



**What is the “Food and Fun” Program at the Community School?** Supported by volunteer energy and close collaboration with teachers, Food and Fun lessons occurred each month in the 1<sup>st</sup>\*, 3<sup>rd</sup> and 5<sup>th</sup> grades in the Elementary School. Messages were positive and encouraging, not judgmental; no food is a “bad” food. The idea was for the kids to have fun, learn, feel empowered about making good choices, and to hopefully try some new things! In addition to in-class lessons, Food and Fun expanded with the 5<sup>th</sup> graders to include a monthly lunch (Lunch Bunch) for students and teachers.  
*\*monthly lessons for 1<sup>st</sup> graders began in January.*

### What Topics Did we Cover in the 2011-12 school year?

Shown below is the 5<sup>th</sup> and 3<sup>rd</sup> grade curriculum; 1<sup>st</sup> grade began with the Go food/Slow food lesson and then followed the January- May curriculum. References to Healthy Kids Ideas Exchange newsletters can be accessed at: [www.healthykidsideas.com](http://www.healthykidsideas.com). Click on “Healthy Kids Monthly Newsletters” on the green bar, then scroll to referenced month/topic.

Month	Topic	Recipes	Resource for Parents See Monthly Newsletter for:
Sept	Go foods/ slow foods and sensational snacks	In class: Triscuits/ Cheese/ Sunbutter/ Apples/ Bananas	<a href="#">April 2011: Choose Foods that Make You “Go!”</a>
Oct	Breakfast and Whole Grains	In class: Whole Grain Breakfast “Bar” (barley, quinoa, bulgur and steel cut oats prepared in rice cookers with yogurt and fruit toppings)	<a href="#">April 2010: Breakfast Make-Over</a>
Nov	Thankful for Food/ What’s On Your Plate?	In class: Apple Crisp; Pumpkin Tart	<a href="#">November 2011: Thankful for Food</a>
Dec	Sugar Sugar	Lunch Bunch: Sweet Potato Burrito Bowl	<a href="#">December 2011: Sugar Sugar!</a>
Jan	My Plate	Lunch Bunch: Whole Wheat Lasagna, Salad, Fruit	<a href="#">January 2012: Messages from My Plate</a>
Feb	Eat a Rainbow	Lunch Bunch: Baked Potato Bar with rainbow toppings; blueberry crumble	<a href="#">February 2012: Eat a Rainbow!</a>
March	Grade Your Lunch	Lunch Bunch: Fiesta Casserole, fruit, pumpkin custard	<a href="#">March 2012: Grade Your Lunch</a>
April	Better Beverages	In class: Four beverages including Shrek Shake Lunch Bunch: Veggie Chili with brown rice; banana chocolate muffins	<a href="#">April 2012: Better Beverages</a>
May	Program Evaluation	In class: homemade ice cream (only 5 ingredients!) Lunch Bunch: Enchie Pie	Data available in Summer 2012

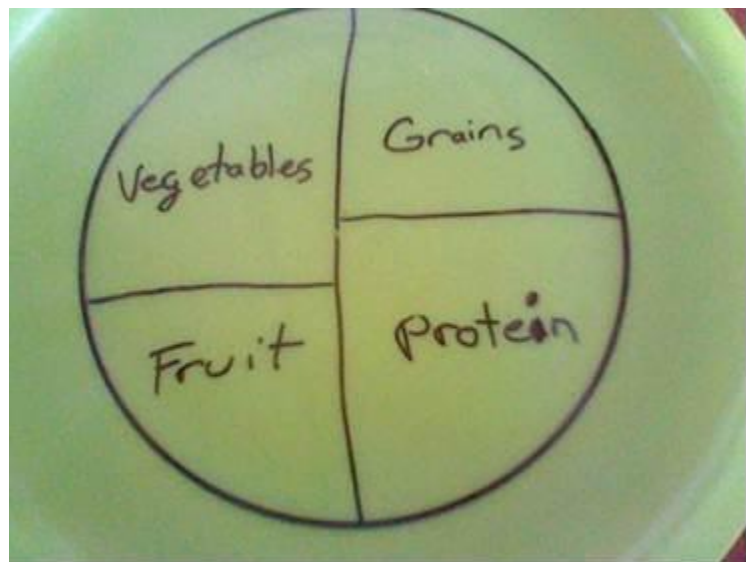
Note: Recipes prepared are always nut-free. For the 5<sup>th</sup> grade Lunch Bunch, recipes prepared were also gluten-free. All recipes are available on-line via the [healthykidsidea.com](http://healthykidsidea.com) website (see Delicious and Nutritious).

