How do you get to a fully universal program?

“feed everyone, and feed them well”

Universal School Food Program
Big picture goals

- Make healthy and delicious meals and snacks available to all students from k-12
- Comprehensive food education, including growing and preparing food
- Eliminate unhealthy food and beverage marketing to children in schools
- Foster relationships between schools and local food producers
- Balance over and undernutrition

Not just about food insecurity
Big picture rationale for USFPs

- Many young people do not have consistent access to healthy food, and many of the settings where children spend their time offer foods that are energy dense and nutrient poor (World Health Organization. Obesity: Preventing and managing the global epidemic. Geneva: World Health Organization; 2000)
- Childhood overweight and obesity is a significant problem and many Canadian children are not eating the recommended number of fruits and vegetables each day (Statistics Canada. Canadian community health survey: Overview of Canadians eating habits. 2004. The Standing Senate Committee on Social Affairs Science and Technology. Obesity in Canada: a whole-of-society approach for a healthier Canada. 2016)
- Increasing corporate control of the food system (Stuckler D, Nestle M. Big food, food systems, and global health. PLoS medicine. 2012)

USFPs
Incremental Approach

1. Initial planning stage
   Research, project proposal, operational plan
2. Implementation stage
   menu development, supply logistics, student involvement, school staff support
3. Development stage
   Operational planning, kitchen staffing, equipment/infrastructure procurement
4. Growth stage
   Community involvement, cultural inclusion, extensions or special projects
5. Operational USFP
   Over and undernourishment is no longer an issue

USFPs Incremental Approach Initial Planning

- Plan ahead to launch a USFP, September the following year, ideally in a school that is already attempting school food strategies
- Gather and prepare data (plan for big picture: infrastructure/equipment/O&M, staffing requirements, procurement logistics, waste diversion/custodial services, sample menus, indigenous foodways, student involvement, lunch supervision/dining schedule and other special projects or extensions)
- Include concrete objectives that align with the needs of the district

School Food Champions, have an Entrepreneurial Mindset

- Submit a proposal that meets unmet needs of your district, not focussing on food security alone, but student well-being, include research and secure food budget.
- Reach out to suppliers and think like an entrepreneur, not a government worker
- Make beautiful, delicious food, no matter what the budget. Even the most hardened critic of school food programs will relax over well made soup and bannock at .20/serving
- Start now for next year and use the summer months to get ahead

Planning to Success

Dream big

Make a difference

Be persistent

One Size Fits Most
Menu Planning for USFPs

Menu is subject to change, Due to product availability.	ᐅᓇᐱᒧᐤ ᐋᓯᐟ Onôcihtow Pîsim Mating Moon (September)				
2nd - 6th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Yogurt, Cereal, Fruit	Pancakes, Sausage, Fruit	Cold Cereal, Fruit	Ham & Cheese Frittata, Fruit
Lunch	**No School Otatoskew Kîskâw Labour Day**	Pasta Bolognese, Caesar Salad, Tomato cucumber Salad, Fruit	Tomato Vegetable Soup, Cheese Bannock, Tossed Salad, Fruit Salad, Pasta Salad	Bannock Tacos, Mixed Salads, Fruit	Pizza, Caesar Salad, Fruit,, Mixed Salads
Snacks		Fruit	Fruit	Fruit	Fruit
9th- 13th	Peyak Kîsikâw	Nîso Kîsikâw	Nisto Kîsikâw	Newo Kîsikâw	Nîyânan Kîsikâw
Kîkisepâ mîcowin ᑭᑭᓴᐢ ᑎᒋᐟᐃᓐ	Cereal, Yogurt, Fruit	Scrambled Eggs & Back Bacon, Cut Fruit, Sausage	Cold Cereal, Fruit	Bannock and Jam Fresh Fruiit	Pancakes, Sausage, Fruit
Nimâwin ᓂᒪᐃᓐ	Mac'n Cheese with Ham , Caesar Salad, Greek Salad, Fruit Salad, Fruit	Shepards Pie, Tossed Salad, Greek Salad, Fruit Salad, Fruit	Chicken Soup with Pasta, Cheese Bread, Caesar Salad, Coleslaw, Fruit	Baked Ham, Rice Pilaf, Steamed Veg, Pasta Salad, Fruit Salad, Fruit	Pizza, Caesar Salad, Fruit,, Mixed Salads
Mîcisowinis ᑎᒋᐟᐃᓂᓯ	Fruit	Fruit	Fruit	Fruit	Fruit

Make a difference

Participate in cultural events

Put love into the food

Be an ally for school staff

Protect the wellbeing of students

Tansi Parents ekwa Guardians,

We wanted to inform you that, effective immediately, instant noodles will no longer be allowed at school. While we understand that these quick meals are convenient, they can be time-consuming to prepare and require microwave access, which is limited in our facilities.

We encourage students to eat the school lunch provided or to pack balanced and easy-to-eat meals that can be enjoyed without the need for heating up. If you have any questions or concerns, please feel free to reach out to us.

Thank you for your understanding and cooperation!

Where are you at?

1. Initial planning stage
   Research, project proposal, operational plan
2. Implementation stage
   menu development, vendor relations, student involvement, school staff support, eliminating marketing of unhealthy food to children
3. Development stage
   Operational planning, menu improvement, kitchen staffing, equipment/infrastructure procurement, vendor competition
4. Growth stage
   Community involvement, cultural inclusion, extensions or special projects, scaling up, increasing local food
5. Operational USFP
   Over and undernourishment is no longer an issue

Links

Universal School food resources (menus, planning documents, etc):

https://spheru.ca/research-projects/projects/individual-project/school-food-program-resources.php

www.schoolfoods.ca

https://abpolicycoalitionforprevention.ca/wp-content/uploads/2016/08/final-issue-brief-universal-school-food-strategy_march2016-8.pdf