

WELLNESS & NUTRITION

A Wellness and Nutrition Program was mandated by the United States Government through the Child Nutrition Act effective September, 2006. It affects every school district in the United States.

The Rye City School District Food Service Program has been developing a Wellness and Nutrition Program since July 2001, constantly making changes and reviewing the meal, dessert and snack offerings at each school level.

Parents and Students are an endless resource for information and understanding in helping to develop a Nutrition Program. The knowledge of the food and snack offerings in the retail market place provides many options to review and investigate for the food service staff. The process involves determining if the inclusion of a specific product meets acceptable nutrition standards of the Rye City School District Food Service Program.

All schools in the district have organized Wellness and Nutrition committees that meet regularly to discuss menu enhancements, alternative food items, nutrition instruction, improving classroom and party snacks and increasing physical activity. These committees involve students, teachers, parents and the food service director.

PROGRAM HISTORY

In the summer of 1989, the Rye City School District self operated food service program was begun at the request of the Board of Education and Superintendent of Schools. The program was developed to be a Self Operated School Food Service Program and a part of the school district rather than an independent contractor. The expectation was to see improved service and food quality and the operation of a self-sufficient program requiring no funding from the school budget.

To this day, the program remains one of the few remaining food service departments run by a school district but not subsidized by the tax payer. The wages, operational costs of the program, improvements and equipment purchases are paid from the programs revenues.

The program is constantly reviewing new food products, equipment and procedures to continue the quest to offer healthy food and help educate the people we serve. Our yearly challenges relate to improving food offerings, increasing the use of fresh foods, becoming more environmentally responsible and finding capable and hospitable staff.

RYE CITY SCHOOL DISTRICT

FOOD SERVICE PROGRAM

AN OVERVIEW



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NEW FOOD SERVICE TECHNOLOGY

PayPAMs

(Pay Parent Account Management System).

The program has been in operation since January 2008. It gives parents, via the internet, the ability to view their child's lunch account balance and view what purchases their child has made, and allow for the ability to make online payments to the lunch account with a credit card.

If online payments are not preferred, the service is still available for parents to view balances and past purchases. Many parents use the service to check balances and replenish their child's meal account. This service allows parents the opportunity help guide their children into more individualized family-accepted eating choices

To access the website for this service, visit PayPAMs at www.paypams.com .

Website – Menus

At www.ryecityschools.lhric.org , go to Resources, Food Service Program and view the current month's menu at your school level. By allowing parents the ability to view the menu offerings and what their child is purchasing (through PayPAMS), a more informed discussion can begin with the parent and child about making healthy choices.

Touch Entry System

This system has been installed as a means to reduce cafeteria wait times and improve verification of the authorized use of lunch accounts. There is no fumbling with cash or entering identification numbers into a numerical keypad, a student's finger is simply scanned and he or she is almost instantly identified.

This is not a fingerprint; the reader translates the electronic print into a mathematical pattern and discards the print image, therefore protecting privacy. Biometrics, speeds up the lunch lines and allows the students to have more time to properly enjoy their food. This system also ensures that the account is used only by the student whose account it is.



SNACKS & VENDING MACHINES

The Food Service Program has in place a Healthy Choice Program at all Schools and in the vending machines at the High School and Middle School. We are creating an atmosphere of nutrition education to assist students in making healthier choices. In our quest to further the Healthy Choice Program, we implement the Snackwise Nutrition Rating System which was developed at the Columbus Children's Hospital's Borden Center for Nutrition & Wellness in Columbus, Ohio.

The Healthy Choice Program assist's consumers in recognizing better food choices with the use of green, yellow and red color coded product and information.

The Snackwise Nutrition Rating System evaluates the nutritional quality of foods, beverages, desserts and snacks. By inputting the following; calories, fat, saturated fat, protein, fiber, sugar, vitamins A & C, calcium, and iron, the program determines a color rating. The easy to understand color-coded system rates food products as;

Green – Best Choice

Yellow – Choose Occasionally

Red – Choose Rarely

The Food Service Program, in collaboration with administrators, faculty, staff and families, is committed to the health and wellness of all our students.