



How to Change School Food



1. Identify the problems.
2. Prioritize and decide what you would like to change.
3. Ask for a meeting with the food service director.
4. Let them know that you would like to help create the change, and that you will help to market the new changes.
5. If the Food Service Director is not receptive to your involvement, ask to speak to the superintendent, and if you don't have luck there, speak at a school board meeting.

REMEMBER, this is YOUR school. You deserve to eat healthy.

Areas for improvement:

1. More fresh fruits and vegetables
 - a. Local/Organic
 - b. Ripe
 - c. Variety, not just apples, oranges, pears, bananas
 - d. Less canned fruit
 - e. Salad bar with non-iceberg lettuce, no mayo-based dressing, grain/bean/vegetable salads, and homemade salad dressings
2. More whole grains
 - a. Brown rice
 - b. Quinoa
 - c. Millet
 - d. Whole grain pasta
3. Better quality bread
 - a. Ask to see wrapper with ingredients – most are loaded with all kinds of ingredients other than wheat, yeast, water, salt.
 - b. See if there is a local bakery that cooks truly healthy whole grain bread
4. Plant-based entrée
 - a. They contain no cholesterol
 - b. Are low in saturated fat and can be low in total fat
 - c. High in fiber
 - d. Focus on legumes: beans, lentils, split peas to meet school protein requirement
5. Water
 - a. It is now required

- b. If cafeteria has a water fountain they already meet the requirement – but this is not a good option
 - c. Advocate for a chilled water dispenser with cups
 - d. Water can be filtered tap water
6. Artificial ingredients – BAN THEM!
- a. Eliminate artificial colors, flavors, preservatives, artificial sweeteners, high fructose corn syrup, trans fats.
 - b. Eliminate processed foods. Make your cafeteria an example of good health!

This handout was put together by the NY Coalition for Healthy School Food:
www.healthyschoolfood.org

