

# Memo

**To:** Michael E. Robey, Ed.D., Superintendent  
**From:** Susan Montgomery, Executive Administrative Assistant  
**Date:** July 17, 2012  
**Re:** Action for Healthy Kids Memorandum of Understanding

---

Action for Healthy Kids has approved four small grants, ranging from \$1,000 to \$2,000, to increase access to healthy foods at Jane Addams, Lincoln, Melrose Park and Stevenson Schools during the 2012-2013 school year. Ann Andreoni, Ph.D., RN, the Loyola Community Health Nurse who works with our District, submitted the application on District 89's behalf. As part of the Action for Healthy Kids program, the schools must implement at least one taste test opportunity for the entire student population, implement nutrition education lessons, and must provide information to students/parents on nutrition and caloric content of foods available. The schools' Safety and Wellness Councils will assist in implementing this program in their respective schools.

Background:

The USDA nutrition guidelines are changing to include provision of more fresh fruits and vegetables in school meals. As Maywood-Melrose Park-Broadview School District 89 has a large number of students from low-income households, many of these students have limited or no access to fresh fruits and vegetables and are skeptical about trying unfamiliar foods. The district has had success in venues where we have allowed children to make choices about which fruits and vegetables they would like to try. Our goal, through this grant program, is to provide healthy and appetizing fruit and vegetable choices in a "salad bar" type of arrangement. We hope that by offering choices in an appealing display, children will increase their fruit and vegetable consumption. Food selections on the salad bar could be adjusted to celebrate themes, seasons or holidays (e.g. "green food week" or Cinco de Mayo). Teachers would be able to purchase items from the salad bar, thereby modeling healthy behaviors. The District's Health and Wellness Committee has been working toward the goal of "lunch line redesign" and improving the lunch room environment; installation of a salad bar is a significant step toward this goal. A secondary goal is to make the lunch room environment more inviting by decorating the walls with posters and using other items such as baskets to display lunch items.

One of the four Memoranda of Understanding is attached to serve as an example of the documents that will be submitted.

**Recommendation:** The Board of Education grants verbal approval for staff to sign the Memoranda of Understanding with Action for Healthy Kids to participate in the Healthy Kids Program for the 2012-2013 School Year.