

Nutrition & Wellness Services Updates

November 21, 2024

Lisette Rooney



Updates



- Wellness
- Menus & Meal Participation

The Kitchen Team



Wellness

Wellness Meetings

- 3:30 - 4:30 PM on Mondays
- Meetings take place in person at the PDC and via Zoom or solely over Zoom
 - October 7
 - November 4 via Zoom
 - December 9 via Zoom
 - January 13
 - February 24 via Zoom
 - March 24
 - April 14 via Zoom
 - May 19



CalFresh Healthy Living



Sochil & Delyla ready to give out produce to families at Billy Mitchell.



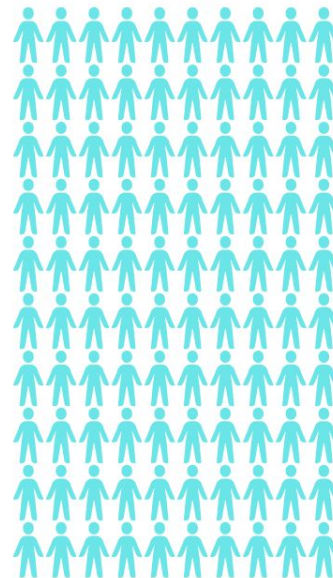
Rogers Leadership students & Delyla at the Spring Extravaganza 2024.

Produce Distributions



In SY 2023 - 2024, CalFresh Healthy Living staff and volunteers held **20** produce distributions across the district.

More than 30,000 pounds of produce were distributed. That's about the weight of two school buses.



Over 10,000 individuals received produce. That's enough people to fill one of our MPRs 33 times.

Food Education



- in the classroom, cafeteria and garden
- Taste tests, hands on cooking, science and nutrition lessons



Lisbeth Hernandez,
UCCE Master Gardener &
Hands on Food Educator



Menus & Meal Participation

Scratch Cooking



Left: Blueberry Bread

Below: Cochinita Pibil



Scratch Cooking



Grains



Strawberry Banana Smoothie



Homestyle Ranch Salad



Meals Served 2023 - 2024 SY



Breakfast Meals Served



Lunch Meals Served



Supper Meals Served



LAWNDALE
Elementary School District



Thank you!

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