



## The ABCs of DHA

Dr. Alan Greene, pediatrician, is a leading authority in the fields of health education, organic food and pediatric nutrition.

### **A** DHA HELPS SUPPORT CHILDREN'S RAPIDLY GROWING BRAINS.

Between birth and five years, the human brain nearly quadruples in size. As the brain grows, it selects building blocks from among the fatty acids found in foods. Omega-3 DHA—the most prevalent structural fat in the brain—is one of these building blocks.

### **B** DHA IS IMPORTANT FOR KIDS OF ALL AGES.

DHA is especially valuable for young children to support their rapid growth. But DHA is an important nutrient for brain health at every age. Unfortunately, the typical American diet does not contain enough of this valuable Omega-3 fatty acid.

### **C** DHA MAKES GOOD SENSE FOR THE WHOLE FAMILY.

The benefits of DHA don't end in childhood. Scientists and health organizations have recognized DHA for its role in heart health. DHA has also been studied in connection with adult brain and eye function.

Learn more about DHA from Dr. Greene at

[www.horizonorganic.com/DHA](http://www.horizonorganic.com/DHA)



Making a world of difference.

## KIWI CLASS LEADERS

*A spotlight on inspiring and successful school food programs*

# Olympia School District

BY ANNE FICKLEN

Could it really be that in order to improve school food, all you need is cooperation between parents and school officials? That's what you'll hear if you speak to Paul Flock, supervisor of child nutrition for the Olympia School District organization in Olympia, Washington, which made a healthy turn in 2002 after Flock met with parents from the district's Lincoln Elementary School. The parents asked for limited processed food, organic produce and a significant reduction in sugar.

Determined to meet their requests and knowing the district had no additional funds to support new programs, Flock drew up a self-sufficient plan. In addition to utilizing parent volunteers, Flock tapped into Washington's Farm-to-Cafeteria program, a state initiative that puts schools in touch with local farmers in order to buy organic produce.

Today, all 18 schools in the Olympia district have a nutritious lunch program. Students can supplement their lunch with an organic salad from the bar or create an entire meal from the line (there are plenty of protein options). One teacher confessed to Flock that she was eating lunch at school for the first time in 23 years, thanks to the new salad bar. Organic fruit is there for the picking, and sodas and sugar-sweetened desserts have been banned.

The new food program costs the same as the traditional program did five years ago. Flock says he "had to juggle things around to make it cost-effective." His number-one strategy: tapping local vendors. By working with Olympia-based Bagel Brothers, for example, the middle- and high-school students now enjoy a pizza that has no trans fat or hydrogenated oil and derives less than 30% of its calories from fat.

Want to initiate similar changes at your child's school? Flock has these tips for fostering cooperation between administrators and parents.

1. Don't be scared to call those in charge. They're people (and parents) just like you.
2. Be tenacious. If one official turns you down, go to another.
3. Assemble a group of likeminded parents and write down specific examples of what you want.
4. Find another district that's already doing what you're suggesting, learn how it achieved its goals and apply its model to your own proposal.

Is your school worthy of a Class Leaders profile?

Better yet, do you think your program is the best in the country? Nominate your school for the KIWI Crusaders award. We're recognizing healthy school food programs in three categories:

- ◆ Preschool
- ◆ Public School/School System K–12
- ◆ Private School/School System K–12



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The three Grand Prize winners will receive \$3,500 each and a feature story in KIWI Magazine about the school and its meal program.

Go to [www.kiwimagonline.com](http://www.kiwimagonline.com) to fill out an online application or download a printable PDF to mail to us. Entries must be received by December 31, 2007.