



# NEW JERSEY SCHOOLS

## Making It Happen!



### Washington Twp./Sewell

#### **KEY CHANGES: High & Middle Schools**

- \_ Eliminated 20 oz. Beverages
- \_ Eliminated King Size Snacks
- \_ Eliminated Trans Fats
- \_ Eliminated Twix
- \_ Eliminated All Snacks with Sugar as First Ingredient
- \_ Added 16 oz. Bottles of Milk
- \_ Sell Only Frito Lay "Smart Choice" Snacks
- \_ Added More Salads
- \_ Added More Fruits & Veggies

#### **HOW DID It HAPPEN:**

- \_ Gradual Changes
- \_ Messages on Menus

#### **ACCEPTANCE:**

- \_ Well Accepted

#### **MEAL PARTICIPATION:**

- \_ No Change

#### **FINANCIAL IMPACT:**

- \_ Small Decrease in A La Carte for Approx. a Month
- \_ No Changes
- \_ Food Cost Up Slightly Because of Fuel & Produce

#### **OTHER COMMENTS:**

- \_ Requests for Vegetarian -- *Added Vegetarian Salads w/ Beans & Veggie Burgers*
- \_ Make a Commitment to Change      \_ Stick to It!



# NEW JERSEY SCHOOLS

## Making It Happen!

### West Windsor-Plainsboro:

#### **KEY CHANGES: High & Middle Schools**

- \_ Eliminated French Fries with Lunch
- \_ Eliminated Soda Vending by Food Service After School
- \_ Eliminated Whole Milk
- \_ Only Use Low Fat Salad Dressings & Lite Mayo
- \_ Offer Baked & Reduced Fat Chips
- \_ Offer 2 Types of Fresh Fruit Daily
- \_ Offer Pasta Bar & Sides of Pasta Daily with All Meals
- \_ MS– Offering Beans Once a Week

*(Beans & Rice, Corn & Blk. Beans, Green Beans w/ Garlic & Cannelloni Beans, Minestrone Soup...)*

#### **HOW DID It HAPPEN:**

- \_ Gradual Changes    \_ Started Beginning of School Year

#### **ACCEPTANCE:**

- \_ No Complaints

#### **MEAL PARTICIPATION:**

- \_ HS Meals Down *(Due to Lunch Schedule Change Last Year)*
- \_ Grades 1 – 8 Meals are Up

#### **FINANCIAL IMPACT:**

- \_ Increase in A La Carte at HS    \_ No Changes Grades 1 – 8
- \_ Food Cost at HS Decreased
- \_ Bottom Line Better; Large Labor Cut

#### **OTHER COMMENTS:**

- \_ Chips & Beans Well Accepted by Students
- \_ Chicken Caesar Salads Popular
- \_ Spring Water Out Selling Snapple
- \_ French Fry Usage Cut in Half



# NEW JERSEY SCHOOLS

## Making It Happen!



### Sussex-Wantage:

#### **KEY CHANGES: 2003 - 2004**

- \_ Replaced Regular Chips with Baked
- \_ Introduced 100% Snapple Juice & Propel Flavored Water
- \_ Offered Fruit & Veggie Bar Once a Week
- \_ French Fries Reduced to Twice a Week at MS
- \_ Nickelodian Milk Promo at Elementaries
- \_ Provided Nutrition Handouts for All Students

#### **ACCEPTANCE:**

- \_ Baked Chips --- No Complaints
- \_ Snapple 100% Juice --- Not a Hit; Complained Too Sweet
- \_ Fruit & Veggie Bar--- Space a Problem at MS
- \_ Nickelodian Promo --- Milk Usage Increased on These Days
- \_ Propel Water Sold for \$1.25 --Students had No Problem w/ Price

#### **KEY CHANGES: 2004 - 2005**

- \_ Eliminated All Snapple Except 100% Juice
- \_ Introduced Low-Fat Nestle Chocolate & Strawberry Milk
- \_ Added Wraps as New Lunch Choice Daily
- \_ Started Fresh Baked Pizza for Lunch at MS Daily
- \_ Initiated 100% Juice Slush Machine at Upper Elem. & MS
- \_ Offered 100%Capri Sun Juice
- \_ Added New Snack--- Welch's 100% Fruit Snacks
- \_ Introduced Flavored, Sparkling Aquafina Water
- \_ Participated in "Race to Good Nutrition"

