



Food Fuels Learning in Action

Portland Public Schools Food Security Task Force

February 4, 2019



Introductions

Values Statement



We believe that food fuels learning and all students at Portland Public Schools have the right to nutritious food that allows them to attain their full potential.



Process goals



- 1) Build food security
- 2) Community-led process
- 3) Prioritize sustainable systems change



Welcome from Superintendent

Xavier Botana



Address from School Board Chair

Roberto Rodriguez



Comments from
Foundation for Portland Public Schools
Executive Director
Kate Snyder

Background



The Portland Public School (PPS) District provides education to 6,796 students in fifteen schools located in Cumberland County, Maine. More than half of these students (3,560) are eligible for free lunch,² which means that they live in a household at or below 130% of the poverty line. For example, if the student lives in a family of four people, the household will have an annual income between \$0 and \$31,980.³

² Maine Department of Education (2018a). % Free and Reduced School Lunch Report - ED 534 by District. Retrieved from <https://neo.maine.gov/DOE/neo/Nutrition/Reports/NutritionReports.aspx?reportPath=ED534byDistrict>.

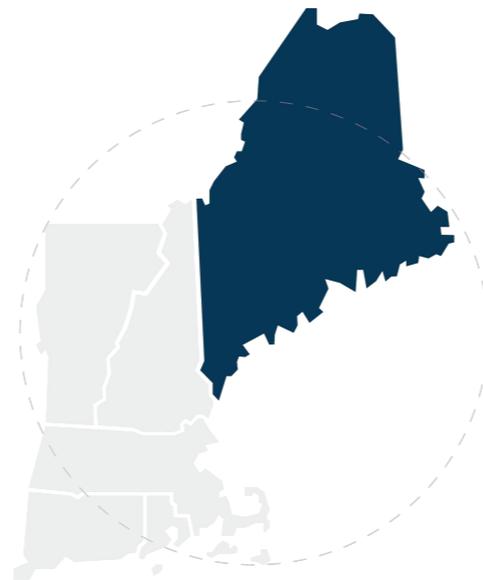
³ Food and Nutrition Service, USDA (2017a). Child Nutrition Programs: Income Eligibility Guidelines. Retrieved from <https://www.federalregister.gov/documents/2017/04/10/2017-07043/child-nutrition-programs-income-eligibility-guidelines>.



Recommendations District-wide (1)

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

- 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
- 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





Recommendations District-wide (2)

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

- Develop shared indicators for schools and partner organizations for data collection and tracking
- Institutionalize data collection and data sharing practices
- Report on yearly findings at the end of each school year
- Build upon PPS food system successes in subsequent years' strategic, monitoring and evaluation plans



Recommendations District-wide (3)

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:

- 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
- Participate on the PPS District Wellness Committee and in development and implementation of district-wide and school-specific strategic plans
- Participate in development of school-based wellness teams
- Identify and research potential funding sources for the implementation of district-wide and school-specific strategic plans
- Provide professional development training and learning opportunities for school staff on poverty and food security
- Create and implement an outreach plan to increase awareness of student food insecurity and promote available food security resources through district-organized events



Recommendations District-wide (4)

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

- Serve as liaison between the appropriate school staff members and partner organizations with regards to food security programming
- Participate in development and implementation of district-wide and school-specific food security strategic plan
- Oversee monitoring and evaluation of food security programming at their school
- Report to PPS Wellness Coordinator on District Wellness Committee

Goals and Objectives



The PPS Food Security Task Force (hereafter referred to as the Task Force) 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 programs** - 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, the Task Force conducted a needs assessment to explore the presence and impact of activities within each of these five areas throughout the PPS district.

Timeline



August 2018
*Present completed report to
full School Board*

Ongoing
Action Groups convened
regularly to address report
recommendations

October 2018
*Food Fuels Learning
Transitioning to Action
Meeting*

February 2019
Food Fuels Learning In Action:
First Quarterly Meeting





Action Group Presentations

Charitable Food Programs (1)





Charitable Food Programs (2)

Goal: *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*

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

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

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



Charitable Food Programs (3)

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

Recommendation	Action	Deadline
<p>1.1 Circulate Portland Community Food Resource Guide and Portland Community Summer Food Resource Guide to families and all school staff at the beginning and end of the school year, respectively</p>	<p>1) Update Community Food Resource Guide & Summer Food Resource Guide before next distribution (to be done at least annually)</p>	<p>May 2019</p>
<p>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</p>	<p>1) Develop charitable food program information and resources for each school and contact list for school staff</p> <p>2) Develop trainings for staff on what food insecurity is, how to identify, what to do when a student is food insecure which includes (teachers, food service, after and before school care partners, custodians, and coaches). Include trauma informed ways to help families access services</p>	<p>August 2019</p>
<p>1.5 Strengthen communication and collaboration among organizational partners and liaisons managing charitable food programs</p>	<p>1) Facilitate information sharing among coordinators and organizational partners</p>	<p>Ongoing</p>

