



food fuels learning

Food Fuels Learning:

Second Quarterly Presentation

April 29, 2019



Goals and Objectives

The Portland Public Schools (PPS) Food Security Task Force (hereafter referred to as Food Fuels Learning) began the project by articulating goals in five program areas:

1. *Charitable food*

- Ensure that all children at risk of food insecurity have access to adequate, culturally relevant, nutritious food both at school and to supplement their diet beyond school.

2. *Federal nutrition program*

- Increase overall school meal participation and reduce challenges for food service staff.

3. *School gardens*

- Assist every school in developing and maintaining a successful school garden and school garden programming.

4. *Nutrition education*

- Provide schools with the tools they need to coordinate staff and organizational partners working to provide nutrition education to students.

5. *Sustainable practices*

- Support schools in creating procurement, waste management, and other practices that minimize their environmental impact and encourage their investment in local communities.

In pursuit of these goals, Food Fuels Learning conducted a needs assessment to explore the presence and impact of activities within each of these five areas throughout the PPS district.



Action Group Updates

Leadership Team

Members of the leadership team continue to meet at least twice per month and developed sub-committees to increase productivity outside of meeting times.

The Development Committee wrote and submitted a THRIVE 2020 grant to United Way for the creation of a 'School Food Ambassador' position based at Central Kitchen. This position would work on menu development, local procurement, marketing school meals, and outreach to increase participation in federal nutrition programs. Additionally, this committee is developing an application and guidelines for the PPS Food Fund.

The Toolkit Committee published the resource, *Food Fuels Learning Toolkit: Conducting an Assessment of School System Food Security*. It was presented and shared with participants at the Universities Fighting World Hunger Summit and Farm to Institution New England Summit. It will also be presented at the Maine Farm to School Conference in October. The Toolkit is available at foodfuelslearning.org/toolkit.

The Policy Committee has presented testimony in Augusta multiple times in support of relevant child nutrition policies.

The Branding and Outreach Committees, with the technical support of Winslow Robinson, rebranded from the Portland Public Schools Food Security Task Force to Food Fuels Learning. Part of this process was updating the logo, launching a new website (foodfuelslearning.org), and facebook page (facebook.com/foodfuelslearning).

Charitable Food Programs

The Charitable Foods Action Group has met twice since the last Quarterly Report on February 4th; on March 26 at Reiche Elementary School and also on April 25 at Casco Bay High School. The group continues to prioritize implementing and maintaining charitable food programs at all schools. Two new charitable food programs are in development at Casco Bay High School and Ocean Avenue with the Locker Project. Casco Bay High School is expanding their peanut butter and jelly sandwich weekly distribution to include a pantry model and produce table. Ocean Avenue will no longer be able to participate in the Good Shepherd Food Bank (GSFB) funded backpack program as GSFB phases out of the backpack model.



The draft of expectations for school charitable food programs involvement with the Locker Project have been completed which will allow for greater efficiencies at each school.

This document will be distributed to all school food pantry liaisons and principals after it has been finalized. The Summer Food Resource Guide has been completed and will be distributed before the end of the school year. Additional distribution locations have been identified to help increase participation in summer meals.

Communication and outreach platforms to charitable food liaisons, school champions, parents, and community are being developed. The Food Fuels Learning website and Facebook page are two platforms that are being utilized. A PPS food security listserv that includes all action groups is in development.

