



**REIMAGINING
SCHOOL
MEALS:
Food for the
Future Policy
Framework**



Food for Thought: A Data-Driven Look at School Nutrition

- 152,000 Student Lunches Daily
 - 56,000 Student Breakfasts Daily
 - 21,000 Afterschool Meals Daily
 - 2,400 School Food Service Employees
 - 358 Serving Sites
 - 285 Afterschool Meal Programs
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OUR COMMITMENT TO NUTRITIOUS SCHOOL MEALS

We are dedicated to providing a safe, sanitary environment where students can enjoy nutritious meals every day.

Our menus offer student-friendly meals that celebrate cultural diversity, highlight local flavors, and ensure equitable access for all.

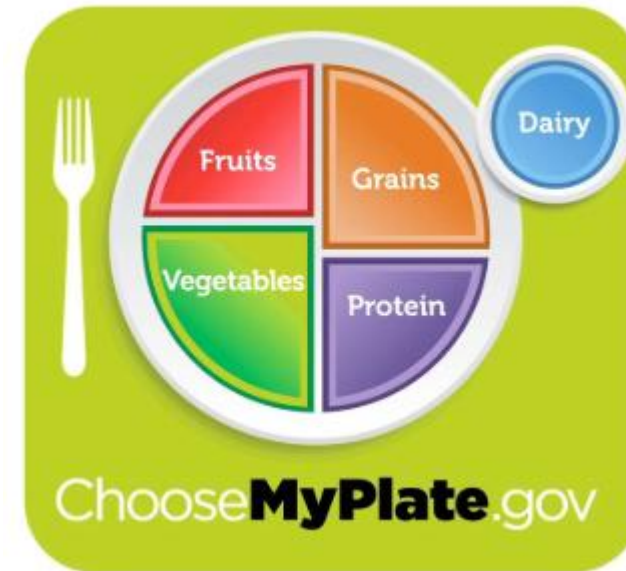
We uphold eco-friendly, sustainable practices, deliver respectful and efficient service, and invest in a well-trained, professional team.

Through healthy school meals, we support the health, academic success, and overall well-being of every student.

CHILD NUTRITION PROGRAM

THE BIG SHIFT IN SCHOOL MEALS...

- 2010 - Healthy, Hunger-Free Kids Act (HHFKA)
- Set new nutrition standards targeting childhood obesity
- Increased availability of whole grains, fruits, and vegetables, while increasing portion sizes of fruits and vegetables offered and making their selection (either a fruit or a vegetable) a requirement
- Set grade-specific limits on total calories and sodium contents of the meals
- Removed trans fats



FEDERAL MEAL REIMBURSEMENT REQUIREMENTS FOR STUDENT MEALS

- All Student Meals Are Federally Subsidized
- **Federal reimbursement for school meals is based on the number of qualifying meals actually served, not on student enrollment.**
- District is accountable/audited for Every Meal Served To Every Student (Federal \$\$)
 - All student meals must be accounted for at the point of service
- There are no federal dollars/subsidies for food or meals provided to adults/non-students

ONLY COMPLETE STUDENT MEALS QUALIFY FOR REIMBURSEMENT

- Students **MUST** Receive a Complete Meal For School Districts To Claim Reimbursement
- **Breakfast**
 - Must Have 3 or 4 Meal Components
 - Fruit Component Required
- **Lunch**
 - Must Have 3, 4 or 5 Meal Components
 - Fruit or Vegetable Component Required
- Meal Components are federally defined by nutritional values, food categories, and portion sizes

