



NEWtrition in Our Schools:

A forum for parents, teachers, students and the community

Thursday, January 31, 2013

6:00-8:00PM

**Cuyahoga Community
College, Unified
Technologies Center**

**2415 Woodland Avenue
Cleveland, OH 44115**

**Free parking is available. Light refreshments will be served. Doors open at 5:30PM and forum will start promptly at 6:00PM.*

NO RSVP REQUIRED.

**Questions? Email/call Erika Meschkat
at meschkat.1@osu.edu or 216-429-
8200 x212**

Join Cleveland-Cuyahoga County Food Policy Coalition, St. Vincent Charity Medical Center, teachers, students, parents and the community to participate in a discussion of the recent changes to nutrition standards through state and federal policies, new opportunities in Farm-to-School, and using the resources we all can access to assist our schools in serving healthy meals. Stick around after the forum to participate in a Q&A session with our panelists!

A moderated panel will include:

- Regis Balaban, *Cleveland Metropolitan School District*
- Liz Solomon, *Ohio Department of Education*
- Laura Jeffers, *Cleveland Clinic*

WE HOPE YOU CAN MAKE IT!

Organized in partnership with:



**HEALTHY EATING AND
ACTIVE LIVING IN CENTRAL**

**Central Community
Healthy Group**



What is “Farm to School?”

Farm to School is broadly defined as a program that connects schools (K-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers. Since each Farm to School program is shaped by its unique community and region, Farm to School can mean many different things to many different people. Some schools work on the district level to buy more food from local farmers. Other schools may develop gardens that students can grow or salad bars where students can build their own healthy lunches.

Did you know, the Cleveland Metropolitan School District recently received a grant from the United States Department of Agriculture to develop a plan to support Cleveland public schools in Farm to School efforts?

School Food Policy: Who decides what students eat?

Generally, a school district’s food service department follows nutrition guidelines set by the state and federal government. Recently in Ohio, state laws require a set of guidelines in all schools (private, public, etc.) to be adopted for more healthy foods in the meals or snacks the school district serves. At the federal level, President Obama has developed the Healthy Hunger-Free Kids Act that sets standards for school meals that are reimbursable by the United States Department of Agriculture.

Do you know about the Ohio Healthy Choices for Healthy Children Act and President Obama’s Healthy, Hunger-Free Kids Act? The Food Policy Coalition provides a quick summary on our website.

www.cccfoodpolicy.org/resources (search for policy summaries). If accessing a digital flyer, download it [here](#).