

## Changing the Food Environment: Making it Happen

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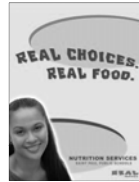
## SPPS Demographics

- 38,000 Students
  - 70+ languages/dialects
  - 73% F/R eligible
- Financially Solvent
  - \$21 mil budget
  - \$3.3 mil fund balance
  - 34% food cost
- Participation
  - 41% Breakfast
  - 78% Lunch
  - \$2,500 a la carte / day



## SPPS Programs / Operation Style

- Cook/Chill Central Kitchen
- Ship out once daily
- Brown Box Commodities
- Make it Fresh...
  - Wraps and sandwiches
  - Sauces, lasagna, chili, soups
  - Whole wheat baked goods
- Breakfast 2 Go
- FFVP – 300 classrooms
- “Unlimited” Choice Bars



## Mission Statement

We create and serve foods that students get excited about! Our “healthy hits” are served with respect by a caring staff effectively managing resources.



## The “Healthy Hits” Process

### Recipe Submission:

Teriyaki Chicken & Edamame

Is this healthy?

Do we think it will be a hit with kids?

**YES!**

## The Healthy Hits Process

### Analyze Cost Per Serving

Is it \$0.60 or less per serving?

**YES!**

\$0.28 per half cup



## Other Healthy Hits Successes

- Chicken Suqaar & Vegetable Rice
- Thai Peanut Chicken w/ Noodles
- Szechuan Chicken Rice Bowl →
- Corn & Barley Ensalada
- Hmong Beef Fried Rice
- Focaccia Bread
- Roasted Rosemary Potatoes
- Smart Cookies w/ Flax
- Energy Bar w/ beans



### Favorite Flops

Veggie Loaf, Winter Melon Soup, Chinese Mustard Greens

## School Food FOCUS Learning Lab Goals



- Lower sugar in flavored milk
- Hamburger & Hot Dog Buns w/ whole wheat
- Unbreaded, bone-in chicken
- More local/sustainable fruits and vegetables (F2S)



## SPPS Progress Towards IOM Standards – Met (Food Based K - 5)

IOM Recommendations - F & V's	SPPS Actual	Met or Not Met
<b>Breakfast:</b> 1 cup per day	Apples, oranges and/or banana and 100% juices offered daily	YES
<b>Lunch:</b> ¾ - 1 cup veggies and ½ - 1 cup fruit	In addition to hot vegetable, offer an "Unlimited" Choice Bar	YES
IOM Recommendations - Milk	SPPS Actual	Met or Not Met
8 fl. oz., fat content to be 1% or less	Offer 1% and skim only	YES
Flavored milk must be fat-free	Flavored milk is fat-free	YES

## SPPS Progress Towards IOM Standards – Met

- Meat or Meat Alternative and Grains/Breads

IOM Recommendations – Grains	SPPS Actual	Met or Not Met
At least half of the grains to be whole grain rich	<b>Breakfast:</b> More than 90% <b>Lunch:</b> More than 60%	YES YES
IOM Recommendations – Meat or Meat Alternative	SPPS Actual	Met or Not Met
<b>Breakfast:</b> 1.0 oz daily plus 2 grains	2 grains or 1 grain and 1 M/M	NO
<b>Lunch:</b> 1.6-2.4 oz. daily average over wk	10 oz. daily over wk	YES

## SPPS Progress Towards IOM Standards – Met

- Fat % of total calories over week

IOM Recommendations	SPPS Actual	Met or Not Met
<b>Breakfast</b> <30% total fat <10% saturated fat 0 grams trans fats	<b>Breakfast</b> 24.2% 9.4% 0 grams per serving	YES
<b>Lunch</b> <30% total fat <10% saturated fat 0 grams trans fats	<b>Lunch</b> 24.8% 6.7% 0 grams per serving	YES

## SPPS Progress Towards IOM Standards – Not Yet

IOM Recommendations	SPPS Actual	Met or Not Met
Starchy vegetables limited to ½ cup per week (potatoes, corn, peas)	1 – 1.5 cups per week	NO
1.4-2 Grains per day PLUS 1-2 M/M	Offer 2 grains or 1 grain and 1 M/M	NO
<b>Breakfast Calories:</b> 350-500 <b>Lunch Calories:</b> 550-650	613 minimum (as required) 664 minimum (as required)	NO-due to current regs
<b>Breakfast Sodium:</b> <430 mg (by 2020) <b>Lunch Sodium:</b> <640 mg (by 2020)	593 mg 1250 mg	NO

## How We Get it Done

- Leveraged Our Strengths to Transform School Meals in St. Paul
  - Centrally-prepared scratch cooking
  - Built partnerships to jump hurdles
  - Marketed program successes
  - Celebrated flops
  
- Our "Tombstone" Goals
  - Impact lifelong eating habits of students
  - Impact choices available outside the cafeteria
  - Students remember us for creating a warm and welcoming environment *plus* great food



## Thank You!

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