

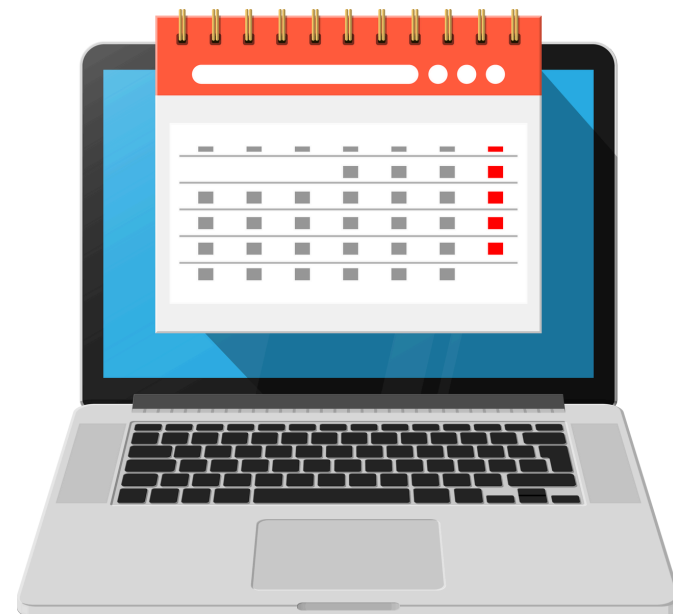
**Nutrition and Wellness
Services Department**

District Wellness Meeting #6

March 24, 2025, 3:30PM - 4:30PM



Reminders



- Translation introduction
 - Sign-In: For those on Zoom, please type your name & school/department in the Zoom chat box.
 - Time Sheet Due Dates (Certificated):
 - Pay Period 3/17/25-4/15/25 - Due 4/14/25
 - Time Sheet Due Dates (Classified):
 - Pay Period 3/26/25-4/10/25 - Due 4/8/25
 - Pay Period 4/11/25-4/25/25 - Due 4/23/25
- Submit to Alice Garcia - Food Service Rm #18

Agenda

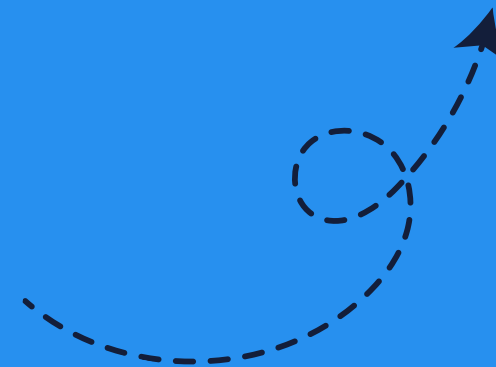


- Icebreaker
- Intern rotation overview
- What did we accomplish in 2023-24? (CFHL Data)
- What's happening in 2024-25? (CFHL Updates)
- Group Discussion: Smarter Lunchrooms Movement

Icebreaker

Healthy Habit Show & Tell

What's one small healthy habit
you implement in your life?
Could be about food,
movement, or wellness



Rotation Overview



- Nutrition Education lesson taught to 3rd graders at Twain
- Assisted with SLM strategies-Lunchtime Surveys
- Assisted with CFHL initiatives-Rethink Your Drink
- Group Wellness Presentation-How to enroll in CalFresh, How to use Market Match, Benefits of Fiber
- Lesson Plan with 7th graders: Low-Sodium Snacks
- Lesson Plan with 8th graders: Benefits of a High Fiber Diet

CFHL: A YEAR IN DATA

2023-24

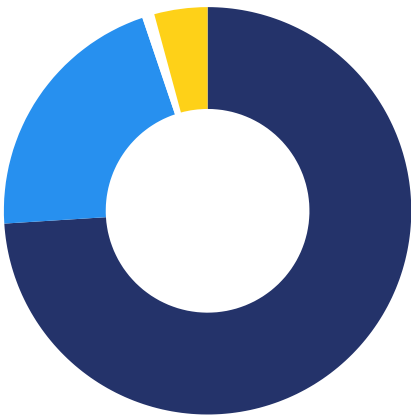
Nutrition & Physical Activity Lessons

RAP Physical Activity Lessons (1,369)

RAP Nutrition Lessons (385)

Student Nutrition Lessons (4th/5th) (78)

Adult Nutrition Lessons (18)



