

Wellness Committee

March 27, 2025

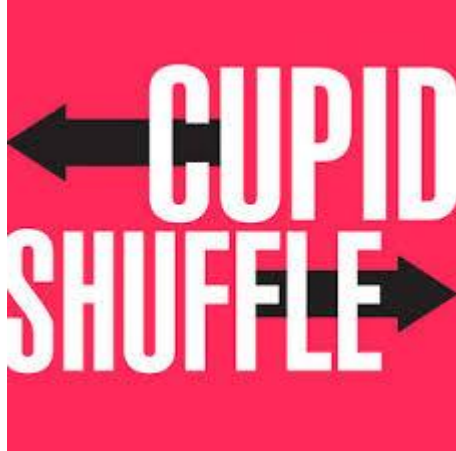


Agenda

1. Opening Activity - 5 min. (Nancy)
2. Updates - 10 min. (Trudy)
3. Nutrition Services - 60 min. (Divya)
4. Closing Activity - 5 min. (Leila)

Opening Activity

Dance Party!



How it can be done with extra fun - Landon



Updates





Fremont Union High School District
Nutrition Services

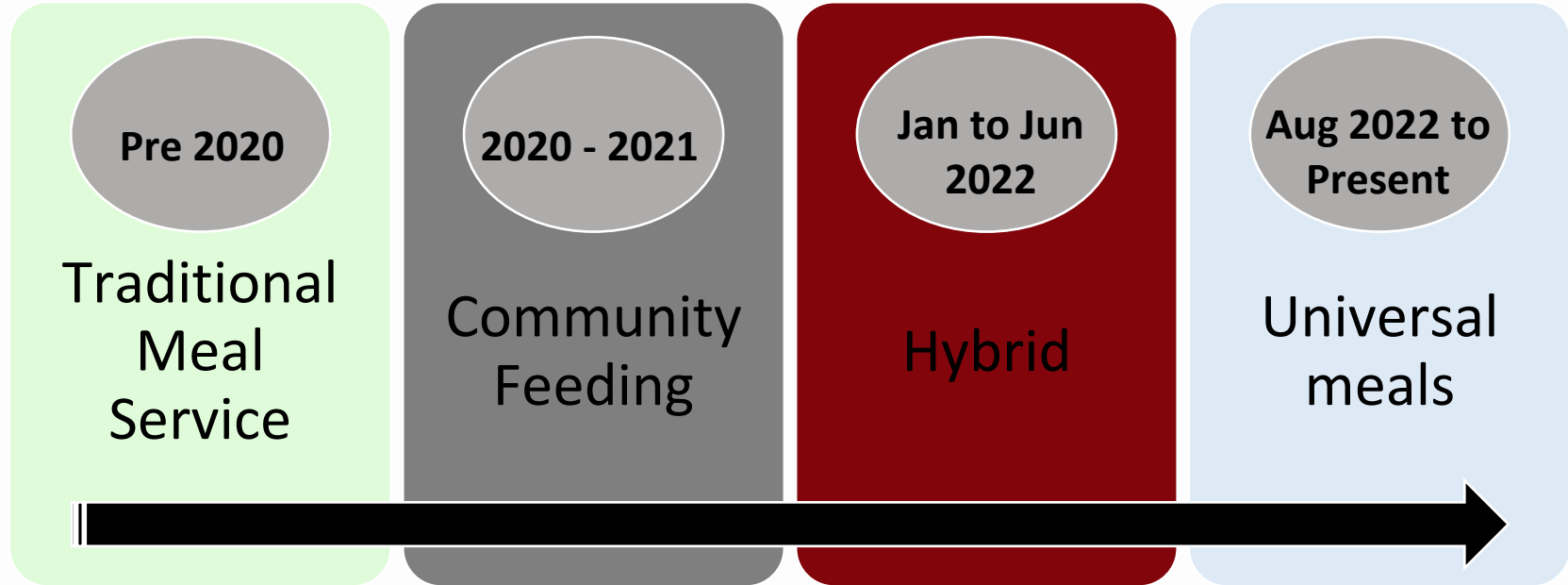
WELLNESS COMMITTEE
UPDATE

March 27, 2025

Divya Puri



CONTINUOUS CHANGE

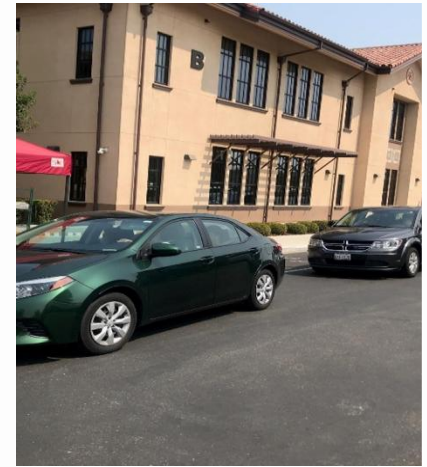




COMMUNITY FEEDING

As a response to the COVID-19 Pandemic

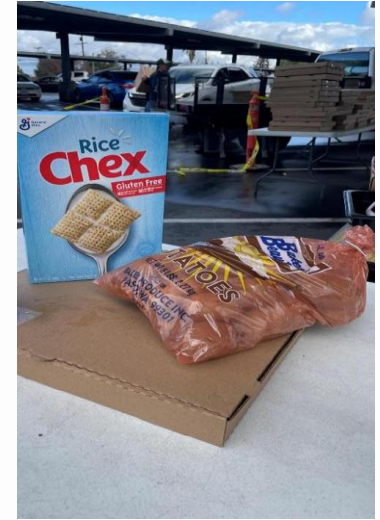
- Funded and mandated by USDA
- Multiple days worth of meals
- Parks and schools used for pick-up





COMMUNITY FEEDING

Holiday Meal Drive helped provide continued support to the community during difficult times.





HYBRID SERVICE

