

Milton School Food Service Program School Committee March 14, 2012



Breakfast

- Available each day in every school \$1.25
 - 315-350 Daily participation
- Better Breakfast initiative with Project Bread
 - Only white milk, whole grain bread items, low sugar cereal, fresh fruit instead of juice.



School Lunch Program

*Elementary Full Lunch Price

– \$1.75 Elementary

– \$2.00 Middle

– \$2.00/ \$2.25 High

– \$2.25 Fresh Made Salads and Old Neighborhood Thin and Trim Deli Bar

*Average Participation system wide is 2400 Daily

- System wide participation is 67%

- 91% for our free and reduced students participate daily

Pierce School will be awarded their US Healthier Challenge plaque and financial prize on March 26, 2012 at 9:00am. Our entire Pierce Middle School Food Service staff will be recognized.



DESE Audit

- A few items will require corrective action.
 - Families will now have to put how often their income comes into the family. Previously if not stated we used weekly, no longer allowed
 - Verification- From one family, there was one parent/guardian not working at the time of verification and verbally called regarding this. DESE recommended we ask for the annual 1040 tax form.
 - Breakfast retraining has occurred at the elementary schools for a better understanding of offer vs. serve
 - One production sheet for the month of January did not list a condiment so we will make sure we do this every day on our sheets
 - DESE is requesting that we label each box as it is received by the USDA. Previously we labeled in the beginning of the school year to make sure we use first in first out method. This has been happening since the review.
 - New requirement from DESE is to have a standard operating procedure for damaged goods, theft and refusal of goods. We are working on that presently



Investments for the 2010-2011 School Year

- Equipment is requiring more repair as it ages.
- Annual preventive cleaning and maintenance for all of our freezers and refrigerators
- Annual preventive maintenance on all of our kitchen equipment was completed in late August and we will continue with that every summer
- All of our walk in units have been connected to the school alarm system so if a unit goes below a certain temperature the Building superintendent will be called and the repair company will be notified



Farm to School Continues

- Buying weekly from Lanni Orchards
 - Seasonal produce is used in all schools
 - Winter months we have been receiving our apples, carrots sticks and squash

Brook wood Farms in Milton will be planting certain crops for the Milton Schools for the fall of next school year.

*Peppers, Cucumbers and Tomatoes

* Swiss Chard and Sweet Potatoes in small amounts



Nutrition Lessons for Elementary School Students

A collaborative effort between the Milton School Food Services and Beth Israel Deaconess Hospital – Milton.



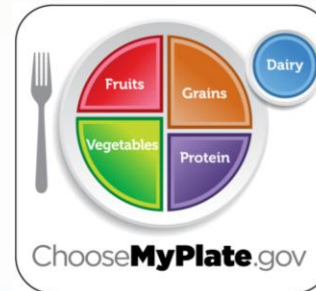
Background

- Limited nutrition education is offered in elementary school
- New nutrition standards
 - new items in the cafeteria
 - students seem unwilling to try new foods
- Commitment to provide quality and nutrient-dense meals to students
- Society-wide obesity struggles



The Goal

- Increase food and nutrition knowledge of third grade students at all schools in Milton.
 - Valuable for students to understand nutrition basics.
 - Will help promote acceptance of new foods.
 - Establish healthy lifestyle practices at a young age.
 - Offer vs. Serve



The Program – 4 stations

- Introduction to **MyPlate**.
- The importance of **whole grains**.
- **Sugar sweetened beverages** as a less desirable choice.
- Why **physical activity** is an important part of a healthy lifestyle



Introduction to MyPlate

- My Plate is considered to be “the new food pyramid.”
- It provides a visual representation of a healthy and well-balanced meal.
- There are five food groups included in My Plate.
- Our goal should be to fill half of our plate with fruits/vegetables!



The Importance of Whole Grains

- Whole grains contain three parts: the bran, germ, and endosperm.
- Each part of the whole grain provides important nutrients.
- A non-whole grain (such as white bread) does not contain all three parts and is not as healthy for us.



Sugar Sweetened Beverages

- Drink water & milk often!
- Drink 100% juice – sometimes.
- Limit or avoid sugary drinks.



Why Physical Activity?



- Get 60 minutes of physical activity 5x per week.
- Physical activity gives you
 - Superman strength
 - Strong bones
 - Energy to do well in school
- Drink water before, during, and after to keep hydrated.



Thank You!

Jacqueline Morgan

617-898-1051

jmorgan@miltonps.org

Free and Reduced Forms are available on the Milton
Public School website and in each main office
Families can apply anytime during the school year.

