







# *Purpose:*

To identify the guidelines used by various continents or countries and compare these to the guidelines used in our local school districts.

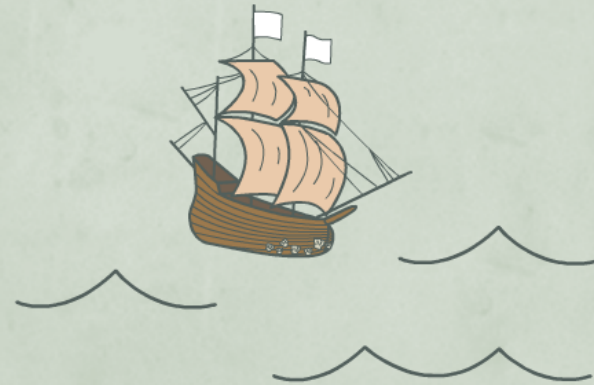
To use the comparison to innovate new ideas to improve the nutrition and overall quality of school meals in our local school districts.

To encourage meal managers to promote more beneficial food policies to their legislators to be implemented locally.

I. Food guidelines of schools around the world

II. Food guidelines of local school districts

III. Compare and contrast



IV. Recommendations



# Australia

## *Australian Capital Territory (ACT) Public School Food and Drink Policy 2015*

- *Aim: To increase the healthier food options in public schools*
- ***National Healthy School Canteen Guidelines 2013 (NHSCG)***
  - *Use a Traffic Light System*



*Red: Not recommended*

*Amber: Should be selected carefully*

*Green: Should always be available*

*\*Foods and drinks are ranked based on their nutritional value and their energy, saturated fat, fiber, sugar, and salt content*

## GREEN

- *Fresh fruits and vegetables*
- *Unprocessed lean meats*
- *Whole grain breads and cereals*
- *Low or reduced fat dairy products*
- *Tap or sparkling water, nothing added*
- *Low or reduced-fat milk and soy drinks, plain and flavored*

## AMBER

- *Full fat dairy products*
- *Dried fruits, fruit leathers*
- *Processed lean meats*
- *Low or reduced fat desserts*
- *Polyunsaturated and monounsaturated oils*
- *Full fat milk and soy drinks, plain and flavored*
- *At least 99% fruit/vegetable juice, including sparkling varieties, no added sugar (maximum serve size 250mL serve size).*

## RED

- *Cakes and Confectionery desserts*
- *Deep fried foods*
- *Fats: Cream, coconut cream, coconut milk, butter, ghee, lard.*
- *Soft drinks, iced tea, cordial, sports waters, sports drinks, flavored mineral water, energy drinks, sweetened waters.*
- *Fruit/vegetable juice with less than 99% juice and/or with added sugar and/or with greater than 250mL serve size.*



# Asia

## *Korea*

- Travel Blogger Natasha Gabrielle adventure in South Korea
- Experience
  - School lunches provides different food plates from Asian culture to Western Culture
  - Lunches are served with fruits, vegetables, and source of protein
  - Banchan or “Side Dishes”: Rice and soup

# Asia

## *Japan*

- Reporter Chico Harlan travel to Japan
  - Experience
    - No mystery meat, all fresh
    - Delicious meals at the same time healthy and affordable
      - Price is \$3: in count for labor and grown/bought food

Short Video:





# Europe

## *Sweden*

- "Plate Model"
- Under Swedish Educational Act (1997)
- 6 to 15 year olds are entitled to free school lunch
- SkolmatSverige: School Food Sweden
- Innovative school web based system

## Europe cont.

### *France*

- “20 meal-cycle”
- 10 meals accompanied by vegetables
- 10 meals accompanied by pulses, starchy foods, or vegetables
- 8 meal accompanied by fresh fruit
- Portion sizes: Determined by dish and age group



## Europe cont.

# *England*

- Average lunch cost: £2
- Equivalent to \$2.56
- The Requirements for School Food Regulations 2014
  - Drinking water: free of charge
  - Fruit juice may not contain added vitamins nor minerals
  - Low fat milk & low lactose milk must be available everyday
- Avanti Court Primary School
  - Serves all vegetarian meals
  - Brexit: Food cost rise, cost £20 more (annually: \$25.56)

