

Rochester Public Schools

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Overview

Problem

- **“Unhealthy” perceptions associated with school meals.**
- **The number of overweight children in the United States continue to rise.**

Solution

- **Encourage positive changes that promote and support healthy choices.**

Background

- Change the perceptions associated with school meals today.



Strategies

- Increase availability of fresh fruits and vegetables.
- Follow nutritional standards set by USDA.
- Incorporate whole grains.



Challenges/Barriers

- **Student reaction**
 - ✓ Acceptability
 - ✓ Change
- **Finding products**
 - ✓ Meet guidelines
 - ✓ Availability from vendors
- **Food costs**

Action Items

1. Expanding the Farm to School program.
2. Follow USDA guidelines.
3. Provide nutrient analysis on menus.