As some students began returning to campus and others opted to remain home, Nutrition Services switched to a hybrid service model:

- Brunch and lunch meals on campus Mon- Fri
- Drive thru meals three days a week





UNIVERSAL FREE MEALS

California became the first state to offer free meals in 2022-23!

The goals of the program are:

- Reduce food insecurity and hunger
- Eliminate the stigma of “free & reduced meals”
- Improve mental and physical health
- Support academic achievement



UNIVERSAL FREE MEALS

Every aspect of Nutrition services -staffing, production, facilities, procurement, equipment, technology, and more- has increased exponentially in complexity, urgency and importance.

This is further intensified by

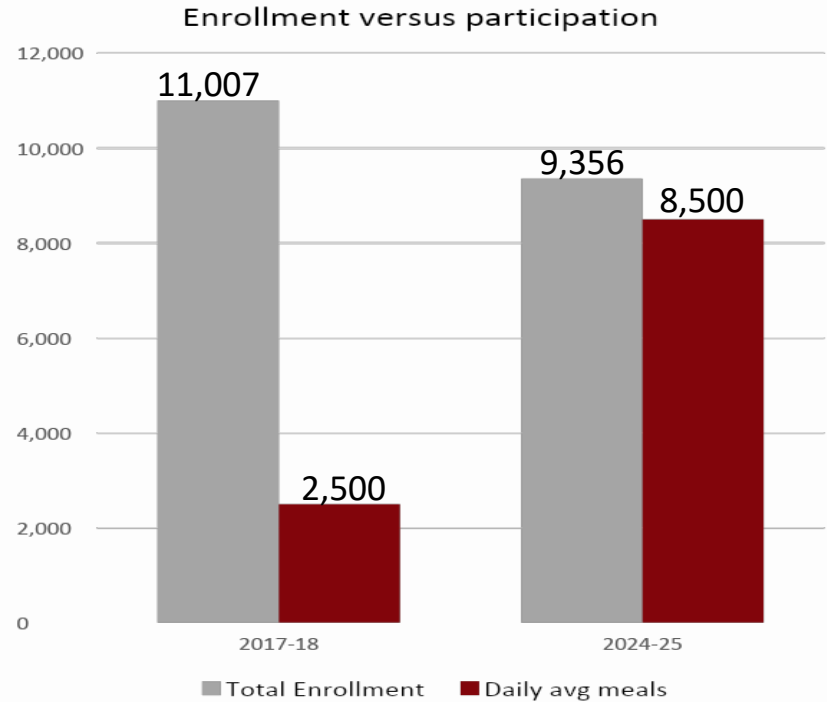
- Stringent regulations
- Supply chain issues
- Increased dietary preferences
- Heightened awareness and expectations



