



Novato Live Well Network: Nurturing the Body, Sustaining the Community



From the garden, to the kitchen and in between!
Serving schools, families and the community.

The "Lunch Buddies" Program

WHAT IS THE "LUNCH BUDDIES" PROGRAM?: This program was developed by Veronica Valero and piloted during the 2005-2006 school year in collaboration with Miguel Villarreal, Director of NUSD Food And Nutritional Services (FANS). "Lunch Buddies" are volunteer adults who come during the lunch period to talk to the children about food. We ask them what they like and don't like. We let them sample food and give us their opinion. We take surveys. We talk about nutrition and it's relationship to a healthy body and learning. We assist the staff as needed. We assess and provide feedback to Miguel Villarreal & FANS Staff. We work collaboratively with all parties. And, we do it without negative judgment, rather with lots of positive encouragement.

OUR GOALS:

1. **To learn** what food children like and dislike that is served in the School Lunch program to eliminate waste.
2. **To engage** children in discussions about food likes & dislikes, nutrition, choices, etc. to open minds and open mouths to new healthier food choices.
3. **To provide** sample food to children to expose them to new tastes, to get feedback, and to maintain open communication about nutrition and nutrition choices.
4. **To learn** about challenges and limitations facing FANS and FANS staff and provide the information to the larger community to seek solutions.
5. **To develop** other programs as the need and/or opportunities arise to support nutrition and wellness in the school.
6. **To work collaboratively** to educate, support, and maintain positive communication between children, FANS Staff, Administrators, School Staff, Parents, and the larger community.

WE ARE LOOKING FOR VOLUNTEERS: We introduced this program to a few Novato elementary schools during the 2005-2006 school year. We would like to expand this program to other schools in the 2006-2007 school year. As volunteers arise, we will adapt and expand the Lunch Buddies program in the Middle and High Schools. If this program interests you and you can volunteer* 2-3 hour per month, **contact Novato Live Well "Lunch Buddies" Project Coordinator: Veronica Valero, at v4valero@comcast.net or 897-2302.**

**The NUSD requires volunteers working in the kitchen to show proof of updated TB test results.*

To Learn more about the Novato Live Well Network & NUSD Food And Nutrition Services (FANS):

www.NovatoLiveWell.org