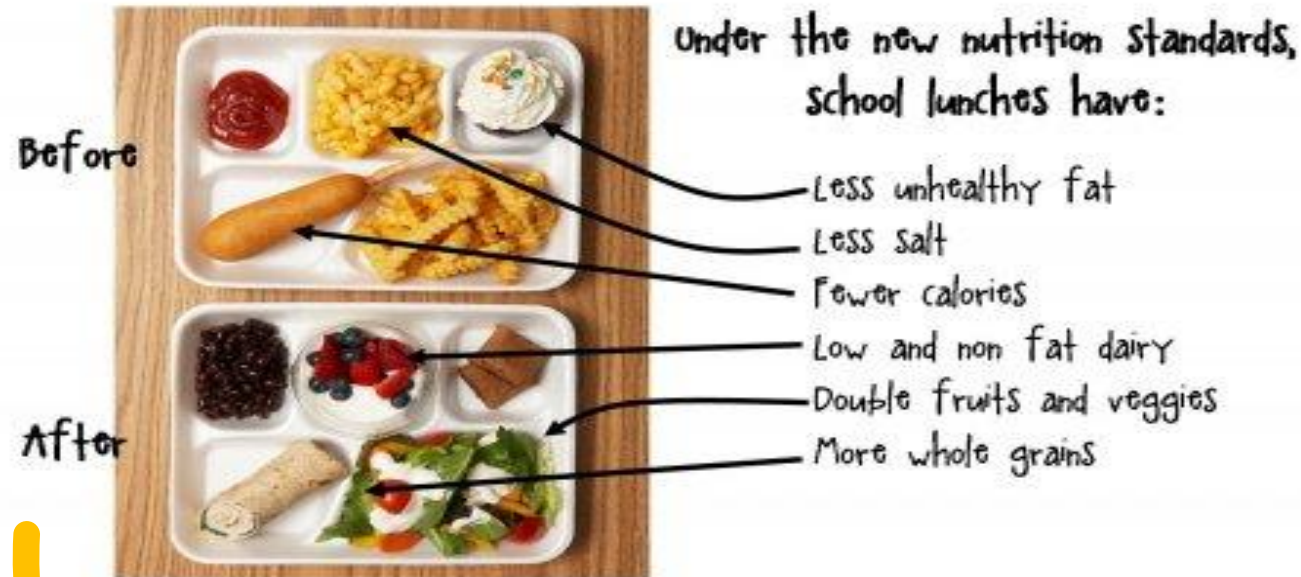


Built on Nutrition: What's Behind Every School Meal





NUTRITION STANDARDS AND COMPOSITION OF SCHOOL MEALS



- Fruit or vegetable **MUST** be served with all reimbursable meals
- Requirement for Whole grain-rich foods
- Choice of Fat-free or low-fat milk is required
- Calorie limitations per meal based on the age of children being served to ensure proper portion sizes
- Amounts of saturated fat, added sugars, and sodium in meals are being defined per meal



NUTRITION COMPOSITION OF SCHOOL MEALS

Daily Amount Based on the Average for a 5-Day Week⁸

Dietary Specifications	Grades K-5	Grades 6-8	Grades 9-12
Minimum-maximum calories (kcal)	550-650	600-700	750-850
Saturated fat (% of total calories)	< 10	< 10	< 10
Added sugars (% of total calories) - must be implemented by July 1, 2027	< 10	< 10	< 10
Sodium limit - in place through June 30, 2027	≤ 1,110 mg	≤ 1,225 mg	≤ 1,280 mg
Sodium limit - must be implemented by July 1, 2027	≤ 935 mg	≤ 1,035 mg	≤ 1,080 mg

MINIMUM REQUIREMENTS FOR FOOD GROUPS/MEAL COMPONENTS

As of July 1, 2024



Amount of Food¹ per Week (minimum per day)

Meal Components	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups) ²	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups) ²	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark green subgroup ³	1/2	1/2	1/2
Red/orange subgroup ³	3/4	3/4	1 ¼
Beans, peas, and lentils subgroup ³	1/2	1/2	1/2
Starchy subgroup ³	1/2	1/2	1/2
Other vegetables subgroup ^{3,4}	1/2	1/2	3/4
Additional vegetables from any subgroup to reach total	1	1	1 ½
Grains (oz. eq.) ⁵	8-9 (1)	8-10 (1)	10-12 (2)
Meats/meat alternates (oz. eq.) ⁶	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ⁷	5 (1)	5 (1)	5 (1)



NUTRITION GOALS

Miami-Dade County Public Schools is committed to decreasing reliance on ultra-processed foods by prioritizing whole ingredients, scratch cooking, healthier fats, and reduced added sugars. These efforts play a vital role in promoting student health, academic success, and overall development.

REDEFINING SCHOOL MEALS WITH CLEAN LABEL, MINIMALLY PROCESSED INGREDIENTS

Refine ingredients standards

Do not purchase products that contain:

- Food dyes (Red #40, #3, Yellow #5, #6, Blue #1, #2, Green #3)
- Trans Fatty Acids/Partially Hydrogenated Oils
- Monosodium Glutamate (MSG)



Phasing out Current Inventory/No longer purchasing:

- High Fructose Corn Syrup (HFCS)
- Artificial Flavors

Offer a variety of vegetarian, vegan and plant-based items

- Morningstar chik'n nuggets, black bean burgers, veggie burger patties, vegetarian breakfast sausage



Offer a wide variety of fresh fruit, side salads, entrée salads, and hot vegetables daily



- Many of which are from local farms
- Seasonal Florida-grown fruits & vegetables (including strawberries, peppers, green beans, squash, cucumbers, tangerines)

Prioritize clean label items

- Essentially a product with minimal, wholesome and recognizable ingredients
- Includes burger patty, breakfast empanada, tomato soup, Dr. Praeger's broccoli little bites, That's It Crunchables



PARTNERING FOR PROGRESS: DRIVING CLEANER, HEALTHIER FOOD STANDARDS IN SCHOOLS: HOLDING VENDORS TO A HIGHER STANDARD



- Committed to partnering with those who are actively working to reduce highly processed foods and align with our elevated nutritional standards.
- A thorough review of vendor initiatives has provided valuable insight.
- We're committed to maintaining momentum and leading the shift toward minimally processed, clean-label foods for our students.



EXCEEDING FEDERAL STANDARDS

As a member of the Urban School Alliance, we require that all chicken products must be produced under a USDA Process Verified Program that includes compliance with the following:

- No animal by-products in the feed
- Raised on all vegetarian diet
- Humanely raised as outlined in the National Chicken Council Animal Welfare Guidelines
- No Antibiotics ever

USDA Final Rule (2022) for Milk in School Meals:

- *Flavored milk must contain no more than 10grams of added sugars per 8 fluid ounces*
- M-DCPS offers flavored milk that contain 6grams of added sugars

Urban School Food Alliance has issued a responsible antibiotic use standard for **turkey products** served.

