



San Mateo-Foster City School District Child Nutrition Services (CNS) Board Update

May 7, 2018

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Director of CNS

Child Nutrition Services Update

- Presentation overview:
 - Review of San Mateo-Foster City School District's School Nutrition Programs
 - TEAM member highlight



School Nutrition Programs

- National School Lunch

- Established under the Richard B. Russell National School Lunch Act, signed into law by President Harry Truman in 1946
 - “...the policy of Congress, as a measure of national security, to safeguard the health and well-being of the Nation’s children and to encourage the domestic consumption of nutritious agricultural commodities and other foods...”

- School Breakfast Program

- Started as a 2 year pilot in 1966



SCHOOL MEALS *are* HEALTHY MEALS

**School meals
are healthier
than ever!**

- Fresh fruits and vegetables
- Whole grains
- Zero Trans Fats
- Lowfat dairy items
- Baked items rather than fried

Child Nutrition Services

- Annual Meal Counts
 - School Breakfast Program
 - School year 2016-17 we served 234,718 breakfasts
 - School year 2017-18 as of April 30, 2018 we have served 202,021 breakfasts
 - National School Lunch
 - School year 2016-17 we served 590,570 lunches
 - School year 2017-18 as of April 30, 2018 we have served 460,043 lunches



Child Nutrition Services

- School Nutrition Programs
 - School Breakfast Program
 - Offered at 16 school sites
 - Offered before school or at morning recess
 - Served in the classroom for Turnbull programs
 - Menu Plan - minimum offering of 8 grain ounce equivalents per week, 5 cups of fruit, and 5 cups of milk. Protein is not part of the minimum offering requirements.



Child Nutrition Services



- School Nutrition Programs

- National School Lunch Program

- We menu food that is wholesome, nutritious, and kid approved
 - We try to menu, to the greatest extent possible, products that are “clean label” (School Food Focus ingredient guide)
 - We provide fruit and vegetable bars at elementary schools that serve indoors
 - We provide special produce days featuring local produce from small family farms and some organic grown produce



Child Nutrition Services

- School Nutrition Programs
 - National School Lunch Program
 - Menu Plan – 5 key components
 - Protein, Grains, Fruit, Vegetables and Milk
 - Multiple entrée choices are offered
 - Elementary: Daily special, yogurt basket (yogurt, cheese stick, crackers), hummus basket (hummus, cheese stick, crackers), WOWButter® & jelly sandwich
 - Middle School: 7 entrée choices
 - Students must take 3 of the 5 components and one must be at least ½ cup of fruit or vegetables





INGREDIENTS WE DON'T USE

L-CYSTEINE:

"A SOFTENING AGENT OFTEN ADDED TO BREAD AND OTHER BAKED GOODS IN ORDER TO SPEED UP INDUSTRIAL PROCESSING. AND THOUGH IT'S SOMETIMES MADE IN A LAB, MOST OF IT ACTUALLY COMES FROM A NATURAL SOURCE. SOUNDS GOOD, RIGHT? **NOT IF THAT NATURAL SOURCE IS HUMAN HAIR, CHICKEN FEATHERS, AND COW HORNS**, DISSOLVED IN ACID BEFORE THE L-CYSTEINE IS ISOLATED AND ADDED TO YOUR BREAD."

DIANA, V. (JANUARY 1, 2014). *5 HARMFUL ADDITIVES IN BREAD.*

CALCIUM PROPIONATE:

"A CALCIUM SALT OF PROPANOIC ACID MANUFACTURED THROUGH CHEMICAL SYNTHESIS, AVAILABLE AS WHITE GRANULAR OR POWDER. CALCIUM PROPIONATE IS WIDELY USED AS PRESERVATIVES. CALCIUM PROPIONATE **MAY CAUSE STOMACH ULCERS IN SPECIFIC GROUPS OF PEOPLE IF USED IN LARGE AMOUNTS.**"

SHAWN. (AUGUST 7, 2014). *SIDE EFFECTS INFO.*

BHA & BHT:

