



WINDSOR UNIFIED SCHOOL DISTRICT

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For Immediate Release

New Nutrition Standards for Windsor Unified Schools

WINDSOR – March 9, 2012 - The new Healthy Hunger Free Kids Act nutrition standards for school meals are great news for our kids. Windsor Unified School District began the healthy framework to building healthier school meals years ago by updating kitchen facilities, updating the school wellness policy, teaching students and families about nutrition, and changing school menus to add more fruits, vegetables, whole grains and healthier entrees in our school cafeterias.

- In Windsor Unified School District, cafeterias have already made progress toward meeting new nutrition standards effective school year 2012-2013.
 - We already offer a variety of fresh fruits and vegetables every day to include dark leafy greens, orange/red vegetables, and beans/legumes
 - We already made the switch offering 1% and fat free milk
 - The majority of the grains we serve are whole grains, and as students tastes develop, we are increasing offerings yearly to achieve 100% by 2014-2015 school year
 - Our staff are using lower sodium ingredients in cooking
 - We offer salad bars and/or salads every day with vitamin packed romaine or spring mix lettuce
 - We only serve milk, water and fruit juices. Secondary schools offer electrolyte beverages for sports enthusiastic students.

- Over the next few months, we'll be building on the progress we've made and planning our menus for next school year. Every student will have a half-cup fruit or vegetable served on their plate along with their lunch and we will be moving toward the goal of 100% whole grain for both breakfast and lunch.

- We know how important it is to encourage students to accept and consume healthier options. Our school nutrition staff has found great ways to get students excited about healthy food choices and we'll continue to work on creative solutions to ensure healthy foods appeal to students.
 - Our Farm to School Program is bringing fresh, local produce into the cafeteria so students can be taught about what foods are grown in their communities
 - We have partnered with a chef to introduce some exciting new healthy recipes on our menus
 - We host student taste tests to get feedback directly from students and get them involved in the menu planning process
 - Our Harvest of the Month Program is introducing students to a different vegetable every month
 - Staff receive ongoing training in food preparation and presentation to improve the taste and look of new healthy foods to encourage consumption.
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- We'll face some challenges to meet all the new requirements on a tight budget, but our School Nutrition Program staff will work hard to make these healthy changes for our students.
- We hope parents will support this effort by encouraging their students to give the healthier meals a try. Students are far more likely to pick up a fruit, vegetable, or whole grain food in the lunch line if they have been introduced to those foods at home.
- *In response to any "pizza as a vegetable" questions:* In our school district we don't count the tomato sauce on our pizza as a vegetable. We serve a variety of vegetables and fruits that we encourage students to take with their meals.

The Healthy, Hunger Free Kids Act 2010 significantly improves foods available at schools. There are many sections of the Federal regulation that will be implemented over the next few years including enhanced meals served in school cafeterias. A key influence toward school wide health is the partnership between schools and parents working together toward healthy eating and physical activity. The Windsor Unified School District's web site <http://www.wusd.org/pages/Food-Nutrition> lists resources for nutrition and physical activity as well as nutrition content of food served in meals.

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