



**Lunch Lessons: Changing the Way
We Feed Our Children
Ann Cooper, Founder Chef Ann Foundation**



Hungry Children Can't Learn
Malnourished Children Can't Think

Healthy
Food
Healthy
Earth
Healthy
Kids

Triple Bottom Line:
People
Planet
Prosperity





**We Have a Broken
Food System:**

Corporate Profit

**Big Agribusiness &
Lobbyists**

Commodity Foods

Processed Foods

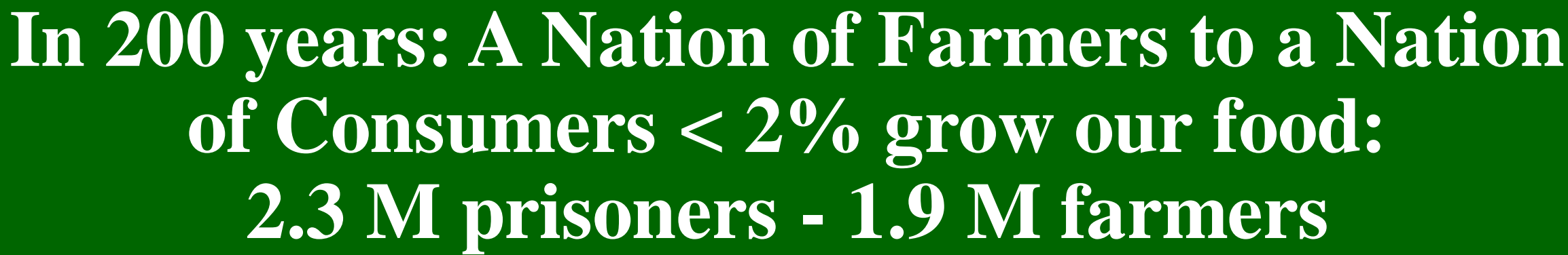
Poor Diet Associated with 1 in 5 Deaths Globally More Than Smoking!



Summary Report —

The EAT-Lancet Commission on Food, Planet, Health

Can we feed a future population of 10 billion people a healthy diet within planetary boundaries?

