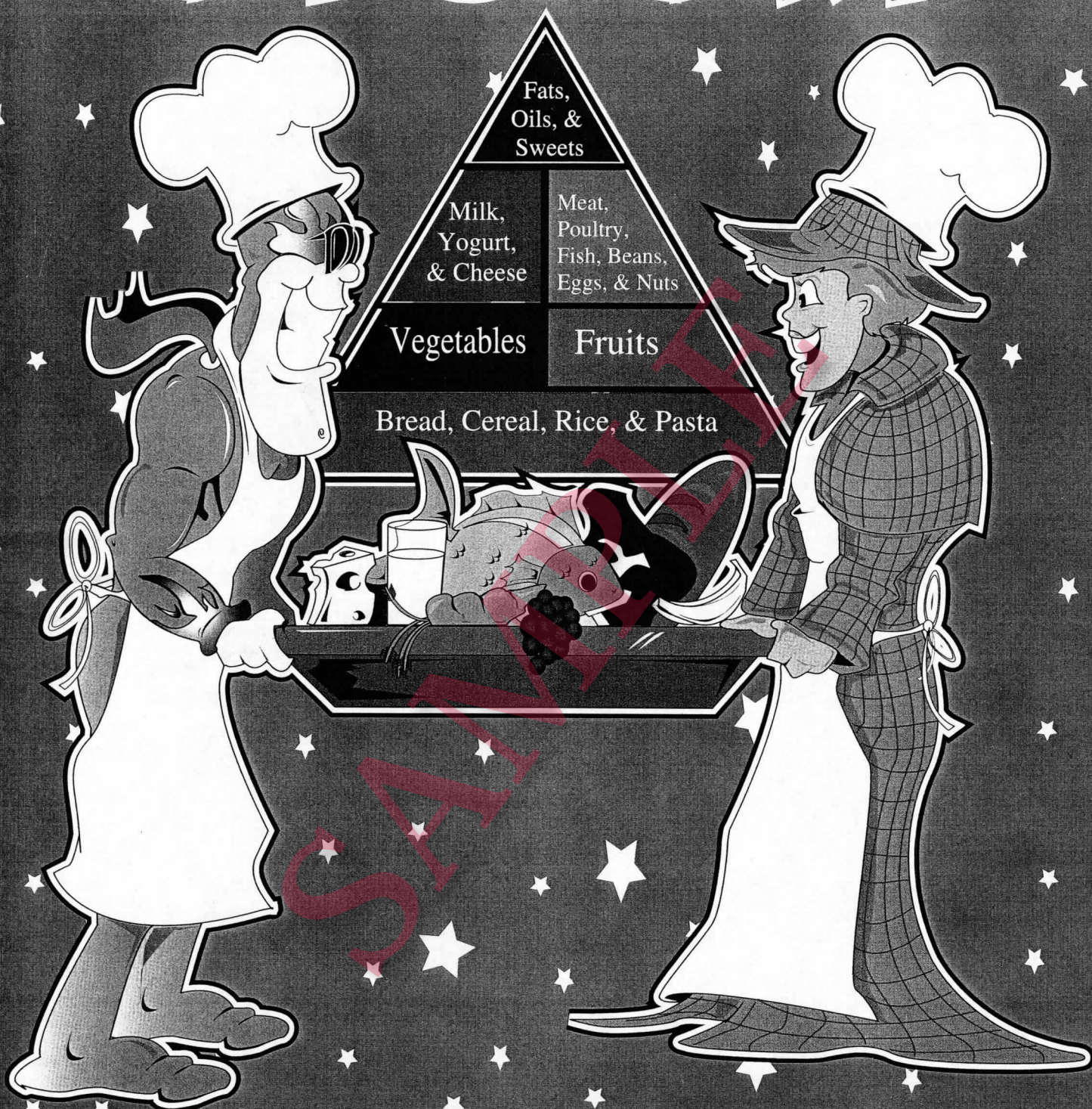


EAT SMART



SCHOOL NUTRITION PROGRAM GUIDE

A GUIDE for Service Directors, Managers,
and Cooks in Elementary Schools



How to Use this Guide

The *Eat Smart* School Nutrition Program Guide is divided into the sections and appendices listed below. Individual members of the food service staff should become familiar with different sections, depending on the tasks for which they are responsible. Each section includes guidelines and tips for making it easier to modify your school meals.

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The *Eat Smart* Program Guide was originally developed for the Child and Adolescent Trial for Cardiovascular Health (CATCH). The name of the program has since been changed to Coordinated Approach To Child Health (CATCH). It has evolved over the years in an effort to meet the rapidly changing needs of school food service. **Because changes in school food service continue to occur, portions of this Program Guide may need to be updated periodically to reflect current mandates and requirements.**

Introduction

What is CATCH?

CATCH stands for "Coordinated Approach to Child Health" and is a coordinated health program for elementary schools involving the food service staff, physical education specialists, teachers and parents. The goal of CATCH is help children learn and establish healthy habits that will last for their lifetime.

What is the history of CATCH?

CATCH originally stood for the Child and Adolescent Trial for Cardiovascular Health. CATCH was a research study sponsored by the National Heart, Lung and Blood Institute and took place in 96 elementary schools located in four states (California, Louisiana, Minnesota and Texas) between 1991 and 1994. CATCH tested a multi-component heart-health promotion program that was designed to change: 1) the school environment including food service practices, physical education classes, and tobacco use policies; and 2) student behaviors such as eating foods lower in fat and sodium, being physically active and not smoking.

What is *Eat Smart*?

The *Eat Smart* School Nutrition Program is the name of the school food service component of the CATCH program. The *Eat Smart* Program can be implemented in central kitchen foodservice operations, as well as on-site school cafeterias. By participating in *Eat Smart* you will be working with other school personnel to deliver healthy food and nutrition information to your students, reducing the amount of fat and saturated fat in school meals and promoting your program.

How does *Eat Smart* fit into a Coordinated School Health Program?

Eat Smart is most effective when it is incorporated with the other components of CATCH as part of a coordinated school health program. Nutrition and physical activity messages from the CATCH classroom lessons, take home activities and physical education classes are reinforced through the changes and promotions in the cafeteria. In addition, school foodservice staff members are encouraged to coordinate snack activities with classroom teachers, participate in campus wellness activities, provide cafeteria tours for teachers and student groups and other integrative activities. CATCH emphasizes that the cafeteria staff are a critical element of the school health education team.

What impact do school meals have on what students eat?

The National School Lunch Program (NSLP), serving more than 27 million lunches daily, plays a vital role in the health and well-being of school children. Research has shown that the NSLP has a large impact on the total daily nutrient intake of the students who participate. If children participate in the School Breakfast Program (SBP), the contribution of school meals to total daily intake is even greater. By applying the *Eat Smart* nutrition objectives to the NSLP and SBP, you can help children have healthier diets overall.

How to Implement *EAT SMART*

Food service directors and managers may want to use the model illustrated below as a guide to implementing *Eat Smart* in their districts and/or schools. The specific steps and *Eat Smart* guidelines tested and used by school cafeterias and central kitchens already successfully implementing *Eat Smart* are listed on the pages that follow. The other major components of *Eat Smart* referred to in these steps are covered elsewhere in this Program Guide.

Steps for Making Successful Changes in School Food Service Programs

