

Marin Food Systems Project

School Food System Survey Guide

The Marin Food Systems Project is a project working to support schools in providing students with an understanding and positive experience of healthy food from the source. We support schools to integrate and implement:

- a healthy food service program
- agricultural education
- a school garden program
- nutrition education
- garden curriculum

We aim:

To help schools improve their food service to more adequately reflect and acknowledge the understanding that our bodies and minds are connected. In order to adequately nourish the mind, the body must be well nourished, including fresh fruits and vegetables, adequate protein, ample exercise, and clean water.

To help schools bring healthier more locally grown foods into schools so as to take care of student's health and provide for them an education in healthy eating. We teach our kids by feeding them healthy foods which foods are healthy.

To support local farms, schools, our community and our kids.

The School Food System Survey is divided into three modules:

School Contacts and Module 1: School Demographics and Food Policy - For the Principal

Module 2: Food Service Facilities and Operations/Food Consumption Statistics - For the Business Manager/Food Service Director

Module 3: School Food and Garden Curriculum - For the School Gardener

How to conduct the School Food System Survey:

- 1) Find out how to get in touch with the Principal, Food Service Director or Business Manager, and School Gardener, if you do not already know who they are.
- 2) Either make an appointment to interview the above stated individuals in person, or have an introductory conversation (or write a formal letter) with each interviewee to let them know what you are doing. You can either conduct the interview in person, or give the survey to them to complete. This interaction is an opportunity to involve them (if they are not already) in the efforts you are undertaking. By being inclusive in the early stages of your efforts, you build positive momentum and a coalition, avoiding people feeling left out of something that concerns them.
- 3) Examine the results. Learn from the survey where to start at your school. At any point, you can request assistance from the Marin Food Systems Project.

How to use the results School Food System Survey:

- 1) Use the results to inform your group (your School Nutrition Advisory Council) what the school is currently doing to address your concerns. In order to make changes, it is important to understand what is currently happening at your school.
- 2) Please send a copy of your survey results to the Marin Food Systems Project, Leah Smith (415) 663-1338. The Marin Food Systems Project can better assist your school in its efforts to make changes if we know the infrastructure, current programs, and key players.

Note: This survey is being used as a pilot survey. The Marin Food Systems Project, in collaboration with the Marin School Nurses Organization, is part of an effort to survey Marin Schools regarding their nutrition related programs and infrastructure. A county-wide will ultimately be conducted by the Marin School Nurses Organization.