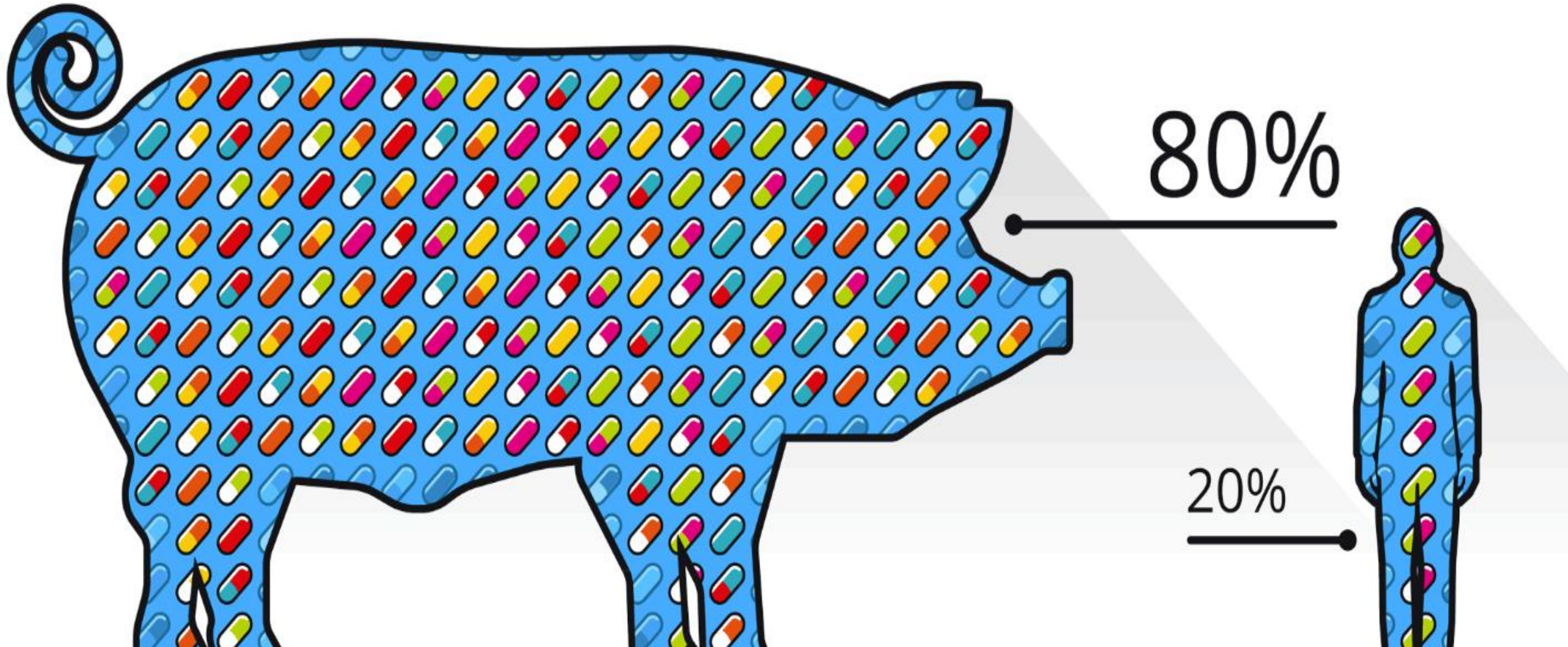


**Organic Food: No Chemicals
Antibiotics – Hormones - Dyes**

**US Food
Companies
Add 15M #s
of Synthetic
Dyes to Our
Food Every
Year!**



Animals in factory farming are prone to illness.
This is the reason why 80% of all antibiotics prescribed in the States
are consumed by farm animals and only 20% by humans.



AMERICA WANTS GMOs LABELED

SUPPORTERS
FROM
ALL **50**
STATES



91% OF AMERICANS
WANT GMOs
LABELED

1,000,000

SETS A RECORD FOR
COMMENTS ON A FOOD
PETITION SUBMITTED
TO THE FDA



AVERAGES

20,000

SUPPORTERS
PER STATE



ONLY

4%

OF AMERICANS
OPPOSE LABELING GMOs



500+
ORGANIZATIONS
MAKE UP THE

JUST LABEL IT

COALITION

THAT IS CALLING FOR
GMO LABELING



89% OF REPUBLICANS
SAY LABEL



90%

OF INDEPENDENTS
SAY LABEL

93%

OF DEMOCRATS
SAY LABEL



40+

COUNTRIES
MANDATE
LABELING
OF GMOs

1 MILLION EQUALS SOMEONE SPEAKING
OUT TO SUPPORT GMO LABELING EVERY



30

SECONDS FOR AN
ENTIRE YEAR

SUPPORTERS
FROM MORE
THAN **1/2**
THE ZIP
CODES



MORE THAN ONE MILLION AMERICANS HAVE CALLED ON THE FDA TO LABEL GMOs
ISN'T IT TIME FOR THE FDA TO LISTEN?

MORE AT WWW.JUSTLABELIT.ORG

*"GENETICALLY MODIFIED ORGANISMS" OR GMOs, ACCORDING TO THE WORLD HEALTH ORGANIZATION
ARE ORGANISMS IN WHICH THE GENETIC MATERIAL (DNA) HAS BEEN ALTERED IN A WAY THAT DOES NOT OCCUR NATURALLY

**US Agriculture 1.2
B #s of Pesticides
Per Year**

**4 #s For Every
American**



"DDT is good for me-e-e!" z z



Processed Food – Health Risks

Food processing removes some of the nutrients, vitamins and fiber present in the food

Cheap artificial sugars, salt and preservatives in processed foods have less fibre quantity & don't add any nutrition benefits, it **slows down digestion**

The salts, phosphates and other artificial ingredients in the processed food leads to kidney and other health problems

Processed foods are **HIGHLY ADDICTIVE** and make you crave them frequently.



Some processed dairy products, dried fruits etc contains Sulphite which causes a range of health diseases like headache, skin rashes, irritable bowel syndrome etc.

Processed food kills natural taste and colour of foods. In order to restore the natural flavour, manufactures add cheap artificial sugar, salts, fats, colours and preservatives that create **GASTROINTESTINAL** problems, **HORMONAL** Problems, **NERVOUS SYSTEM** problems etc

Increased Risk of Cardiovascular Disease & Premature Death

Industrialized Agriculture Mass-Produces Food: Pink Slime & Food Recalls



Grilled cheese

Factory Farming



A young child with light skin and dark hair is shown from the chest up, looking down with a somber expression. They are holding a brown teddy bear. A medical professional's hand, wearing a pink glove, is administering an insulin injection into the child's upper arm. The background is a plain, light-colored wall.

**CDC: 1 in 3 Children Born in
2000**

**Diabetes in Their Lifetime –
Insulin Dependent by 2020**



In the Past 25 Years – the Prevalence of Childhood Obesity Has Tripled!

Generation RX:

400% increase in the rate of allergies

300% increase in the rate of asthma

400% increase in the rate of ADHD

1,500% increase in the rate of autism

1 in **13**

U.S. kids has
food allergies



Sugar is Toxic! 34% of Calories in Kids' Cereals From Sugar!