Table 1. Charitable Food Programs Actions

Recommendation	Action	Deadline
1.1 Circulate Portland Community Food Resource Guide and Portland Summer Food Resource Guide to families and all school staff at the beginning and end of the year, respectively	1) Portland Community Summer Food Resource Guide is completed. Circulation will occur in paper form to all elementary schools and will be available on school and district websites	1) Completed & Ongoing
1.5 Strengthen communication and collaboration among organizational partners and liaisons managing charitable food programs	1) Use Food Fuels Learning website and Facebook page as platform to increase charitable food program communication 2) PPS Food Security listserv in development	1) Ongoing 2) September 2019
2.1 Ensure that there are adequate school liaisons (staff, volunteers) to manage the charitable food programs at the schools and to maintain adequate food supply	1) Complete school site visits to identify what each school charitable food program needs for support 2) Draft of expectations for school involvement has been developed 3) Designate charitable food program liaison staff position so that there is a point of contact within each school to ensure charitable food program sustainability	1) Two schools completed; June 2019 2) Completed April 2019 3) Ongoing



<p>3.1 Partner organizations collaborate with schools that do not have an existing charitable food program to prioritize what would serve their school best</p>	<p>1) Two schools identified and charitable food programs in development</p>	<p>1) Ongoing</p>
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Table 2. Charitable Food Programs Asks/Requests

<p>Benchmark</p>	<p>Ask</p>
<p>2.1 Ensure that there are adequate school liaisons (e.g., staff, volunteers) to manage the food programs at the schools and to maintain adequate food supply</p>	<p>Designate charitable food program liaison staff position so that there is a point of contact within each school to ensure charitable food program sustainability.</p>

Federal Nutrition Program

Since our last Quarterly Report on February 4th, the Federal Nutrition Programs Action Group has met twice; March 12 and April 23. We maintain our focus on the priority of increasing participation of students from families with limited resources. Our meetings have continued to focus on discussing the realities of feeding thousands of students every day and integrating parent requests for menu changes within this context. The Food Service Department has worked hard to make some of these changes a reality.

In March, the Food Service Department partnered with Cultivating Community to hold overnight oatmeal taste tests in three elementary schools. This new breakfast was popular among students and on May 22nd they will be serving oatmeal at all elementary schools for breakfast. This oatmeal will feature wild Maine blueberries, a local food that is part of the Maine Harvest of the Month’s rotation. Additionally Central Kitchen has made great strides on introducing a plant based option into the lunch menu. Next fall, a vegan option will be served nearly every day at elementary schools across the district. Over the next several months, the Federal Nutrition Action Group will continue to focus on how to best market and support these menu changes.

Further, we look forward to building additional capacity to increase participation through funding proposals, AmeriCorps/VISTA, interns and support from the Portland School Committee. For example, we have a proposal being considered by United Way of Greater Portland to create a position we are calling School Food Ambassador. This person would



promote school food to the community while also providing additional support at Central Kitchen to integrate more whole foods into the menu.

Table 3. Federal Nutrition Programs Actions

Recommendation	Action	Deadline
1.1 Launch a professional school meals marketing campaign to attract more students and families	1) Gather data from community about likes/dislikes 2) Educate ‘student influencers’ about importance of school meals 3) Update Facebook page 4) Create School Food Ambassador position	1) Ongoing 2) Ongoing 3) Ongoing 4) Funding application decision May 25
1.2 Collect, analyze, and incorporate student feedback on menu options through districtwide taste tests and response forms	1) Sampling overnight oatmeal recipe	1) March - taste tests, May 22nd - on elementary menu
1.4 Support and evaluate CACFP meal program and maximize this program throughout district	1) Program in place 2) Staff trainings 3) Evaluation plan in process	1) Ongoing 2) Ongoing 3) Report evaluation findings at next Quarterly Report
1.5 Develop a summer meals strategic plan that includes monthly stakeholder meetings beginning in February	1) Monthly meetings with great community participation	1) June -August 2019
2.1 Continue to encourage registration of all eligible families for free and reduced-price meals	1) Continue with current procedures and identify additional best practices	1) Summer-September 2019
2.2 Continue to support families completing eligibility paperwork and implement additional best practices	1) Continue with current procedures and identify additional best practices	1) Summer-September 2019