UNPRECEDENTED GROWTH

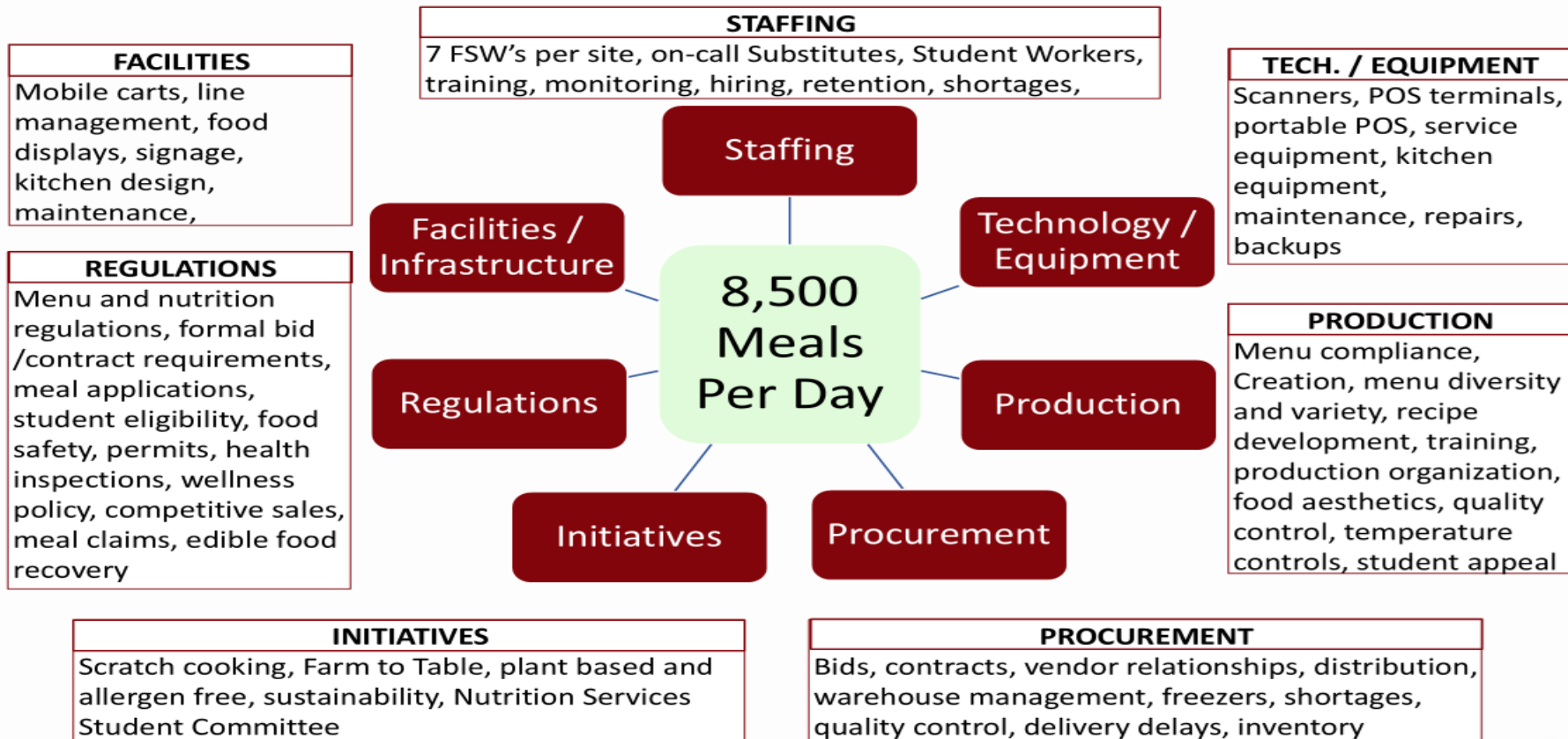
Our program now serves
8,500+ meals per day.

