

**School Nutrition Environment Changes:  
Schools reporting positive nutrition and revenue outcomes after modifying competitive foods**

<u>School Name</u>	<u>Contact Info</u>	<u>Nutrition Environment Change</u>
<p><b>Austin Independent School District **</b>  <b>Austin, Texas</b></p>	<p>Food Service Director <b>Chris Carrillo-Spano (512) 414-0228</b></p>	<p><b>Changes:</b> A la carte</p> <ul style="list-style-type: none"> <li>• Limited chips to reduced fat and baked</li> <li>• Eliminated high-fat entrees</li> <li>• Provide fruits and vegetables on each serving line</li> <li>• No access to FMNV during school day (replaced soda with healthier choices)</li> </ul> <p><b>Revenue:</b> Reports increase in overall revenue</p>

<p><b>Grand Forks Public Schools **</b></p> <p><b>Grand Forks, North Dakota</b></p>	<p>Director of Child Nutrition Program  <b>Julie Tunseth (701) 746-2292</b></p>	<p><b>Changes:</b>  A la carte</p> <ul style="list-style-type: none"> <li>• Decreased number of soda machines at high school</li> <li>• Eliminated soda in other schools</li> <li>• Offered milk at extracurricular activities</li> <li>• Implemented an elementary school snack policy of fruit and vegetables only</li> <li>• Limited purchase of a la carte foods at middle school until after meal lines are closed</li> <li>• Provide all day deli and two tier lunch program options at high school with open campus policy</li> </ul> <p>Julie mentioned she thought the key was to listen to what the children want to eat and follow food trends.</p> <p><b>Revenue:</b>  A la carte revenue decreased by \$80,000. However, an increase in school lunch participation offset the overall decrease in revenue to \$8,000.</p>
<p><b>Mercedes Independent School District **</b></p> <p><b>Mercedes, Texas</b></p>	<p>Asst. Director, Child Nutrition Services  <b>Donna Fryar RD, SFNS (956) 514-2037</b></p>	<p><b>Changes:</b></p> <ul style="list-style-type: none"> <li>• Offer yogurt, string cheese, and fat free ice cream bars</li> <li>• Limited time when students have access to FMNV</li> <li>• Removed soft drinks from campuses</li> </ul> <p><b>Revenue:</b>  Reported no significant change in food service revenue (2003-2004).</p>

<p><b>Old Orchard Beach School Department</b> ** <b>Old Orchard Beach, Maine</b></p>	<p>School Health Coordinator <b>Jackie Tselikis RN</b> (207) 934-4461 ext. 18</p>	<p><b>Changes:</b></p> <ul style="list-style-type: none"> <li>• Healthier choices in vending machines</li> <li>• Offer (a la carte) homemade pretzels, bagels, salads, fruit, yogurt and string cheese</li> </ul> <p><b>Revenue:</b> Since changes, income from vending and a la carte sales have maintained at high school and increased at middle school.</p>
<p><b>School Union #106</b> ** <b>Alexander, Maine</b></p>	<p>School Health Coordinator <b>Heather Henry</b> (207) 454-7787</p>	<p><b>Changes:</b> Vending policy</p> <ul style="list-style-type: none"> <li>• Offer 100% fruit/vegetable juice, low-fat milk, or water and 12 types of snack foods (FMNV are not allowed for sale)</li> </ul> <p><b>Revenue:</b> Since change, high school reported increase in revenue from some machines and no change in revenue from other machines.</p>
<p><b>San Francisco Unified School District</b></p>	<p><a href="http://www.sfusdfood.org">www.sfusdfood.org</a>  555 Franklin St. San Francisco, CA 94102</p>	<p><b>Changes:</b></p> <ul style="list-style-type: none"> <li>• Eliminated foods at or below FMNV</li> <li>• Increased incorporation of fruits and vegetables</li> <li>• Beverages include water, 100% juice, and milk</li> </ul> <p><b>See website for additional information</b></p>

