

Healthy School Breakfast and Summer Meals Programs



Healthy Works, which is the County of San Diego's Communities Putting Prevention to Work (CPPW) program, is funded by the federal Centers for Disease Control and Prevention through the American Recovery and Reinvestment Act from March 19, 2010 to March 18, 2012. The goal of the grant is to reduce chronic disease through environmental and systems changes that target three focus areas: healthy physical activity, healthy nutrition, and healthy school environments.

Focus Area: Healthy Nutrition

Background: Breakfast and summer meals programs in the San Diego Unified School District (SDUSD) are underutilized: only 25-30% of students in schools with regular breakfast programs eat breakfast, and less than 3% of eligible children participate in Summer Meals programs.

Outcomes:

- Institutionalize model breakfast delivery systems in high-need areas of SDUSD.
- Increase participation in Summer Meals programs.
- Create a sustainable systems procurement policy that will promote the inclusion of locally grown food into school meal programs.

Deliverables:

Healthy Breakfast Program

- Increase student participation in the Healthy Breakfast program by:
 - o 95% from baseline in selected elementary school sites.
 - o 50% from baseline at selected secondary school sites.

Summer Meals Program

- Develop and implement strategies to increase Summer Meals program participation within one target school district by 25% at non-school community sites.

Farm to School Action Plan

- Create and implement a Farm to School Action Plan in coordination with the San Diego Growers Collaborative facilitated by the Tierra Miguel Foundation.

Contractor: San Diego County Office of Education

Subcontractors: San Diego Unified School District (SDUSD)

Contact:

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