

GREAT KIDS

GREAT SCHOOLS

Baltimore City Public Schools:
Growing Healthy Children, Community
Connections, and Cost Savings

By Mellissa Honeywood, RD, LDN
BCPS Chef / Dietitian

December 9, 2010

Baltimore City Public Schools

Areas of Discussion

- Perception vs. Reality of School Food
- City Schools' Food Service Initiatives
- Costs vs. benefits?

The *Perception* of School Food Service

3

- Unfriendly Service
 - See Google Images

- Unhealthy Food
 - Brown & Soggy
 - Canned Fruit & Vegetables

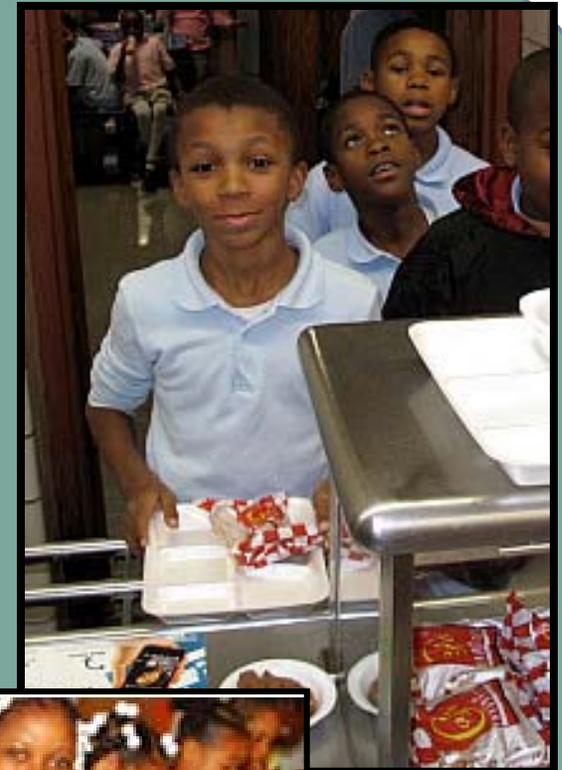
- Contributing to Obesity
 - High in Fat & Sugar



The Reality of School Food Service

4

- ❑ Serve food to high risk populations
 - Serving the youth requires the most stringent food handling practices
- ❑ Large volume food production
 - BCPS offers food to over 82,000 students at about 200 locations every day.
- ❑ Low budgets with high expectations
 - Working within the commodity system and low funding



The Reality of School Food Service

5

- For School Year 09-10 almost 83% of students qualified for free or reduced priced meals
- In April '09' about 23% of students took advantage of free school breakfast, and about 46% got lunch.
- In April '10' about 30% of students took advantage of free school breakfast, and about 58% got lunch.
- BCPS only receives at maximum **\$2.77** per meal by the federal government which needs to cover labor, overhead, equipment, and food cost.

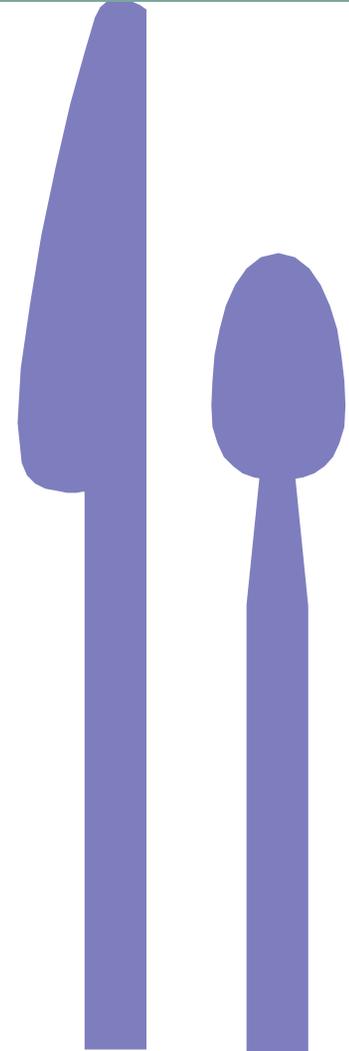
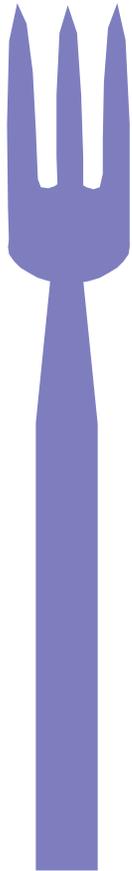


