



## **Nourish to Flourish Food Program** **“Where Meals and Movement Fuels Academic Success”**

### **Program Mission:**

The Nourish to Flourish Food Program will support a culinary program, which educates and excites students and families to improve the health of the entire community and establishes positive, life-long eating habits.

The program will include nutrition education, garden experiences, kitchen experiences, core academic content in the classroom, and freshly-prepared whole foods served in school.

### **Program Objectives:**

1. Make available a healthy and nutritious breakfast, lunch, and snack to every student every day, so students are prepared to learn to their fullest potential.
2. Prepare fresh, made-from-scratch meals using whole, natural, local, sustainable, and nutritionally dense foods.
3. Encourage all students, families, and the community to make healthy food choices everyday through the modeling of healthy habits at school.
4. Provide Curriculum Integration to educate students on food choices including cultural influences, culinary awareness, and health considerations. Examples include the following: The Unwise/Okay/Better/Best Food Choice Model, Farm to Table, Roots and Shoots, Edible Schoolyard, garden experiences, and kitchen experiences.

## **Program Goals:**

1. Eliminate pre-packaged and processed foods in the school.
2. Develop an economically self-sustainable Food Program.
3. Offer a needs-based scholarship in the Food Program without diminishing the inherent worth of the student or the food being served.
4. Encourage students to drink water often throughout the day as a “Best Choice” beverage.
5. Reduce the rate of obesity in the school and community and prevent future related chronic illness, such as diabetes, heart disease, and cancer through school food policy, community outreach programs, and healthy eating practices.
6. Practice environmental stewardship, increase nutritional content in meals, and stimulate the local economy by sourcing fresh produce, meats, and dairy from within 50 miles of the school.
7. Be a ‘zero-landfill’ program. Maximize the reduction of waste by recycling, reusing, and composting. Minimize the use of disposable utensils and individually packaged food.
8. Avoid potentially harmful foods and additives, such as pesticides, genetically modified foods, hormones, antibiotics, irradiation, nitrites/nitrates, high fructose corn syrup, trans fats, hydrogenated oils, artificial colors/flavors, and high sugar/fat content.
9. Encourage parents to visit and eat a meal with their children at school.
10. Encourage students to practice good citizenship through the respect for others and assistance with setup, cleaning up and recycling.
11. Prepare students for success through teaching and practicing of good table manners and proper meal etiquette.
12. Maximize participation in the school meal freshly prepared nutrient-dense meals that are preferred by student, staff and the community.
13. Support students with allergies and food sensitivities through the peanut and tree nut policy and providing modified meals where feasible.
14. Promote “sweet free” celebrations and rewards within the school.
15. Establish an Outside Food Policy supporting the mission of Nourish to Flourish Food Program.