<p>3.4 Exceed federal nutritional requirements by focusing on nutrient dense, minimally processed foods</p>	<p>1) Vegan chili, homemade marinara and mashed potatoes 2) Testing overnight oatmeal 3) Harvest of the Month Program 4) School Food Ambassador</p>	<p>1) Currently Serving 2) Ongoing 3) Fall 2019 4) If funded, late summer hire</p>
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Table 4. Federal Nutrition Programs Asks/Requests

Benchmark	Ask
3.3 Prepare more scratch meals	Increase staff capacity at central kitchen to meet the goal of increased scratch cooking
1.4 Support CACFP meal program and maximize this program throughout district	Continue to support implementation of after school food programs - especially during pilot phase
Support breakfast best practice models	Continue to support implementation of best practices (e.g., breakfast after bell, breakfast in classrooms)
1. Increase participation in school meals	Access to school staff (agenda time at administrator and other staff meetings) to promote school meals
1. Increase participation in school meals	Ask community to participate in school meals!

School Gardens

In the past three months, the school garden action group has met three times, rotating locations between Riverton, Rowe, and Lyseth. We have focused most of our attention on two main goals.

First, we launched a facebook page for the PPS School Garden Network. We created guidelines for content as a group, as well as mission and goals for the page. This will be a crowdsourced effort, and we will allow two editors from each program to have editor privileges on the page. The main oversight comes from the Lily’s position at Cultivating Community, who will also organize a posting schedule in the near future. The facebook page already has over 100 likes, and we hope it will help interested community members be able to easily access and support school gardens across the district.



Second, we worked as a network to develop guidelines for a school garden coach position. This is a vital component to creating equity and sustainability in a garden-based education program that benefits students on all planes of learning, including learning objectives, confidence and skills, community relations, emotional and physical well-being, and connection to nature. We are working towards a district where support for school gardens is internal to the district, which will greatly affect the ability for a flourishing program and integration into culture, education, and students meals.

We have also accomplished goals within being a collaborative and supportive network. Eight schools have continued to build inter-school relationships. We have helped schools troubleshoot program issues such as what to plant for quick growing crops before the renovation of Lyseth takes place. We are also planning a school garden tour this summer to showcase and share our work throughout the district, which we will encourage teachers, students, families, district staff, and other community members to attend.

Table 5. School Gardens Actions

Recommendation	Action	Deadline
1.1 Establish a school garden at every school	1) Support Deering High students to build a greenhouse on campus	1) Spring 2019
1.2 Institute teacher training on garden-based education as a Continuing Education Unit credit	1) Design and conduct a pilot teacher training	1) Spring 2019
1.4 Maintain an online presence to promote school gardens in the district and recruit interested volunteers from the community	1) Create resource sharing platform through Google Drive (includes resource lists, curriculum, grants, community partners, etc.)	1) Created in Oct 2018, ongoing
2.1 Establish a platform to share resources, grants, tips, and ask questions	1) Create Resource sharing platform through Google Drive 2) Portland School Garden Day	1) Created October 2018, ongoing 2) August 2019
2.2 Convene in person quarterly meetings	1) Hold monthly School Garden Network Meetings	1) Occurring and Ongoing; Rotating schools, presentations from each school on their



		model and site, working on recommendations
2.3 Maintain online presence to promote school gardens in the district and recruit interested volunteers from the community	1) Create PPS School Garden Facebook page to promote and celebrate school gardens	1) Launched March 19th, with 13 editors representing 11 schools managing the facebook page
3.3 Provide stipends to school garden coordinators	1) Develop school garden coach guidelines for PPS	1) April 29th Quarterly Report

Table 6. School Gardens Asks/Requests

Benchmark	Ask
3.3 Created School Garden Coach Model framework	Create a budget in the school district to fund \$32,500 for the 13 schools with active school gardens to have garden coach stipends for the 2019-2020 school year; with the commitment to maintain funding in following years, and expand to allow schools that are ready to develop garden programs to also receive funding.
2.3 Launched PPS School Garden Facebook page	Help market new facebook page through sharing, likes, and other interactions

School Garden Coach Model Proposal

Proposal:

Create a budget in the school district to fund \$32,500 for the 13 schools with active school gardens to have garden coach stipends for the 2019-2020 school year; with the commitment to maintain funding in following years, and expand to allow schools that are ready to develop garden programs to also receive funding.

