

# **Hidden Valley “Love your Veggies”**

## **2007-2008 Grant Proposal**

### **Seahurst Elementary School**

# Hidden Valley “Love your Veggies” 2007-2008 Grant Application

**Name of organization:**

Highline Public Schools #401 on behalf of Seahurst Elementary School

**Address of organization:**

Educational Resource Administration Center  
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## Hidden Valley “Love your Veggies” Proposal Requirements

### **1. A brief profile of your school and a narrative that describes why access to fresh, healthy food matters to the students at your school and the surrounding community. (Maximum word limit: 350).**

Seahurst Elementary School is one of 29 schools within Highline Public Schools in Washington State. Situated near the SeaTac International Airport, the school district has a high percentage of immigrant and culturally diverse students. Seahurst Elementary mirrors this diversity with 563 students. The cultural breakdown is as follows: 44.6% Hispanic, 30.7% Caucasian, 12.6% African American, 9.2% Asian/Pacific, and 3% American Indian or Alaska Native. Approximately 71% of students qualify for free or reduced-price meals.

Access to healthy food is important to the students and staff at Seahurst Elementary School for several reasons. The Highline Public Schools Wellness Policy states: “The board recognizes that proper nutrition, exercise and wellness education are important to allow students to learn to their capacity. Children who eat well-balanced meals are healthier and more likely to learn and achieve in the classroom. The board supports an emphasis on providing students access to nutritious food and providing accurate information related to nutrition and wellness to our students”.

The staff and community surrounding Seahurst support this statement. Recent statistics show that Seahurst students fall behind in academic achievement- with only 30% of students meeting state standards for reading and 8% meeting state standards for science. In a traditionally underperforming academic environment, Seahurst staff seek to attain high levels of academic achievement from every student and are committed to developing programs that assist all students in overcoming obstacles to learning. They believe that by increasing access to healthy foods, such as fruits and vegetables, students will be more alert and academic performance will increase.

In the neighborhood surrounding Seahurst, there exists a vast landscape of cement and an alarming number fast food restaurants. In this environment, smart food decisions by children and families are difficult to make. Processed food is abundant while fresh produce is less available. The students at Seahurst are most at risk for obesity related illness when considering their ethnicity (Hispanic, African American and Pacific Islander). By providing easy access to additional fruits and vegetables in the school in conjunction with education and promotion, we expect to change student behaviors surrounding nutrition.

### **2. Overall plan and how your school’s vegetable station lunch program would work. Include details such as: how the program will be implemented, where fresh produce be procured, number of students participating, student’s cost of the vegetable station, other components of the program, such as student, teacher and parent involvement; nutrition education; plan for sustainability. (Maximum word limit: 1200).**

The Hidden Valley “Love your Veggies” grant for Seahurst Elementary School will provide student access to fresh produce, a comprehensive 10 week garden based nutrition education program (Food \$ense CHANGE) for several classrooms within the school, and a marketing campaign designed to increase student consumption of produce.

Seahurst students rely heavily on school meals to provide healthful food. We request financial assistance through funding provided from the Hidden Valley “Love your Veggies” grant to implement the proposed program. Our primary goal is to create an environment that links the cafeteria and the classroom by pairing practical experience with didactic knowledge. In order to effectively create desirable nutrition related behavior change, access to healthy foods must be

combined with appropriate knowledge that supports students in making the “right” food choices. Our EFNEP funded garden based curriculum supports the schools focus for hands on, integrated and experiential learning. In addition to providing access and education, our proposed grant will support “staff acting as role models for good eating.” Through this healthy school environment, students will “live” these connections and learn in tangible and exciting ways. Extension activities that support nutrition will occur through collaboration with teachers, the school nurse and food service staff.

Our proposed project involves several components:

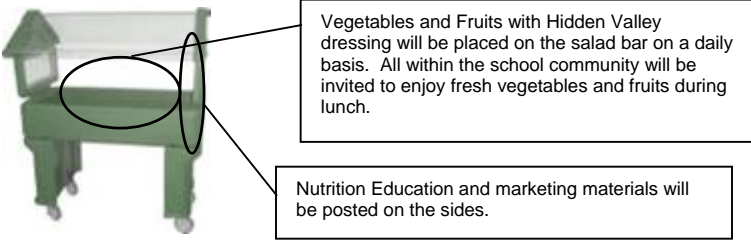
1. **“Love your Veggies” Vegetable Station-** Providing students and staff access to fresh produce is the first component of our implementation plan. A salad bar stocked with seasonal produce will be set up daily throughout the 2007-2008 school year. This produce bar will be made available at no cost to all school community members and the 563 students of Seahurst Elementary in the school cafeteria during the lunch hour. In addition to seasonal produce, one new ethnic vegetable or fruit will be introduced monthly. Our local produce vendor will provide the majority of produce. However, in a desire to support local, sustainable agriculture, the school will work to procure additional produce through local farmers. To encourage the consumption of vegetables, prepackaged 2oz servings of low fat or fat-free Hidden Valley Ranch Dressing will be made available on our salad bar.
  - **Food Safety & Sanitation-** Food safety is an important concern to food service personnel and administration. In addition to encouraging student hand washing before lunch, hand sanitizing solution will be placed near the salad bar for students to use prior to eating. Nutrition Services employees operating the set up, serving and clean up of the salad bar will be trained in proper food safety and sanitation techniques.
  
