

Nutrition and Health at Episcopal

Statistics about childhood obesity continue to confront our nation and our state. Episcopal has always been concerned about this aspect of our students' well-being. We have long worked to schedule P.E. classes for Lower School students as a healthy complement to the traditional recess. Episcopal continues to move forward with our efforts to improve upon the healthy eating habits of our students. I thought you might like to see a summary of our recent accomplishments:

Spring 2007

Transfats were eliminated from the dining hall offerings.

2007-08

Snacks

- A. PK-3rd grade snacks follow the guidelines of Alliance for a Healthier Generation. Higher sugar snacks and juices were discontinued. Fresh fruit and vegetables are served three days a week for snacks.
- B. Extended care – healthy snacks are provided through the program. Concession stand snacks are no longer available to Lower School participants.

Cafeteria

- A. PreK and K lunch is now served in the classrooms, offering opportunities to eat in a quieter setting, oversee portion control, and to seize teachable moments to enhance table manners, table conversation, etc.
- B. Healthier eating offerings in 2007-2008 total school dining service include:
 - Higher sugar content grape juice has been discontinued.
 - Milk in a bag replaced milk in a carton, resulting in less waste and higher consumption.
 - More fresh and seasonal fruits are being offered.
 - A non-meat hot food option is available at every meal.
 - Brown rice is offered daily
 - Full salad bar, including spinach.
 - Foods that were formerly fried (french fries, Tater Tots, catfish, etc.) are now oven baked.
 - The number and frequency of high carbohydrate foods (such as bagel bar) have been reduced.
 - Wheat bread is an option for sandwiches.
 - Low fat turkey products are purchased whenever appropriate (ham, franks, corn dogs).
 - Low fat turkey is now combined with other ground meats (half portions) in meat sauces, lasagna, etc.
 - Cooked vegetables are steamed with no added salt, sugar or margarine.
 - Dinner rolls are ¼ wheat and ¾ white flour.

- Cornbread is offered.
- Pitas are offered daily and are plain and wheat.
- Yogurt, cottage cheese, shredded cheddar and boiled eggs are available on the salad bar as additional sources of protein.
- Options for baked entrees, when fried entrees are offered (chicken, fish, etc.)

On-going Efforts

The School Health Index (SHI), an assessment created by the Centers for Disease Control and Prevention in alliance with Alliance for a Healthier Generation., is being used to evaluate the health and wellness programs of each of Episcopal's three divisions. The following modules comprise the assessment and the appropriate units are in the process of providing survey information:

- Module 1: School Health and Safety Policies and Environment
- Module 2: Health Education
- Module 3: Physical Education and Other Physical Activity Programs
- Module 4: Nutrition Services
- Module 5: School Health Services
- Module 6: School Counseling, Psychological, and Social Services
- Module 7: Health Promotion for Staff
- Module 8: Family and Community Involvement

Because this is a very comprehensive assessment, it will take a full academic year to conduct the survey and assess its results.