- All purchased **turkey products** must be produced under a USDA process verified program that includes compliance with the Certified Responsible Antibiotic Use Standard (CRAU), which states that antibiotics may only be administered to treat bacterial disease and control disease in poultry exposed to infectious bacteria



SAMPLE OF OUR SCRATCH RECIPES INCLUDE:

- Arroz con Pollo
- Yellow rice made with Turmeric
- Italian Spaghetti
- Turkey Taco
- Picadillo
- Shepard's Pie
- Beefaroni
- Macaroni and Cheese
- Jollof Rice (coming soon)



SCRATCH EXPANSION INITIATIVES

- Experimenting with new recipes:
 - ***Example: Jambalaya***
- Provide additional training for food service personnel on the importance of scratch cooking, as well as techniques for implementation
- Expand weekly offerings of scratch casserole dishes



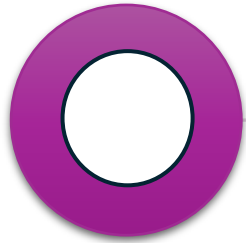


EXPERIMENTING WITH FROZEN DOUGH

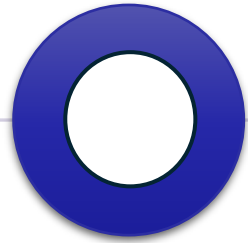
Rolling Out Innovation with Chef Jorge

- Cuban-born chef, educator, and entrepreneur with decades of experience
- Holds an MBA and multiple certifications from the American Culinary Federation
- Former culinary program director and instructor, co-founded the acclaimed tapas bistro *San Chez* and has taught at several colleges
- Food writer, cookbook author, and award-winning competitor in culinary arts.

LOOKING AHEAD 2026-2027



Scratch Recipe Contest for Food Service Managers to highlight culinary creativity across sites



Continue collaboration with Chef Jorge to enhance our lineup of NSLP-compliant scratch meals



Develop additional from-scratch recipes that highlight local produce



Evaluate existing recipes for opportunities to increase scratch cooking.

DISHWASHER PILOT: KEY CONSIDERATIONS & PROPOSAL

PALMETTO MIDDLE “CAFETERIA OF THE FUTURE”



Various factors need to be considered for installing a commercial food service dishwasher for both sheet pans and reusable cutlery: such as availability of space within kitchen, distance to appropriate infrastructure, available drainage, upgrade to electrical, overall cost, etc.

Proposed estimate:

\$133,767 Equipment

\$23,000 Infrastructure, electrical and plumbing

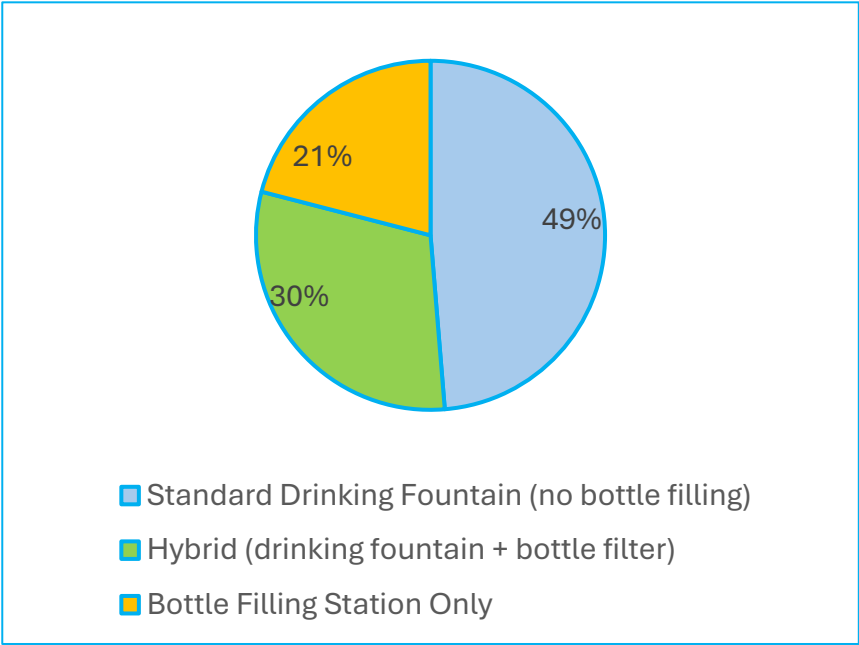
\$156,767 Total

Note: Size and model of dishwasher can vary based on location and space availability, meal participation figures and availability of hood suppression system.