Charitable Food Programs (4)



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

Recommendation	Action	Deadline
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	<ol style="list-style-type: none"> 1) Identify if school liaisons feel they have the capacity to run the charitable food programs at their school and what they need for support through school site visits 2) Develop expectations for school involvement 	May 2019
2.3 Invest in necessary infrastructure (e.g., cold storage, equipment)	<ol style="list-style-type: none"> 1) Determine what programs need for infrastructure through school site visits 	May 2019

Charitable Food Programs (5)



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

Recommendation	Action	Deadline
3.1 Partner organizations collaborate with schools that do not have an existing charitable food program to prioritize what would serve their school best	1) Identify what schools want and need through school site visits	May 2019
3.2 Increase communication about charitable food opportunities at each school to students and families	1) Distribute general information packet at beginning and end of school year 2) Develop and distribute school specific information to each school and for use on their websites	May 2019
3.3 Require no paperwork or eligibility checks for access	1) Incorporate “low barrier and stigma free” message in materials, superintendent’s communication education, training etc.	May 2019

Charitable Food Programs (6)



Charitable Food Programs Asks/Requests:

Benchmark	Ask
<p>Increase the amount of food available at all Portland schools enabling more equitable levels of service across schools</p>	<p>Request Good Shepard Food Bank partner with Portland Public Schools as one entity that meets their 50% Free and Reduced eligibility rather than individual schools at different rates</p>
<p>Develop and implement mutual expectations document</p>	<p>Work toward mutual expectations document between District and charitable food partner organizations (e.g., Locker Project and others) that is more than a liability agreement</p>
<p>Increase awareness and use of charitable food programs for students and their families</p>	<p>Share charitable food resources at schools and in the community at least twice a year preferably at the beginning and end of each school year that enforces the message that charitable foods programs in the schools are low barrier and stigma free</p>

Federal Nutrition Programs (1)





Federal Nutrition Programs (2)

Goal: *Increase overall school meal participation and reduce challenges for food service staff*

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

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

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



Federal Nutrition Programs (3)

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

Recommendation	Action	Deadline
1.1 Launch a professional school meals marketing campaign to attract more students and families	<ol style="list-style-type: none"> 1) Gather data from community about likes/dislikes 2) Educate ‘student influencers’ about importance of school meals 3) Update Facebook page 	Ongoing
1.2 Collect, analyze, and incorporate student feedback on menu options through districtwide taste tests and response forms	<ol style="list-style-type: none"> 1) Sampling overnight oatmeal recipes 	National School Breakfast week March 4- 8
1.4 Support and evaluate CACFP meal program and maximize this program throughout district	<ol style="list-style-type: none"> 1) Program in place 2) Staff trainings 3) Evaluation plan in process 	<ol style="list-style-type: none"> 1) Ongoing 2) Ongoing 3) May (report evaluation findings at next Quarterly meeting)
1.5 Develop a summer meals strategic plan that includes monthly stakeholder meetings beginning in January	<ol style="list-style-type: none"> 1) First planning meeting set for February 7, 2-4 pm, PPS Central Kitchen 	Spring 2019

Federal Nutrition Programs (4)



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

Recommendation	Action	Deadline
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	Summer 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	Summer 2019
2.4 Train school staff on how to manage breakfast in the classroom to ensure maximum reimbursement	1) Continue school level training for breakfast in the classroom	Yearly, Ongoing

Federal Nutrition Programs (5)



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

Recommendation	Action	Deadline
3.4 Exceed federal nutritional requirements by focusing on nutrient dense, minimally processed foods	<ol style="list-style-type: none">1) Vegan chili, homemade marinara and mashed potatoes2) Testing overnight oatmeal3) Harvest of the Month Program	<ol style="list-style-type: none">1) Currently Serving2) Ongoing3) Fall 2019

Federal Nutrition Programs (6)

Federal Nutrition Program Asks/Requests:



Benchmark	Ask
Prepare more scratch meals	Increase staff capacity at central kitchen to meet the goal of increased scratch cooking
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)
Increase participation in school meals	Access to school staff (agenda time at administrator and other staff meetings) to promote school meals
Increase participation in school meals	Ask community to participate in school meals! National School Breakfast Week is March 4-8, 2019

School Gardens (1)





School Gardens (2)

Goal: *Assist every school in developing and maintaining a successful school garden and school garden programming*

