



California Department of Education

NUTRITION SERVICES DIVISION



Assembly Concurrent Resolution 16 (ACR 16)



ACR 16

1. "...Develop nutritionally sound **school lunch** menu plans that would provide daily, optional, plant-centered vegetarian school lunches, prepared without meat and dairy products..."



ACR 16

2. Encourage program operators to voluntarily phase in these menu changes



ACR 16

3. "...The nutrition education materials and instruction strive to recognize and include information about multicultural eating patterns including vegetarian/vegan eating patterns..."



Vegetarian Meal Options in CNPs

Includes definitions of vegetarianism, background, health benefit information, how to take action, resources, online trainings, and policy guidance for program operators participating in the Child Nutrition Programs.

Overview

Many people, young and old alike, are choosing to eat vegetarian meals whether it is one day a week, one meal a day, or an entirely vegetarian diet. There are many reasons for choosing this option including health benefits and the impact on the environment. As a result, Child Nutrition Programs (CNP) are encouraged to offer plant-based vegetarian meals as part of their regular menu offerings. Because there are several types of vegetarian diets, including those who eat eggs and dairy and those that eat an entirely plant-based vegan diet, it is important for program operators to consider their student population when planning their menus. Program operators may be surprised how popular plant-based vegetarian menu items are with nonvegetarians as well. In fact, it has been reported that school districts that have implemented Meatless Monday have had an increase in participation and a reduction in meal cost on that day!

In California, Assembly Concurrent Resolution 16 (ACR 16) was passed in 2003. Referred to as the California Healthy School Lunch Resolution, the ACR 16 urges school food authorities (SFA) to develop nutritionally sound school lunch menu plans that include plant-based vegetarian entrees. The California Department of Education (CDE) Nutrition Services Division (NSD) is committed to working toward the goals of ACR 16, to make California a leader in creating and promoting healthier, environmentally sustainable plant-based vegetarian school lunches.

[Definitions](#)

[Background](#)

[Health Benefits](#)

[Take Action](#)

[Resources](#)

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Definitions on Vegetarianism

Before program operators can address the needs of their vegetarian populations, it is important to know that there are many types of vegetarians, depending on what they exclude from their diet. They include:

- Lacto-vegetarian
- Ovo-vegetarian
- Lacto-ovo vegetarian
- Flexitarian (semi-vegetarian)
- Vegan
- Plant-Based

Vegetarian Meal Options in CNPs

- Take Action
- Resources
- Online Trainings
- Policy
- Contacts

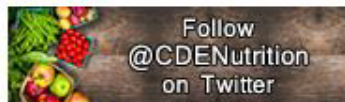


Plate Waste Prevention in Child Nutrition Programs

Information on plate waste including strategies, best practices, and resources for sponsors participating in Child Nutrition Programs (CNP).

Overview

In the United States, food loss and waste is about 30 percent of the food supply at retail and consumer levels. Americans waste enough food every day to fill a 90,000 seat football stadium. Approximately one-third of all food is wasted at the retail and consumer levels. While the amount of food wasted in CNPs has not increased during recent years, there are many ways that everyone can help reduce, recover, and recycle food before it goes to waste and teach students about the impact it has on the environment and in their community.



Strategies

Best Practices

Contacts

Resources

Strategies

There are three main challenges identified in efforts to reduce food waste in schools:

- Accommodating student taste preferences and unfamiliarity with menu items
- Helping students deal with early meal schedules and insufficient time to eat
- Redistributing uneaten, intact items

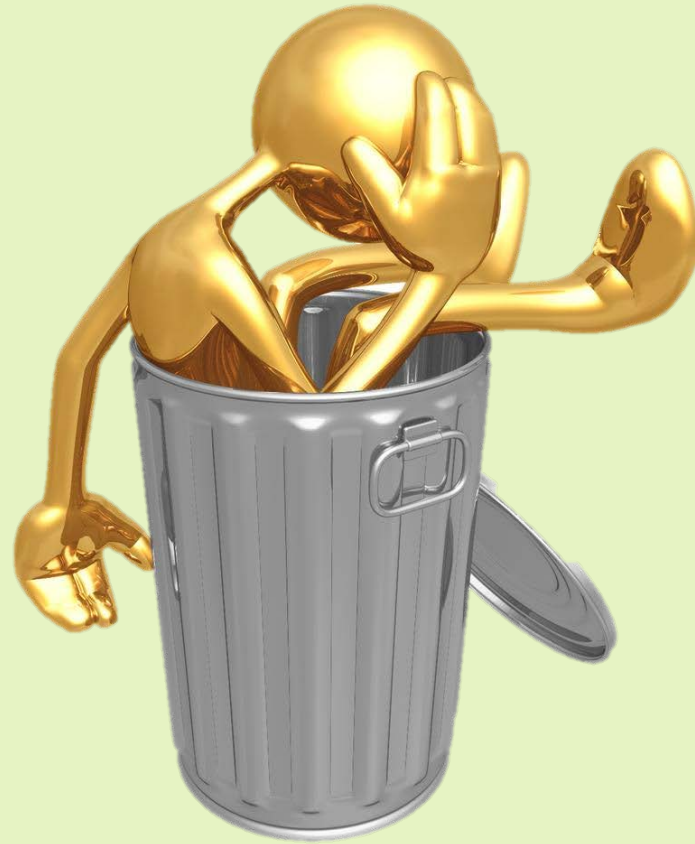
Successful strategies for minimizing plate waste that help address these challenges are as follows:

Challenge 1: Accommodating student taste preferences and unfamiliarity with menu items

- Obtain feedback on new menu items
- Implement the offer versus serve option across all applicable CNPs
- Provide more choices
- Serve foods with familiar flavors
- Serve ready-to-eat fruit

Plate Waste Prevention in CNPs

- Strategies
- Best Practices
- Resources
- Contacts



What's next?



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