

How Child Nutrition and Foodservice can promote a healthy school environment

Child Nutrition and school foodservice staff contribute to a healthy environment by assuring that meals served through the National School Lunch and Breakfast programs will:

- Meet or exceed the nutrition requirement established by the USDA and other local, state, and federal statutes and regulations that may be in place
- Offer a variety of fruits and vegetables
- Provide whole grain foods
- Offer water, free of charge, to all students
- Incorporate cafeteria-based nutrition education activities
- Provide training to foodservice staff on the importance of good nutrition and healthy food preparation
- Market healthy meals
- Support coordination between classroom and cafeteria activities
- Model good nutrition and physical activity
- Support and participate in wellness activities
- Talk to students about making healthy food choices
- Install a salad bar stocked with fresh fruits and vegetables, beans, and other Healthy choices
- Make healthy changes to the menu
- Incorporate scratch cooking into menu
- Conduct taste testing of new, healthy recipes