The Reality of School Food Service

6

□ Each day we offer:

- At least 2 oz of protein via: beef, chicken, pork, low fat dairy, legumes, etc.
- At least 1 serving of grains via bread, rice, pasta, etc. Most offerings are whole grain.
- 3 different types of fruits or vegetables in ½ cup portions. Including fresh, steamed, canned, and 100% juice.
- 8 oz of low-fat, skim, or lactose-free milk



The Reality of School Food Service

7



- For each free meal we serve we are reimbursed \$2.77

The Reality of School Food Service

8



\$1.27

- For each free meal we serve we are reimbursed \$2.77



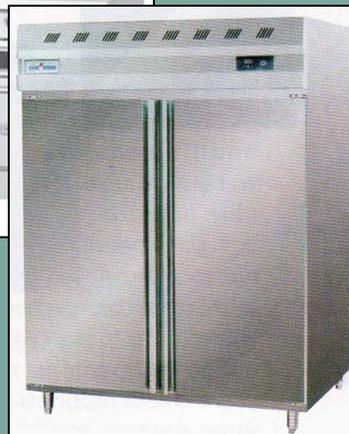
The Reality of School Food Service

9



\$1.12

- For each free meal we serve we are reimbursed \$2.77



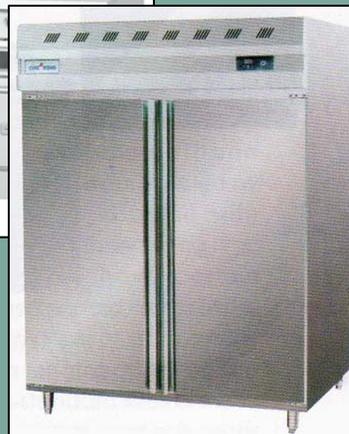
The Reality of School Food Service

10



\$1.10

■ For each free meal we serve we are reimbursed \$2.77



The Reality of School Food Service

11



\$0.0?

- For each free meal we serve we are reimbursed \$2.77



GREAT KIDS
GREAT SCHOOLS

BALTIMORE CITY
PUBLIC SCHOOLS

Ongoing Bold Initiatives from BCPS Food and Nutrition Services



Ongoing Bold Initiatives from our Department

13

- ❑ *Expanded Menu cycle with Meatless Mondays*
- ❑ *Student Designed Menu Project*
- ❑ *Local Produce Procurement*
- ❑ *Great Kids Café*
- ❑ *Great Kids Farm*
- ❑ *After-School Supper*
- ❑ *Increasing Cooking Capabilities*



Ongoing Bold Initiatives from our Department

14

- *New 6 week Menu Cycle*
 - Increased variety from SY09 three week menu cycle
 - Meatless Monday implemented to offer alternative protein sources
 - Less lunch menu fatigue causing ~ 12% increase in lunch participation



Ongoing Bold Initiatives from our Department

15

□ Student Designed Menu Project

- Students can submit recipes as a class, group, or afterschool program
- Excellent curriculum tie in with Art, History, Language, Cultural Studies, and Music
- Student recipes will be featured in the MENU II

The image displays two screenshots of a web application. The top screenshot shows a recipe submission form with the following fields: 'Name your recipe:' (text input), 'Ingredients:' (a list of items: Chicken, Garam masala, Tomato sauce, Spinach, Garlic, Salt) with '>>' and '<<' buttons, 'Optional Ingredients:' (text input), and 'Method of preparation:' (text area). There are 'Save' and 'Submit' buttons at the bottom. The bottom screenshot shows a 'Registration Form' with the following fields: 'School Name:', 'Team Lead Name:', 'Contact email ID:', 'Login ID:', 'Password:', and 'Confirm Password:'. Each field has a corresponding text input box. There is a 'Submit' button at the bottom. A link at the top of the registration form reads 'Click here to make your own recipe.'

