

Thinking about lunch...over the years

Where does the food come from?

Is there anyone in your family history who was a farmer?

Describe the work they did or the work of someone in your life who is associated with producing food.

[Organic Valley Earth Dinner Cards]

What was the food you ate as a child?

Describe the very first time you tasted something that you picked off a tree, vine, stem or pulled out of the ground.

A tomato?

A carrot?

A worm?

[Organic Valley Earth Dinner Cards]

Saturday

21

Food Memories

Crunchy Fish Nuggets
Serve the Tartar
The Whole Wheat
Bun Hamburgers
Deluxe On White Wheat
Fish
Diced Cut Potatoes
Baked Broccoli & Roasted
Cauliflower

How much has the School Lunch Program cost over the years (nationally)?

The cost of school lunch program has increased over the years:

- \$70 million in 1947
- \$225.8 million in 1960
- \$1.7 billion in 1975
- \$3.7 billion in 1990
- \$8 billion in 2005

In context, the cost of the war in Iraq is currently running about \$5.8 billion monthly whereas school lunch is about \$667 million a month.
(nationalpriorities.org)

How did we learn about food?

We learned about food by cooking at home, growing food in our backyard or community garden, and visiting nearby farms. We cooked food in the home economics classroom or cooking kitchen in schools, and saw food in the marketplace.

How did the food get prepared?

Who in your life has really understood how to make the food you love?

Describe the food and any touches that made it particularly special.

[Organic Valley Earth Dinner Cards]

Talking About Lunch...Today

Where does the food come from?

- Of the \$17 billion the federal government spends on farm commodities, nearly \$400 goes to the School Lunch Program.
- Which surplus commodities does NYC SchoolFood purchase?
- Are there commodity items in today's lunch? Which ones?
- If commodities make up 20% of the food served, where does the rest of the food come from?

Which foods are in today's school lunch?

- In the US, the most common vegetable served in school lunches is the potato.
- NYC public schools have begun to purchase fruits and vegetables grown in this region of the country...such as pears, carrots, apples, peaches, and nectarines.
- Are any of these in today's lunch?
- What are the plans for purchasing regionally-grown foods the future?

Saturday

21

School Lunch as teacher

Crunchy On Nuggets
Sourd W/Tartar
SauceWhole Whe
BunHamburger
Delicious Whole Wh
Bun
Crinkle Cut Potatoes
Steamed Broccoli & Roasted Cauliflower

How much does the School Lunch program cost today?

- Feeding about 30 million children the School Program now costs nearly \$8 billion.
- The most immediate and important 'saving' from improved school meals accrue in the form of healthier students with increased attendance and improved academic performance and attitudes, going on to become healthier adults (Center for Ecoliteracy)

How do students learn about food today?

- The food industry spends \$15 billion marketing food products to children. (Imhoff)
- Introducing real food to kids in the classroom and garden teaches them about where it comes from and why it is good for them, and can greatly improve the chances of them actually eating and liking new foods. (Hirsch)

How does the food get prepared?

- Only about 50% of NYC school have 'cooking kitchens' which include stoves, ovens, soup kettles and fire suppression systems. (FoodChange)
- The SchoolFood Plus Program had developed 40 recipes which are being integrated into menus across NYC schools.

Schools, Food, and Gardening: Cultivating a Healthy Future

Baum Forum and Teachers College Columbia University Program in Nutrition, April 21, 2007