<p><b>Aptos Middle School PTSA **</b></p> <p><b>San Francisco, California</b></p>	<p><b>Requested contact info not be provided</b></p>	<p><b>Changes:</b></p> <ul style="list-style-type: none"> <li>• Offer healthier options at lunch including deli sandwiches, sushi, salads, fajitas</li> <li>• Eliminated soda, chips, Slim Jims, nachos, french fries, oversized pizza among other items</li> </ul> <p><b>Revenue:</b> Reports revenue as breaking even after making lunch changes.</p> <p><i>Additional programs:</i></p> <ul style="list-style-type: none"> <li>• Reported currently piloting salad bar in elementary school</li> </ul>
<p><b>Folsom Cordova Unified School District</b></p>	<p><b>Al Schieder      415-469-4520</b></p> <p><a href="http://www.fcusd.k12.ca.us/FoodWeb/our_program.htm">www.fcusd.k12.ca.us/FoodWeb/our_program.htm</a></p> <p>125 East Bidwell Folsom, CA 95630</p>	<p>"We eliminated all junk food, sodas and "a la carte" food sales at all cafeteria sites"... "With this new approach, we increased the student participation to an all time high"..."Instead of putting our department at risk, these changes have contributed to our financial stability"</p> <p><b>See website for more details</b></p>
<p><b>Richland One School District</b></p> <p><b>Columbia, South Carolina</b></p>	<p><b><a href="http://www.actionforhealthykids.org">www.actionforhealthykids.org</a></b></p>	<p>Information available at <a href="http://www.actionforhealthykids.org">www.actionforhealthykids.org</a> / Click on Resources to improve schools / Choose a la carte in the pull down topic menu</p>

<p><b>Hopkins School District 270</b></p> <p>Royal cuisine</p> <p>(<a href="http://www.royal-cuisine.org">www.royal-cuisine.org</a>)</p>	<p><b>Bertrand Weber (952) 988-4061</b></p> <p>1001 Highway 7 Hopkins, MN 55305</p>	<p><b>Changes:</b></p> <ul style="list-style-type: none"> <li>• Eliminated candy bars and snacks with high fructose corn syrup or trans fat</li> <li>• Offer (a la carte) natural or organic snacks, 100% fruit juice, portion sizes of baked goods &lt; 2- 2.5 oz (for example cookies), fruit, and sandwich wraps</li> </ul> <p><b>Revenue:</b> Slight decrease in Jr High, Increase at High school. Reported "no budget concerns" and an increase (approx. doubled) in participation in National School Lunch Program at high school.</p>
<p><b>Central Middle School **</b></p> <p><b>Whitefish, Montana</b></p>	<p>Principal <b>Kim Anderson, (406) 862-8650</b></p> <p>600 East 2nd Street Whitefish, Montana 59937</p>	<p><b>Changes:</b></p> <ul style="list-style-type: none"> <li>• Removed soft drinks and replaced with bottled water and 100% juices</li> <li>• Removed candy from a la carte sales</li> <li>• A la carte now includes homemade pretzels, bagels, salads, baked chips and fresh fruit</li> </ul> <p><b>Revenue:</b> Net proceeds to school's foodservice program are higher than before changes were made.</p>

<p><b>Green Bay Area Public School District **</b></p> <p><b>Green Bay, Wisconsin</b></p>	<p><b>Sara Schmitz RD (920) 391-2565 (X 6628)</b></p> <p>1210 Guns Road Green Bay, Wisconsin 54311</p>	<p><b>Changes:</b> In middle schools,</p> <ul style="list-style-type: none"> <li>• Removed low-nutrient foods from a la carte lines and replaced with alternatives such as fresh fruit and vegetables, baked chips, and bagels</li> <li>• Eliminated a la carte serving line and incorporated a la carte items throughout other meal selection lines</li> <li>• Beverages include 100% Juice, water and milk</li> </ul> <p><b>Revenue:</b> Daily a la carte revenue decreased, however, school meal participation increased. Revenue generated by increase in school meals more than doubled the lost a la carte revenue.</p> <p><i>Additional programs:</i></p> <ul style="list-style-type: none"> <li>• Health curriculum on video (featuring the Green Bay Packers football team members) focused on nutrition, physical activity, and social wellness.</li> <li>• Hoop house program (similar to a green house) that extends the growing season. They are starting a pilot project (joint effort between Green Bay Area Public School Food Service and Brown County UW-Extension) to have a hoop house at the School District Food Service Center. Students will assist in planting and harvesting foods.</li> </ul>
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**\*\*More information can be found in "Making It Happen! School Nutrition Success Stories"**  
Available at <http://www.fns.usda.gov/tn/Resources/index.htm>