2. **Nutrition Education-**
  - A. **Food \$ense Change-** Students will learn about nutrition and gardening through lessons offered by Washington State University Food Sense CHANGE (Cultivating Health and Nutrition through Gardening Education)- a USDA EFNEP funded program. The CHANGE curriculum consists of ten lessons and seeks to improve the nutrition of limited income children and their families by providing enhanced gardening, cooking and other hands-on activities. In addition to teaching classroom lessons, CHANGE instructors act as a support system and resource for teachers as they incorporate nutrition education into their daily classroom work. CHANGE instructors also participate in school family nights and other family or adult outreach activities. This nutrition curriculum aligns to Washington State standards in math, science, reading & health and emphasizes experiential opportunities to meet the learning styles of diverse populations. Implementation of this program will be slated for the 2007-2008 school year and will continue in the school sustainably- past grant completion.
  
  - B. **Food \$ense CHANGE Nutritional Training for Seahurst Staff-**In addition to the ten hours that Food \$ense CHANGE educators spend in the classroom with students during CHANGE lessons, a minimum of two hours of nutrition training will be provided to teachers during the course of the school year. Training is an essential component for Seahurst staff to be empowered to sustain nutrition education opportunities in the school as well as a valuable vehicle to encourage staff to act as role models for good eating.
  
  - C. **School & Community Nutrition Education Activities-** School Nurses and District Nutritionists will conduct school food demonstrations featuring fresh vegetables and fruits and teach classes on food and nutrition. A monthly vegetable will be featured on the “Love your Veggies” vegetable station. This

vegetable will also be highlighted through cafeteria “table tents”, school newsletters and creative cafeteria marketing and serve as additional means of bridging the gap between the classroom and the cafeteria. During the school year, students will have the opportunity to vote for their favorite vegetables- with “winners” being used to help guide produce selections on future district lunch menus. A healthy Family Night activity will be planned in conjunction with National Nutrition Month in September to kick off the program. This Family Night will include a “Farmer’s Market” theme which will allow student shoppers an opportunity to learn more about produce and the benefits to participation in the school meal program, taste a variety of Hidden Valley dressings, and “purchase” fruits and vegetables using play money (there will be no cost for students and their families for participation in this program). Healthy recipes utilizing these vegetables including the Hidden Valley Small Bites Cookbook will also be distributed at this event.

- 3. Nutrition Promotion and Marketing-** Information to parents and staff will be offered monthly in school bulletins, newsletters and through other means. Additionally, all students will have the opportunity to participate in an art contest that promotes their favorite fruit or vegetable. Winning artwork will be posted throughout the school and on the salad bar.

Coordination for this program will be administered through a partnership between the Highline School District Administrative Staff (Director, Dietitian), STEPS to a Healthier US Nutrition Education Coordinator and school level staff. The specific goals of this partnership are to ensure that each of the grant components be met with high standards. In addition, this partnership will work to monitor, evaluate and document the successes within the program. Successes and evaluation will be shared with administrative staff with budget authority to discuss continuation and sustainability of the program using internal school funding.

**3. A detailed budget and budget justification:**

Item	Cost	Total Cost
<b>Staffing</b>		
Kitchen Helper (set up kiosk, serving, clean up) 177 days x 0.5 hr/day at \$15.75/hr (includes benefits)	\$1394	\$1394
<b>Equipment &amp; Supplies</b>		
 <ul style="list-style-type: none"> <li>Vegetable Station: Produce Bar (includes fruit) for Lunch</li> </ul>	\$1005	\$1005
Hand Sanitizer Supplies (dispenser and solution)	\$200	\$200
<b>Marketing, Education and Promotions</b>		
Development and distribution of educational materials	\$800	\$800
Instructional Aides	\$341	\$341
Food \$ense CHANGE- Nutrition Education	\$0 (in-kind)	
<b>Food</b>		
Fresh Produce for Vegetable Station and Family Night promotion (2007-2008 school year). \$20/student per year x 563 students.	\$11,260	\$11,260
Hidden Valley Ranch dressing to flavor vegetables	\$0 (in-kind by Hidden Valley)	
<b>TOTAL</b>		<b>\$15,000</b>

\* Please note that a dedicated \$2,000 has not been dedicated towards “nutritional training” of staff as mentioned in the proposal instructions. Our EFNEP funded program, Food \$ense CHANGE is able to provide nutrition education to staff free of charge. In addition, our Nutrition Educators and Managers are also able to provide this service as an in-kind donation, as well. \*

#### 4. Program Objectives & Measurement

<b>Program Objective</b>	<b>How this will be measured</b>
Increased student interest and consumption of fresh fruits & vegetables	Student Survey- Self administered. Will measure self-efficacy for choosing vegetables and fruits.
Increased fruit and vegetable exposure and consumption	Faculty/Staff and Parent/Guardian Surveys or Interviews
Evaluation of success and perceived effectiveness of the proposed program	Faculty/Staff and Parent/Guardian Surveys or Interviews
Increased student knowledge of nutrition including the health benefits fresh fruits & vegetables	Pre & Post Test

Thank you for consideration of our program proposal.

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Dietitian, Highline School District

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Chris Larsen  
Principal, Seahurst Elementary School