Healthy School Food
Creating a healthy future for kids!
About the Coalition for Healthy School Food

The Coalition for Healthy School Food is a 501(c)(3) non-profit organization with ongoing programs and partnerships in three school districts, including New York City. We help any schools that request it. We distribute our recipes and resources nationwide.

Through our partnerships, we introduce plant-based foods and provide nutrition education in schools to educate the whole school community – students, parents, teachers, administrators, and school food service professionals. Specifically, it’s our goal to offer more plant-based alternatives, and to educate about the benefits of plant foods. We work closely with administrators, teachers, parents, chefs, cafeteria staff, and the food industry to bring healthy food to school menus.

We create healthy recipes.

Our partners – NYC SchoolFood, the largest school food service in the US.

After school cooking classes feature our recipes that are on the lunch menu.
We are making school food healthy AND delicious!

- Our recipes have been distributed to **25,000 schools** around the country.

- **Responsible for** the first five public (non-charter) **vegetarian schools in the country in NYC.**

  - Our **Cool School Food** program in Ithaca is the first **Farm to School Program** to feature **local organic plant-based proteins (beans)** in the country.

  - Instrumental in convincing NYC schools to purchase **GMO-free oils**

- Our **Food UnEarthed Curriculum** is taught to 350 students per week in New York City in Title 1 Schools

- We’ve served thousands of healthy “**Super Hero Smoothies**” made with **kale across New York State**

- **Founded the Fresh Snack Program** in Ithaca, NY

A student at one of our elementary schools in Harlem, eating our North African Gumbo!
Examples of accomplishments and reach

- Recognized by the U.S. Department of Health and Human Services, Office of Minority Health as one of five promising practices in the country in 2011
- Presented our Plant-Based Cooking Unit to teachers from around New York State at the 2012 NY State Family and Consumer Sciences Conference
- Keynote speaker at 2013 Science Council of NYC reaching over 400 teachers
- Featured as a case study by Institute for Agriculture and Trade Policy in 2015 for our Farm to School Program in Ithaca using locally grown beans
U.S. FOOD CONSUMPTION
AS A % OF CALORIES

PLANT FOOD:
Vegetables, Fruits, Legumes,
Nuts & Seeds, Whole Grains
Fiber is found only in plant foods.

NOTE:
The shaded portion signifies
the food items that even within this
category, up to half of the food
consumed is in the form of less healthy
dishes—such as potato chips, French
fries, nuts in candy bars, and apples in
pies. The focus should be on whole,
unprocessed vegetables, fruits, legumes,
nuts and seeds and whole grains.

ANIMAL FOOD:
Meat, Dairy, Eggs, Fish, Seafood
Cholesterol is found only in
animal foods. Animal foods are the
PRIMARY source of saturated fat.

57%
33%
11%

Processed Food:
Added Fats & Oils, Sugars, Refined Grains

The USDA My Plate Guide is still
influenced by the food industry.

Eat LESS from the animal and processed
food groups and MORE whole foods
from the plant food group.

No animal products are necessary and
an ideal diet contains none.


Special thanks to Joel Peterson, MD, author of Disease Proof Your Child: Feeding Kids Right; Graphics by MichelleBovard.com
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www.healthyschoolfood.org
Only 6% of American’s calorie consumption comes from the most health-supporting and disease-preventing foods - plants! …and it’s hurting our kids

- Childhood obesity is at an all-time high: over 1/3 of U.S. children are over weight or obese (70% of adults).

- Over 50% of U.S. children already have fatty streaks in their arteries – literally early stage heart disease.

- Children as young as 8 years old are being prescribed blood pressure and cholesterol medications.

- 33% of U.S. children, and up to 50% of African American and Latino children, will develop Type 2 diabetes if something doesn’t change.

- Exposure to carcinogens in childhood largely determines if we get cancer as adults. Processed meat is a Group A carcinogen.
Why is a Healthy School Food Environment so Important? …besides the obvious benefit to children’s health...

- Healthy children are sick less often – and that means they are in school more.
- Healthy food feeds children’s brains and results in less behavioral problems.
- Healthy food enables children to concentrate better.
- Healthy food means children are constipated less – a very common problem in children.
- All of these factors mean children are in school and ready to learn.
What is the School Food Environment?

