



Madison Metropolitan
School District

**School Food and
Nutrition at MMSD -
Basics**

November 1, 2023



**14,000
meals
served daily**

Hot and cold
breakfast and lunch
options in 52
schools

Challenges in School Food & Nutrition

- Competition from the private sector
- Time and Space
- Fiscal pressure
- School food generally suffers negative perception and stigma
- School food can be seen as secondary
- School staff skills have atrophied through shift to manufactured foods
- Public perception





Incentives for Healthier Choices

How Meal Programs Are Developed at Schools

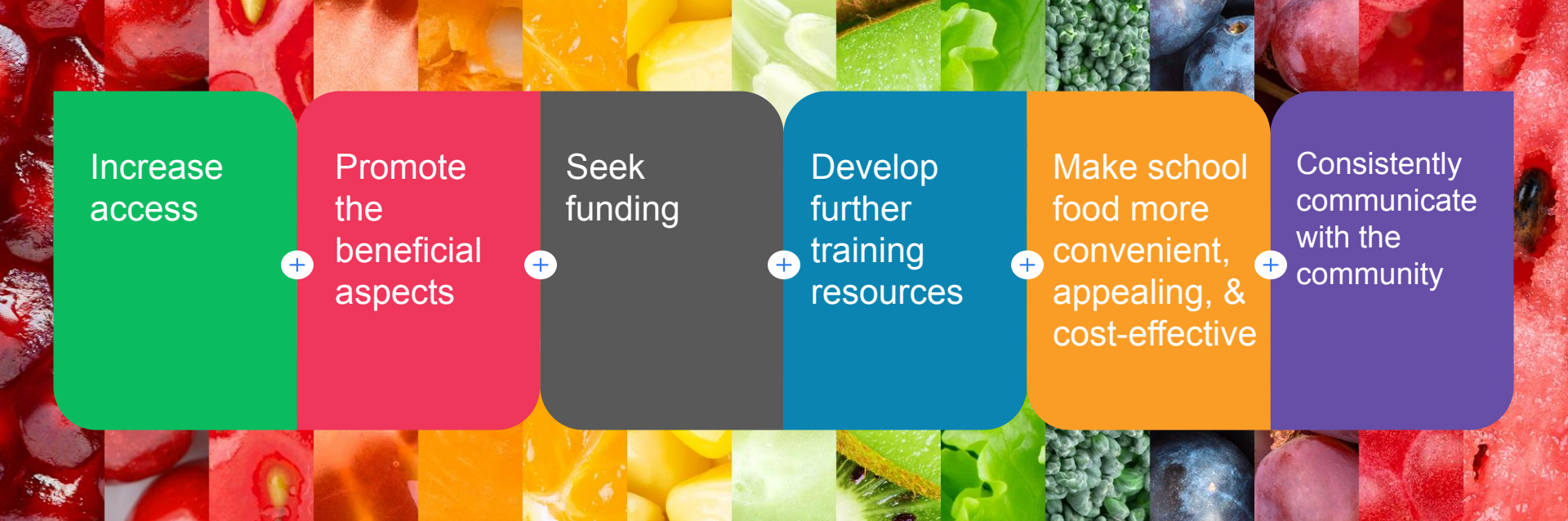


- Basis is the weekly meal pattern requirement using 5 components - required
- Staff, budget, and infrastructure availability drive the scope of program variety and quality
- What foods are available?
- What foods are accepted or popular?

Recommendations to Increase Access to Healthy Options

- Remove cost and administrative barriers to program for students
- Find funding for healthiest ingredients (often premium cost)
- Find funding for higher-risk pilot programs emphasizing access to whole (unprocessed) foods and access in general, such as mobile service points
- Additional staff training
- Awards to schools featuring or increasing healthier food options
- Manage access to delivered retail food options to schools
- Promote connection between healthier foods and academic/athletic achievement and good behavior in school
- Educate students on long-term benefits of healthy eating

Solutions to main challenges



Increase access



Promote the beneficial aspects



Seek funding



Develop further training resources



Make school food more convenient, appealing, & cost-effective



Consistently communicate with the community



Discussion Q & A