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

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

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

School Gardens (3)



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

Recommendation	Action	Deadline
1.1 Establish a school garden at every school	1) Support Deering High students to build a greenhouse on campus	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 at Riverton Elementary School	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.)	Created in Oct 2018, ongoing

School Gardens (4)



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

Recommendation	Action	Deadline
2.1 Establish a platform to share resources, grants, tips, and ask questions	<ol style="list-style-type: none"> 1) Create Resource sharing platform through Google Drive 2) Portland School Garden Day 	<ol style="list-style-type: none"> 1) Created October 2018, ongoing 2) September 2019
2.2 Convene in person quarterly meetings	<ol style="list-style-type: none"> 1) Hold monthly School Garden Network Meetings 	<p>Occurring and Ongoing</p> <p>Rotating schools, presentations from each school on their model and site, working on recommendations</p>
2.3 Maintain online presence to promote school gardens in the district and recruit interested volunteers from the community	<ol style="list-style-type: none"> 1) Create PPS School Garden Facebook page to promote and celebrate school gardens 	<p>March 1st</p>
2.5 Raise awareness of and fully utilize garden-based ed resources in the state	<ol style="list-style-type: none"> 1) Invite community partners to present at network meetings about how school gardens can access their resources and support. 	<p>Occurring and ongoing</p> <p>So far ReTree US, FoodCorps, Vertical Towers, Maine School Garden Network, and Cultivating Community have presented</p>

School Gardens (5)



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

Recommendation	Action	Deadline
3.2 Designate budget line in Parks & Recreation Department to support outdoor learning spaces on school property	1) Have a meeting between the School Garden Network and City to gain clarity on resources	End of February
3.3 Provide stipends to school garden coordinators	1) Discuss school garden coach model used by Maine School Garden Network	Ongoing

School Gardens (6)



School Gardens Asks/Requests:

Benchmark	Ask
Design and conduct a pilot teacher training at Riverton Elementary School	Promote garden-based education teacher training through district
Have a meeting between the School Garden Network and City to gain clarity on resources	Facilitate meeting between School Gardens AG and city about available funds and resources to support school gardens
Create PPS School Garden Facebook page to promote and celebrate school gardens	Help market new PPS School Gardens facebook page when it is launched by sharing on the PPS facebook
Support Deering High Students to build a greenhouse on campus	(Directed towards community) Donate to Deering High GoFundMe to build a greenhouse

Nutrition Education (1)





Nutrition Education (2)

Goal: *Provide schools with the tools they need to coordinate staff and organizational partners working to provide nutrition education to students*

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

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

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

Nutrition Education (3)



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

Recommendation	Action	Deadline
<p>1.1 Establish nutrition education goals for each grade that build upon the previous year’s lessons</p>	<ol style="list-style-type: none"> 1) Amanda will send SNAP Ed curriculum to group 2) Lily will share out FoodCorps lessons 3) Kristina will ask Courtney to share out Cooking Matters curriculum 4) Kristina will ask Kathleen to share out Cooperative Extension curriculum 5) Joni will look at best practices in other schools districts and compare to SNAP Ed/FoodCorps curriculum 	<p>January 8, 2019</p>
<p>1.2 Create and implement a nutrition education curriculum aligned with Common Core State Standards through collaboration with the academic departments and organizational partners</p>	<ol style="list-style-type: none"> 1) Kristina will invite district curriculum coordinators to attend next meeting 	<p>February 11, 2019</p>

Nutrition Education (4)



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

Recommendation	Action	Deadline
2 -Designate one person to oversee nutrition education in the district	1) Amanda volunteered to oversee nutrition education in district and support another SNAP-Ed staff member writing it as their PSE (Policy, system, and environment) work plan next year	January 8, 2019
2.1 Coordinate existing nutrition education efforts by partner organizations, eliminating redundancies and increasing reach	1) In-person meeting with Cultivating Community and SNAP-Ed to discuss redundancies around taste tests and PABS 2) Amanda partnering with Rec to offer Cooking Matters for Kids so there is the potential to do SNAP Ed programming with before and after school programming (9 elementary school sites)	November 27, 2018 & February 11, 2019
2.3 Leverage funding opportunities among the district and partner organizations by collaborating on grant proposals	1) The City of Portland's Public Health Division will re-apply to the United Way Thrive grant	Summer 2019
2.4 Convene bi-annual meetings among partner organizations	1) Hold partners meeting including SNAP-Ed, Cultivating Community, FoodCorps, UME Cooperative Extension, Let's Go, and Cooking Matters	January 8, 2019

Nutrition Education (5)



