

Aim Worksheet

Organization Name: Name: Franklin County Eat Well Play Hard

4. Create an **Aim Statement** for improvement. (Include numerical goals.)

The Saranac Lake School District recently adopted a School Food Policy to improve the nutritional quality of foods sold in school buildings. While the changes improved the nutritional quality, the food cost and labor required to prepare the foods also increased. Changes included switching some products to healthier items and adding new items to the menu that were unfamiliar to many students. Student enrollment in the school district has been declining, which combined with the recent changes has resulted in a decrease in the total number of school meals sold. In order to sustain the school cafeteria's economic viability, more lunches need to be sold (revenues from federal reimbursements & students and adult sales). The goals of this Healthy People 2020 initiative are:

- *Increase overall number of lunches sold at the Saranac Lake School District's elementary and middle schools (Petrova School only) by at least 10 percent by the end of the 2009-2010 school year.*
- *Increase the number of free and reduced lunches sold at the Saranac Lake School District's elementary and middle schools (Petrova School only) by at least 10 percent by the end of the 2009-2010 school year.*
- *Increase the number of adult lunches sold at the Saranac Lake School District's elementary and middle schools (Petrova School only) by at least 10 percent by the end of the 2009-2010 school year.*
- *Increase the number of 'new healthier entrees' sold in the cafeteria by 10 percent.*

5. Who (what roles) would be on the improvement **team** to accomplish this aim?

Team Members: Ruth, Food Service Director; Paul, Health, Wellness and Physical Education Director; Jamie, Eat Well Play Hard Coordinator; Sue, Franklin County Public Health.

6. Given your Aim what are some **changes** that will help you reach your aim?

- *The following data will be collected during the first four months of the project:*
 - *The average number of student lunches sold per month during the past three school years.*
 - *The average number of free and reduced lunches sold per month for the past three years*
 - *The average number of adult lunches sold per month over the last three years.*
 - *Collect the same data as above for each month of the current school year.*
- *Changes to the school lunch menu have taken place during the spring and fall of this year. The number of school lunches sold has fallen. In order to reach our goal of increasing the number of lunches sold, the school district is going to hire a culinary student from Paul Smith's College to do taste testing in the Petrova Elementary and Middles School cafeteria during the lunch hour or in the classroom as time permits. The items to be tested will meet the nutrition guidelines as outlined in the School Wellness Policy and will be primarily plant based. The Paul Smith student will work closely with the food service director and report directly to her. Students who take the taste test will be asked to complete a survey (happy face if they like it, sad face if they don't). The number of school lunches sold will be tracked monthly, with the months of September through November being the baseline(control) months and the intervention months will be February through April. Food items that have been taste tested, and had positive reviews will be offered on the menu.*