Oversight & Stipend:

- The school garden coach will be hired by and reportable to the Principal
- There is a yearly reapplication
- Each school will receive \$2,500 in funds to be used as:
 - \$2000 for personnel
 - \$500 materials



Job Responsibilities:

- Coordinate programing
 - e.g. garden club, classroom connections, student and teacher use of garden, community connections, afterschool
- Coordinate resources
 - Share garden based curricular resources
 - Materials
 - Grant writing (also function of school garden network)
- Maintenance of garden
 - Attend garden network meeting s
- EOY report
- Create and follow long term (5 year) plan for garden created with school team

Nutrition Education

The Nutrition Education Action Group has made exciting progress these past few months. Our largest undertaking is the creation of a comprehensive [Nutrition Education Map](#) that compiles all of the nutrition education content, curriculum, and activity happening in the district by both partner organizations and school staff.

Additionally, we are proud of our expanding network and reach. University of Maine Cooperative Extension has become an active partner organization, which is a welcome addition since they have tremendous capacity to serve and eagerness to integrate into Portland Public Schools where there are nutrition education gaps. Our outreach strategy since the last quarterly report is directed towards engaging more with school staff who are teaching nutrition education. Since those folks are not identified in any one place, we are once again using the Nutrition Education Map to track and catalog all of the important educators. We held our first in-person meeting with staff on Tuesday, April 23rd. We also created an electronic questionnaire that provides staff with the option of providing information electronically to be mindful of their busy schedules.

Table 7. Nutrition Education Actions

Recommendation	Action	Deadline
2.1 Coordinate existing nutrition education efforts by partner organizations,	1) Creating comprehensive Nutrition Education Map with partner organizations	1) Began March 2019, ongoing



eliminating redundancies and increasing reach	and school staff teaching nutrition ed	
3.1 Equip schools with the basic infrastructure to teach nutrition education	<p>1) Group explores option of “nutrition education carts” with cooking resources that teachers or program staff could check out of the library</p> <p>2) Partner organizations share out what they bring with them for classes and approximate costs</p> <p>3) Draft estimate of how much one “nutrition education cart” will cost</p>	<p>1) May 7th</p> <p>2) May 7th</p> <p>3) June 2019</p>
3.3 Foster greater awareness of available nutrition programs, and strengthen student and family participation	<p>1) Partner organizations share about what they offer and which schools they are eligible to work in</p> <p>2) Reaching out to schools that are not being served by partner organizations and helping to make connections (UME Cooperative Extension and high schools)</p>	<p>1) March 2019</p> <p>2) May 2019</p>

Table 8. Nutrition Education Asks/Requests

Benchmark	Ask
Contact list of all PPS Staff who teach nutrition in the district.	Ask administrators or principals to provide contact list of the staff who teach nutrition at each school.
100% response rate for the questionnaire among the PPS Staff who teach nutrition in the district	Encourage nutrition educators to complete the electronic questionnaire (emailed out to all health, physical education, and nurses).
Wellness Champions report adequate time and capacity to perform all duties.	Provide Wellness Champions with support to lessen their work plan or with a stipend to compensate for the additional work being asked.



Sustainable Practices

The Sustainable Practices Action Group has convened twice as a full group and visited 12 Portland Public Schools in the last quarter. Conducting these site visits has been our focus of the last three months. At each school, we have asked about the successes and challenges that they face regarding their composting and recycling system, share table, and use of cafeteria materials (e.g., packets of plastic cutlery, condiment dispensers, etc). In the next two weeks, will visit the last few schools. By the beginning of the school year, we will complete a PPS composting and recycling guide to inform schools about best practices and the successes of other schools in the district. We will disseminate this information at the start of the school year to ensure that best practices begin immediately.