# Africa

- Relies mostly on school feeding programs.
- **United Nation's World Food Program (WFP)**
  - Fund feeding programs to various communities in Africa (and all over the world)
  - Provide meals to schools as an encouragement for children and parents to go to school
  - Strong emphasis on community service and cooperation
- **New Partnership for Africa's Development (NEPAD) and World Food Program (WFP)**
  - **Home-Grown School Feeding Program**
    - Local farmers will provide the ingredients needed for the meals prepared in school
    - Gives incentives to farmers to grow foods
    - Participated by Ethiopia, Ghana, Kenya, Malawi, Mali, Mozambique, Nigeria, Senegal, and Zambia (as of 2007)
- Typical foods given are corns (pap) and legumes





# Pap or "Mielie Pap"



Source: <https://s-media-cache-ak0.pinning.com/originals/07/c2/67/07c267d162403e036469e72eb914378e.jpg>

# South America

## *Brazil*

- **1954 - School feeding program**
- Later became part of the **Zero Hunger Program**
- In its early years, the program decreased levels of hunger, but increased levels of overweight and obesity-related problems
- Now, the program requires school meals to meet 30% of daily nutritional requirements
- The program also requires that the produce served in the meals come from local farmers

## South America cont.

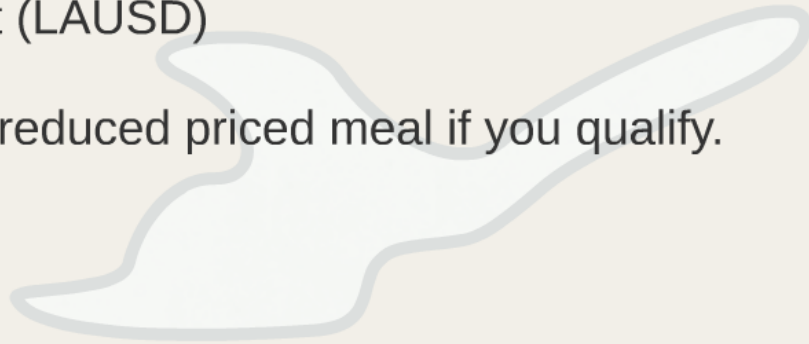
### *Chile*

- Junta Nacional de Auxilio Escolar y Becas (National Board of Student Aid and Scholarships) provides a school feeding program to vulnerable schools
- The program provides breakfast, lunch, and sometimes dinner
- Similar to Brazil, levels of hunger decreased, but levels of obesity increased
- School attendance improved, but no correlation between higher calorie meals and better academic performance



# United States

- Los Angeles Unified School District (LAUSD)
  - Has a federally run program
  - Can receive either free or a reduced priced meal if you qualify.
- Breakfast in the classroom
  - FREE - 10 minutes of class
  - K-12
- Grab n' Go program
  - Eligibility required
- Michelle Obama's Healthy School Lunch Program
- Cafe La Programs
  - National School Lunch Program
  - School Breakfast Program
  - Summer Food Services ces program
  - After School Programs
- Torrance Unified School District
- Baltimore City Public Schools
- District of Columbia Public School



# Canada

- **National school lunch program?**
  - **No**
- **Individualized**
- **Toronto District School Board**
  - **Student Nutrition Program**
- **York Region District School Board**
  - **Student Nutrition Program**
- **Run by volunteers, Staff, Students, community**

# Mexico

- There is a School Breakfast Program called: Food and Nutrition Security Platform
- Focused on urban and rural areas of Mexico
- No other platform or program is mentioned.