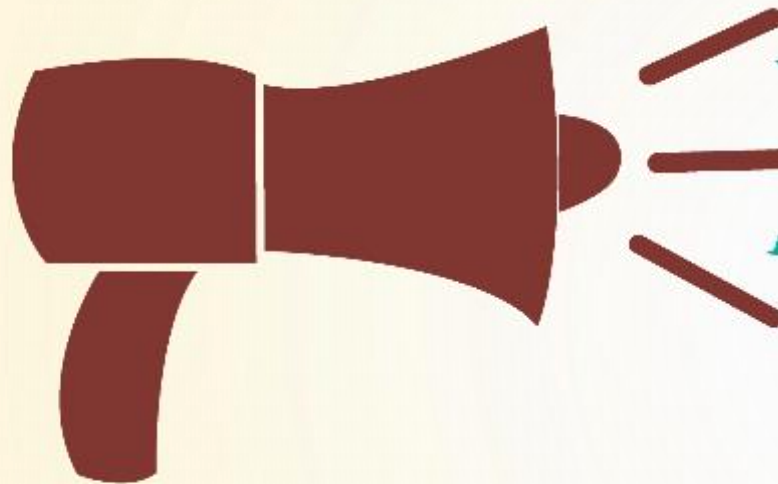
**Limb Amputations: Iraq & Afghan Wars:
1500 - Diabetes 1.5M**

\$4.6 Billion

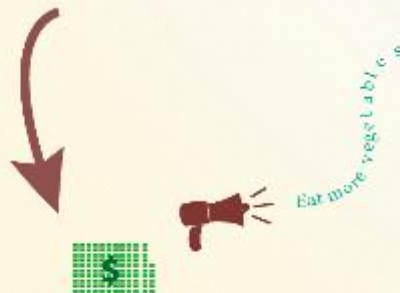
was spent to
ADVERTISE

FAST FOOD

Food Advertising IS Making Us FAT!



\$116 million was spent to advertise
FRUITS and **VEGETABLES**



■ = \$1,000,000

Source: www.fastfoodfacts.org

We Produce Food for 12 B People Yet 1 out of 5 Are Hungry



At consumer level
20% of food
is being wasted
which can be
avoided completely

A child dies
every
5 seconds
because of
HUNGER



DON'T WASTE FOOD

Value Your
Meal





Social Equity & Social Justice!
CIA: Life Expectancy at Birth: US Ranks 51st



**School Food Challenges: Food – Finance -
Facilities/Equipment - HR/Staff Training
Marketing & Education**



Moving From Conventional Purchasing Toward Systemic/Sustainable Procurement



We Must Get Junk Food Out of Our Schools!

Stop Making \$\$ off Our Kids Health!



Whole Grain Chicken Nuggets: NOT Healthy School Food!!



We Must Do Better!





Educating Students: Cooking With a Cause!



**Buying Locally Grown Food
Food with a Face & Place**



**Sustainable
Procurement
Purchasing
“Real”
Local
Farm Fresh
Food**



Chicken Nuggets
Fries
Fruit Cocktail
Chocolate Milk



Roast Chicken
Fresh Veggie & Fruit
Salad Bar & Brown
Rice
Organic Milk or Water



**Fresh Food from Local Farms Means: Delicious
Food on Kid's Plates**



Scratch Cooking is the Centerpiece of Sustainable School Lunch Programs



USDA \$35M in School Grants \$1,035M is Needed



USDA: Professional Certification Culinary Skills & Uniforms

Learning About Food - As Part of Curriculum



**1 of Every 4 Meals - Fast Food - Eaten in a Car
in Front of a Blue Screen**

A group of four young chefs, two girls and two boys, are wearing white chef uniforms with "BORN CHEF" and "2017" printed on the chest. They are working at a table in a kitchen setting. The girl on the far left is chopping red onions on a white cutting board. The boy next to her is using a spoon to add ingredients to a blender. The boy next to him is standing near a pot on a portable burner. The girl on the far right is also working with ingredients. The table is cluttered with various kitchen items, including a cutting board with lettuce and peppers, a blender, a pot, and various containers. In the background, other people are visible, suggesting a public event or competition.

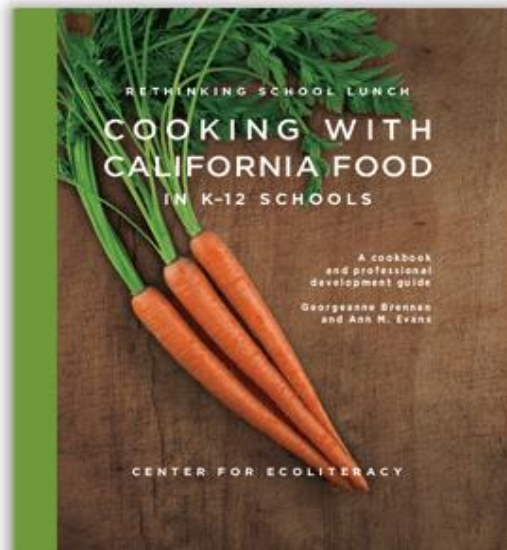
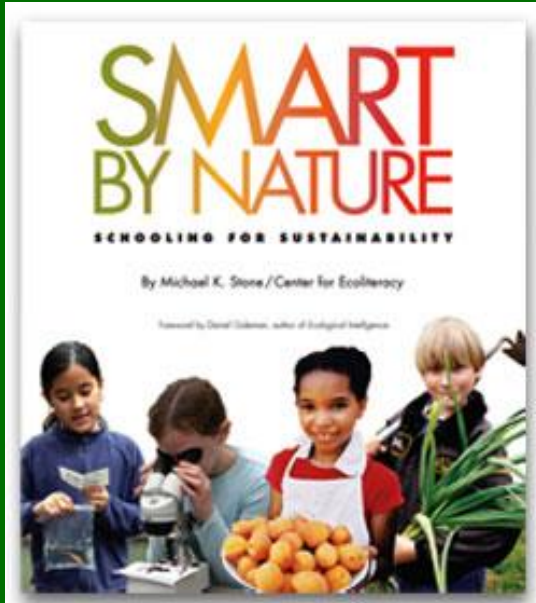