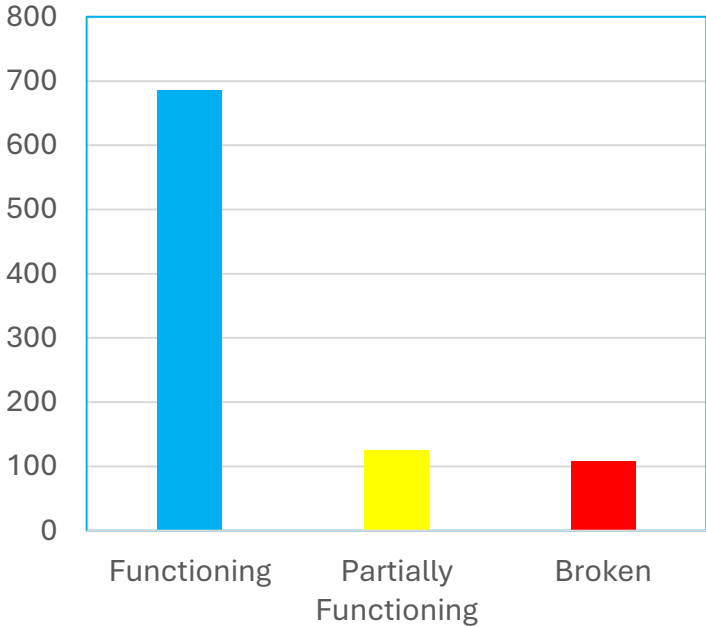
WATER AVAILABILITY FOR STUDENTS AT MEALTIMES



Type of Filling Station



Status of Water Station



Replacement Cost: $\$5,000 \times 233 = \$1,165,000$



Composting and Food Waste Reduction (CFWR) Pilot

Funded by USDA

Key Actions

17 schools applied

Total student impact: 6,911 FTE

Current Foundations: Existing Capacity & Achievements



KEY ACTIONS

75+ schools participate in the Green Schools Recognition Program, tracking waste and energy reduction.

Several schools maintain instructional gardens and use harvests for classroom nutrition lessons, food share tables are available to mitigate food waste.

Partnerships with Dream in Green, CLEO Institute, Education Fund and Food & Nutrition integrate food literacy.

Policy alignment through Board Policy 7460 – Conservation of Natural and Material Resources.



- Partnership with Fertile Earth Worm Farm routing now (Affiliating Agreement: Oct 25- Nov 5, 2025).
- Free composting service for post-Halloween pumpkins (the 'Pumpkin Smash' initiative).
- Promotes waste diversion, climate education, and community engagement.
- Compost will enrich school gardens and green spaces.

Seasonal Pilot: Pumpkin Composting Program



FARM TO SCHOOL

- Seeks to improve student nutrition, support local farmers and reduce environmental impact of food distribution.
- Allows school systems to source locally-grown produce for school breakfast, lunch, and snack programs.
- Nationwide effort to support local economies, curb environmental pollution by decreasing transportation and offer a wide variety of fresh produce.
- M-DCPS Department of Food and Nutrition has been serving Florida-grown fruits and vegetables through the school meal program and their farm-to-school initiative since 2009.

In discussion with Charles LaPradd, Miami-Dade Agricultural Manager, to explore ways to engage more vendors and increase the availability of locally sourced produce.





FARM TO SCHOOL

FRESH FRUIT AND VEGETABLE PROGRAM (FFVP)



U.S. Department of Agriculture (USDA) administers, funds and provides oversight to the Fresh Fruit and Vegetable to all participating schools

Provides a variety of free fresh fruits and vegetables to children throughout the school day.

The goals of the Fresh Fruit and Vegetable Program are to:

- Create healthier school environments by providing healthier food choices.
- Introduce a broader selection of fruits and vegetables available to children.
- Increase children's fruit and vegetable consumption.
- Positively impact children's health now and in the future through better nutrition.
- An effective and creative way to introduce fresh fruits and vegetables as healthy snack options.

**Local Produce
Focused!**

STRENGTHENING ACCOUNTABILITY: VENDOR SUSTAINABILITY INITIATIVES

- Vendors are requested to share details about their sustainability efforts to better align with the district's environmental values.
- We have discontinued heat-safe packaging in breakfast and lunch service in favor of bulk item sourcing, when appropriate.
- Clear expectations and sustainable practices help promote accountability across our supply chain.
- We strive to set a positive example by supporting both a healthier environment and nutritious meals for our students.





TAKING ACTION TO MINIMIZE FOOD WASTE IN M-DCPS

1. Offer a variety of food selections daily
2. Student taste testing
3. Proper menu planning and forecasting
4. Rotating stock (First-In, First-Out)
5. Offer versus Serve (only select items you want to eat)
6. Milk is Optional Campaign
7. Share Tables

OFFERING A VARIETY OF MENU CHOICES



MENU PLANNING AND FORECASTING



Food Service Managers must:

- Review and revise their weekly orders to avoid over-ordering.
- Consider events that may affect meal participation, such as early release days, holidays, or field trips to ensure that they are preparing the proper food quantity.
- Forecast the menu by reviewing historical data to determine preferred items selected by students to predict future item selection
- Identify more popular menu items and plan accordingly
- **While USDA guidelines ensure proper serving sizes, understanding your student population is key to reducing food waste.**

FIRST-IN, FIRST-OUT (FIFO)



A method of inventory management that ensures that expiration dates are being consistently reviewed and food is being rotated properly.

This method prevents food spoilage and unnecessary food waste.

OFFER VERSUS SERVE (OVS)

- Allows students to decline some items offered in a reimbursable lunch or breakfast meal.
- Encourages students to make their meal choices based on food items they intend to eat.

CREATE YOUR School Breakfast

1-2 **GRAINS** AND/OR 1-2 **PROTEINS** AND/OR 1-2 **FRUITS** AND/OR 1-2 **VEGETABLES** 1 **MILK**

✓ **CHOOSE 3, 4, OR 5 ITEMS**

✓ **1 CHOICE MUST BE A FRUIT/FRUIT JUICE OR VEGETABLE**

✓ **YOU DECIDE!**
(BUT ASK FOR HELP IF NEEDED)

School Lunch FOR THE WIN
Offered selections will vary by menu items. Check with a member of your School Food Service Team for additional allowances.

