



Fairfax County Public Schools: Food and Nutrition News

Coming in March: Go Inside the Classroom with Teachers

Recognized for Food Safety

Food safety and sanitation are critical processes that require strict procedures and training. All FCPS food service managers have successfully completed the Fairfax County Sanitation Certification requirements and a manager training course. As a second safety measure, all FCPS schools have implemented a Hazard Analysis Critical Control Point (HACCP) program, which requires managers to follow a purchased food product from the moment the food is received to the time it is served to ensure proper handling and temperature control. The Fairfax County Board of Supervisors recognized the Office of Food and Nutrition Services for maintaining the highest levels of food safety and cleanliness in its food preparation areas.

Learn the 9-5-2-1-0 Zip Code for Your Health

- 9** Get 9 hours of sleep each night
- 5** Eat 5 servings of fruits and vegetables each day
- 2** Limit screen time to no more than 2 hours each day
- 1** Get at least 1 hour of exercise each day
- 0** No sugary drinks

Right: First Lady Michelle Obama visited Parklawn Elementary School in Alexandria recently to unveil new federal standards for school meals which will require reducing sodium and fat levels, and increasing fruits, vegetables, whole grains, and legumes in school lunches and breakfasts.

Healthy School Environment Starts with Nutritious Meals and Exercise

What are your memories of school lunches? Today's students look forward to lunch not just because they're hungry, but because of the variety of foods offered: baked chicken, fish tacos, pork egg rolls, spaghetti, hummus, whole wheat pretzels and yogurt, chef's salad with tuna, assorted fruits and vegetables, and much more.

Fairfax County Public Schools (FCPS) is recognized as a leader in creating a healthy school environment by teaching children about the importance of eating a variety of healthy foods and getting regular exercise.

The U.S. Department of Agriculture established the HealthierUS School Challenge (HUSC) award to recognize schools that have created healthier school environments through promotion of nutrition and physical activity. This year 160, or more than 80 percent, of FCPS schools will receive the HUSC award for enhancing the quality of school meals, increasing physical activity, and providing nutrition education to students.

"FCPS school meals exceed the HUSC standards and offer students a variety of daily options including fresh fruits and vegetables, whole grain products, fat free milk, and foods with zero trans fats,"

said Penny McConnell, RD, Director of Food and Nutrition Services.

"We value the important role we play in our students' nutritional well-being and contribution to the reduction of childhood obesity," she said.

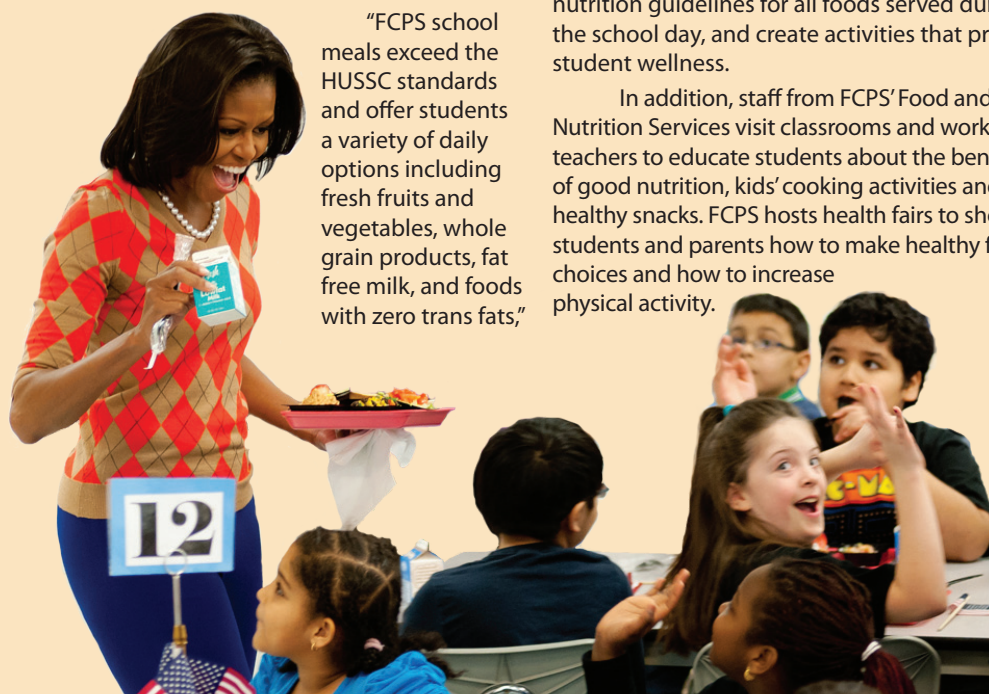
FCPS' Food and Nutrition Services program also places special emphasis on purchasing locally grown seasonal produce and supporting school learning gardens.

