



**Nutrition Services**  
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Dear Parents and Caregivers,

I wanted to give you a view of my first 30 days as Interim Director of Nutrition Services for Boulder Valley School District. One thing's for sure, it's been a whirlwind.

Some of the structural highlights:

- ✓ Wrote menus and produced year-long calendars which were distributed to students in all elementary and middle schools.
- ✓ Established relationships with local and regional purveyors including evol Burritos, Black Jack Pizza, Sinton/Organic Valley Dairy, Federal Produce, Rudi's Bakery, Ready Foods and Justin's Nut Butters.
- ✓ Worked with the team of 175 employees on training and implementation of new food, cooking, service and computer procedures. The entire staff attended a full-day seminar on food-safety and sanitation.
- ✓ Purchased approximately \$175,000 of new equipment to support the new "real food" menus.
- ✓ Set up *Pay for It*, an online payment system to help families pay for and monitor their children's account. Check out: <http://bvsd.org/food/Pages/PayForIt.aspx>.
- ✓ Worked with our partners in School Food Project to raise \$400,000 to help defray the costs of equipment, training and the calendars.

Some of the food highlights:

- ✓ Eliminated all high fructose corn syrup.
- ✓ Eliminated all added trans-fats (hydrogenated and partially hydrogenated oils).
- ✓ Eliminated highly processed foods.
- ✓ Reduced or eliminated refined sugars and refined flours.
- ✓ Reduced or eliminated chemicals, additives and dyes.
- ✓ Added full salad bars in all schools that include meat and vegetable protein and fresh produce.
- ✓ Began serving bulk organic Colorado milk at lunch and hormone and antibiotic free milk at breakfast.
- ✓ Instituted Universal Breakfast in the classroom at three schools and are in the process of adding breakfast service to all schools.
- ✓ We are serving fresh fruits and vegetables every day at lunch.
- ✓ We are serving at least one vegetarian entrée everyday at lunch.
- ✓ All of our bread and bakery products are whole grain.

With all of these many positive changes to the school meals, we want to encourage you and your children to participate in the school breakfast and lunch programs. In fact, one of the most important things you can do for your child's education and well-being is to ensure that they are well fed both at home and in school. When you allow and encourage your children to eat school breakfast and school lunch, this not only helps ensure their health and academic abilities, but it also supports the Nutrition Services Department and, hence, the entire school district.

**The more students who eat meals at school, the more financially viable the program becomes.**

Additionally, we are working with the schools and in collaboration with the GROWE Foundation and ECO-Cycle to provide composting, recycling and gardens in as many schools as possible. These valuable lessons, along with healthy/delicious/thoughtful eating, are a mainstay of the Nutrition Services Department.

The changes we are making are part of a district-wide effort called the School Food Project (SFP). The SFP vision is to assure that: *All children of Boulder Valley School District will have daily access to fresh, flavorful and nutritious food made with wholesome and, when possible, local ingredients, so that every child may thrive.*

We hope you will join us in helping your children make healthy food choices in school and at home. Together we can help raise a new generation of healthier and better educated young people.

**Remember, we need your help to keep this program growing and viable; please have your children eat school lunch!**

**Thank you for your continued support,**

Ann Cooper