Florida Department of Agriculture and Consumer Services
This institution is an equal opportunity provider.

CREATE YOUR School Lunch

1-2 **PROTEINS** 1-2 **GRAINS** 1-2 **FRUITS** 1-2 **VEGETABLES** 1 **MILK**

✓ **SELECT AT LEAST 3 OPTIONS**

✓ **1 CHOICE MUST BE A FRUIT OR VEGETABLE**

✓ **THE REST IS UP TO YOU!**
(BUT ASK FOR HELP IF NEEDED)

School Lunch FOR THE WIN
Offered selections will vary by menu items. Check with a member of your School Food Service Team for additional allowances.

Florida Department of Agriculture and Consumer Services
This institution is an equal opportunity provider.



Afterschool Meal Program

September 2025 - Implemented Offer versus Serve pilot for After Care Meals to reduce waste

30 schools have been implemented thus far

Out of 850,000 meals served, students were able to decline meal components from 34,000 meals

SHARE TABLES

- Helps reduce food waste and promotes food security among students during mealtime.
- Students can place unwanted, unopened, packaged food items on the share table/cart for other students to take safely, at no cost.



THE SHARE TABLE



Department of Food and Nutrition
Eating Healthy Every Day!



HOW IT WORKS:
STUDENTS MAY PLACE CERTAIN UNEATEN FOOD ITEMS FROM THEIR CAFETERIA MEAL ON THE TABLE. STUDENTS MAY CHOOSE FOOD ITEMS FROM THE TABLE AT NO COST.

<p style="text-align: center; font-weight: bold; color: #00a0e3;">Foods Allowed:</p> <div style="display: flex; justify-content: space-around;"> <div style="width: 45%;"> <p style="text-align: center; background-color: #4caf50; color: white; padding: 5px; border-radius: 10px;">✓ Unopened Packaged Items</p> <ul style="list-style-type: none"> Cereal Granola bars Pita chips Craisins Bananas Tangerines Pre-wrapped whole, uncut fruits with edible skin: Apples Pears  </div> <div style="width: 45%;"> <p style="text-align: center; background-color: #4caf50; color: white; padding: 5px; border-radius: 10px;">✓ Items requiring refrigeration</p> <p style="color: red; font-size: small; text-align: center;">May only be placed in designated Share Table mini fridge, if applicable at school site.</p> <ul style="list-style-type: none"> Milk Cut & Commercially Pre-packaged fruits and veggies: Oranges Grapes Baby Carrots Apple Slices  </div> </div>	<p style="text-align: center; font-weight: bold; color: red;">Not allowed:</p> <ul style="list-style-type: none"> <li style="margin-bottom: 10px;">✗ Juice <li style="margin-bottom: 10px;">✗ Food brought from home <li style="margin-bottom: 10px;">✗ Partially open or eaten food <li style="margin-bottom: 10px;">✗ Hot meals <li style="margin-bottom: 10px;">✗ Deli Sandwiches <li style="margin-bottom: 10px;">✗ Salads <li style="margin-bottom: 10px;">✗ Cut tomatoes
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Foods permitted on the share table must be monitored daily by the Share Table monitor.
Schools may use a mini-refrigerator for the permitted items and must complete a daily temperature log twice a day that is subject to review.
Refrigerated items must be kept at a temperature of 33-41° Fahrenheit.

Expansion Initiatives

- Presented at Scaled Leadership to all principals
- Weekly Briefing Posted
- Revised procedure to include some perishables, where a mini fridge is available
- Presented to Managers at Districtwide meeting
- Contacted school administrators that discontinued program to encourage reimplementaion
- Promoted through the Green School Recognitions Program

Student Health and School Meal Program Platform

Data to be reported:

- Student Health Metrics (local, state and national level)
 - Body Mass Index and Type 2 Diabetes
- Nutrition Composition of Meals
- Updates to USDA Nutritional Standards
- Student Feedback
- Meal Counts
- Share Tables

- Workgroup created with Food & Nutrition, ITS, Student Health Services and ESE
- Reported and tracked annually
- BMI/Type 2 data reflects self-reported information

SCHOOL MEALS BY NUMBERS

SY 24-25

SY 24-25	Enrollment
	248,896

ADP Breakfast	Percent of Students Served
55,890	22%
ADP Lunch	Percent of Students Served
151,988	61%

Total Meals Served			
Breakfast	Lunch	Supper	Total Meals
9,948,400	27,053,804	3,676,075	40,678,279



STUDENT NUTRITION AMBASSADORS

SY 25-26



mdcps_studentadvisor · Follow

M-DCPS STUDENT NUTRITION AMBASSADOR

Are you interested in nutrition or looking to improve school lunches?

Apply today and be the voice representing your cafeteria!



Ambassadors receive Volunteer **Service Hours** for attending **Virtual Zoom Meetings at 5:00PM**

Please scan the **QR code** to apply. The application deadline is **October 10**.

