

# FLOYD GETS FIT!

Volume 1, No. 1

A William Floyd School District Special

2009-2010 School Year

## Transforming Student Nutrition



Elementary students enjoying a healthy meal during the first month of the district wide Floyd Gets Fit! initiative.



## No more Polystyrene!

Going green at William Floyd means much more than school pride and donning the colors of the Colonials. It means eliminating the use of polystyrene material at all school buildings during meals.

Polystyrene is a petroleum-based product and a known carcinogen that can take many years to decompose. In fact, studies have shown that one polystyrene cup could take as long as 50 years to break down.



## New look

Besides school meals, cafeteria spaces have also been transformed. All elementary cafeterias received a colorful mural (above) - one that aligns itself with the district's diversity initiative and all received new paint and/or framed photos of healthy food choices supplied by the New York State Department of Education.

Healthy choices are becoming part of the culture in the William Floyd School District. Students will receive a bracelet bearing the Floyd Gets Fit! slogan (below) in Floyd green to remind them to make healthy choices everyday.



## Going Healthy, Going Green

The William Floyd School District has transformed its meal program for students throughout all schools.

Now, instead of the ordinary run-of-the-mill school breakfast and lunch, students will have the opportunity to choose from a variety of healthy foods. Trans fats are no longer allowed, as well as food items containing artificial sweeteners, artificial colors and artificial flavorings.

Beginning this past September, all school meal items now follow the New York State Education Department's "Choose Sensibly" guidelines, along with a much more stringent set of nutritional guidelines established by the District. See below for a list of detailed changes. "We are teaching our students to make healthy choices as part of a well-rounded education," said Dr. Paul Casciano, Superintendent of Schools for the William Floyd School District. "We want our children to not only be successful in their

education and future careers - we want them to live long healthy lives."

Other changes to be made include the introduction of fresh vegetables; raw, steamed or roasted will be served instead of canned vegetables (with the exception of whole kernel corn and canned tomato products).

Additionally, fresh white and sweet potatoes will be offered and served in a variety of ways.

"Our children deserve to eat healthy," said Anne Marie Caliendo, Assistant Superintendent for Business. "Studies have shown that improved nutrition has a positive effect on academic scores, behavior and overall health," she added.

Food studies conducted have shown an increase in health, nutrition, nutritional knowledge, test scores, behavior and even improved family eating habits (trickle-up effect).

For more information on research and studies performed, please log onto [www.foodstudies.org/results/researchsummaries.htm](http://www.foodstudies.org/results/researchsummaries.htm).



Vending machines are also getting a makeover - they are stocked with healthy snacks, water and beverages made with blends of 100% fruit juices.

### MealpayPlus

You can monitor and pre-pay your child's meal account by logging onto [www.wfsd.k12.ny.us](http://www.wfsd.k12.ny.us) and signing up for this free service.

Sign up now and take advantage of the 10% pre-payment bonus for the month of December!

For every \$1 deposited into your child's account, you will receive a 10¢ bonus!

## The NEW William Floyd School District Breakfast & Lunch Program!

Salad bars.....a choice of at least two meats, two cheeses and one bean protein source offered  
Sandwiches/wraps...Boars Head or comparable only sandwich meats containing a minimal amount of nitrates  
Sandwich Salads.....tuna, egg or chicken offered daily  
Bread.....sandwiches on whole wheat, whole grain breads, rolls, wraps and bagels only  
Cereals.....whole grain with seven grams or less of sugar and at least two grams of fiber per serving  
Instant oatmeal.....served daily, hot oatmeal with fruit and granola toppings offered during winter months  
Pasta.....semolina and durum flour will be offered along with wheat pasta and couscous  
Soups.....homemade only  
Bacon/Sausage.....only turkey bacon and chicken or turkey sausage will be offered  
Yogurts.....low-fat or fat-free; no high fructose corn syrup, corn syrup, artificial sweeteners, colors or flavors  
Yogurt parfait.....freshly prepared yogurt parfait with fresh/frozen fruit and granola will be available  
Butter.....only real butter will be used, no artificial fats or butter substitutes

Fat.....7 grams or less  
Saturated Fat.....2 grams or less  
Sodium.....360 milligrams or less  
Sugar.....15 grams or less  
Vegetables..... a variety of raw, steamed or roasted will be offered (no canned vegetables)  
Potatoes.....fresh white and sweet prepared in a variety of ways  
Fruit.....minimum of two fresh fruits will be offered daily and regularly rotated  
Fruit salad.....offered at least once per week  
Beverages.....only fat free or 1% regular or flavored milk will be offered daily  
Juices.....blends of 100% juices only, no sugar or other artificial ingredients  
Salads.....fresh green salads with 100% dark leafy greens (no iceberg lettuce)  
Dressings.....homemade only and minimally processed