

Childhood Obesity Prevention in the Schools

- I. Background on the Development of the Nutrition Policy
 - A. Debate on the Pepsi contract
 - B. Food Policy committee developed
 - C. Setting up the ground rules
 - D. Policy adopted after 1 ½ years

- II. Nutrition Policy
 - A. Ensure that no OUSD student goes hungry.
 - 1. Utilize resources and strengthen its outreach
 - 2. Access available funds for breakfasts
 - 3. Collaborate with community agencies
 - 4. Challenges & barriers

 - B. Improve the nutritional quality of all food served to OUSD students.
 - 1. Food offered should meet nutritional standards.
 - 2. Vending machines need to be monitored and the type of foods.
 - 3. Plan to improve the nutritional value of the food.
 - 4. Work to increase fresh fruits and vegetables consumption
 - 5. Pooling in partnerships with academies, student groups for resource
 - 6. Challenges & barriers

 - C. Serve enjoyable foods from diverse cultures.
 - 1. Conduct annual student surveys.
 - 2. Train students to lead focus groups for food preference and NE.
 - 3. Honor cultural diversity in menus, recipes, and special events.
 - 4. Improve facilities and procedures to meet policy.
 - 5. Challenges & barriers

 - D. Improve the quality of Food Service Jobs.
 - 1. Work with union to improve employment opportunities
 - 2. Establish career ladders and training opportunities.
 - 3. Improve quality of food by upgrading facilities.
 - 4. Challenges & barriers

 - E. Integrate Nutrition into the District's Education Program.
 - 1. Support nutrition education as part of Life Skills Curriculum.
 - 2. Involve parents in good nutrition activities.
 - 3. Support and encourage various activities for students.
 - 4. Challenges & barriers

 - F. Establish a Nutrition Advisory Board.
 - 1. Board to monitor District's compliance with the policy

2. Make-up of Board to consist of various members.
3. Board to meet at least 6 times/year.
4. Submit an annual report to the Board.

III. Nutrition Standards for a Healthy School Environment

1. Significance of Topic.
2. Legislation which impacts topic
3. Issues related to topic
 - a. Foods of minimal nutrition value
 - b. Impact of SB 19 legislation
 - c. Creative financing and fun fundraising

IV. Child Nutrition Reauthorization

1. Help children learn by serving school breakfast.
2. Serve more kids when school is out.
3. Prevent childhood obesity
4. 100% verification
5. Increase funding
6. Rid of .40 co-payment
7. Bill for improved nutrition & physical activity