

Directive to Administrators (Specify which administrators) Site Administrators	WAD (Wednesday) Publication Date October 12, 2011	WAD Notice Number	No. of Page 1
--	---	-------------------	-------------------------

WAD Title National Food Day, October 24, 2011	Date Due (if applicable) n/a	Not Applicable After October 24, 2011
---	------------------------------	---

From Kim Coates (Cabinet member or approved by one below)	Title Supervisor, Student Support Services	Signature	Telephone 242-2615
--	--	-----------	------------------------------

Inform
 Certified Staff Classified Staff Parents Post on Bulletin Board Other:

Administrative Directive

WHO: Site Administrators, Classroom Teachers, Students and Families

WHAT: National Food Day is Monday, October 24, 2011!

Join SFUSD's Student Nutrition Services & other SFUSD schools in a celebration of *food!* Connect with your students about where their food comes from and how to make healthier food choices every day.

HOW: Here is a sampling of school and classroom activities:

Elementary

- Get a "pet plant" and allow children to take turns caring for it.
- Have a healthy-food drawing exhibit or create a class mural of students' favorite fruits and vegetables.
- Take a field trip to a farm, community garden or farmers' market.
- Cook up a healthy fruit or vegetable recipe.
- Do a fresh vegetable tasting in the school garden.

Middle Schools

- Host a classroom tasting of farm- or garden-fresh fruits, veggies and herbs.
- Hold an essay or art contest to encourage healthy behaviors.
- Invite a farmer in as a guest speaker.
- Show the film *Nourish*. Visit www.nourishlife.org to show clips or order the free DVD.

High Schools

- Have students present their own 'food journeys' or 'family food traditions' to present at an upcoming community event—Contact Meghan Elliott, Secondary Nutrition Education Coordinator@ elliottm@sfusd.edu .
- Build a "Junk Food Hall of Shame" & "Super Food Hall of Fame"-- Have students cut out *Junk Food* and *Super Food* advertisements in magazines or bring in food packages, and display items side by side.
- Evaluate the SFUSD Wellness Policy or state and local measures around food in the school environment.

Additional Resources:

- www.healthiersf.org/nutrition: healthy recipes, activities, family links
- www.nourishlife.org: film clips, curricula and activities (Grades 4-12)
- <http://foodday.org>: curricula and activities; visit this site to register your activities and lessons

	Cabinet Member Kevin Truitt	Title: Associate Superintendent of Student Support Services	Signature
--	---------------------------------------	---	-----------