# Elementary School Menu - Breakfast

*LAUSD*

April 25, 2017

- Cereal Bowl & Yogurt
- Fruit
- Fruit Juice
- Milk
  - Low Fat 1%
  - Fat Free
  - Non-Fat Lactose Free
  - Soy Milk

*Torrance Unified School District*

Four options offered daily:

Pancake on a stick

- whole grain pancake & pork sausage

Breakfast Pizza

- Whole-grain crust
- Mozzarella cheese
- Turkey sausage

# Elementary School Menu Cont.

## *District of Columbia Public School*

- Hot English Muffin
- Southwest Chicken Chorizo w/Cheddar Cheese
- Local Fresh Apple

## *Baltimore City Public Schools*

- April Cold Breakfast
- Cinnamon Burst Bread
- Applesauce Cup
- Grape Giggles
- April Hot Breakfast
- Turkey Sausage Breakfast Pizza or Assorted Cold Cereal & Graham Crackers
- Applesauce Cup or Orange

# Comparison

*Other countries vs Our Local School Districts*

# Conclusion

- Other countries could serve as a model to improve the quality of foods offered at local school districts
- LAUSD School Lunch Program
- Quality over Quantity
- Making School Lunch Programs a Priority
- Global Connections



# Recommendations for Future Studies:

- Government - Is it a priority of the current administration?
- Funds/Budget Available
- Type of community
- Lifestyle
- Preference - What do the children like?
- Culture
- Religion
- Medical Considerations - Allergies?

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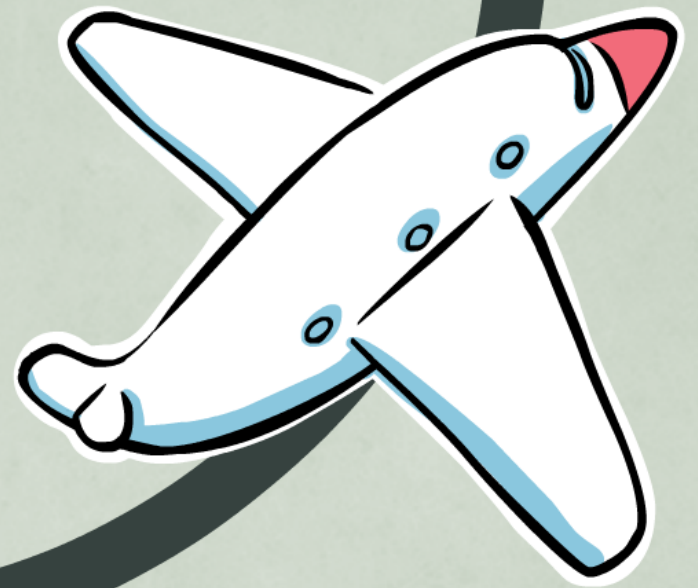
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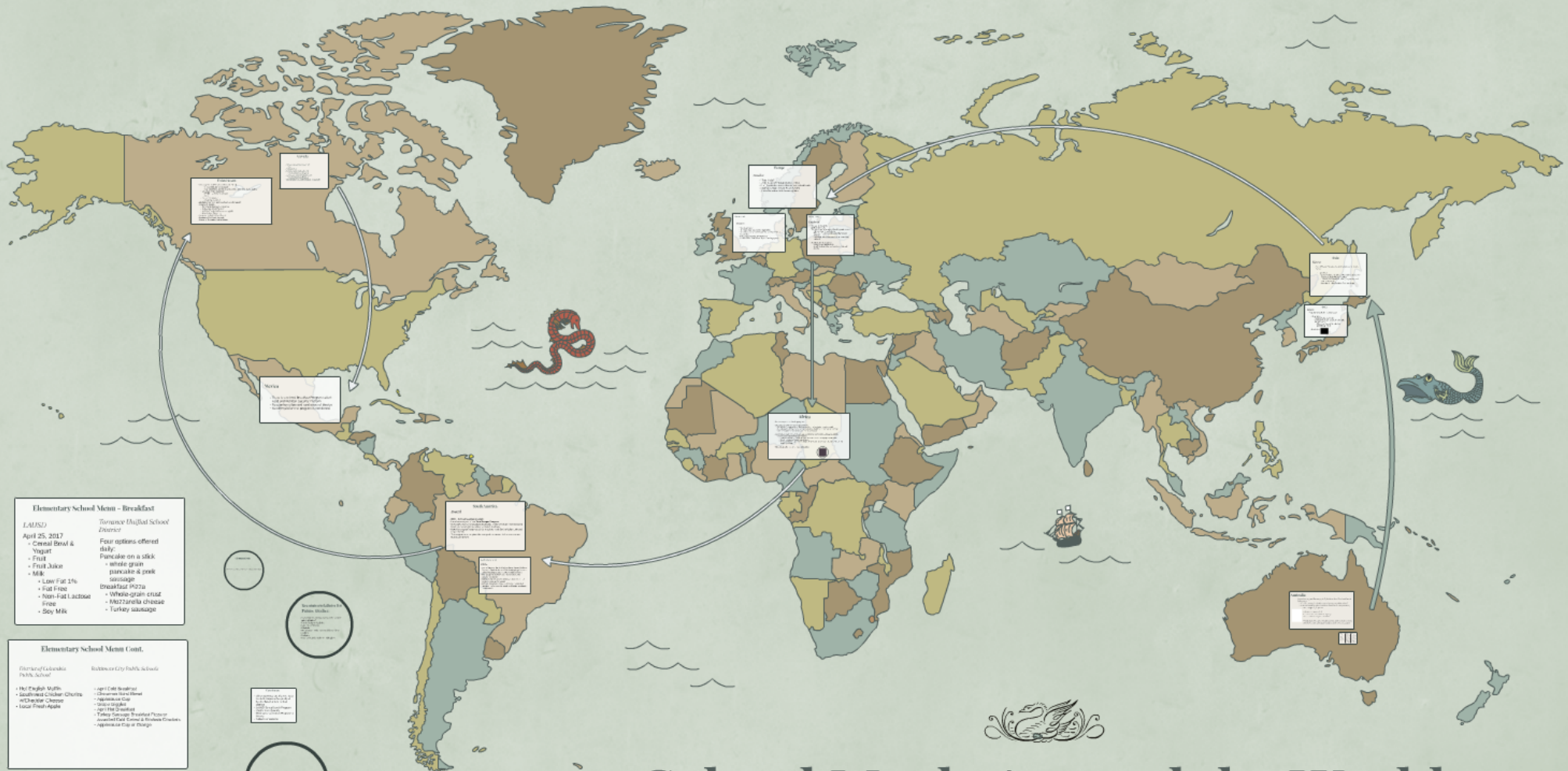