For more information please contact: studentadvisor@dadeschools.net

70 likes

mdcps_studentadvisor We listened.... more

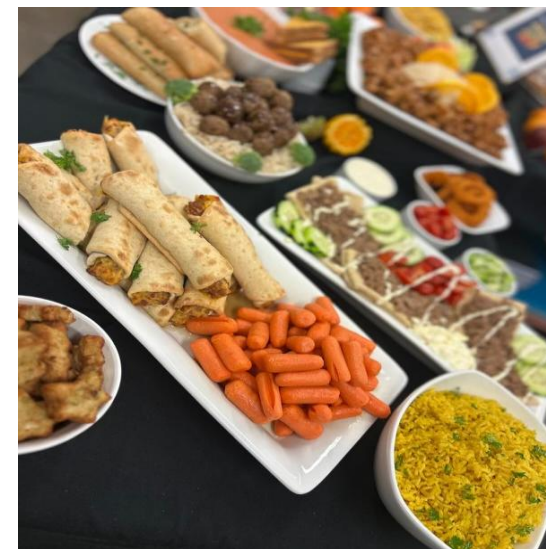
District 1	Miami Norland Sr. High North Miam Beach Sr. High
District 2	IPrep Academy Miami Central Sr
District 3	School for Advanced Studies – Wolfson MAST Academy # 7161
District 4	Hialeah-Miami Lakes Sr High Miami Lakes Ed. Center
District 5	Miami Springs Sr High (2 students)
District 6	Miami Sr. High Southwest Miami Sr. High
District 7	Robert Morgan Ed. Center & Tech Col (2 students)
District 8	Miami Coral Park Sr High Felix Varela Sr High
District 9	Coral Reef Sr High School MAST @ Homestead

STUDENTS LEAD THE WAY BY HELPING SHAPE SCHOOL MEALS: EVALUATING AND TASTING POTENTIAL NEW ITEMS



FOOD SHOW 2025

The collage features four photographs documenting the Food Show 2025. The top photo shows students gathered around a food station. The middle photo shows a group of students posing for a photo in a photo booth. The bottom-left photo shows students at a table with a sign that says "BETTER BREAKS HAPPIER STUDENTS". The bottom-right photo shows a student interacting with a staff member at a food station.





MIAMI-DADE COUNTY PUBLIC SCHOOLS

Department of Food & Nutrition

Eating Healthy Every Day!



Taste of the Future

Activities English



2025-
2026

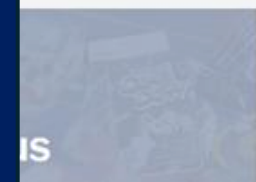
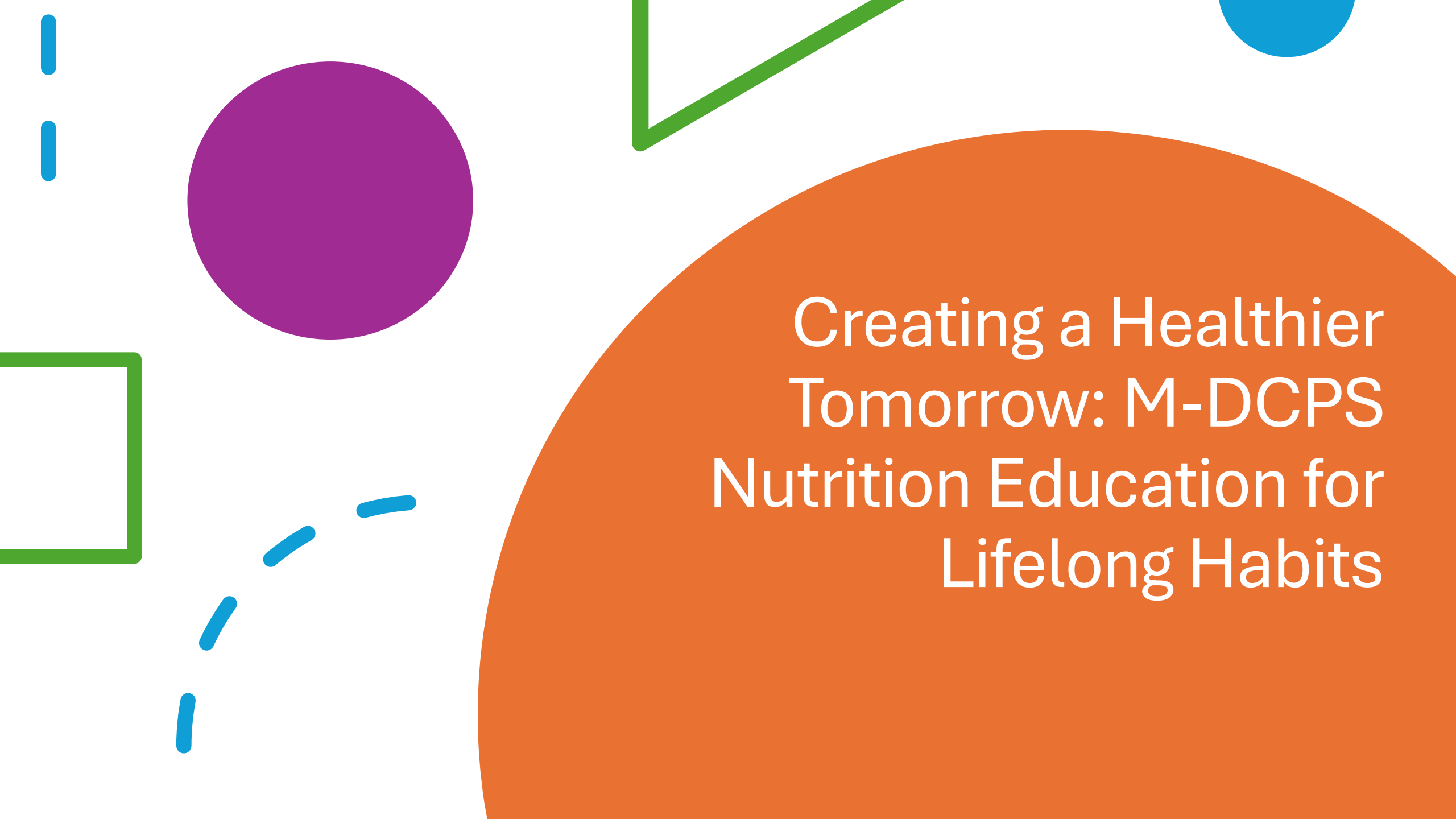