15

Ongoing Bold Initiatives from our Department

16



- Great Kids Cafe
 - Central Office location with possible expansion
 - Provides entrepreneurial work based learning site for vocational students
 - Graduating interns will be prepared for employment

Ongoing Bold Initiatives from our Department

17

- Great Kids Farm
 - Emphasizes our Farm-to-Fork initiatives
 - Provides agricultural work based learning for students
 - Available for education field trip / volunteer opportunities



Ongoing Bold Initiatives from our Department

18

□ After School Supper Program

- Piloted in 8 schools across the district during the final quarter
- Meals prepared by culinary students for work based learning
- Served close to 2,000 meals per week to low income school communities



Why Invest in School Meals?

“Dear School Board, Well I herd that we only get crunch lunch on 2 days of the week. How do you expect us to stay helthey? How do you expect us to live with the meatlof.”

-- Student Letter

Why Invest in School Meals?

20

- ❑ One in every three children (31.7%) ages 2-19 is overweight or obese.
 - ❑ *Journal of American Medical Association*
- ❑ One in 3 children born after 2000 will develop diabetes during their lifetime . One out of two if the child is of color.
 - ❑ Centers for Disease Control and Prevention
- ❑ The cafeteria can become a classroom to promote wellness 5 days a week, 180 days a year

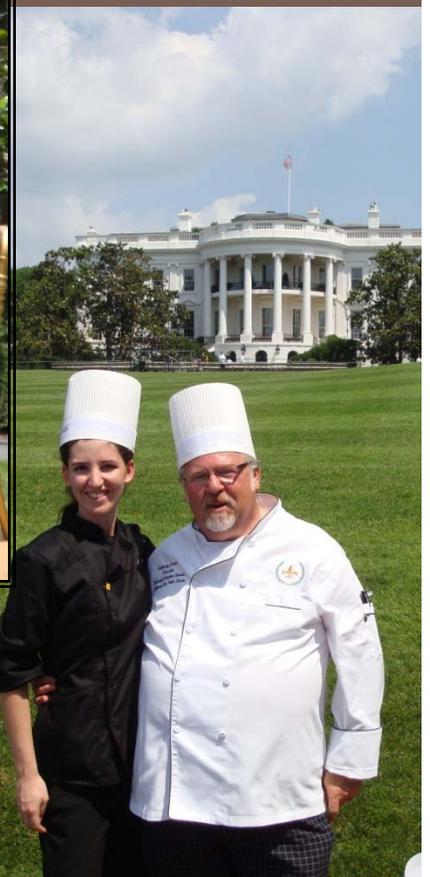


What are the Costs vs. Benefits?

21

Costs

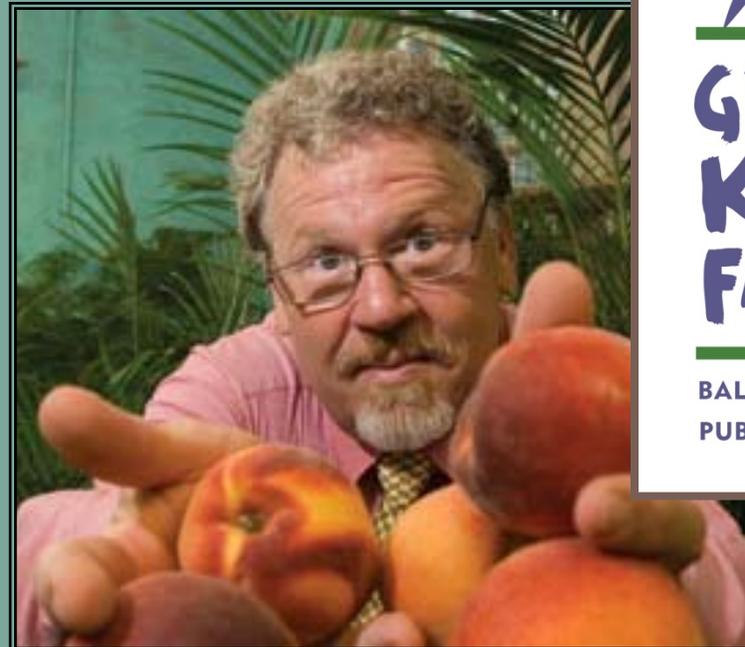
- Significant administrative support required
- Legislative support required- Healthier Hunger Free Kids Act
- Additional effort to work outside mainstream food systems



What are the Costs vs. Benefits?

