

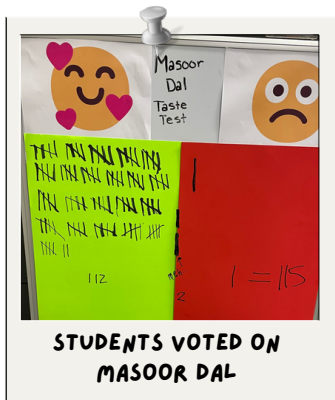
Prosser School District

Darlene Morrow
Director, Food Service



Darlene and the Prosser School District Child Nutrition team are helping students build healthy habits through expanded engagement opportunities and scratch-made menu offerings. Inspired by her Power Up Your Program coursework, Darlene began partnering with a team of teachers, administrators, and students to launch a middle school student advisory group. The group will provide input on menus, program practices, and meal quality.

Students have already expressed a strong interest in more scratch-cooked, whole food options, leading the meal team to begin offering scratch-made toasted cheese sandwiches and expanded salad bar options. The feedback also inspired the district to apply for a Recipe Development Subgrant, which allowed them to partner with Chef Kent Getzin to introduce new culturally relevant recipes.



During a tasting event at Prosser High School, 115 students sampled Masoor Dal, a traditional Indian dish made with Washington-grown lentils. They overwhelmingly approved. These efforts help to build students' confidence in trying new foods and improve their satisfaction with school meals.

Sparking Lifelong Healthy Eating Habits

- Child Nutrition Programs are learning laboratories that teach lifelong skills.
- During school meals, students learn to recognize and choose nutritious foods, building habits that extend beyond the cafeteria. Research shows students who eat school meals have more balanced diets overall.
- Nutrition education builds curiosity and confidence. It can include learning about food origins, preparation methods, sensory qualities, and more.
- Taste tests provide low-pressure exposure to new foods, increasing acceptance and shaping food preferences.