**Questions?**

**Thank you for listening!**







**Elementary School Menu - Breakfast**  
 LAMSU  
 April 25, 2017  
 - Cereal Bowl & Yogurt  
 - Fruit  
 - Fruit Juice  
 - Milk  
 - Low Fat 1% Fat Free  
 - Non-Fat Lactose Free  
 - Soy Milk

**Elementary School Menu Cont.**  
 District of Columbia Public School  
 - No Fresh Fruit  
 - Softened Chicken Chunks  
 - Cheddar Cheese  
 - Local Fresh Apples

**Tennessee High School District**  
 Four options offered daily:  
 - Pancake on a stick  
 - whole grain pancake w/ peak sausage  
 - Breakfast Pizza  
 - Whole grain crust  
 - Mozzarella cheese  
 - Turkey sausage

**Mexico**  
 - Tortilla  
 - Beans  
 - Cheese  
 - Salsa  
 - Avocado  
 - Onions  
 - Cilantro  
 - Lime

**Brazil**  
 - Bread  
 - Cheese  
 - Sausage  
 - Ham  
 - Eggs  
 - Milk

**India**  
 - Roti  
 - Dal  
 - Curry  
 - Rice  
 - Pickle

**Africa**  
 - Bread  
 - Cheese  
 - Sausage  
 - Ham  
 - Eggs  
 - Milk

**Europe**  
 - Bread  
 - Cheese  
 - Sausage  
 - Ham  
 - Eggs  
 - Milk

**Australia**  
 - Bread  
 - Cheese  
 - Sausage  
 - Ham  
 - Eggs  
 - Milk

Questions?

Thank you for listening!

# School Meals Around the World

by: Issa, Gabriela, Angela, Jonathan, and Kim