Additionally, the action group has worked with Rowe Elementary School to replace plastic cutlery with reusable cutlery. We have worked with Food Service and Ocean Ave Elementary School, who are working on a similar project, to create a budget for the implementation of reusable cutlery. We have received funding from the Natural Resources Council of Maine (NRCM), for the silverware and all other necessary materials. We will now work with Rowe's administration and Parent Teacher Association (PTA) to determine volunteer and/or funding opportunities for the additional labor.

Table 9. Sustainable Practices Actions

Recommendation	Action	Deadline
2.1 Involve custodial and lunchroom staff in trainings and discussions	1) Completed site visits at each school to understand the barriers with each composting and recycling program. 2) Spoke with custodial and lunchroom staff when possible to understand their specific challenges.	Ongoing, have visited 12 Portland Public Schools
2.3 Incorporate composting into education goals, and involve students in composting	1) Completed site visits at each school to understand the barriers with each composting and recycling program. 2) Creating a PPS composting / recycling guide to inform schools about best practices and the successes of other schools in the district.	Beginning of 2019-2020 school year



<p>3.3 Reduce use of single-use plastic by decreasing use of plastic straws and packaged cutlery</p>	<p>1) Working with Rowe Elementary School to eliminate plastic cutlery in their cafeteria and replace it with reusable cutlery. 2) Received a grant from NRCM to fund the materials for the silverware project.</p>	<p>1) Beginning of school year 2) Received grant on 4/27/19</p>
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Table 10. Sustainable Practices Asks/Requests

<p>Benchmark</p>	<p>Ask</p>
<p>2.1 Involve custodial and lunchroom staff in trainings and discussions.</p>	<p>Time at janitor / admin meeting at or before the beginning of the school year.</p>
<p>2.3 Incorporate composting into education goals, and involve students in composting.</p>	<p>Support the development and distribution of our PPS composting and recycling best practices guide that we will complete before the beginning of the year.</p>
<p>2.3 Incorporate composting into education goals, and involve students in composting.</p>	<p>Encourage monitoring of composting and recycling stations in each school for at least two weeks at the beginning of school year.</p>



Appendix A: Recommendations

The following recommendations are made with the overall goal of ending food insecurity within the PPS district:

District

District Recommendation 1: Develop and implement district-wide and school-specific strategic plans based on the PPS Food Security Needs Assessment:

1.1 Develop and implement food security strategic plans that align with the PPS District Wellness Plan and Portland Promise through collaboration with PPS District Wellness Committee, schools, and partner organizations

1.2 Use the Portland Education Foundation; Full Plates, Full Potential; Farm to School grants; and other funding opportunities to support the implementation of PPS Food Security Needs Assessment recommendations

District Recommendation 2: Develop a yearly monitoring and evaluation plan to track progress implementing the district-wide and school-specific strategic plans:

2.1 Develop shared indicators for schools and partner organizations for data collection and tracking

2.2 Institutionalize data collection and data sharing practices

2.3 Report on yearly findings at the end of each school year

2.4 Build upon PPS food system successes in subsequent years' strategic, monitoring and evaluation plans

District Recommendation 3: Institutionalize and maintain a PPS Wellness Coordinator position whose responsibilities include acting as food security advocate on the PPS District Wellness Committee, as follows:



3.1 Coordinate food security efforts by partner organizations and schools; eliminate redundancies, increase reach, oversee networks and resource sharing, and ensure equitable access to food security resources across the district

3.2 Participate on the PPS District Wellness Committee and in development and implementation of district-wide and school-specific strategic plans

3.3 Participate in development of school-based wellness teams

3.4 Identify and research potential funding sources for the implementation of district-wide and school-specific strategic plans

