



SPRING



NUTRITION NEWS

WHAT'S HAPPENING IN SCHOOL FOOD?

Good for the Environment, Good for School Meals

Did you know that your school cafeteria practices environmental stewardship? Here are some “green” initiatives your local school food service program may be taking now or in the near future:

- Serving more fruits and veggies than ever before and, when possible, buying local produce grown within 250 miles of the school district from community-based farmers
- Tracking what food students take but don't eat to help prevent future food waste
- Going tray-less, wherever possible, which conserves water and energy due to less dishwashing while helping to reduce food waste
- Improving on current energy saving and waste reducing strategies every school year

Plant-based foods, such as beans, whole grains and vegetables, require less water to grow and produce less greenhouse gases compared to raising beef and chicken.^{1,2} Further, schools are serving more legumes, fruits and vegetables than ever before. As part of each reimbursable breakfast and lunch, students must take at least ½ cup of fruit or vegetables. Also, vegetarian entrees are available each day. In a recent poll of over 125,000 students, 32% said they have tried vegetables at school they never had at home and over ¼ said they eat more fruits and vegetables at school than at home.³

Students Are Interested

In that recent poll of 125,000 students, 31% said having locally grown fruits and vegetables was *very important* when deciding on whether or not to buy school lunch.³

Aramark is committed to working with local farmers through a purchasing database that connects local school foodservice programs with produce growers within a 250-mile radius of your school district. This list continues to grow as Aramark identifies more local producers within each community.



Want to Know More?

If you have questions about what green practices your school cafeteria is doing or to see how you can help with their green efforts, contact your school food service director.

¹ Mekonnen, M., et al. The Green, Blue and Grey Water Footprint of Farm Animals and Animal Products. Value of Water Research Report Series, 2010; 48: UNESCO-IHE, Delft, The Netherlands.

² Carlsso-Kanyama A., et al. Potential Contributions of Food Consumption Patterns To Climate Change, J Clin Nutr 2009; 89(suppl): 17048-98.

³ 2016 ARAMARK Student ViewPOINT Survey



Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about a diet and exercise plan that's right for you. visit myhealthyforlife.com



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