This requires every
aspect of the program to
run smoothly.





MANAGING GROWTH





1,000 MEALS IN 15 MINUTES

Management of facilities, technology and production is a major focus of operation:

- Student lines must be managed and supervised for quick movement
- All Point of Sales terminals must be working with backups available
- 5 Cashiers at all times
- Scanners process 1.5 students/sec
- Food carts/kiosks
- Average student wait time = 6 min





EFFICIENT FOOD SERVICE AREAS

Detailed attention must be given to food serving area in order to create additional efficiencies:

- Strategic food placement and signage
- Full Meals only model
- Elimination of snacks
- Grab and go meals with no customization
- Line management in service area to maximize traffic flow from food to cashiers



DAILY DISRUPTIONS

Due to the large volume of production, a small change/disruption can result in major impact:

- Vendor food supply shortages
- Delivery truck delays
- Staffing shortages
- Equipment malfunction/breaking (freezer down)
- Technology issues (Internet, scanners, power issues)

Staff needs to be prepared to adapt to anything!



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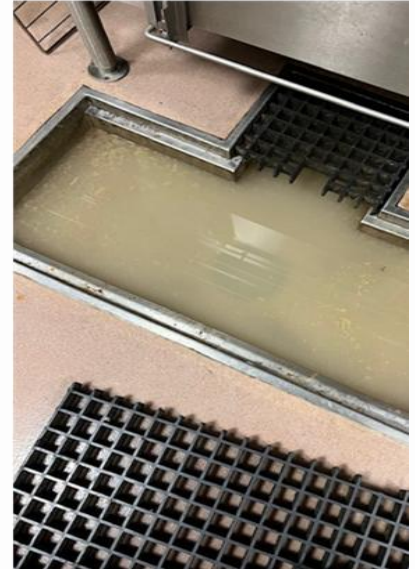
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DAILY DISRUPTIONS

Example of some challenges faced so far this year.





MANAGING EXPECTATIONS

With increased participation and awareness, expectations beyond the goals of the program must be managed. The program is **not** intended to:

- Provide personalized meals to each student
- Customize meals for student dietary preferences (Ex. vegan, ketogenic, pescatarian, raw food, paleo, lacto-ovo-vegetarian and more...)
- Guarantee every student their first choice of menu items each day



CONTINUOUS IMPROVEMENT

Despite the daily challenges of unprecedented participation, the Nutrition Services Program continues to implement the following initiatives:

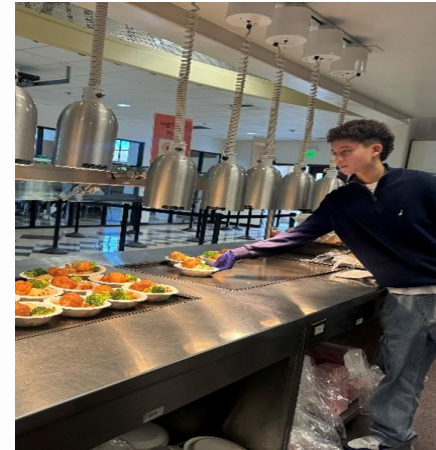
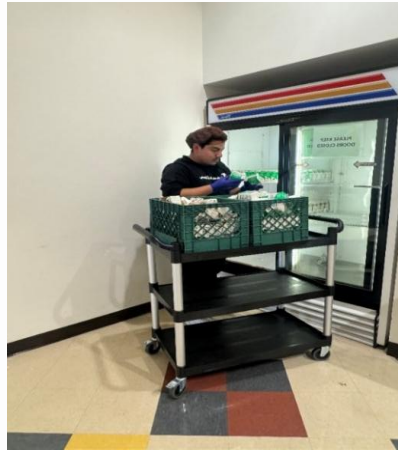
- Student Worker Program
- Scratch cooking
- Farm Direct
- Allergen free items
- Sustainability efforts
- Student Collaborations