3.5 Provide professional development training and learning opportunities for school staff on poverty and food security

3.6 Create and implement an outreach plan to increase awareness of student food insecurity and promote available food security resources through district-organized events

District Recommendation 4: Designate one or more “food security champions” on each school Wellness Team, with responsibilities as follows:

4.1 Serve as liaison between the appropriate school staff members and partner organizations with regards to food security programming

4.2 Participate in development and implementation of district-wide and school-specific food security strategic plan

4.3 Oversee monitoring and evaluation of food security programming at their school

4.4 Report to PPS Wellness Coordinator on District Wellness Committee

Charitable Foods

Charitable Foods Recommendation 1 - Enhance consistent resource-sharing within, and among, school communities:



1.1 Circulate Portland Community Food Resource Guide (Appendix A) and Portland Community Summer Food Resource Guide (Appendix B) to families and all school staff at the beginning and end of the school year, respectively

1.2 Incorporate charitable food program information into trainings for school staff. All staff should be informed on what resources are available, trauma-informed ways to help families access services, and the appropriate contact people

1.3 Distribute a general information packet and food security survey at the beginning of each school year to determine wants and needs and enable families to opt in to programs

1.4 Send home feedback forms through backpack programs to improve communication with families receiving this service

1.5 Strengthen communication and collaboration among organizational partners and liaisons managing charitable food programs

1.6 Form charitable foods provider PPS network to share resources and best-practices developed at each school

Charitable Foods Recommendation 2 - Improve the reliability, efficiency, and sustainability of charitable food programs:

2.1 Ensure that there are adequate school liaisons (e.g., staff, volunteers) to manage the food programs at the schools and to maintain adequate food supply

2.2 Guarantee stipends for the school liaisons managing charitable food programs

2.3 Invest in necessary infrastructure (e.g., cold storage and equipment)

Charitable Foods Recommendation 3- Encourage low-barrier access and high availability of school pantries and food options:

3.1 Partner organizations collaborate with schools that do not have an existing charitable food program to prioritize what would serve their school best

3.2 Increase communication about charitable food opportunities at each school to students and families

3.3 Require no paperwork or eligibility checks for access

3.4 Work with partner organizations to offer free, nutritious food in more places (e.g., bowls of fruit in the classroom, Adult Ed, multicultural office)



3.5 Engage with partner organizations to increase the availability of fresh produce and of culturally appropriate foods such as labeled halal options

Federal Nutrition Programs

Federal Nutrition Programs Recommendation 1 - Increase overall student participation in federal nutrition programs:

1.1 Launch a professional school meals marketing campaign to attract more students and families

1.2 Collect, analyze, and incorporate student feedback on menu options through district-wide taste tests and response forms

1.3 Maximize cafeteria and lunch period efficiency to ensure students have sufficient time to enjoy and digest their food

1.4 Support and evaluate Child and Adult Care Feeding Program (CACFP) 2018 meal pilot and maximize this program throughout district

1.5 Develop a summer meals strategic plan that includes monthly stakeholder meetings beginning in January

Federal Nutrition Programs Recommendation 2 - Encourage full participation of all eligible students in free and reduced-price meals:

2.1 Continue to encourage and incentivize registration of all eligible families for free and reduced-price meals

2.2 Continue to support families completing eligibility paperwork and implement additional best practices

2.3 Fully implement the Community Eligibility Provision (CEP) in every eligible school

2.4 Train staff on how to manage breakfast in the classroom to ensure maximum reimbursement

Federal Nutrition Programs Recommendation 3 - Cultivate a school culture of healthy and inclusive food practices:

3.1 Serve more meals, snacks, and taste tests that represent and celebrate the cultural diversity of the student body



- 3.2 Restore school budget line item that subsidizes food service, especially local food procurement
- 3.3 Increase capacity for food preparation to include more scratch cooking
- 3.4 Exceed federal nutritional requirements by focusing on nutrient dense, minimally processed foods
- 3.5 Limit access to unhealthy food options outside reimbursable school meals as specified in the District Wellness Policy and Smart Snacks regulations