- Meals. Just because a school meal meets USDA regulations, does not mean it is healthy. For example, this lunch (yes, with cereal) has over 50 grams of sugar!
- A la carte (items for sale in the cafeteria that are not part of the meal – such as ice cream and chips).
- Classroom snacks.
- Classroom parties.
- School events.
- Vending food in vending machines.
- Fundraising (Bake sales, etc.)
- Schools can create their own guidelines for all of these.
Some of the Meals We Developed

Fiesta Mexican Lasagna
Black beans, butternut squash, veggies, and salsa

Awesome Bean Burger
Black beans, sweet potatoes, rolled oats, and spices

These are some of our recipes used in Ithaca and that we’ve distributed to 25,000 schools nationwide. We offer quantity size recipes for schools and family size recipes for cooking classes and home cooking.
And some more...

**Tuscan Tomato Pie**
White bean hummus, chopped tomatoes, spinach, and fresh basil on top of a whole wheat pizza crust

**The Whole Enchilada**
Kidney beans, shredded butternut squash, veggies wrapped in corn tortillas and baked in enchilada sauce
Nutrition Education – Adults

Educating the whole school community about food and nutrition is important. Success is not possible unless all adults are on board. We offer... (and can make them available to you)

School Food Service Personnel Training

Parent Education Workshops

Teacher Training
Nutrition Education - Students

Nutrition Education is a basic life skill. Understanding how to eat for health can have a major impact on current and future health.

- Nutrition education curriculum encourages critical thinking skills
- We teach over 350 students every week

Optional field trips:
- Grocery Store Tours
- Farm Sanctuary Tours
- Farmer’s Market Tours
Nutrition Education - Students
Family & Consumer Sciences Cooking Curriculum & After School Cooking Classes
Nutrition Education – Family Dinner Nights
For Students, Parents, Teachers, and Administrators
We provide educational resources for schools

Feel Good Food Cards

Black Beans

Black Beans

Black beans are also known as turtle beans. They are packed with plant protein.

Fried black beans are very inexpensive! With the help of a thermometer, you can cook your own black beans at home. You don’t want to cook your own beans, canned black beans are very convenient. Just open the can, and they’re ready to eat or use in a recipe.

Black beans are very popular in Latin American cooking. In Spanish, they’re called frijoles negros [free-HOY-nos NAHF-grohs]. Try black beans in tacos or burritos.

Want to surprise someone? Make black bean brownies! They are delicious and no one would ever guess they have black beans hiding inside! Brownies made this way are a better choice than regular brownies.

www.healthyschoolfood.org

Carrot

Carrot

If you think carrots are always orange, here’s a surprise: red, purple, and yellow carrots, too!

When you eat a carrot, you’re eating the root of the plant, which grows underground. The carrot top, which grows above ground, looks a little like parsley.

The so-called “baby carrots” you can buy at the store aren’t really baby carrots. They’re large carrots that are put through a machine, chopped into tiny pieces, with the ends rounded off. Just like big carrots, they make a great snack!

The phytochemical nutrient that makes carrots orange is called carotenoid. Carotenoids are found in many fruits and vegetables, and research shows that people who eat the most fruits and vegetables are judged to have the healthiest looking skin, also called a “healthy glow.” Other excellent carotenoid sources: sweet potatoes, cantaloupes, mangoes, and apricots. So eat some natural orange-yellow colors every day!

If a person eats a huge amount of orange vegetables such as carrots, the carrots will show in their skin and their skin may look a little orange. It is not permanent and it is not dangerous.

www.healthyschoolfood.org
Wellness Wakeup Call

Nutrition education “one sound bite at a time”

Written by Registered Dietitians and read over the PA system in schools, our Wellness Wakeup Call is heard by over 100,000 school students every school day! Printed copies go home with students, including a healthy recipe. Available for grades K-5 and 6-12.

Wellness Wakeup Call Newsletter for K-5

Year 1, Month 6, Foods from Around the World

Nutrition Education Messages in Easy to Digest Sound Bites

Food: Read one message each day during morning announcements. Double up messages if necessary to get all messages heard in one week.
- Each day, start the message with “Good morning, this is your Wellness Wakeup Call!”
- Read the message from the PA system.
- Briefly mention with “Enjoy your day, the healthy way!”

1. It is fun to try foods that are new and healthy. Lopez’s Sweet Potato Poppers are easy to make and delicious. Lopez’s Sweet Potato Poppers are baked, not fried, so they are healthy and nutritious. You can add some protein by topping them with sour cream or cheese. Serve them hot or cold for a tasty snack.