*(Classroom Nutrition Education Partnered with Cafeteria)*

- \_ Joined in "Turkey Trot" --- Staff Members Walking Contest

#### **ACCEPTANCE:**

- \_ Nestle Quik & Aquafina --- Students Enjoy
- \_ Capri Sun --- Students Did Not Like
- \_ Pizza & Wraps --- Increased Lunch Participation
- \_ Slush Machine --- Huge Success
- \_ Welch's Fruit Snacks ---Students Like, Even Though Paying Higher Price for Larger Bag

#### **HOW DID it HAPPEN:**

- \_ School Nurse & BA Joined State Team Nutrition Committee
- \_ Involved Food Service Department

- \_ School Nurse Rallied Teaching Staff, Parents & Community
- \_ Gradual Changes

**MEAL PARTICIPATION:**

- \_ MS Meals Up 4.5%

**FINANCIAL IMPACT:**

- \_ Increase in A La Carte at MS



# NEW JERSEY SCHOOLS

## Making It Happen!

### Lower Township/Cape May:

**KEY CHANGES: Elementary Schools**

- \_ Eliminated Ice Cream
- \_ Eliminated Little Debbie Snacks
- \_ Eliminated Whole & 2% Milk
- \_ Allow Only 1 Snack Purchase
- \_ No Longer Serve Dessert with Lunch
- \_ Prepare All Sandwiches on Wheat Bread
- \_ Offer 9 Fruits & 3 Vegetables Daily
- \_ Breakfast --- Eliminated Donuts, Buns & Sweetened Cereal

**HOW DID it HAPPEN:**

- \_ Experimented in June 2003
- \_ Met with PTA
- \_ Superintendent Sent Out Memo to Staff
- \_ Started at Beginning of 2003 School Year

**ACCEPTANCE:**

- \_ Kids Great!
- \_ "K" Students Call Wheat Bread ---- School Bread
- \_ Teachers Complain About No Ice Cream

**MEAL PARTICIPATION: No Change**

**FINANCIAL IMPACT:**

- \_ 25% Decrease in A La Carte Sales 1st Year
- \_ Current A La Carte 10% Decrease (Primary reason: 1 snack limitation)
- \_ Increase in Food Cost; Using More Fresh Fruits & Vegetables (Honeydew, Strawberries, Cantaloupe, Broccoli...)
- \_ Doing Better --- Used Other Cost Cutting Measures & Staff Retirements

**OTHER COMMENTS:**

- \_ Bread Man Selling More Wheat Bread in Local Stores
- \_ Kids Will Buy Watermelon & Strawberries for Snacks



# NEW JERSEY SCHOOLS

## Making It Happen!

### South Orange - Maplewood:

#### KEY CHANGES:

- \_ **HS** --- Honey Whole Wheat Wraps & 12 Grain Bread  
Premium Salads (*Spring mix, spinach, sun dried tomatoes & grilled chicken*)  
Baked Chips Only; No Candy; Granola Bars
- \_ **MS** --- Only Selling Snacks w/ 9 grams of Sugar or Less  
No White Flour Bread; Sandwiches on 12 Grain Bread  
French Fries Only Once a Wk.; Offer 3 Veg. & Salads Daily  
More Fresh Veg., Fruits & Grilled Chicken
- \_ **Elem.** --- 5-A-Day Challenge; Grab & Bite Promo  
Carrot & Celery Bar w/ Dips; Twice/Week  
Offer Interesting Vegetables (*Add pasta as student enticement*)  
No White Flour Breads; Sandwiches on 12 Grain Bread  
Snacks w/ 9 gms of Sugar or Less; 100 Calorie Snacks

#### HOW DID it HAPPEN:

- \_ Communicated Plan to Admin.
- \_ Partnered w/ School Nurse & Phys Ed. Classes
- \_ Nutrition & Recipe Handouts, Parent Awareness, Promos...
- \_ Made it Fun!                      \_ Started 2005; Mid Year

#### ACCEPTANCE:

- \_ Elem. --- Positive      \_ Most Parents Excited
- \_ MS --- Decrease in Income in Beginning; Gradually Increased
- \_ HS --- Open Campus Creates Challenges; Faculty Want Candy

#### MEAL PARTICIPATION: 1% Increase (*District Wide*)

#### FINANCIAL IMPACT:

- \_ Increase of over \$300/Day in A La Carte Sales
- \_ Food Cost --- No Change    \_ Increase in Bottom Line over 30%

#### OTHER COMMENTS:

- \_ Educate Parents on Changes & Why      \_ Variety Important