



**Changing  
the Face of  
Child  
Nutrition**



## Our collaborative aim today

Inspire those in child nutrition to get better every day at “Serving” our students and staff.

Motivate those not in child nutrition, to connect and collaborate with child nutrition to let them know you wish to partner with them to better “Serve” our students and staff.

**CAN YOU TELL IF A STUDENT HAS HAD BREAKFAST BEFORE SCHOOL?**

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**CAN YOU TELL IF A STUDENT IN YOUR AFTERSCHOOL PROGRAM HAS EATEN DURING THE DAY?**

**HOW CAN YOU TELL?**

**HOW IMPORTANT DO YOU FEEL IT IS TO FEED THEM GREAT FOOD DURING THE DAY?**

**DO YOU FEEL IT IS IMPORTANT THAT STUDENTS HAVE SOMETHING TO EAT DURING AN AFTERSCHOOL PROGRAM?**

**WHY OR WHY NOT?**









<https://www.youtube.com/watch?v=AneiWAL3QFI>

**Just 15 minutes can save you...**



**NOM NOM NOM**



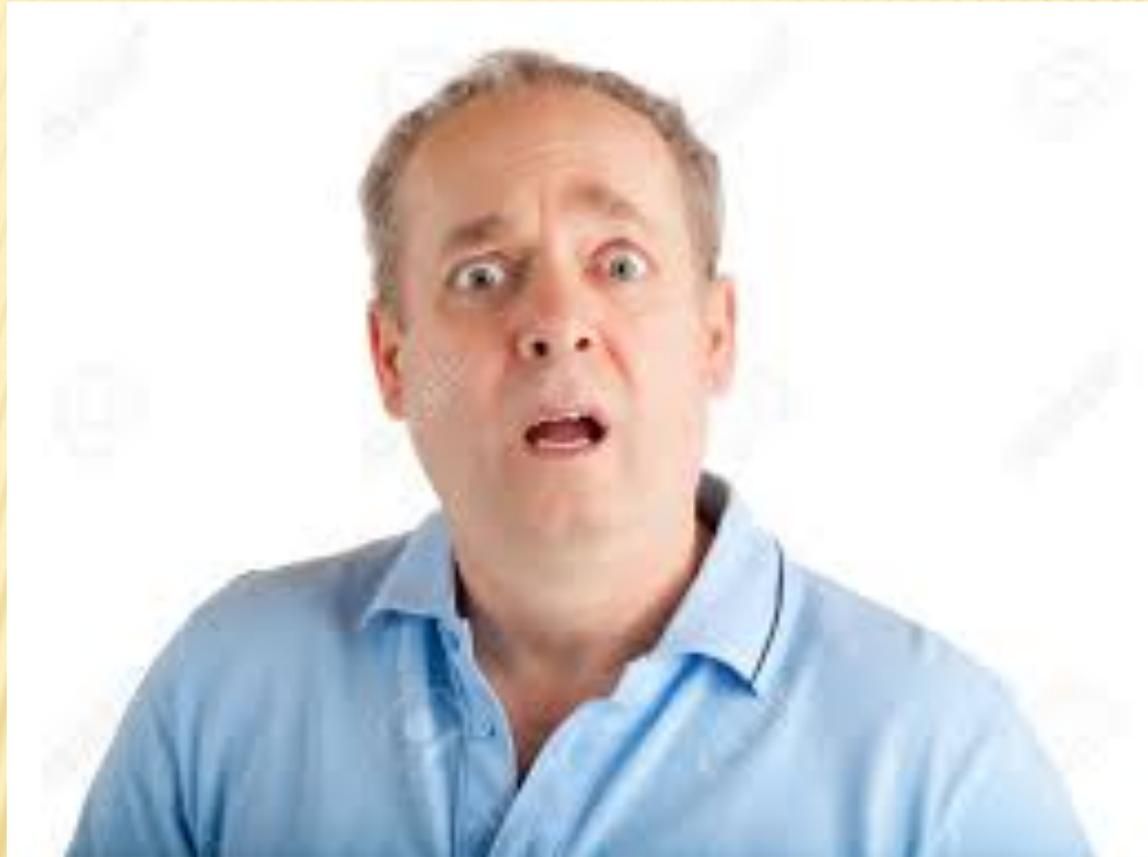




I JUST SAVED A BUNCH OF MONEY  
ON MY CAR INSURANCE...

...BY SWITCHING TO **WINE**  
AND NEVER LEAVING MY HOUSE!











<https://www.youtube.com/watch?v=1Rl8gsQp1ls>



This is how we do it!

<https://www.youtube.com/watch?v=m-NsnX6YZqo>



<https://www.youtube.com/watch?v=nu1v7gglpzs>

VISTA UNIFIED SCHOOL DISTRICT  
EXCELLENCE \* INNOVATION



# WAVECREST CAFE

FreshHealthyDelicious | [WaveCrestCafe.com](http://WaveCrestCafe.com)



MBB



Fear Factor Challenge at  
Alamosa Elementary



<https://www.youtube.com/watch?v=itJ3eFGLkuA>



Olive 5<sup>th</sup> grade class helping me make a pizza for the superintendent with fresh basil they grew in the classroom in a homemade aquaponics farm.

# SCHOOL LUNCH HERO DAY™

May 1<sup>st</sup>, 2015

Lunch Lady Hero  
Books



Vista Strawberry Festival



Here's the reality for many of our students.

- They get their breakfast served to them through a window at school.
- They get their lunch served to them through the window at School.
- They get their after school snack handed to them at school.
- Their parents take them through a drive-thru window for dinner.
- They are never involved in the meal planning process.
- They rarely get to see food being prepared or sharing in the process.

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Make the after school dining experience a true "dining experience" and not the "herd 'em in, herd 'em out" lunch rush they experience in the middle of the school day?

- Slow down and enjoy the food with them.
- Have them name their dining space.
- Have them decorate their eating area.
- Have them eat in smaller, more intimate groups.
- Have staff sit down and enjoy the meal with them?
- Ask CNS to pay for the meals.

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- Invite after school staff to enjoy the meal with the students as a slightly modified "family-style" service.
  - When the staff sit down and eat with the kids, they can model healthy eating behaviors, practice good manners, engage in conversation skills, and everyone benefits.
  - This could be the only mealtime some of these students have with an adult or a positive role model.

- We Offer A Cooking Cart to your after school programs so they can get cooking with their kids.



Our Cooking Cart is a mobile kitchen that we send out to schools along with ingredients for them to make one of the recipes from our own cookbook.



The kids always love making food together.









- Ask the kids to give feedback about their meals, how they are prepared, what they like and don't like.
- Engage them about the food and how it affects learning.
- Asked them to be a part of the fun and reward them for their efforts.
- Created Cooking Clubs with your kids?
- Garden with your afterschool kids one to two days a week.
- Ask CNS to partner with you to serve what is grown in the gardens, in the cafeteria.

<http://youtu.be/CvUdC0yESw>

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**Are there other ways you can get CNS involved with your afterschool or summer programs?**

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**If there is anyway I can serve you or  
your district, please don't hesitate to  
contact me.**

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