STUDENT WORKER PROGRAM

The Nutrition Service Student Worker Program has thrived during Universal Meals:

- 50 plus student workers district wide
- Training and experience in Nutrition Services
- Mentoring and relationship building with staff





STUDENT WORKER PROGRAM

Please welcome some of our amazing student workers-

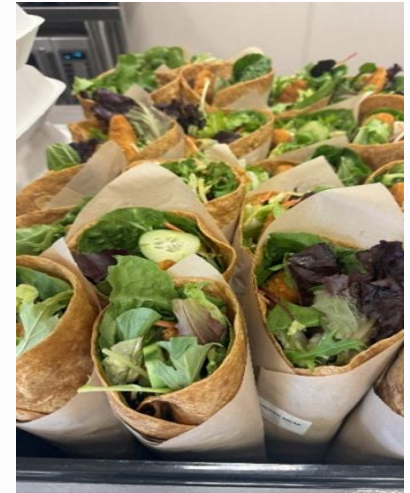
- Alicia Palacios
- Elyana Garay
- Jeffery Hernandez



SCRATCH COOKING

Scratch cooking continues to be priority:

- Menu items are made in-house
- On going meetings on menu creation, compliance and food aesthetics





FARM DIRECT

The District's Farm to Table Initiative is an effort to improve quality of produce while minimizing carbon footprint.





INCREASED OFFERINGS

Nutrition Services continues to add plant-based and allergen free Items to the menu.



Plant-based wraps



GF Tikka Masala



Vegan, GF Fried Rice

New for Fall 2025!



Vegan Chili



SUSTAINABILITY

Nutrition Services is committed to environmental sustainability.

- Compostable utensils and containers
- Decrease in individual condiment packets by use of dispensers





EDIBLE FOOD RECOVERY

Nutrition Services is recovering maximum edible food through:

- Share tables for students to donate unopened food items – includes county pilot at MVHS
- Leftover meal donations - partnership with local nonprofit.





STUDENT COLLABORATION

The Nutrition Services Student Committee was formed in 2022 to increase collaboration and student voice.

