**Student-Parent Involvement in the National School Lunch Program**

Regulations require that schools promote activities to involve students and parents in the National School Lunch Program. Such activities may include menu planning, enhancement of eating environment, program promotion and related community support activities. The type of parent and student involvement is left to the discretion of the individual school. In this way, the school is given flexibility to plan and implement a program to meet its individual needs. Since involvement of students and parents in the National School Lunch Program is a requirement, schools should document all activities.

**Suggested Activities**

1. Prepare articles and/or pictures for use in the local newspaper or student newsletter. Articles might feature menus, meal statistics, special activities, offer versus serve or nutrition information.
2. Plan menus to highlight special events, such as holidays, athletic victories, foreign countries or specific regions of our country.
3. Invite parents, grandparents or other people in the community to have lunch at school.
4. Plan projects to improve the appearance of the lunchroom. Use bulletin boards, special holiday or seasonal decorations, student artwork, etc.
5. Conduct student surveys on food likes and dislikes and solicit menu suggestions.
6. Conduct a survey and discuss with students possible improvements to reduce plate waste.
7. Discuss nutrition in the classroom. Plan to evaluate one week's cafeteria menus to determine if they meet the Dietary Guidelines for Americans. Evaluate the menus as to variety, texture and color.
8. Make available and encourage the use of nutritious snack foods.
9. Allow one or several classes to plan menus.
10. Encourage the home economics class to plan special diets that meet meal requirements for overweight and underweight persons.
11. Organize a student tasting panel for new products being considered for use.
12. Take the kindergarten students on a tour of the kitchen.
13. Meet with students and parents to discuss the importance of nutrition as it relates to personal appearance and health.
14. Form a nutrition advisory council to promote foodservice in the school. Discuss ways of increasing participation, desired menu changes and alternate menu possibilities, etc.

**Nutrition Advisory Council**

Nutrition advisory councils (NACs) are organizations composed of students who have the mutual goal of promoting good nutrition through the child nutrition programs. Members participate in nutrition-related projects and serve as a communication bridge between the school foodservice administration and the students and community.

Should additional information be needed about how to begin an NAC chapter, contact the Colorado School Food Service Association or the American School Food Service Association (see page 1.5).
STUDENT-PARENT INVOLVEMENT IN THE NATIONAL SCHOOL LUNCH PROGRAM

Student/Parent Involvement
Return completed form to the foodservice office.

School: ________________________________       Date: ________________

Date of Activity: _________________________

Description of Activity: ________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

Number of Students/Parents Involved in Activity: ________________

Circle Group Type: Students    Parents

Comments: _____________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

Date received in foodservice office: _________________________