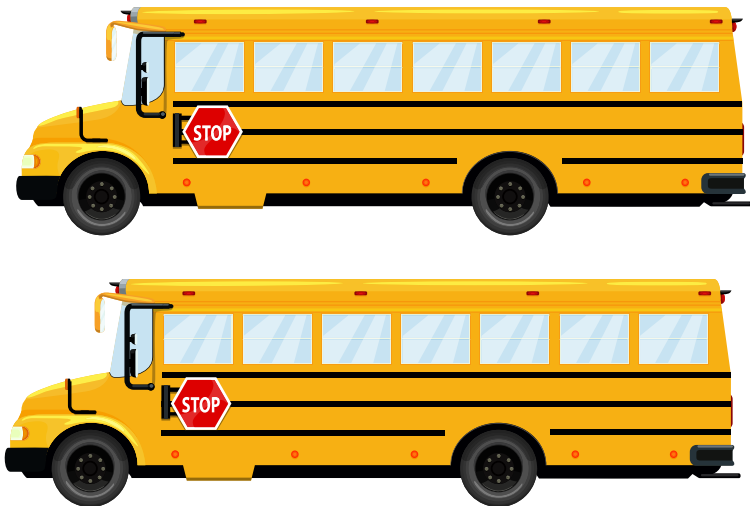
Produce Distributions

We served over 10,000 individuals- that's enough people to fill up 33 MPR's!



CFHL staff and volunteers held 20 produce distributions across LESD.

We distributed over 30,000 pounds of produce - that's the weight of 2 school buses!



Water Access & Appeal /Sharetable Campaign

Youth-led effort to increase water access and decrease food waste at Rogers Middle School

99.2%

After implementation, 99.2% of students knew how to use the Sharetable.

78.6%

Over 78% of students found the new Sharetable more visually appealing and organized.

70.2%

With only 70% of students drinking water at school, leadership advocated for more stations to increase hydration.

Smarter Lunchrooms Movement

Low-cost and no-cost strategies to increase healthy eating in the school lunchroom

Strategies included:

- Attractive, healthful food posters in service areas.
- Cafeteria staff prompt students to grab a fruit or vegetable
- Students involved in the development of creative menu names
- Sliced or cut fruit is offered
- And more!



2024-25 Updates



Produce Distributions

- 11 held so far, 21 scheduled for the school year
- Over 17,000 lbs of produce distributed
- Have reached over 6,000 individuals
- Always looking for volunteers!



Water Access & Appeal

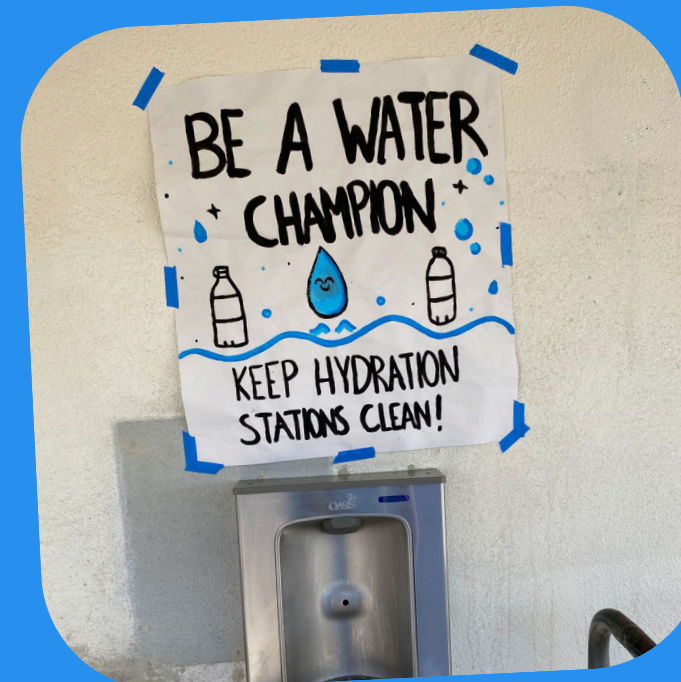


Pre-Assessment completed by 319 Will Rogers students.



Campaign launched focusing on students being Water Champions.

Social media and posters shared at Will Rogers MS.



Four Rethink Your Drink events held at Will Rogers MS, reaching over 1,200 students.

Share Table

Leadership students at Will Rogers MS received training on research methods, intro to Share Table, and more!



Students completed food waste pre-audit during lunch- 6th/7th graders had the most waste (44lbs).



Students created a pre-assessment and interview questions to gauge student beliefs around the Share Table.

235 students completed assessment, and over 40 students and staff were interviewed.