Gardens as Classrooms



Teaching Students Where Their Food Comes From

Food Literacy: School Garden – Cooking – Ag & Environmental Curriculums



Collaborating Classrooms - MyGarden



About MyGarden Lesson Plans

About

Get to know BVSD School Food Project's programs and events



Farm Field Trips

BVSD students visit working farms and learn more about farm operations, where their food comes from, and how the produce is grown.



Rainbow Days

There is a fully stocked, colorful, endless salad bar available to BVSD students at each school every day. On Rainbow Days, students learn about the benefits of eating healthy fruits and vegetables, and those who make a rainbow at the salad bar are rewarded with "I Made a Rainbow at the Salad Bar Today" stickers and wear them with pride.



Locally Grown

The School Food Project teams up with local farmers each month to give kids a taste of fresh, locally-grown fruits and vegetables. Look for our farmer partners at Colorado Proud School Meal Day, Market Day



Bag Program

BVSD's No Student Hungry program provides food to select group at our highest need schools in order to extend healthy eating and nutrition education beyond the school day. At the end of each week, the School Food Project provides reusable bags with shelf-stable, whole, unprocessed, fresh food and locally harvested produce to families for use during times when schools are closed, such as



farmer
ERIC SKOKAN
{Black Cat Farm}

“When I tell people
I am a farmer, their
reponse tells me
how special my
work is to everyone.
Grow, eat and
love your food!”