School Gardens

School Gardens Recommendation 1 - Develop and implement school garden-based learning goals integrated with Common Core State Standards:

- 1.1 Establish a school garden at every school
- 1.2 Institute teacher training on garden-based education as Continuing Education Unit (CEU) credit
- 1.3 Provide all teachers with a garden curriculum formulated from existing Maine-based lessons connected to Common Core State Standards
- 1.4 Maintain a resource list of existing curricula for teachers to draw from to connect to their learning goals
- 1.5 Increase garden-related summer programming for students that includes hands-on learning and maintenance

School Gardens Recommendation 2 - Create a district-wide School Garden Network:

- 2.1 Establish a platform to share resources, grants, tips, and ask questions
- 2.2 Convene in-person quarterly meetings
- 2.3 Maintain an online presence to promote school gardens in the district and recruit interested volunteers from the community
- 2.4 Increase efficiency of produce distribution between school garden coordinators and liaisons managing charitable food programs during the growing season
- 2.5 Raise awareness of and fully utilize garden-based education resources in the state



School Gardens Recommendation 3 - Increase funding and infrastructure for school garden programs:

- 3.1 Identify and utilize sources of funding for school garden maintenance and programming for all schools
- 3.2 Designate budget line in Parks & Recreation Department to support outdoor learning spaces on school property
- 3.3 Provide stipends to school garden coordinators
- 3.4 Create school garden committees at each school with representatives from the school administration, each grade, and the parent community to institutionalize gardening into school culture
- 3.5 Organize more and more-sustained support for summer maintenance

Nutrition Education

Nutrition Education Recommendation 1 - Develop a district-wide comprehensive and equitable approach to nutrition education:

- 1.1 Establish nutrition education goals for each grade that build upon the previous year's lessons
- 1.2 Create and implement a nutrition education curriculum aligned with Common Core State Standards through collaboration with the academic departments and organizational partners

Nutrition Education Recommendation 2 - Designate one person to oversee nutrition education in the district, with responsibilities as follows:

- 2.1 Coordinate existing nutrition education efforts by partner organizations, eliminating redundancies and increasing reach
- 2.2 Provide resources and training to teachers on how to teach basic nutrition education
- 2.3 Leverage funding opportunities among the district and partner organizations by collaborating on grant proposals
- 2.4 Convene bi-annual meetings among partner organizations

Nutrition Education Recommendation 3 - Prioritize and implement nutrition education in schools:



- 3.1 Equip schools with the basic infrastructure to teach nutrition education
- 3.2 Provide a stipend to teachers who provide after-school nutrition programming
- 3.3 Foster greater awareness of available nutrition programs, and strengthen student and family participation

Sustainable Practices

Sustainable Practices Recommendation 1 - Develop measurable local food procurement goals for Food Services:

- 1.1 Set local food purchasing goal to at least 20-25% of total food budget
- 1.2 Launch a marketing campaign to promote local food among the school community
- 1.3 Prioritize local food procurement from small Maine farms

Sustainable Practices Recommendation 2 - Follow New England Environmental Finance Center's (Sheils, M., & Webster, S. n.d.) best management practices for district-wide composting:

- 2.1 Involve custodial and lunchroom staff in trainings and discussions
- 2.2 Supply school cafeterias with additional composting and waste sorting stations
- 2.3 Incorporate composting into education goals, and involve students in composting

Sustainable Practices Recommendation 3 - Institute sustainable practices in cafeteria purchases and operations:

- 3.1 Clarify and institutionalize consistent share table practices
- 3.2 Purchase compostable or reusable utensils
- 3.3 Reduce use of single-use plastic by decreasing use of plastic straws and packaged cutlery
- 3.4 Use pump dispensers instead of individual packets for condiments