"We've talked to different groups within our community and share their desire to offer a wide variety of locally grown foods on our menu," said McConnell.

More than 30 FCPS schools have planted learning gardens that provide spring and fall produce for school lunches as well as a great learning experience for students.

A wellness policy guides FCPS Food and Nutrition staff as they develop programs in nutrition education and physical education, determine nutrition guidelines for all foods served during the school day, and create activities that promote student wellness.

In addition, staff from FCPS' Food and Nutrition Services visit classrooms and work with teachers to educate students about the benefits of good nutrition, kids' cooking activities and healthy snacks. FCPS hosts health fairs to show students and parents how to make healthy food choices and how to increase physical activity.



Getting To Know Us

FCPS Operations Coordinator, Food and Nutrition Services
Amy Hubal

Seeing the smiling faces of students as they go through the lunch line is one of the perks of the job for Amy Hubal, Operations Coordinator in Food and Nutrition Services.

Hubal supervises the eight central distribution centers, or central kitchens, for the school district. The distribution centers prepare and deliver food to more than 200 schools and community organizations on a daily basis.

Her passion for food began at an early age, working in the restaurant business when she was 16.

"I enjoy feeding my family and friends and I am fortunate to be able to work with food for my job as well," she said. "Everyone loves to eat and preparing healthy food is so rewarding."

Hubal is interested in the process of garden-to-table and educating others about how to have a healthy relationship with food.

"Learning to grow and prepare food is a life-long skill that promotes health and wellness," she said.

Hubal serves on the district's menu committee helping to develop new recipes for Food and Nutrition Services.

The one aspect of Hubal's job she enjoys most? Her team of 180 staff, 24 managers, and 32 van drivers.

"I work with a dedicated, hard-working team of nutritional professionals that really care about what they do and the impact they make on a student's school day."

Want to learn more about FCPS school nutrition? Visit www.fcps.edu and click on the A-Z index for Food at School.

Did You Know?

FCPS Office of Food and Nutrition Services is a nonprofit business. The program is self-supporting and receives no local real estate tax dollars.

Providing Nutritious Meals to Students, Community

Food and Nutrition Services employees take pride in preparing and serving more than 140,000 meals each day. Eight distribution centers (central kitchens), two secondary school production kitchens, a vending center, a central warehouse, and elementary, middle, and high school finishing kitchens, under the direction of highly trained managers, provide nutritious meals in all public schools and centers. Free and reduced-price meals are provided to needy students. In addition, food is catered to day care locations, senior citizen programs, Alzheimer centers and Meals on Wheels.

"Meals are planned by registered dietitians to reflect the 2010 Dietary Guidelines for Americans," said McConnell. "But we also make sure that the menus reflect student cultural and personal preferences by conducting monthly student taste parties. Our goal is to plan menus that are affordable and provide students with several nutritious choices that they will select and eat."

Food and Nutrition Services Revenue Sources



- Student Payments 56%
- Federal Funds 30%
- State Funds 1%
- Other Services 13% (day care centers, senior nutrition programs, catering and vending)



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