NSSC Presentation



Plant-based Burger sampling



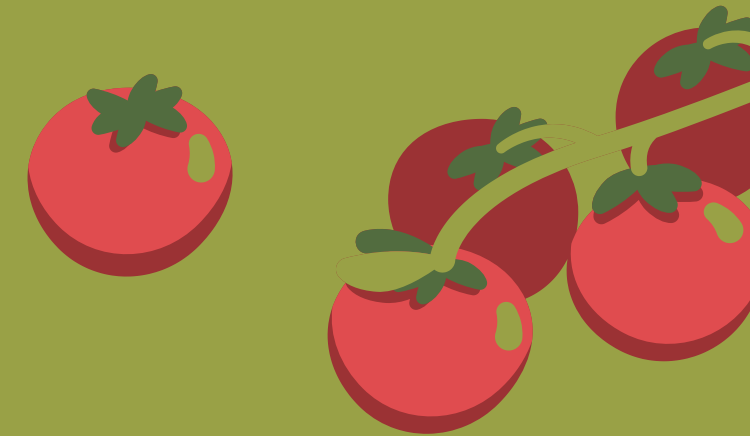
Dragon fruit sampling



Vegan Chili Sampling



FUHSD



NSSC

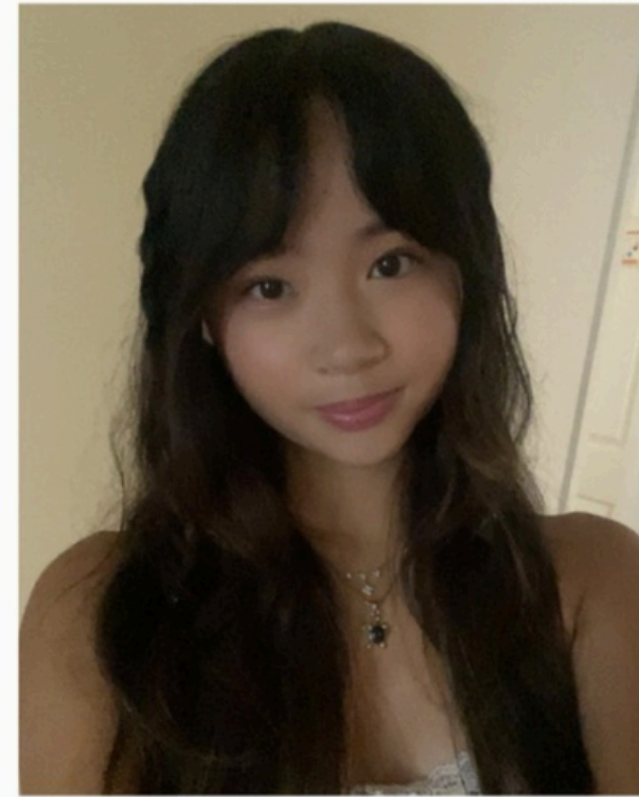


ABOUT US!



JENNIFER CHUA

- senior at Lynbrook
- current NSSC co-lead
- passionate about nutritional sciences
- hobbies: running, crocheting, making food!



VIOLET SU

- sophomore at Fremont
- next year NSSC co-lead
- passionate about providing better nutrition for students
- hobbies: swimming, coding, and music

ABOUT US!



JEREMY WEI

- senior at Cupertino
- committee member for 2 years
- passionate about vegan and allergen-friendly food
- hobbies: guitar, writing, basketball



AADHYA GUPTA

- sophomore at Monta Vista
- committee member for 1 year
- passionate about providing nutrition for students with dietary restrictions
- hobbies: gymnastics, singing, piano, coding

WHAT IS FUHSD NSSC?



COLLABORATION OF STUDENTS ACROSS ALL FUHSD SCHOOLS THAT WORK IN CONJUNCTION WITH FUHSD DISTRICT NUTRITION SERVICES TO IMPROVE SCHOOL MEAL EXPERIENCES



2 REPS FROM EACH SCHOOL

- surveying student body
- planning sampling events
- interviewing cafeteria workers
- creating instagram graphics

2 LEADS

- lead monthly meetings
- plan new projects
- this year: instagram promotion and interview videos
- work with Ms. Puri

ADVISOR: MS. PURI

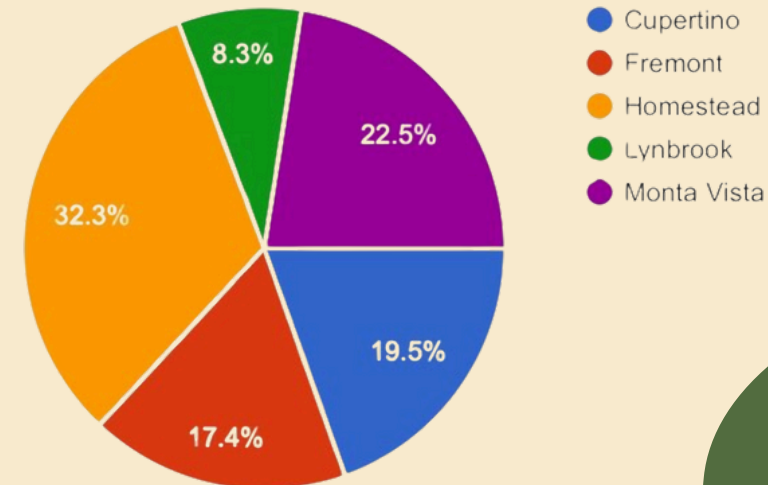


- helps with administrative side
- connects with school admin to make projects feasible
- oversees cafeteria managers

STUDENT POLLS

Conducted polls all over the district

- Received 471 responses (in total)