Boulder Valley School District
Excellence and Equity



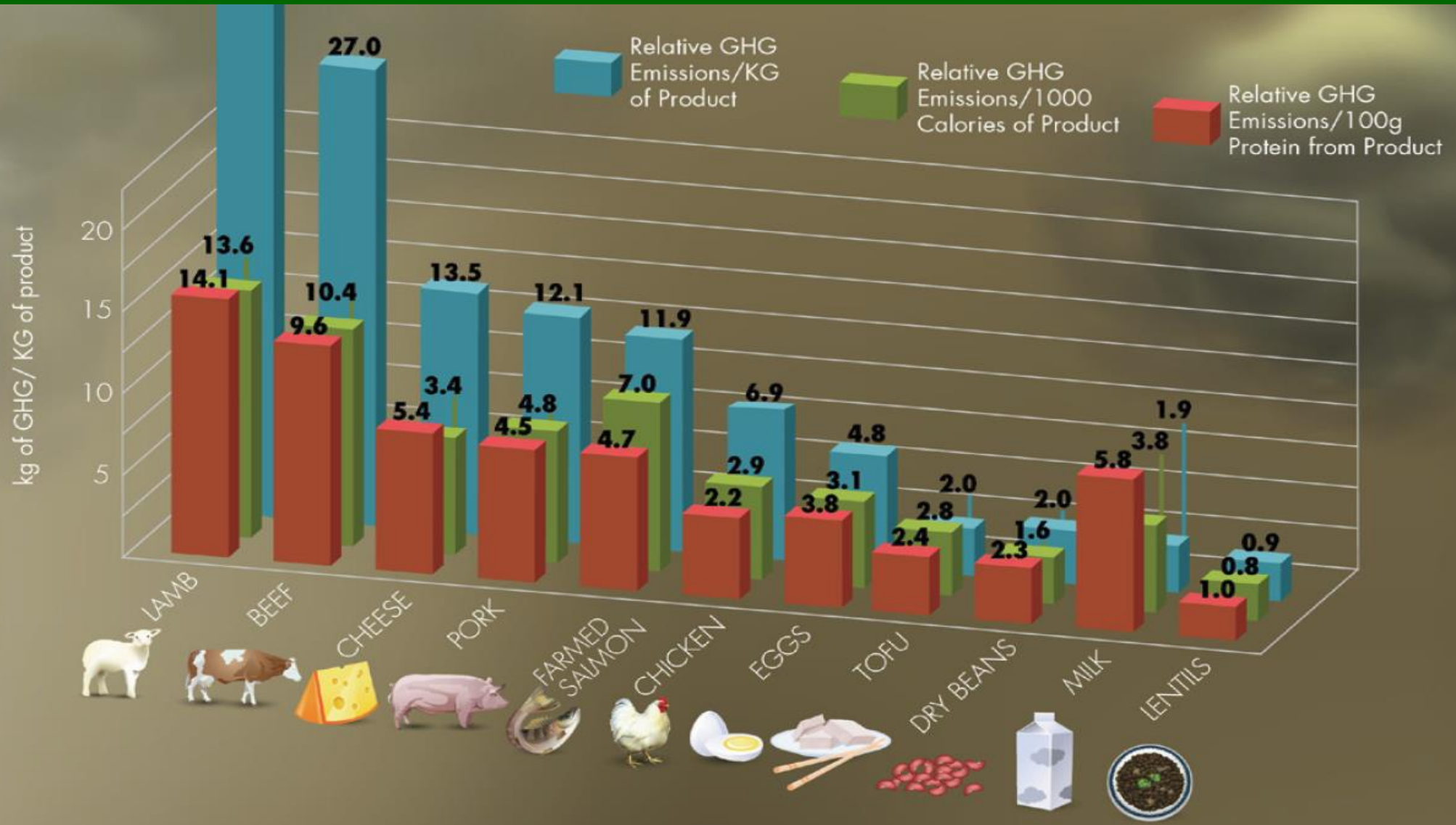
KIRSTEN BOYER

Educating Students: Harvest of the Month Cards

COURTESY OF
Boulder Valley School District



Climate Change & its Relationship to Obesity & Nutrition Insecurity



Healthy Kids Meal Wheel – Plant Forward Menus



Plant Forward Menus



**Chickpea Masala: Replacing Beef with Chickpeas
Saves 270 Gallons of Water Per School Lunch**

Universal Breakfast In the Classroom



30 Minute Lunch - Periods Recess Before Lunch

Salad Bars in Every School



School Finance: School Lunch 30 M
Lunches/ Day - \$12.5B per Year!
Milken Institute: Diet Related Illness: \$1.4 Trillion / Year!



12 Dimes For Our Kid's Food & Future

**Federal & State Reimbursement Rates Must Be
Increased by at least 50 cents–Nutritional
Guidelines Must Not Be Rolled Back!**



Do One Thing: Enforce Strict USDA Smart Snack Guidelines on Competitive Foods!



Do One Thing: Healthy Vending



Do One Thing: NO Highly Processed Foods



Do One Thing: No High Fructose Corn Syrup!





Do One Thing: NO Fried Foods!

Do One Thing: NO Refined Sugars



Do One Thing: NO Refined Flours!



What Local Food Means To Me

Do One Thing: NO Soda, Candy or Chips!



Do One Thing: NO Antibiotics or Hormones!





**Do One Thing: NO Chemicals, Preservatives,
Food Colors or Additives!**

JAMIE OLIVER'S
FOOD
REVOLUTION



GET INVOLVED ▾

SCHOOL FOOD

RECIPES

NEWS ▾



Brandon Hickman

OUR KIDS DON'T NEED SUGAR IN MILK!

When kids drink chocolate and strawberry milk every day at school, they're getting nearly two gallons of extra sugar each year. Too much sugar is threatening the health of our kids and we've got to do something about it. Support this campaign asking schools to choose plain milk, and make the sweetened varieties an

Do One Thing: NO Chocolate Milk



Drink
* real milk

Do One Thing: Healthy Cold White Bulk Milk!



