

Greenway School Lunch sails into SHIP

The Greenway school district recently received grant funding from Get Fit Itasca and the Statewide Health Improvement Program (SHIP) to implement nutrition changes in the schools. Funding has been allocated to build on the successes of schools and communities that have already worked to improve the school nutrition environment.

In ISD 316, there are many healthy changes to school lunch that children have already seen prior to the district receiving the SHIP grant. In the high school, where ala carte options are the norm, students are able to purchase a chef salad, a turkey wrap, or deli sandwiches on whole wheat bread. Fresh vegetables and fruit are offered daily. Whole grains have been increased by incorporating wild rice blends, whole wheat breads/rolls, and whole wheat rotini. Students are being introduced to new items including couscous and black bean salsa.

Several items that were high in fat and calories have been removed including: egg rolls, curly fries with cheese sauce, and super slices of pizza. Techniques for decreasing fat are also occurring behind the scenes. Production staff drains excess fat after cooking and limits the amount of added butter and margarine. The food service staff not only works hard on healthy meal preparation, but they are also friendly and encourage students to choose fruits, vegetables and milk.

Stay tuned for additional changes coming to the menu in the New Year.

What can parents do to help kids eat healthier? Talk with your kids about what items they are choosing at school. Encourage them to take a fruit and a vegetable.

Get Involved! Are you interested in being part of the Greenway School Nutrition Committee working to improve the school food environment? Our first meeting will be Wednesday, February 3, 5-7PM at Good Times Pizza in Bovey. A healthy dinner will be provided. Contact Melissa Grzybowski to reserve your spot today! (218) 929-3125 or grzybowskim@communityhealthboard.org