Need more responses throughout district -> implement feedback as much as possible

Example of Questions:

- Rating school's brunch/lunch
- Changing menu item lists
- Feedback + suggestions



SAMPLING EVENTS

Each school in the district samples one food item. This year,

- Cupertino sampled vegan chili and vegan and GF fried rice
 - Lynbrook sampled ramen noodles
 - Homestead sampled plant-based tenders
 - Fremont sampled chicken pozole
 - Monta Vista sampled hummus and pita
- 



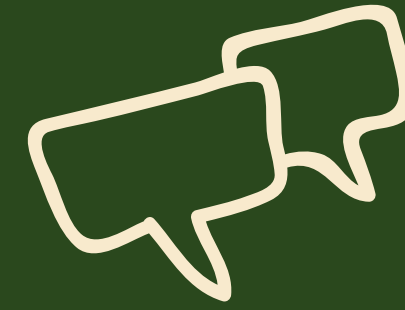
INTERVIEWING CAFETERIA WORKERS

The purpose of this project was to showcase the role of student workers in the cafeteria!

- Learnt about the preparation process of meals served at school and how each meal supports the students' nutritional needs
- Learnt about the highlights and struggles about working in the cafeteria
- Learnt about how the workers are trained in order to help out in the cafeteria



INSTAGRAM PROMOTION

A photograph of a sandwich on a bun with lettuce and tomato, served with a side of golden-brown potato fries. The food is presented in a white paper tray.

CONTAINS:
BREAD, LETTUCE,
TOMATOES, MEAT,
POTATO FRIES

ALLERGENS:
EGGS, GLUTEN
MILK, SOY, WHEAT

COME GET YOUR
NEXT SANDWICH ON
TUESDAYS AT
LUNCH!

A photograph of a large metal tray filled with many small white paper cups, each containing a serving of nachos. The nachos consist of tortilla chips, melted cheese, and salsa. The photo is decorated with a yellow polka-dot sticker at the top and a yellow striped sticker at the bottom.

NUTRITIONAL FACTS

-315 CALORIES
-CONTAINS EGG + MILK
-FRIED TORTILLA CHIPS,
SALSA, AND CHEESE

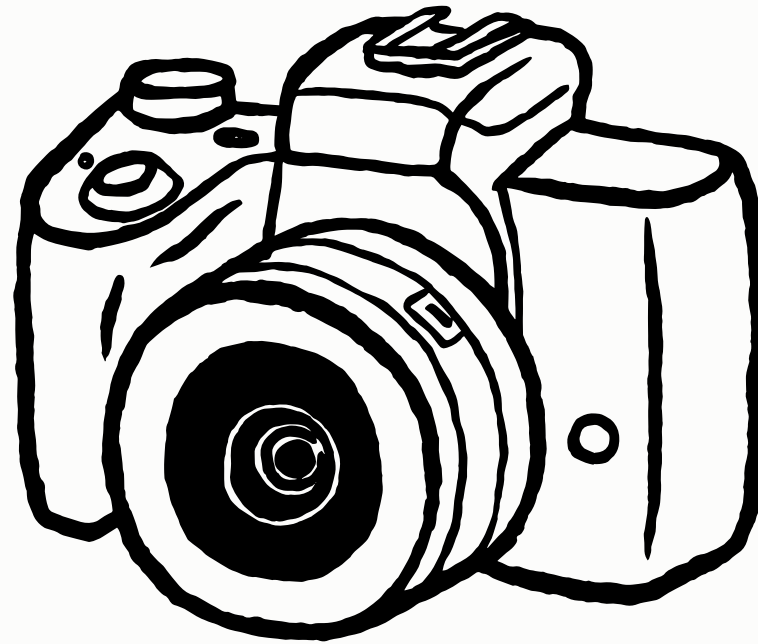
EARTH DAY PRESENTATION



FUTURE GOALS FOR NSSC



Conduct more research to
provide even better
nutrition for students all
across the district



Raise awareness of
committee through
Instagram



Promote more events (for
example nutrition +
informational workshops)

Closure