Students launched their campaign using their research findings and will present to Food Service staff in April.

CATCH Kids Club (CKC)



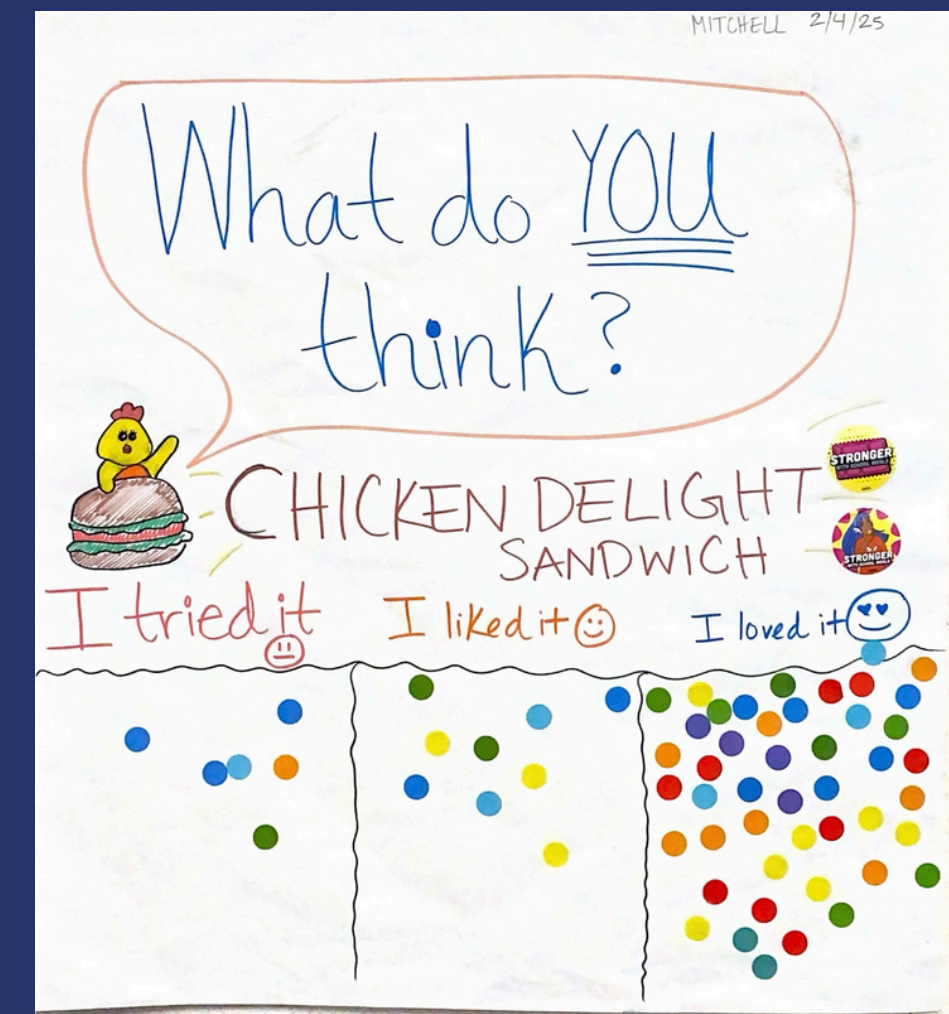
- Conducted in partnership with RAP
- Taste tests scheduled throughout the year
- 597 CKC lessons have been completed with over 900 students
- Adult Yoga and Zumba lessons will be held at Anderson/Smith beginning in April



Smarter Lunchrooms Movement (SLM)