Photo Galler



Creating a Healthier
Tomorrow: M-DCPS
Nutrition Education for
Lifelong Habits



Nutrition Education through Curriculum

- *Florida Department of Education Health Education/Benchmarks and Resiliency Standards.*
 - standards emphasize personal health, healthy decision-making, and wellness practices as part of the Physical and Health Education program of study.
- *Next Generation Sunshine State Standards (NGSSS) for Health Education*, which include nutrition-related benchmarks under
 - **HE.K–12.PHC:** Personal Health and Community Health
 - **HE.K–12.CH:** Consumer Health
 - **HE.K–12.R:** Resiliency
- These standards ensure that nutrition education is developmentally appropriate and taught within the broader framework of health literacy, personal responsibility, and lifelong wellness and are integrated into District’s comprehensive Health Education curriculum across grade levels

Supporting Programs and Resources

Elementary Health Education Toolkit (Schoology-based digital curriculum)

MyPlate.gov and USDA Nutrition Resources integrated into classroom lessons

Health Education Curriculum Framework and Resources provided by the District’s Department of Life Skills and Health Literacy



Nutrition Education through Partnerships



Hands-on Culinary Programs:

Cooking Skills & World Cuisine

- Chef led program engaging 3rd-8th grade students through exploration of the culture and cuisine of ten countries.
- In the kitchen, young chefs learn how to follow a recipe, prepare, and cook ingredients, and food safety.
- Challenges students to use a wide variety of cooking equipment and ensures that they know how to safely and effectively use each tool, including chef's knives, graters, peelers, stoves, and ovens.
- Objective – to be able to cook a balanced healthy meal.

Nutrition Education through Promotions

Celebrating National School Lunch Week
October 13-17, 2025

- This year's theme highlights the importance of a healthy school lunch to a student's success both in and out of the classroom.
- Schools were encouraged to celebrate NSLW by promoting healthy eating, encouraging physical activity among students, and showcasing their efforts to support children

page weight cha

cafeteria is shipping food for a big event, suitcase needs to be checked for weight. cafeteria crew get these tasty supplies

part to each weighs.

each the next list out items it's

the total of all the that

suitcase is 50 lbs or less, it's for takeoff!

over, it's heavy to fly needs to stay and.



Tray of Tacos
12 lbs.



Bag of Apples
18 lbs.



Bag of Carrots
17 lbs.



Bag of Potatoes
10 lbs.



Bag of Bananas
5 lbs.



Tray of Dumplings
11 lbs.



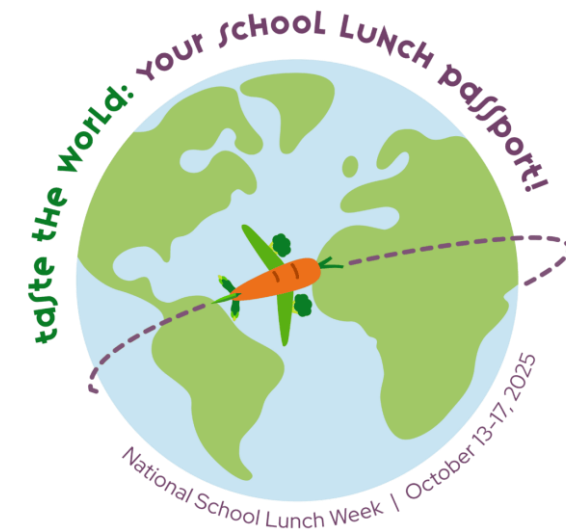
Bag of Onions
14 lbs.



Large Pumpkin
16 lbs.



Pan of Spaghetti
15 lbs.



National Nutrition Month
March 1-31, 2026

Nutrition Education

National School Breakfast Week
March 2-6, 2026



Food is a connecting factor for many of us.

Food connects us to our cultures, our families and our friends.

Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced.

Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.



Schools are encouraged to celebrate NSBW by engaging students in fun activities that promote healthy eating habits



Nutrition Education through Grants

Schools deliver FFVP snacks along with bite-sized nutrition lessons. This encourages children to try new foods, learn about seasonal produce, and set healthy eating habits to last a lifetime.

Nutrition Education through Online Resources



M-DCPS DEPARTMENT OF FOOD AND NUTRITION

NUTRITION EDUCATION RESOURCES

click the live link below for resources, activity sheets, and more:

[Department of Food and Nutrition Educational Resources](#)

Healthy Celebrations At School



We all love to celebrate our students' birthdays in class, however, we have to remember that our goal is to provide foods of **Maximum Nutritional Value**. Although birthdays come only once a year, there may be 25 or more "celebrations" in class during the school year including Valentines Day, Halloween, and other holidays.

