

NUTRITION ADVISORY COUNCIL

Nutrition Advisory Councils are school clubs that bring students together to spread the word about how good nutrition and school food service programs contribute to a healthy lifestyle. By involving students, a Nutrition Advisory Council reinforces the ideal that school nutrition programs are for them. Each of our sites has a Nutritional Advisory Committee Group (NAC) which consists of 6 – 8 students that meet at least four times a year. These students provide constructive comments regarding our student menus, have attended our past Nutritional Food Fairs that were held every year, and have participated in Nutrition Lessons from Dietetic Interns.

This year we are introducing a Fresh Farmers Market to our students, and our NAC students will be able to be part of this new venture. We will be offering this at four of our High Schools (Frontier, Highland, Liberty, and North) and one Continuation site (Vista). The sites were chosen on a volunteer basis. The purpose of the Farmers Market is to introduce students to new fruits and vegetables that they haven't had the opportunity to try. We also have nutritional information we offer them, on all the fruits and veggies that we serve at the Farmers Market.

Vista Continuation High School had their Farmers Market on September 30th. We offered the students 10 different choices from jicama and fresh string green beans, to the student's favorite, strawberries. The students really enjoyed the fresh fruit and veggies and wanted to know when we were coming back.

Our NAC kids are very important to the Food Service Department and their input to all of these activities help keep us in touch with the students of the Kern High School District. To get involved, students need to visit their cafeteria Supervisor and sign up.