2. Children in different parts of the world have had the same health issues for many years. People in India, for example, eat a lot of dal, a type of lentil soup. It is a healthy and nutritious food that is rich in protein and fiber. Dal can be served with rice, flatbread, or bread.

3. Learning about foods and their implications on health can be fun! Cartoons can help teach kids about the importance of vegetables and fruits. For example, the cartoon “The Carrot and the Cucumber” teaches kids about the importance of healthy eating.

4. Foods that are high in fiber can help your body function properly. Fruits, vegetables, and whole grains are all high in fiber. Eating foods high in fiber can help prevent constipation and improve digestion.

Black Bean Soup

Makes 6 cups, 4 servings

Ingredients:
- 1 cup dried black beans
- 1 tablespoon olive oil
- 1 cup chopped onion
- 2 cloves garlic, minced
- 2 teaspoons cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 cans (15 oz each) black beans, drained and rinsed
- 4 cups vegetable broth
- 1 cup water (optional)
- 1/4 cup chopped fresh cilantro

Instructions:
1. Rinse the dried black beans and place them in a large pot. Cover with water and let soak overnight.
2. In a large pot, heat the olive oil over medium heat. Add the onion and garlic and sauté until the onion is translucent.
3. Add the cumin, chili powder, salt, and black pepper to the pot and stir to combine.
4. Add the black beans, vegetable broth, and water (if using) to the pot and bring to a boil.
5. Reduce the heat to low and simmer for 1 hour, or until the beans are tender.
6. Use an immersion blender to blend the soup until smooth. (Alternatively, you can use a regular blender and return the soup to the pot.)
7. Add the water (if using) and cilantro to the soup and stir to combine.
8. Serve hot, garnished with chopped cilantro, if desired.

For more information, visit: www.healthyschoolfood.org
On The Menu Today Announcements

Ride the magic carpet with Power Hummus in the lunch line today! I like to dip carrots and cucumbers in this delicious dip made from garlic and chick peas. It’s great on sandwiches, too. Find it in the lunch line today and take a dip!
Promotional Flyers and Serving Line Signs

Awesome Bean Burger
Black beans, sweet potatoes, rolled oats, and spices
What Does a School Lunch Look Like?

Build a Healthy Lunch

Choose at Least 3 Colors

Make sure to take a fruit or vegetable to make a lunch!
Challenges

- Financial
- Attitudes – administrators, food service, teachers, parents, and students
- Students often used to processed diets, not healthy food
- Training for kitchen staff/Food not made right
Strategies for Change

• Menu change support
• Nutrition Education Resources
• Presentations for Students, Parents, Teachers, Administrators, Food Service Personnel
• Nutrition Curriculum
• School Wellness Review Services
Strategies for Change
Promote Healthy Menu Items

• Morning Announcements about healthier options
• In-line taste testing
• Recipe specific curriculum
• Guest Chef visitors
Strategies for Change
Salad Bars
Strategies for Change
Farm to School – it’s not just Vegetables & Fruits

- Vegetables
- Fruits
- Beans
- Grains (like oatmeal)

Schools in NY that get 30% of their food from NY farms, get an extra 25 cents per meal.
Strategies for Change
Eliminate Processed Meats
Strategies for Change
Add plant-based options
Strategies for Change
Make Sure Water is Available

• A water fountain in the cafeteria counts, but should have cups next to it
• A water dispenser with sliced citrus fruits, cucumbers, or mint is very appealing
• Students must be allowed to get up and get water, or adults must be sure to offer it to all children
Strategies for Change
Eliminate Chocolate or other Flavored Milk

• Milk must be offered, but does not need to be taken
• Flavored milks are not required
• The sugar causes students to crave more sugar
• Students fill up on the chocolate milk and then are less likely to eat other healthier foods
Strategies for Change
Problems with Milk & Dairy

- Probable carcinogen for prostate cancer and possible carcinogen for ovarian cancer
- Research shows it does not build strong bones
- Lactose intolerance
- Chronic constipation (see www.nutritionfacts.org and search on “Dairy and Constipation”)

<table>
<thead>
<tr>
<th>Lactose Intolerance By Ethnicity</th>
<th>% with Lactose Intolerance</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Asian</td>
<td>90-100%</td>
</tr>
<tr>
<td>Native American</td>
<td>80-100%</td>
</tr>
<tr>
<td>Central Asian</td>
<td>80%</td>
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<tr>
<td>African</td>
<td>70-80%</td>
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<tr>
<td>Southern Indian</td>
<td>70%</td>
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<tr>
<td>Balkan</td>
<td>55%</td>
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<tr>
<td>Latino/Hispanic</td>
<td>51%</td>
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<tr>
<td>Mediterranean</td>
<td>20-70%</td>
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<tr>
<td>Northern Indian</td>
<td>30%</td>
</tr>
<tr>
<td>Northern European</td>
<td>5-20%</td>
</tr>
</tbody>
</table>
Strategies for Change
Problems with Milk & Dairy

Women who drink three or more glasses of milk per day have a **60% increased risk** for developing a hip fracture.