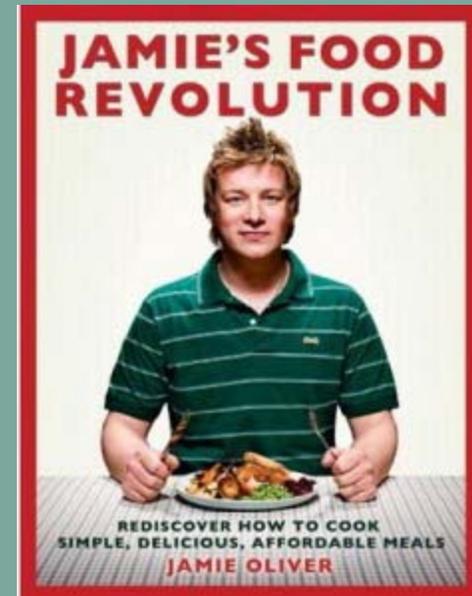
22

- Benefits
 - Healthier meals promote better eating habits
 - Teaching and learning about local agriculture supports the community
 - Socially responsible investment in the health of our youth

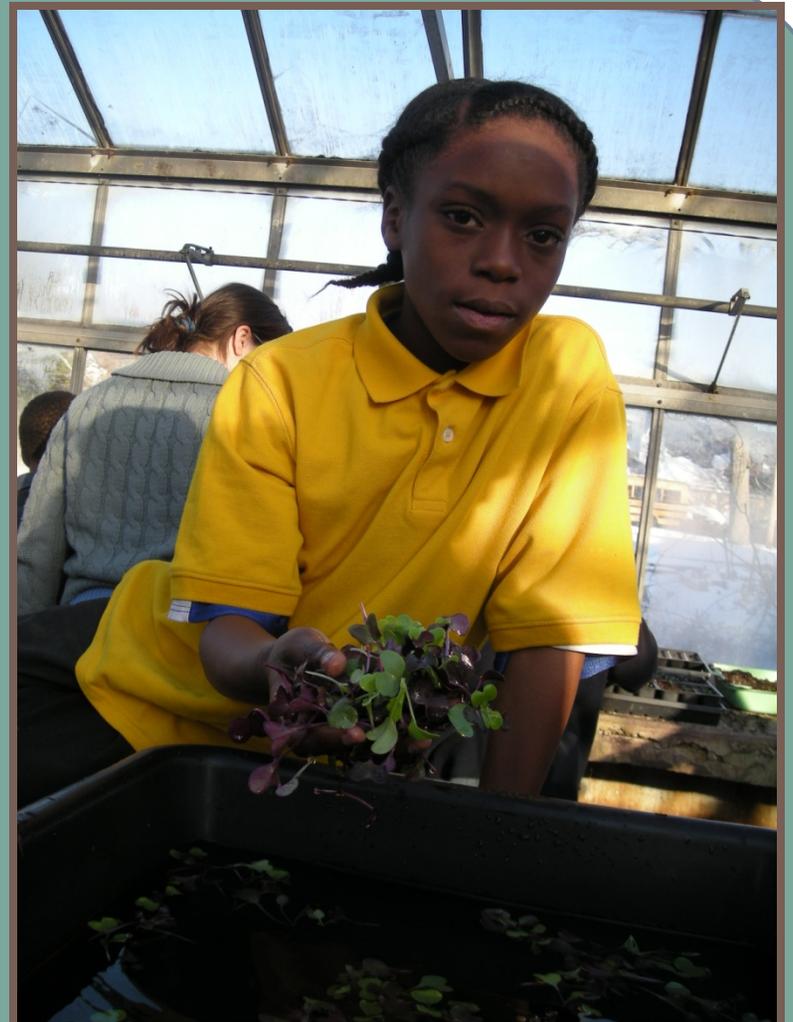


Partners and Advocates for Change

23



The Reality of School Food Service



The Reality of School Food Service

25



The Reality of School Food Service

26



A National Call to Action

We don't need to wait for some new invention or discovery to make this happen. This doesn't require fancy tools or technologies. We have everything thing we need right now – we have the information; we have the ideas; and we have the desire to start solving America's childhood obesity problem. The only question is whether we have the will.

Michelle Obama, January 20th, 2010

Thank you so much

28

Mellissa Honeywood, RD
Chef / Dietitian
Baltimore City Public Schools
(410) 396-8768
Mhoneywood@bcps.k12.md.us