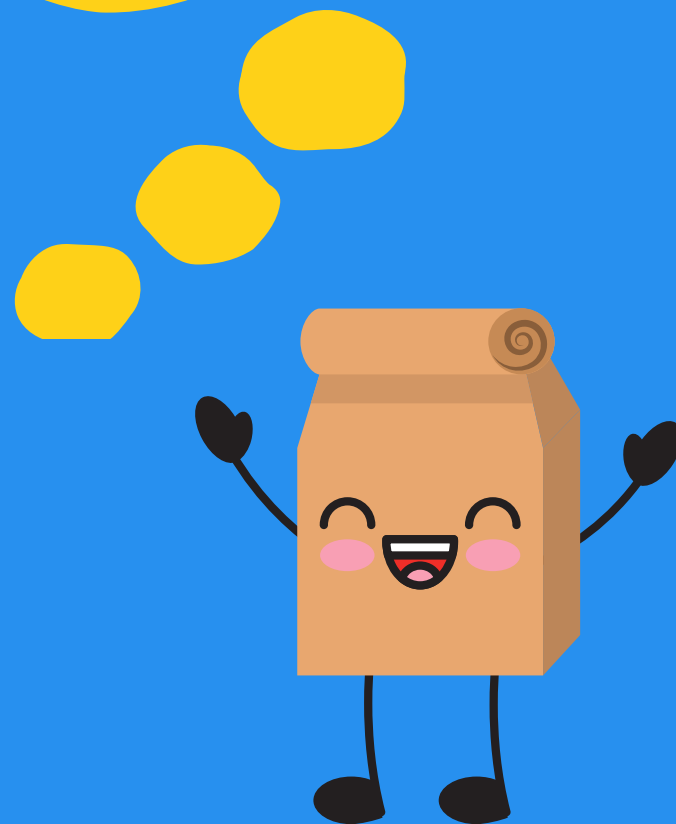


- SLM scorecard completed at the beginning of the school year
- SLM strategies are being implemented across LESD
- Student and adult nutrition lessons conducted at 3 SLM sites by our partners, Food Access LA
- 8 SLM informal lunchtime feedback surveys have been conducted

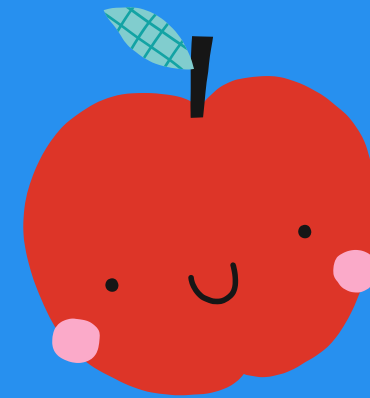


Smarter Lunchrooms Movement Discussion

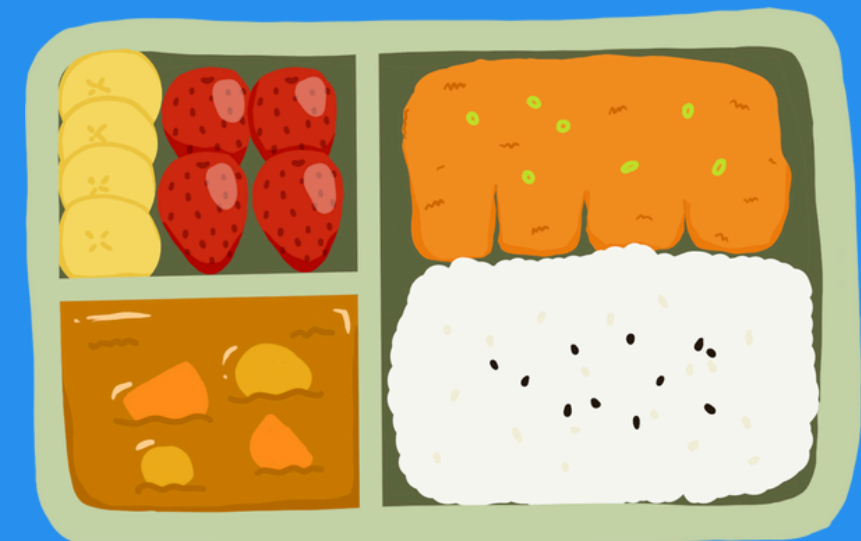
How can we involve students in designing the lunchroom environment to make it feel like a space they enjoy? Any existing groups we can engage with?



What are some ways students could contribute to creating new school meal ideas or improving current ones?



How can we bring in student clubs, athletes, or leaders to champion healthier food choices?



Thanks!
Stay Happy, Stay
Well!

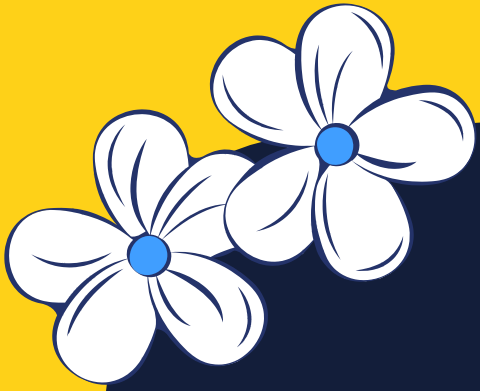
Next meeting is April 14 via Zoom





Contact Us

**Stay Connected
With Us**



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 **lesdnutrition**