or snack/breakfast break. 2CB is effective for serving students who, due to family schedules or transportation issues, are not able to eat in the morning before school begins. 2CB is also effective for students who are not hungry first thing in the morning, but do get hungry before lunch. 2CB is one strategy that helps bring the benefits of breakfast to all students.

Washington High School - Grab n’ Go Program

Washington High School convened a breakfast task force and their work has resulted in a significant increase in the number of students participating in the Grab n’ Go program - it’s grown from about 140 students a day to 300 students a day. Grab n’ Go breakfasts are packaged in paper bags, boxes or trays and students pick up their breakfast from central locations in the school and eat it where they want, within school guidelines. There is a lot of flexibility with this method of serving breakfast, depending on the school's needs. Students are responsible for following the school's guidelines as to where and when they can eat and for throwing out their trash.

Supper Instead of Snack

We also began serving three meals a day in some of our schools, adding supper at Balboa, Marina, and Glen Park. Similar to lunch, the meals are freshly prepared and offer healthy proteins, whole wheat grains, fresh vegetables, fresh fruit, and milk. Children need more than a snack – a supper meal can sustain them through their afternoon activities. If you would like your school to offer three meals a day, please contact Zetta Reicker at ReickerZ@sfusd.edu.

A VISION OF TOMORROW

Our goal is for the food system to balance our students’ needs with financial stability.

ELEMENTARY SCHOOL // Connecting young learners to food through student and adult role models and the routines of communal eating.

MIDDLE SCHOOL // Transitioning students towards independence through student-designed spaces, increased roles, and distributed meal options.

HIGH SCHOOL // Supporting busy students by offering convenient food options, engaging technology systems, and reward programs.

FINANCIAL LEVERS

Within the complex system of Student Nutrition, we’ve identified four key levers that are instrumental to bringing financial balance to the system. Two are cost drivers (food and labor) and two are revenue generators (participation and new revenues). Understanding these levers helps us identify where and how change is possible.

INCREASE PARTICIPATION

Create career ladders and align LABOR

Reduce cost of FOOD

Generate new REVENUE
SFUSD’S WELLNESS POLICY CHECKLIST FOR PRINCIPALS

This checklist is designed to help principals adhere to the nutrition components of the Wellness Policy approved by the Board in 2007. SFUSD is required to keep supporting documentation demonstrating compliance with SFUSD’s Wellness Policy, so please keep this checklist on file to demonstrate compliance with the nutrition components of the Board’s Wellness Policy.

☑️ FIELD TRIPS
- Our school fills out the Field Trip Bag Lunch Request form ([http://sfusd.edu/nutrition](http://sfusd.edu/nutrition)) at least 10 school days in advance of each field trip.

  To ensure school district reimbursement, on the day of the field trip students either pick up their bag lunches in the cafeteria, or the person distributing the bag lunches puts a check mark next to each student’s name on the printed Bag Lunch Request form.

☑️ FOOD SALES
- We have phased out on-campus food and beverage sales that do not meet SFUSD’s nutrition standards ([http://sfusd.edu/nutrition](http://sfusd.edu/nutrition)).
- Student run fundraising food sales during school days are limited to four per school year.
- Parents or school staff do not sell food during the school day.
- We do not invite outside vendors, such as catering trucks, or ice cream carts, to sell any kind of food or drinks to students within 1500 feet of the perimeter of the school.

  Any food or beverage sold to students outside of a federal reimbursable meal program is considered to compete with those meals. Schools may not enter into profit-sharing or other business arrangements with such vendors.

☑️ VENDING MACHINES
- Our school’s vending machines comply with SFUSD’s nutrition standards.
- All the machines vending beverages at our school have at least one slot offering plain bottled water and none of the beverages have added sweeteners, caffeine, or herbal supplements.
- If we serve students in Pre-K/Child Development Centers, K-5s, and K-8s at our school, we do not keep vending machines in areas accessible to our students.

☑️ CLASSROOM FOOD/PARTIES/CELEBRATIONS
- Food and drink provided to students by teachers, students, parents, or other staff on school property meet the SFUSD nutrition standards.

☑️ INCREASE THE RETURN OF THE MEAL ELIGIBILITY APPLICATION
- Our school actively encourages parents and students to return their meal eligibility applications. Participation and return of applications is a high priority for our school.

School ___________________________  Principal’s Printed Name ___________________________  Principal’s Signature ___________________________  Date ___________________________

We are revising our Wellness Policy to align it with updated state and federal guidelines; the Food and Fitness Advisory Committee has provided the Board and the Superintendent with their recommendations. Stay tuned for more information about the next generation of SFUSD’s Wellness Policy. For more information please contact Orla O’Keeffe (OkeeffeO@sfusd.edu) or Zetta Reicker (ReickerZ@sfusd.edu).