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

Recommendation	Action	Deadline
3.1 Equip schools with the basic infrastructure to teach nutrition education	1) Joni explores option of “food carts” with cooking resources that teachers or program staff could check out of the library	February 11, 2019

Nutrition Education (6)



Nutrition Education Asks/Requests:

Benchmark	Ask
Every eligible teacher opts-in for SNAP-Ed classes	Ask every eligible teacher to opt-in for SNAP-Ed classes (free service)
District curriculum coordinators attend NEAG meetings	Ask district curriculum coordinators to work with partners organizations in the Nutrition Education Action Group on developing nutrition education standards for the district
District & Central Kitchen partner with CC to increase taste tests & incorporate feedback into menu development	Partner with Cultivating Community to expand taste tests that support menu development

Sustainable Practices (1)





Sustainable Practices (2)

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

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

Sustainable Practices Recommendation 2 - Follow New England Environmental Finance Center's⁵ best management practices for district-wide composting

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

Sustainable Practices (3)



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

Recommendation	Action	Deadline
1.1 Set local food purchasing goal to at least 20-25% of total food budget	<ol style="list-style-type: none"> 1) Collaborate with Federal Nutrition Action Group to help incorporate local food into menu development 2) Collaborate with Nutrition Education Action Group to help incorporate local food into taste tests 	Ongoing
1.3. Prioritize local food procurement from small Maine farms	<ol style="list-style-type: none"> 1) Facilitate marinara sauce vegetable procurement from Somali Bantu Community Association 2) 	February 28, 2019

Sustainable Practices (4)



Sustainable Practices Recommendation 2 - Follow New England Environmental Finance Center's⁵

best management practices for district-wide composting

Recommendation	Action	Deadline
2.1 Involve custodial and lunchroom staff in trainings and discussions	<ol style="list-style-type: none"> 1) Site visits to each school to determine needs and best practices 2) Develop and update compost guidelines 3) Work with We Compost It to conduct trainings 	Beginning of School Year
2.3 Incorporate composting into education goals, and involve students in composting	<ol style="list-style-type: none"> 1) Develop solid waste trainings for students 2) Create an incentive plan for students to compost 	Beginning of School Year
2.4 Create sustainability network	<ol style="list-style-type: none"> 1) Create list of all staff, parent, and partner organizations 	In progress

Sustainable Practices (5)



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

Recommendation	Action	Deadline
3.1 Clarify and institutionalize consistent share table practices	1) Update sustainability policy to include share table practices	August 1st
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	1) Update sustainability policy 2) Further research on feasibility of reusable utensils, less plastic straws, and pump dispensers 3) Create report on economic and environmental impacts of reusable cutlery vs. plastic	TBD

Sustainable Practices (6)



Sustainable Practices Asks/Requests:

Benchmark	Ask
Sustainability coordinator position at PPS	Support a position for a sustainability coordinator to implement district sustainability policy and programs to reduce environmental impact and educate students
Annual educational presentation on composting and recycling at each school for students	Support and promote recycling & composting presentation to students and teachers by We Compost It at each school annually
Annual trainings on composting and recycling at each school for food service staff and facilities	Support and promote training by We Compost It at each school for facilities and food service staff Email recycling & composting procedures to staff and teachers at the beginning of each school year



Reminder to contribute to the Food Fund
at the Foundation for Portland Public Schools

<https://www.foundationforpps.org/donate/>



Any questions?

Upcoming meetings



Next Quarterly Presentation: April 29, 6-7:30pm, Rowe Elementary School

Charitable Food Action Group: TBD

Federal Nutrition Action Group: March 4, 10-11:30am, Reiche Elementary School Community Room

School Gardens Action Group: February 14, 4-5:30pm, Riverton Elementary School

Nutrition Education Action Group:

- February 11, 2019 3:00-4:30pm, Cultivating Community (62 Elm St)
- March 11, 2019 3:00-4:30pm, location TBD

Sustainable Practices Action Group: TBD



Back-up slides

Recommendations Charitable food programs



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

Recommendations Charitable food programs



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)

Recommendations Charitable food programs



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

Recommendations 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

Recommendations Federal nutrition programs



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

Recommendations Federal nutrition programs



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

Recommendations 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

Recommendations School gardens



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

Recommendations School gardens



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

Recommendations 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

Recommendations Nutrition education



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

Recommendations Nutrition education



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

Recommendations 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

Recommendations Sustainable practices



Sustainable Practices Recommendation 2 - Follow New England Environmental Finance Center's⁵ 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

⁵Sheils, M., & Webster, S. (n.d.). *School Cafeteria Recycling & Composting*. Retrieved July 28, 2018, from <http://neefc.org/index.php/projects/school-cafeteria-recycling-composting>.



Recommendations Sustainable practices

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