

Upland Unified School District

Hannah Petersen- Health Policy Fellow



CHECC & Farm to School



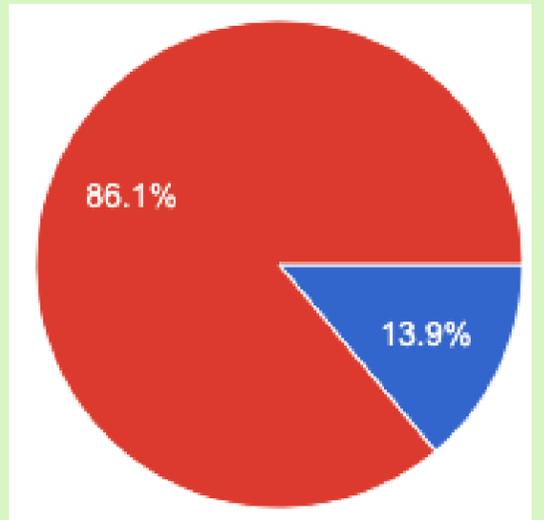
'Creating Healthy Environments in Cafeterias through Change - Schools' is a current project with the Upland Unified School District (UUSD) being implemented in three elementary schools for the 2019-2020 school year. Today, problems facing elementary school children is a high prevalence of anxiety associated with the school day and also a low consumption of fruits and vegetables at school throughout the lunch period. In particular, lunchtime during the school day is associated with higher levels of anxiety, social or separation, which can lead to children not eating enough throughout the day and not receiving essential nutrients that in turn can then lead to increased anxiety. Over **7%** of children aged 3-17 have some form of diagnosed anxiety that can lead to a loss of appetite.

Farm to School is another project with UUSD which enriches the connection communities have with fresh, healthy food and local food producers by changing food purchasing and education practices at schools and early care and education settings.



800 SURVEY RESPONSES

Prior to establishing the CHECC project we surveyed staff, teachers and students at 3 elementary schools to determine problem areas. With this data we developed CHECC. (First image based upon 511 student responses of the question, 'Does the cafeteria or lunchtime make you nervous?' (13.9% responded Yes)



Based upon evidence-based research and the schools survey responses we began the cafeteria makeovers. Crafted and put fruit and vegetable art, positive reinforcement posters and facts for students on how various fruits and vegetables nourish our bodies. (Second image)



The Farm to School project within the Upland Unified School District aims to implement gardens and garden education in the 14 schools around the district. I was able to be part of the creation of 8 gardens and 2 garden clubs. (Third image is of the Cabrillo Elementary school garden)



Contributing Randall Lewis Health Policy Fellow
Hannah Petersen, MPH
Contributing UUSD Personnel
Ksenia Glenn- Director of Nutrition Services
Cassidy Furnari- Farm to School Project Manager