PASSOVER AND EASTER
Elementary MENU ADDITIONS
and
Saturdays

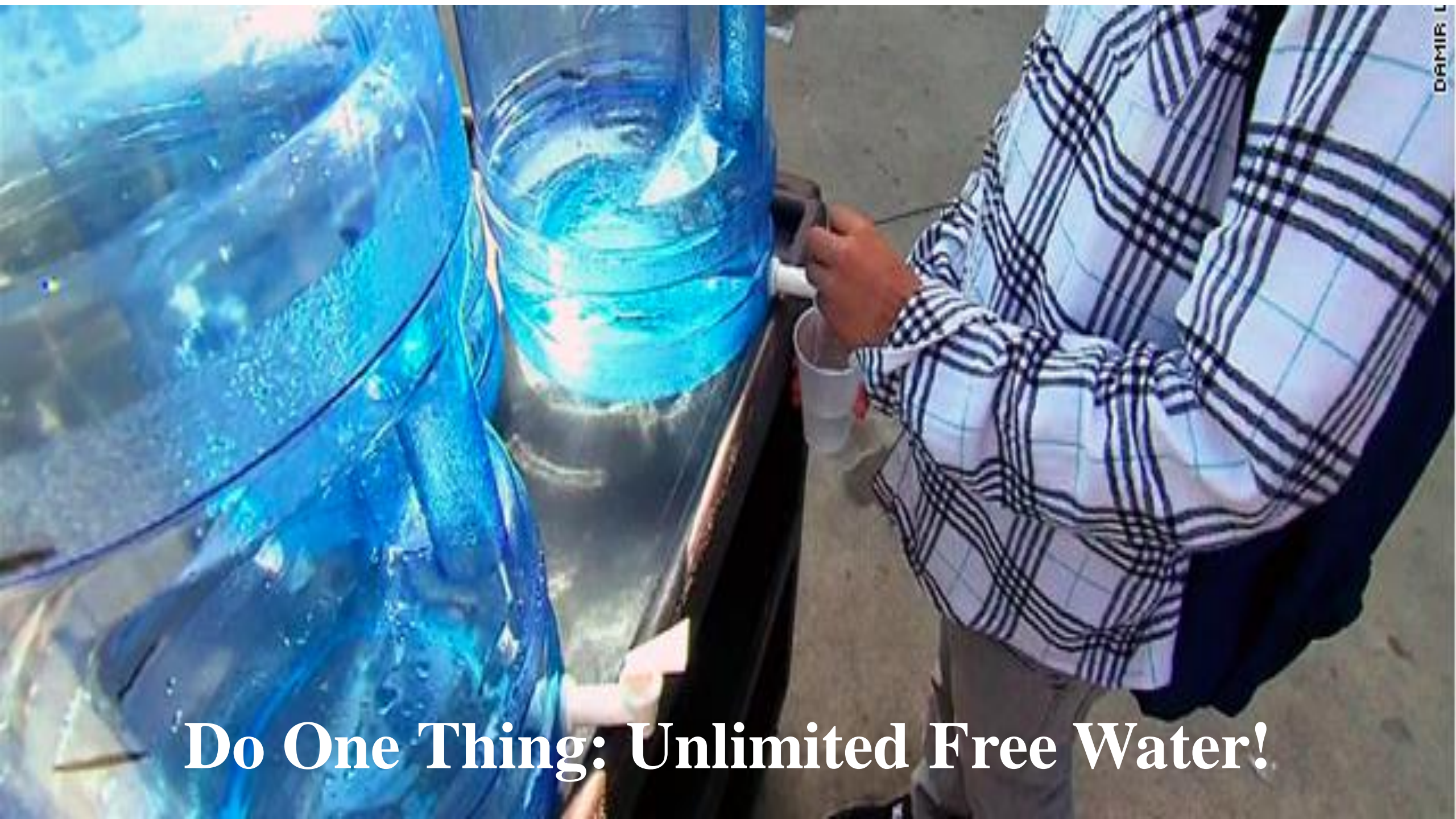
Tues. 4.10	Chicken Wings
Wed. 4.20	Mutton available with Chicken Pot Pie
Thurs. 4.21	Beef, Tortilla, or Mutton with Sautéed Beef
Fri. 4.22	Mutton available with Chicken
Fri. 4.22	Cold Sandwiches
Sat. 4.23	Beef, Tortilla, or Mutton with Sautéed Beef

Do One Thing: Family Style Meals For Pre-K



Do One Thing: Weekend Bags of Food Sent Home for Food Insecure Families!





