

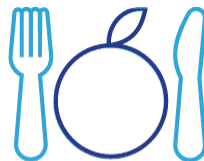


Elevate!

Middletown's Weekend Nutrition Program for Students



Middletown Public Schools
Cultivating the Brilliance in Each Student

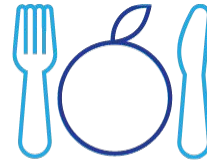


FOOD & NUTRITION
Middletown Public Schools

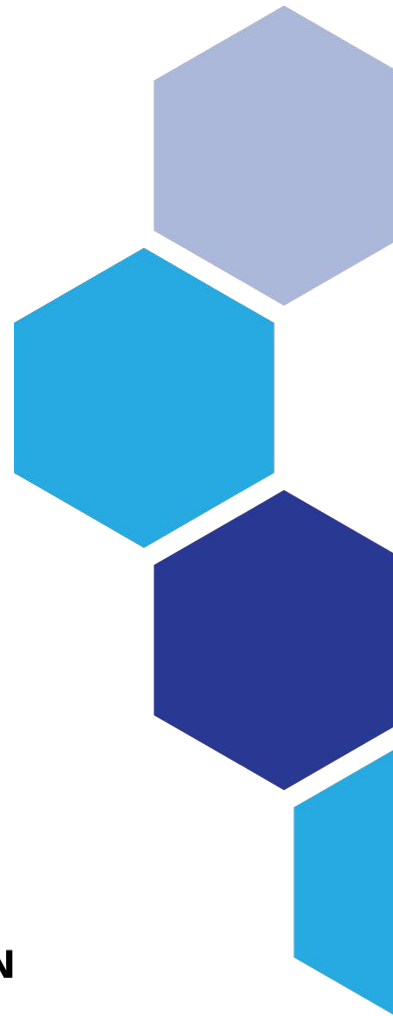


Program Overview

- Providing access to nutritious foods for interested students on the weekend
- Run in partnership with St. Vincent De Paul of Middletown (Amazing Grace Community Markets)
- Currently provides weekend nutrition each week to:
 - 360 Elementary School Students District Wide
 - Over 300 Middle School students
 - Over 400 High School students

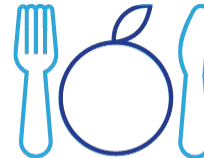


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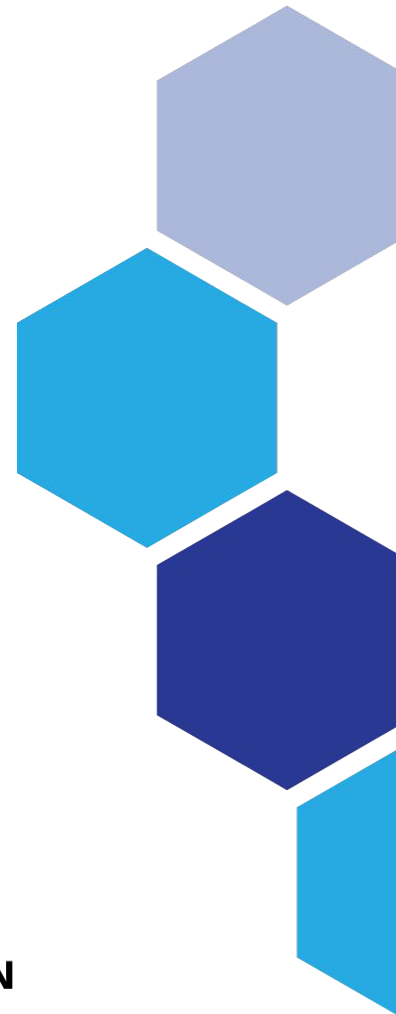


Timeline

- 2020: St. Vincent De Paul takes over backpack program, offering weekend food to Title I Elementary Schools
- 2022: Program Expands to all Elementary schools
- 2024: Expansion program funded in part by the City of Middletown to provide weekend nutrition at all grade levels led by St. Vincent
- October 4th, 2024; Official Launch of the rebranded “Elevate” Program



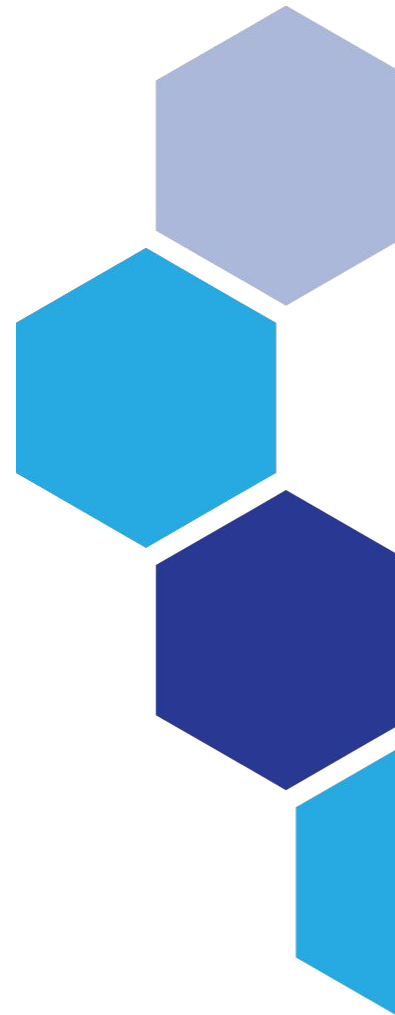
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Nutritious Options



- In collaboration with the Office of Food, Nutrition and Wellness Services, myself and dietetic interns from the University of New Haven review all options available to students to ensure they meet the Connecticut Nutrition Standards.
- Students receive (or have the option to select) a variety of options including (all shelf stable):
 - Protein sources (chicken, tuna, soups, yogurt)
 - Fresh Fruit options (working on veggies next)
 - Easy to Prepare options including soups and macaroni and cheese
 - Whole Grain, low sugar cereals, oatmeal and snacks
 - 100% Fruit Juice



Student/Family Feedback

- Elementary Backpack Program: Annual surveys show over 90% of families enjoy and appreciate the food from the program
- Middle School and High School: Informal student feedback has been overwhelmingly positive. Formal surveys will be distributed in January



THANK YOU

