



Suggestions for Improving School Lunches: A Primer

The following people are the first ones you need to contact in reference to Food Service in your district:

School Food Service Director – The School Food Service Director is responsible for all aspects of your school’s food service program. Arrange a time to meet your director and request to tour the schools. Make sure you learn as much as you can about the program and ask questions about how menus are created and what type of food service company your district is run by. The food service director can be your best ally in making changes to your school’s foodservice program or your biggest obstacle; it all depends on how you present your goals to them.

School Principal – A school principal can assist you in getting information from the students through surveys and other methods. They can also help to put you in contact with other like minded parents to help build momentum toward your goals.

School Board Members – School board members are elected by the community to represent the community. Let your school board members know the importance you place on good nutrition and wellness. Ask them to make sure that all requests for proposals written for Food Service contain language that asks companies to meet your goals as a community. If the proper questions are not asked of food service management companies who bid for your schools’ contract and the proper specifications not written, no change will be made to the way your schools food service program is operated. The Board of Education must direct the Business Administrator to write a bid specification that reflects the goals of the community.

School Business Administrator – This is usually the person who is the liaison with your food service director or Food Service Management Company. This person manages all of the business functions of your school district. Let this person know you are a concerned parent and would like to learn more about your schools food service program.

Please remember to be respectful to all the people you interact with as you work through this process. Also know that this will be “an evolution, not a revolution”. Working through the proper channels in a persistent yet respectful manner will help you get the results you are looking for. It is important to remember most people involved in the process of school food service are there with the best interest of the students at the center of everything they do. Patience and accepting small changes over time are the best assets to possess along the route to long term change in any school district lunch program.