DAMIR L

Do One Thing: Unlimited Free Water!

Do One Thing: Composting, Recycling & Waste Reduction



Do One Thing: Reusable Dishes Glasses & Silverware!





Do One Thing: Build Gardens!



**Do One
Thing:
Harvest
Tastings!**

HEALTHY BODIES = HEALTHY MINDS

**Fuel Your
Child's Success**



**SCHOOL
FOOD
PROJECT**

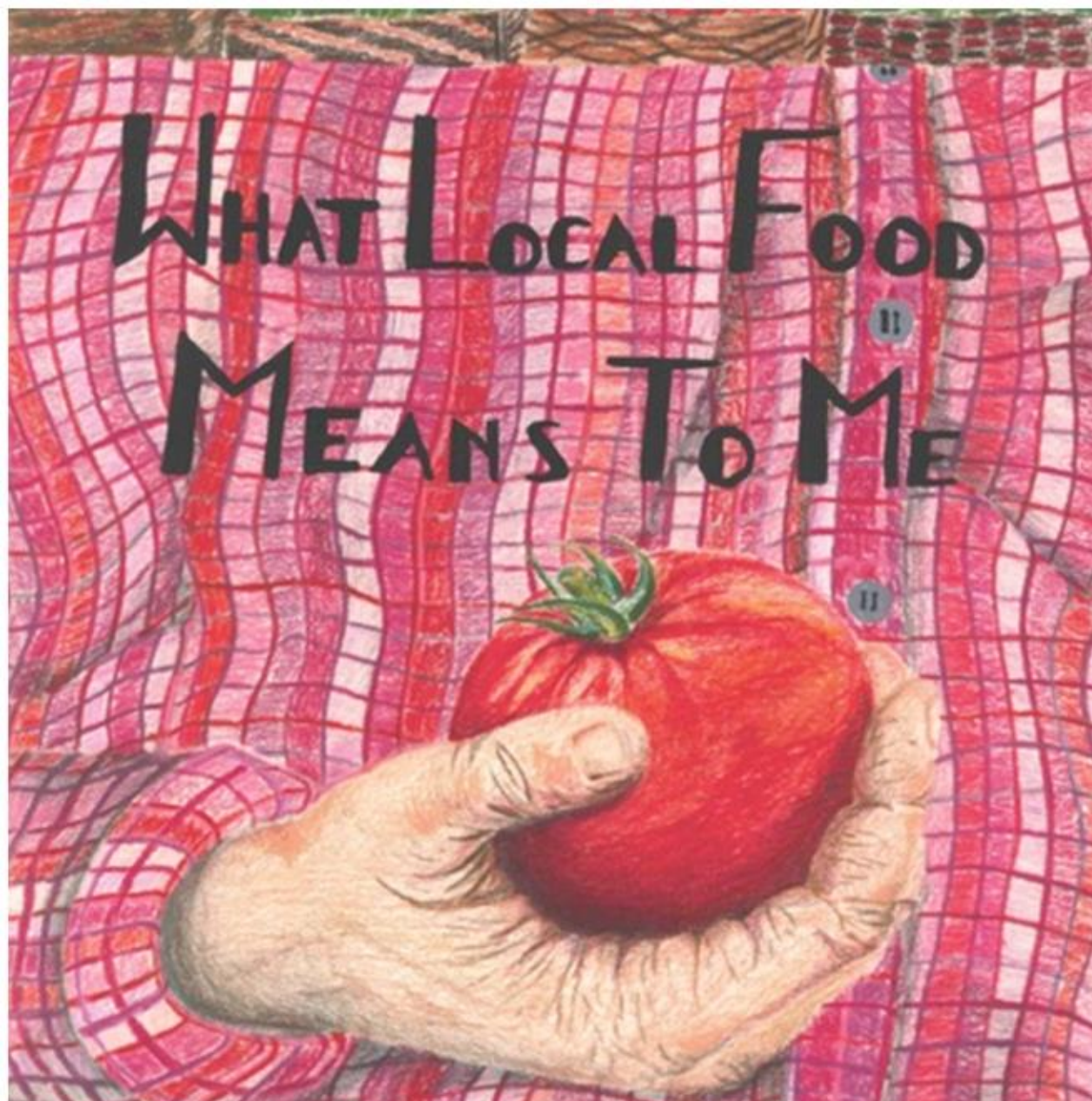
Boulder Valley School District
Ensuring School Success

