

Rainbow Lake School, Rainbow Lake, AB

Kindergarten – grade 12

BEFORE School Makeover

Rainbow Lake School along with the grade 6 class, administration and the student council set out to improve nutrition and health at their school. Here are some of the areas they decided to focus on:

- Improve the nutritional quality of their vending machine and concession food and drinks. Current food choices included chips, subs, pizza pops, and popsicles.
- Improve flagging milk sales.
- Expand hot lunch program initially offered from April to June to extend to all year.
- Improve healthy choices being brought in for class parties and birthday parties.

THE PLAN

Rainbow Lake School made many positive changes within their school. Here are some of their successes:

- Soda pop was removed from the vending machines and replaced with water, juices and energy drinks.
- Foods offered at the concession are now monitored by a teacher and the high school students. The grade 6 class makes menu changes after reviewing their nutritional value. Chips, popsicles, subs and nachos are no longer sold at concessions and chocolate bars are limited to an occasional basis. These foods have been replaced by 100% fruit juices, yogurt tubes and no added sugar “Slushies”. Homemade goodies such as oatmeal cookies or muffins, or cereal and yogurt bars are available. Grilled cheese on whole wheat bread, 100% rotating grilled beef hot dogs and macaroni and cheese have been added. Some fresh fruits and vegetables are being offered however the quality and cost is sometimes a roadblock due the location of this northern school.
- A milk program was initiated and the school joined the Club Moo Milk program to receive the monthly prizes as incentives. A milk and cookie sale every month was implemented along with a Milk Spirit Week to promote milk.
- Hot lunch program is now offered all year long.
- Healthy items are encouraged for special celebrations or class parties such as fruit or veggie trays, and cheese and crackers. Soda pop is discouraged and suggested to be replaced with juice.

AFTER School Makeover

RESULTS

- Concession sales have dramatically increased.
- Parents are happy with the healthier choices available. Students have accepted and appreciated the changes. The grade 6 students use their nutritional knowledge to provide nutritional leadership in the school.
- Milk sales have increased from 0 – 300/month (some months 600 milk have been sold!).
- Fruit Slushy (that provide 100% of student's requirements of Vitamin C for the day) sales have replaced sugary beverages.

FUTURE Plans

- Rainbow Lake School will continue with the changes the students are now so enthusiastically endorsing. The school hopes that some of the initiatives will have positive effects in students' homes once they leave the school. At least for now they can be sure that the students are eating and drinking wisely during the day!