Drinking three or more glasses of milk also **increases mortality risk by 93%**.

For each glass of milk, risk of dying from all causes increases by 15%.

PCRM.org/Dairy
PhysiciansCommittee

for Responsible Medicine

BMJ 2014;349:g8015
Strategies for Change
Family Dinner Night
Justice for People & Environment
300,000 People Die Each Year

- Drought and water shortages
- Floods and other extreme weather
- Crop failures and food insecurity
- Reduced agricultural productivity
- Loss of low-lying lands and islands
- Desertification
- Loss of biodiversity and ecosystem services
- Spread of diseases, such as malaria
Major Environmental Problems
Some solutions...
Eating Local
How Does What We Eat Impact the Environment?

www.healthyschoolfood.org
What Solution Has the Biggest Impact?
Impact of Diets on Global Warming in Car Miles

The Greenhouse Gas impact of different types of diets per person and per year represented in car kilometers.

- **Diet without meat and dairy products ( = pure plant-based/vegan )**
  - org.: 281 km or 176 miles
  - conv.: 629 km or 391 miles

- **Diet without meat, but with dairy products (vegetarian)**
  - organic: 1229 miles 1978 km
  - conventional: 1508 miles 2427 km

- **Diet with meat and dairy products**
  - organic: 2720 miles 4377 km
  - conventional: 2956 miles 4758 km

More about climate change on the Internet: www.vegetarianusclubs.com/doc_ens.html

www.healthyschoolfood.org
Carbon Footprint of Different Menu Options

- Tofu-Veggie Stir-Fry (Vegan)
- Veggie Tostada (Vegetarian)
- Fish Sticks
- Asian Chicken
- Pepperoni Pizza
- Beef Hot Dog

Unit: CO2-kg per 100 servings

Raising animals for food is responsible for:

Water Consumption

Compared to 5% domestic US water consumption, raising animals for food is responsible for 55% US water consumption.

1 hamburger = 2 months worth of showers
“Animal agriculture is responsible for up to 91% of Amazon destruction raising livestock.”

Oppenlander, Richard A. “Food Choice and Sustainability.”

www.vegan.ie
Sustainability at Home and at School: Saving the Planet Three Times a Day
Learn more on Netflix...

"Cowspiracy may be the most important film made to inspire saving the planet."
Louie Psihoyos, Oscar-winning director of The Cove

Cowspiracy
The Sustainability Secret
Shrinking the Carbon and Water Footprint of School Food:
A RECIPE FOR COMBATING CLIMATE CHANGE
A pilot analysis of Oakland Unified School District’s Food Programs
BY KARI HAMERSCHLAG AND JULIAN KRAUS-POLK
FEBRUARY 2017

Friends of the Earth
FOOD SHIFTS MATTER

Over 2 years, Oakland Unified School District reshaped its menu with fewer animal foods and more protein-rich legumes and vegetables. This shift generated considerable water and climate benefits, and cost savings:

SAVED 42 million gallons of water

14% reduction in the carbon footprint of its entire food purchases

63 Olympic sized swimming pool

15,000 trees planted

1.5 million fewer miles driven

87 solar systems installed on the school districts’ rooftops

COST SAVINGS

$42,000
Strategies for Change

Schools that are successful in changing the school food environment are those with all adults on board. Administrators, Teachers, Parents, and Food Service Personnel must make wellness a priority. Changing the culture of to one of Wellness is Key, and must impact all areas of the school, not just the cafeteria.

Learning about all of the reasons for a plant-based diet, or at least moving in that direction, help people make those changes more easily.
Learn more about Healthy School Food & Plant Based Nutrition at: www.schoolfoodsummit.com
Changing their Present and Future with Food

Please contact Amie Hamlin at amie@healthyschoolfood.org or 631-525-3650 for more information.