"BHA (BUTYLATED HYDROXYANISOLE) AND BHT (BUTYLATED HYDROXYTOLUENE) ARE WIDELY USED BY THE FOOD INDUSTRY AS PRESERVATIVES, THERE'S ONGOING CONTROVERSY, HOWEVER, ABOUT THE SAFETY OF BHA AND BHT. OTHER RESEARCH SUGGESTS THAT LOW DOSES OF BHA ARE TOXIC TO CELLS, WHILE HIGH DOSES ARE PROTECTIVE—OR THE REVERSE, THAT LOW DOSES ARE OKAY, BUT HIGH DOSES ARE HARMFUL. IN OTHER WORDS, NO ONE REALLY KNOWS HOW BHA AND BHT ACT IN THE BODY. BECAUSE THEIR HEALTH EFFECTS ARE STILL UNCLEAR, IT WOULD BE WISE TO LIMIT HOW MUCH YOU CONSUME. **BOTTOM LINE. EATING MORE FOODS THAT ARE MINIMALLY PROCESSED, WHICH CONTAIN FEW OR NO ADDITIVES AND ARE USUALLY MORE NUTRITIOUS OVERALL.**"

BERKELEYWELLNESS. (FEBRUARY 01, 2010). *TWO PRESERVATIVES TO AVOID?*

SODIUM NITRATES:

"A SALT THAT IS ADDED TO HOT DOGS, BACON AND OTHER CURED MEATS TO HELP PRESERVE THEM. IN HIGHER DOSES NITRATES ARE ALSO USED AS FUMIGATES TO KILL RODENTS AND THESE NITRATES CAN LEACH INTO THE SOIL, CONTAMINATING THE FOOD SUPPLY, WHICH MUCH SMALLER AMOUNTS ARE DIRECTLY USED IN SOME PREPARED FOODS, **THERE ARE HEALTH CONCERNS RELATED TO SODIUM NITRATE.**"

NADIA H. (APRIL 22, 2016). *WHY IS SODIUM NITRATE BAD FOR YOU.*

SODIUM BENZOATE:

"DERIVED FROM A REACTION OF BENZOIC ACID WITH SODIUM HYDROXIDE, SODIUM BENZOATE IS ACTUALLY THE SODIUM SALT OF BENZOIC ACID. SODIUM BENZOATE IS A KNOWN CARCINOGENIC ADDITIVE WHICH, WHEN EATEN OR APPLIED TO THE SKIN, GETS TRANSPORTED TO THE LIVER, WHERE IT IS SUPPOSED TO BE FILTERED, AND EXPELLED IN URINE, **BUT THE DAMAGE GETS DONE BEFORE THAT PROCESS IS COMPLETED.**"

WELLS S.O. (SEPTEMBER 29, 2010). *SODIUM BENZOATE CANCER.*

KNOW YOUR *Farmer*

FARM TO SCHOOL



BLACK PLUM TOMATOES

ALBA FARM
Salinas, CA



KNOW YOUR **FARMER**

KNOW YOUR **FARMER**



GRAPES

HMC FARMS
Kingsburg, CA



PEPPERS

BORBA FARMS
Aromas, CA



Child Nutrition Services

- After School Snack Program
 - Serve snack to all students attending Annex
 - Serve approximately 800 snacks a day
- Summer Meal Program
 - College Park, LEAD, Sunnybrae
 - Serve free meals to the community youth based on free and reduced-price meal eligibility of the population served
 - City of San Mateo Parks & Recreation Summer Program
 - SMFC Summer School and summer programs
 - Serve approximately 400 lunches per day



CNS



- Dedicated TEAM of professionals committed to *Serving Education* daily
 - 38 TEAM members
 - 24 Full Time Equivalent positions (full time = 8 hours)
 - Short hour positions (2 to 6 hours per day)
 - Some TEAM members hold multiple positions with CNS (i.e., work at Central Kitchen and school site)



CNS TEAM Member Highlight

- **Together Everyone Achieves More**

- **Noreen Garcia**, North Shoreview Site Kitchen Operator – Elementary School

- *Serving Education* with a smile since April 2014
- Student focused and has a heart for all kids
- Integral part of the North Shoreview school community
- A TEAM member we all can count on!!!
- Honest, trustworthy, friendly, FUN
- Goes the extra mile
- Flexible



Thank you!

- Comments & Questions