## What is Some of the Feedback about the Program?

Here are some comments from the kids about the program:

- “(The most important thing I learned Food and Fun was) how much sugar there is in soda.”
- “(My favorite thing about the program was) learning about food and trying new ones.”
- “(The most important thing I learned Food and Fun was) how to read labels or grade my lunch.”
- “(My favorite thing about the program was) all the foods I tried and learning about balanced eating.”

Please also see Attachment 1 for an example of the Fruit/Veggie color tasting experiment and Attachment 2 for the recipe feedback sheets we collected as part of Lunch Bunch.



## What did the kids learn?

Kids in the 3<sup>rd</sup> and 5<sup>th</sup> grades took a pre-program test as well as a post-program test to gauge what they learned and retained throughout the year. Questions on the pre and post tests included such topics as, appropriate servings of fruits and veggies, identifying high-energy/sustaining snacks, and reading food labels. Data will be compiled during the month of June and will be available to teachers and parents by the end of Summer 2012.

### What did the teachers think of the lessons?

At the end of each monthly lesson, teachers were given the opportunity to provide feedback and guidance to help volunteers best tailor subsequent lessons. Highlights include:

- 100% of the lessons were viewed as “excellent” or “very good”
- Lessons were tailored to be at “exactly” in sync with the needs and learning capacities of the students.

Example teacher comments include:

-“It was very informative. I loved it!”

-“You covered a lot of information, and it is so important for kids to know about healthy eating.”

- “I also loved the kids taking a risk and trying foods that they hadn’t ever eaten, or had tried once, but were willing to try one more time.”



**What are plans for the program next year?** The program is volunteer-driven and is a collaborative effort between teachers, parents and school. The curriculum has been provided by non-profit Nurture, a volunteer-managed organization which operates through the generosity of individual donors, foundations and grants. For more information about Nurture, please visit [www.nurtureyourfamily.org](http://www.nurtureyourfamily.org)

To get involved with Nurture or the Food and Fun program, please contact parent Kathryn Guylay ([Kathryn@guylay.com](mailto:Kathryn@guylay.com)) or ES Head Janet Salvoni ([jsalvoni@communityschool.org](mailto:jsalvoni@communityschool.org)) for more information.



Thank you to Chrissie Huss for volunteering her time in order to bring this program to the 1<sup>st</sup> grade.

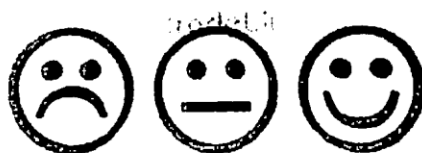
Thank you to Mary Hall for her monthly assistance with the 5<sup>th</sup> grade Lunch Bunch program.

Thank you to all parents, the Parent Association, and especially teachers Bev, Hannah, Janet and Kathy for helping this program succeed!

I tried:

<p><b>Red</b></p> <ol style="list-style-type: none"> <li>1. apple 😊</li> <li>2. tomato 😊</li> <li>3. raspberry 😊</li> </ol>	<p><b>Orange</b></p> <ol style="list-style-type: none"> <li>1. carrot 😊</li> <li>2. Orange 😊</li> <li>3. winter squash 😊</li> </ol>	<p><b>Yellow</b></p> <ol style="list-style-type: none"> <li>1. pepper 😊</li> <li>2. mango 😊</li> <li>3. pineapple 😊</li> </ol>
<p><b>Green</b></p> <ol style="list-style-type: none"> <li>1. Cuke 😊</li> <li>2. Salad 😊</li> <li>3. basil 😊</li> </ol>	<p><b>Blue/Purple</b></p> <ol style="list-style-type: none"> <li>1. Blueberry 😊</li> <li>2. grape 😊</li> <li>3. cabbage 😊</li> </ol>	<p><b>White</b></p> <ol style="list-style-type: none"> <li>1. pear 😊</li> <li>2. potato 😊</li> <li>3. cauliflower 😊</li> </ol>




Please put a happy, neutral, or sad face beside each fruit/veggie that you tried. Remember, if you didn't like it the first time, this does not mean that you will never like it!



Have Fun!




Thank you!

Lunch Bunch Recipe Evaluation  
(please circle your reaction to the food)

Veggie Burrito	1= Yuck 	2= OK 	3 = I'll try this again! 
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