



Nutrition Education Programs

**Althea Albert-Santiago
Director of Food Services
June 7, 2012**

Overview & Purpose

In addition to Chartwells, which provides our breakfast and lunch programs, the Food Service Department engages in various programs and partnerships that support healthy eating:

- Fresh Fruits and Vegetables Program
- Gateway Greening Incorporated: School Based-Garden Program
- Healthy Eating with Local Produce-St. Louis Public Schools(HELP-SLPS) Grant

Fresh Fruits and Vegetables Program

Federally Funded and Administered By:

- USDA
- DESE (Dept of Elementary and Secondary Education)



Goals:

- Introduce fresh fruits and vegetables as healthy snack options
- Expand the variety of fruits and vegetables children experience throughout the school day
- Increase children's fruit and vegetable consumption

Criteria for School Selection:

- Elementary school
- High free and reduced lunch percentage
- Make available to all *enrolled* children
- Provide only fresh fruits and vegetables during the school day
- Publicize within the school
- Support of the Superintendent, Principal and Food Service Manager
- Willing to offer outside of the Breakfast and Lunch programs
- Must support nutrition education component

Fresh Fruits and Vegetables Program

| School year | Number of Schools | Elementary Schools | Funding Amount |
|-------------|-------------------|--|----------------|
| 2008-2009 | 2 | Jefferson and Shenandoah | \$23,591 |
| 2009-2010 | 6 | Clay, Cole, Ford, Hamilton, Jefferson, and Hodgen | \$94,354 |
| 2010-2011 | 6 | Clay, Ford, Hamilton , Laclede, Jefferson, and Hodgen | \$93,055 |
| 2011-2012 | 15 | Adams, Ames, Clay, Ford, Hamilton, Hodgen, IWS, Jefferson, Laclede, Lexington, Lyon @Blow, Mallinckrodt, Mason, Washington Montessori, and Woerner | \$245,764 |
| 2012-2013 | 20 | Adams, Ames, Ashland, Clay, Cole, Ford, Hamilton, Hickey, Hodgen, IWS, Jefferson, Lexington, Lyon @Blow, Mason, Peabody, Shaw, Walbridge, Washington Montessori, and Woerner | \$328,696 |

Gateway Greening: School-Based Garden Program

Purpose :

- Allows students to contribute to their school while discovering the benefits of eating healthy food
- **Currently supporting 22 active gardens**

Support to Schools:

- Annual Start-up and Expansion Grants: \$2,512
- Garden-based education focused on sustainable food production and nutrition
- Saturday gardening workshops
- Yearly site visits
- Curriculum resources and support
- Technical gardening advice
- Free seeds and seedlings
- Professional development workshops
- Coordinate compost and mulch delivery from the forestry department

Gateway Greening: School Based-Garden Program

Harvested produce is used:

- To provide “real world connections” to green gardens
- As donations to food outreach efforts
- For after school snacks
- Sold at garden fundraisers

Clay Elementary School



Healthy Eating with Local Produce – St. Louis Public Schools (HELP-SLPS Grant)

Purpose:

- Increase amount of locally and regionally grown produce served to students in St. Louis Public Schools
- Build upon the accomplishments of the HELP project in Maplewood-Richmond Heights
- Develop strategies for training and implementation of local food processing at SLPS

Proposed Grant Components:

- Increase to 5% the amount of locally grown produce served in target schools' cafeterias
- Conduct training and menu development for cafeteria staff
- Partner with Chartwells in creating a school food environment that encourages healthy food choices
- Provide nutrition education to promote healthy eating
- Encourage increased consumption of locally/regionally grown produce among students and their families
- Conduct cooking demos and taste testing of new local food items