Typically, food for school celebrations include candy, cookies, soda etc. Unhealthy choices often become the norm rather than the exception. Parties and treats used as classroom rewards, food fundraisers, and snacks available at school stores constantly expose children to high-fat, high-sugar, low-nutrient choices. **SO WHAT IS THE HARM?**

Obesity

Childhood obesity is one of our nation's leading threats. There are over 12 million children who are already at risk of becoming overweight or are overweight. More children who are normal weight, overweight and obese are developing conditions that you would normally see in adults, such as type-2 diabetes, high cholesterol, and high blood pressure. Constant exposure to low-nutrient foods makes it difficult for children to learn how to make healthy food choices. As today's children are tomorrow's adults, teaching them by example will assist in ensuring a more healthy future for our children.

Benefits of Healthy Celebrations

- ▶ Healthy Children Learn Better
- ▶ Provides Consistent Messages
- ▶ Creates Excitement About Nutrition
- ▶ Protects Children with Food Allergies
- ▶ Optimize Growth and Development
- ▶ Having a Healthy Relationship with Food
- ▶ Encouraging Appropriate Portion Size



HEALTHY FUNDRAISING in schools

Why is it important?

Current fundraising involves the sales of candy, soda, and other unhealthy products which increase the risk of chronic diseases. With childhood obesity, high blood pressure, high cholesterol and diabetes on the rise, more than ever it's vital that we provide a consistent message of health to our students. The following list will provide you with ideas for fundraisers that do not undermine the nutrition and health of the students.

for Healthier Fundraisers

Run-, Bike-, Dance-, Thon!
 or hula hoop competition
 tournament
 at parents and staff donate



in school newspaper or
 local businesses
 with healthy recipes
 Rally

customized colors

s, greeting cards,

ets filled with

'ent talent

uters,
 ;)

- Sell School related items such as t-shirts or water-bottles
- Raffle off donated items
- Fruit and vegetable boxes, baskets & bundles
- Herb starter kits
- Healthy snacks; pretzels, popcorn, nuts, trail mix
- Farmers Market
- Flower and balloon sales
- Parents and Child Cooking Class
- Organize a festival or craft sale
- Fruit Smoothies
- Game Night



Nutrition Education through Contests and Career Days



MENU

FLORIDA FARM TO SCHOOL ESSAY CONTEST

Whether you have an interest in agriculture, are passionate about nutrition or simply love to write, we invite you to enter the **2nd annual Florida Farm to School Essay Contest**, hosted by the Florida Department of Agriculture and Consumer Services (FDACS) Division of Food, Nutrition and Wellness (FNW).

Submit an original essay responding to one of our three topics celebrating the tremendous contributions of Florida farmers and the benefits of eating local foods. We will choose **three winners to receive up to \$3,000 in college funds** and in-person recognition at our Florida Farm to School Conference.

Contest opens **October 1, 2025** and closes **November 17, 2025 at 11:59 pm ET**.

[ENTER NOW](#) [2025 ESSAY TOPICS](#) [CONTEST DETAILS](#) [OFFICIAL RULES](#) [CONTEST FAQs](#)



OUR 2025 ESSAY TOPICS



TOPIC 1: LETTER TO A FARMER



TOPIC 2: NOURISH YOUR FUTURE



TOPIC 3: IF I WERE A FARMER



Nutrition Education



Community Involvement



Educating Our Teachers

Beyond the Tray: *Transforming School Meals into Learning Opportunities*

- This workshop helps educators integrate food and nutrition into academics, emotional development, and sustainability. Participants will learn to use school meals, share tables, and mindful eating as teaching tools, and leave with practical strategies to turn the cafeteria into a dynamic learning space.

Objectives:

- How nutrition affects students' focus, mood, and performance
- Creative ways to teach core subjects using food lessons
- Collaborating with food service staff for garden to cafeteria
- Strategies to reduce food waste & create environmental education in the cafeteria
- How to support student meal choices

THE EDUCATION FUND 40: Ideas with IMPACT 2024 2025
FOR EXCELLENCE IN MIAMI-DADE PUBLIC SCHOOLS
Elementary | Middle | Senior High Ideas

Support M-DCPS Green Initiatives with this workshop hosted by M-DCPS Food & Nutrition

Share Tables
Reduce Waste Tummies

Session D
Reducing Food Waste in Cafeterias Through Share Tables

Nathalie Montenegro
Nutrition Program Supervisor
M-DCPS Department of Food and Nutrition

Share Tables are an easy and efficient way to introduce sustainability in school cafeterias while also encouraging student food preservation.

A dining room table, some hands-on guidance, and a touch of creativity are all

2024 IDEA EXPO

Building Capacity to Support Implementation

- **Facility:** A process is in place to ensure Food & Nutrition is included in all General Obligation Bond projects that involve kitchen renovations.
- **Sustainable Equipment Purchasing:** Preference will be given to competitively priced, ENERGY STAR®-rated and water-efficient models, as well as equipment made with durable, recycled content, or locally sourced materials to reduce energy use, water consumption, and environmental impact.
- **Staffing:** Food service staffing is determined based on average daily meal participation levels



Save the Date

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FOOD

SHOW

March 5, 2026

Miami Killian senior

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thank you

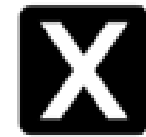
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