



# Lillian Street Elementary

## Los Angeles Unified School District

### Reducing Food Waste With Cafe LA

#### Smarter Lunchrooms Focus

1. Focus on Fruit
2. Move More White Milk
3. Create School Synergies



#### Quick Tip

Key messages help Lillian Street Elementary staff nudge students toward healthy choices:

- Choose What You Want, Eat What You Choose
- Taste Don't Waste
- Feed Your Body, Not the Trash
- It's Not Nutrition Unless It's Eaten

#### Goals:

- Increase student awareness about nutritional benefits of meals to improve healthy choices
- Decrease food waste
- Utilize "collective color" to make eating areas more attractive and engaging

#### Actions:

- Developed encouraging, informative marketing strategies in the cafe
- Adopted fun names for food offerings and attractive packaging and containers
- Rebranded the cafeteria and updated signage
- Adopted key messages (see Quick Tip) and trained school foodservice staff to nudge students to healthier choices
- Implemented PA announcements to showcase lunch menu and hot supper
- Ran a plate-waste study for milk and other foods
- Held a Mobile Dairy Classroom assembly to improve nutrition education and food literacy
- Implemented a fresh fruit cutting station to increase fruit selection and consumption and reduce food waste

#### Results:

- Smarter Lunchrooms Movement (SLM) Scorecard increased from 43 to 64 out of 100 points
- Fruit waste, specifically apple and orange waste, decreased by more than 75 percent.
- Milk waste was reduced by nearly 5 percent

#### Next Steps:

- Continue efforts to reduce food waste
- Involve more schools with HealthierUS School Challenge
- Incorporate SLM marketing and training at all Los Angeles Unified School District (LAUSD) school sites



# Lillian Street Elementary



## School Site Profile

**School Name:** Lillian Street Elementary

**Grade Levels Served:** K-6

**Enrollment:** 511

**Percent Free and Reduced:** 56 free, 0.39 reduced

**Foodservice Director:** Joey Vaughn

## School District Profile

**District Name:** Los Angeles Unified

**Grade Levels:** K-12

**Number of Schools:** 1,005

**Enrollment:** 640,000

**Percent Free and Reduced:** 78.7



## SLM Technical Advising Professionals

**Name:** Ashley Barbee, MPH and Morgan Carey

**Agency:** Dairy Council of California

## Addressing Food Waste in District Lunchrooms

Los Angeles Unified School District (LAUSD) was faced with a big problem when it came to food waste. A report in 2016 found that 600 tons of nutritious foods were being thrown out districtwide each week. Lillian Street Elementary School chose to use its funds from the California Department of Education Team Nutrition Smarter Lunchrooms of California (TN SLM of CA) to address food waste head-on.

After rebranding the eating area as Cafe LA and adopting the slogan, "It's Not Nutrition Unless It's Eaten," the foodservice staff at Lillian Street Elementary came up with helpful messages and methods to combat food waste. After a plate-waste study revealed that over 70 pounds of apples and oranges went uneaten in a single day, staff introduced a fresh fruit cutting station.

Students brought fruit to the cutting station for staff members to peel, slice or quarter, and staff prepped the fruit while sharing some important nutrition education messages. This simple step slashed fruit waste by more than 75 percent!

"Participation has gone up greatly because of the fruit cutting station, and waste looks nothing like before," said Theophilos Okuribido, Food Services Training Specialist at LAUSD. "Students are now eating the fruits they take."

**WHAT ELSE?** A separate pilot program revealed increases in milk consumption and decreases in milk waste once the option of flavored milk was reintroduced.

"Areas of waste improved dramatically once we were approved to bring 'choice' back to the milk," said Okuribido. "Now students are getting the nutrients that are packed in milk whether it's flavored or unflavored."

Learn more about SLM trainings and resources at

<http://healthyeating.org/Schools/School-Foodservice/Smarter-Lunchrooms-Movement-of-California.aspx>.

