

Why participate in the School T.A.B.L.E of Clinton County?

- ◆ Network with your colleagues, share ideas and resources.
- ◆ Participate in training and educational opportunities.
- ◆ Provide input into goals and objectives that will help your school food service program achieve excellence.
- ◆ Take advantage of special projects and materials available to local school cafeterias.
- ◆ Monthly newsletters provided to all TABLE members with current nutritional information.
- ◆ Learn ways to promote the healthy choices and changes in your cafeteria to the public.
- ◆ Learn about the latest nutrition trends.
- ◆ Partnering with local agencies that help support your school nutrition vision.

For More Information:

Jerie Reid, Nutrition Services,
Clinton County Health Department
518-565-4840
www.clintonhealth.org

The School T.A.B.L.E. of Clinton County

Team Adirondack Breakfast and Lunch Educators

**Nourishing the minds
and bodies of our
school aged children**



The School T.A.B.L.E Team Adirondack Breakfast Lunch Educators Of Clinton County



*Bringing good
nutrition to your
school cafeteria
EVERYDAY!*

The school T.A.B.L.E was formed 10 years ago. A team of area school food and nutrition managers, the group works together to address mutual concerns. Collaborating, T.A.B.L.E. members focus on providing the best possible meals and a la carte items for area students; adjust menus to meet USDA regulations and recommendations and discover resources to help extend nutrition messages through the school cafeterias into the classrooms and homes.

Nutrition is a vital part of a healthy lifestyle needed to prevent disease and disability. Dietary choices create a long range effect on health, happiness, education and success for children.

Serving nutritious meals and providing nutrition education through our schools creates a healthier environment and crucial link to physical and intellectual fitness for our children.



Support Your School Lunch Program!



Healthy lunches at local schools feature brown rice, low-fat milk, fruit and vegetables



Healthier options being offered in school vending machines



School foodservice workshop



Wired fruit baskets to help increase the sale of fresh fruit

What have we been doing and what will we continue to do?

- Increasing fresh fruit and vegetable sales through new display racks and placement of items
- New vegetarian options on menus
- Enhancement of snack lines
- Farm to School initiatives which brings in locally grown produce to the cafeterias
- School foodservice workshops for cafeteria staff
- Implementing snack and beverage standards for a la carte and vending items
- School community taste testing to feature new foods and dishes to the cafeteria
- Receiving good practice awards
- Incorporating nutrition education into monthly newsletters