



GOOSE CREEK

CONSOLIDATED INDEPENDENT SCHOOL DISTRICT

District, Aramark introduce 'Gold Standard' nutrition menus

New menus offer more whole grain options, fresh fruits and vegetables

Goose Creek CISD, in a partnership with Aramark Education, are pleased to show support of the fight against childhood obesity by offering "Gold Standard Menus" that meet the guidelines for the USDA's HealthierUS School Challenge.

The new menus offer more whole grain options, a different fresh fruit and fresh vegetable every day of the week, and only 1 percent or skim milk.

Childhood obesity continues to threaten the healthy future of one-third of American children.

Obesity rates have tripled in the past 30 years, meaning that for the first time in history, America's children may face a shorter lifespan than their parents.

Earlier this year, First Lady Michelle Obama announced her Let's Move campaign to reduce childhood obesity and make the nation's schools models for healthier living. A major component of Let's Move is the USDA's Healthier US School Challenge which calls on schools to create healthier school environments through their promotion of good nutrition and physical activity, and encourages them to adopt the USDA's "Gold Level" nutrition requirements.

"Goose Creek CISD is proud to be one of the first in the State to offer these new Gold Standard menus," said Pete Cote Executive Director of Support Services and Special Projects for Goose Creek CISD.

"Over the past several years, in partnership with Aramark, we have enhanced our menus with many healthier options and increased nutrition education with our students."

The Gold Standard menus further elevate the District's and Aramark's focus on nutrition and wellness, which includes promoting and expanding the availability of breakfast; offering healthy, nutrient-dense snacks; eliminating added trans fats; reducing the use of processed foods, added fats, sugar and salt; sourcing high quality, local produce and products; and advancing employee knowledge of nutrition and health principles.

"We are committed to serving nutritious meals and this commitment is at the heart of how we deliver on our promise of helping students flourish," said Rick Nunez, Director of School Nutrition Services.

"We encourage students to embrace good eating and healthy lifestyle habits at an early age, and we understand school's food and nutrition program plays a big role in this effort. Our meal participation has greatly increased over the previous year, an excellent indication on how the menus are being received. Comments from students and teacher have been overwhelming positive and they are enjoying the new recipes along with the increase variety of fruits and vegetables. We are excited about the new menus and our partnership with the school district."

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