BUY SCHOOL LUNCH
bvsd.org/food

**Do One Thing: Food Service
Delivery Trucks for Marketing**

Do One Thing: Farm to School Education





Do One Thing: Engage Students in Art Contests!



Do One Thing: HOTM Tastings!

Do One Thing: Fresh Fruit & Veggie Tastings!





Do One Thing: Salad Bars with Healthy Options



Do One Thing: Menu Tastings!

Do One Thing: Whole Grains at Every Meal!

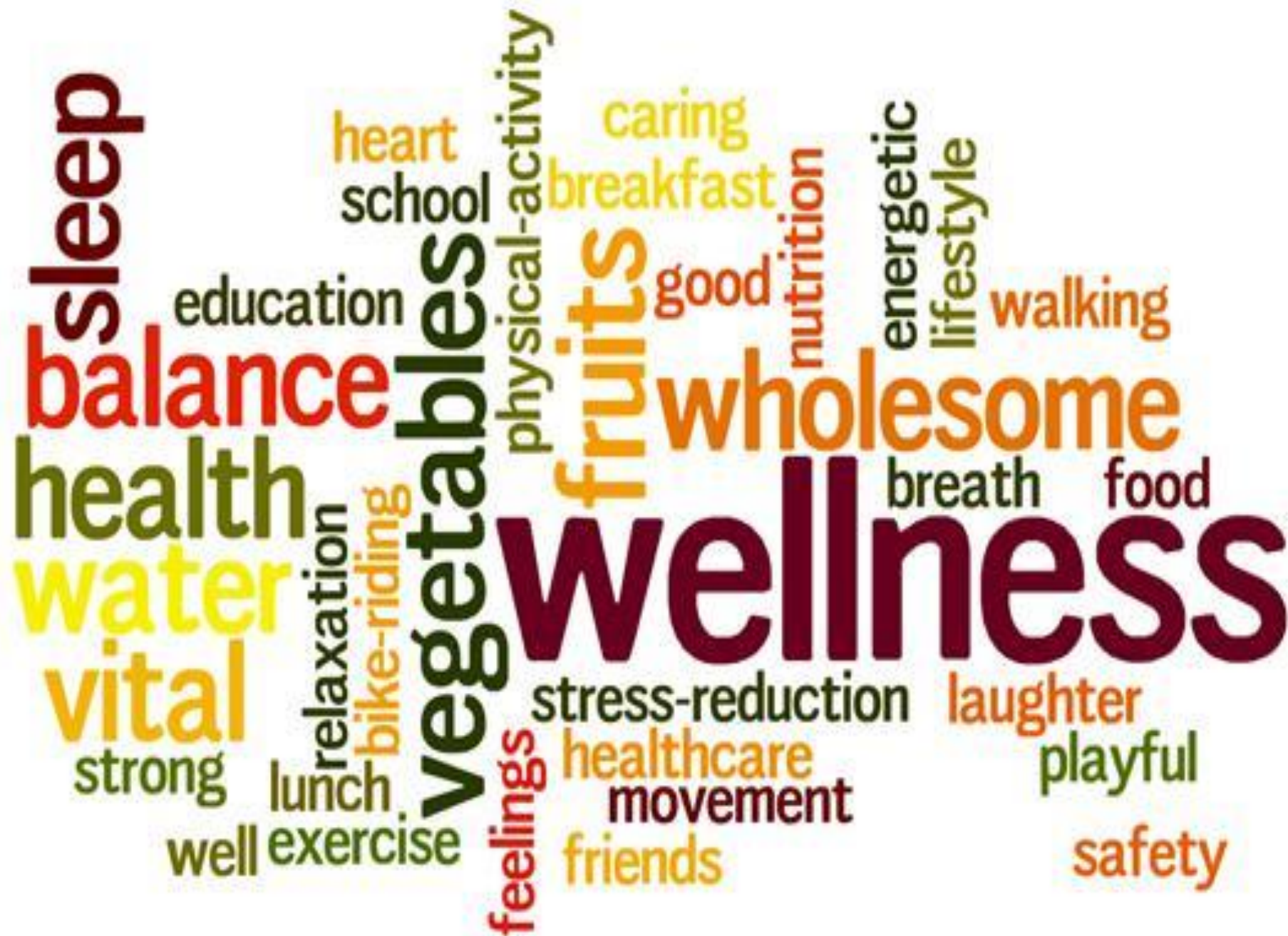


Do One Thing: Plant Forward Menus: Polenta w/ Roasted Vegetables



Do One Thing: Recess Before Lunch!





**Do One
Thing:
Update
School
Wellness
Policies!**



Do One Thing! Marketing Using Social Media





MEALS & NUTRITION

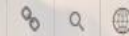
PROGRAMS

CATERING

ABOUT US

GET INVOLVED

RESOURCES



FRESH, NUTRITIOUS AND DELICIOUS

LEARN MORE

Do One Thing: Websites Supporting Marketing

THE SCHOOL FOOD PROJECT: BVSD'S
FOOD SERVICES DEPARTMENT



The 5 Meal Components

You pick at least 3!



Full Meal - Hot

Vegetable or salad
Fruit
Milk
Grain or bread
Meat or meat alternate



Full Meal - Salad

No

Why?

Yes



Fruit or vegetable portion is not 1/2 cup.



No fruit or vegetable selected.



No fruit or vegetable selected.



Healthy portions, but needs a meat or meat alternate, grain or milk.



REMEMBER: 1 of your picks must be at least 1/2 cup of fruit or vegetable.



Full Meal - Hot



Do One Thing: Healthy Complete Meals!



Do One Thing: Universal Breakfast After the Bell

Plant Forward Continuum

100% Animal-Based Protein

100% Plant-Based Protein

M/MA*
Traditional
Animal-Based
Protein

M/MA
Includes
Creditable
Plant-Based
Protein

M/MA
at least 50%
Plant-Based
Protein

M/MA
100%
Plant-Based
Protein

Protein
Source
Examples



School
Meal
Examples



Oven Fried
Chicken



Beef & Bean
Nachos



Bibimbap
Bowl



Chickpea
Masala



More Plants Please!

*meat/meat alternate

**Do One
Thing:
Support
Local Family
Farms –
Farmer's
Markets &
the Farm Bill!**



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The Lunch Box • School Food Institute

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Changing the way we feed our kids

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www.thelunchbox.org

school food change

Delicious Kid-Approve Recipes

FREE TO DOWNLOAD
over 200 healthy
USDA compliant,
school-tested recipes



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Plant Forward Recipes





WHY

support salad bars

GET

a salad bar in your school.

DONATE

to the program

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THE MIX

news, tips, & stories

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Salad Bars
+
Schools
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**More Fruits & Vegetables
For Children**

\$14,253,369
RAISED SO FAR

338
SCHOOLS WAITING
FOR A SALAD BAR

2723500
KIDS SERVED

5,447
SALAD BARS
GRANTED

www.saladbars2schools.org

We donate salad bars to schools so that every child across our nation has daily access to fresh fruits and vegetables.



**GET A SALAD BAR
IN YOUR SCHOOL**

SEARCH BELOW OR [LEARN MORE](#)



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A Fresh Approach to Education

www.schoolfoodinstitute.org

A Fresh Approach to Education

SCHOOL
FOOD
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Salad Bars in Schools



School Food
Procurement



Recipes and Menu
Development



Ingredients for Healthier
Kids



Plant Forward



Sustainable
Lunchrooms



CENTER FOR POLICY RESEARCH
THE MAXWELL SCHOOL

WORKING PAPER SERIES

Let Them Eat Lunch: The Impact
of Universal Free Meals on
Student Performance

Amy Ellen Schwartz & Michah W. Rothbart

**Increased Academic
Performance**

**Meaningful Increase:
State Reading & Math
Scores**

**Improved Cognitive
Function**

**Decreased Behavioral
Issues**

It Should Be a Birthright in Our Country: Every Child Has Healthy Delicious Food in School

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FOUNDATION

Changing the way we feed our kids.

The Lunch Box

ALL NEW with more recipes, tools, resources, and support for school districts

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