



Ten Steps toward Healthy Foods, Students and Schools

First steps to starting a Food Systems Project at your school:

1. Research your school's food/nutrition program – talk to your school nurse, your school's food service director, and principal; complete a **School Food System Survey**

2. Build Support—Involve parents, students and school staff including principals, food service directors, school nurses, school gardeners, and business managers and discuss with your school community what the possibilities of implementing a Food Systems Project at your school

3. Create a team—Form a School Nutrition Advisory Council (SNAC) with your principal, nurse, food service director, teachers, parents and students; hold regular meetings to work on the school's food system

4. Develop an Action Plan—Develop a strategic plan of action for your school including what changes your SNAC would like to make and how to get there from where your school currently is;

5. Contact regional resources—Find out about similar regional efforts and learn about models of how other schools have linked up with local food sources

6. Write your new School Food Policy—Develop a school food policy to guide your school (we can help you with sample food policies)

7. Get to know your school board—Learn how to navigate your school board. Get to know the Board Members and attend meetings to develop your approach for introducing your school's new food policy

8. Take the Vote—Present your proposal for adoption to the school board

9. Implement Food Policy—Begin to implement your food systems policy This may include implementing a salad bar program, garden curriculum, agricultural education

10. Contact Marin Food Systems Project for assistance at any time—We are here to support you!

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EECoM's Marin Food System's Project

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