

# OBESITY PREVENTION

Building healthier kids, one school meal at a time

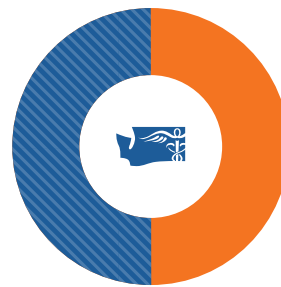


Since 2011, Empire Health Foundation has invested nearly \$3 million in helping school districts in Eastern Washington replace traditional processed school food with healthy, scratch-cooked meals that feature fresh and local foods. Our program combines robust menus, nutrition education and marketing strategies aimed at introducing kids to healthier foods and building lifelong healthy eating habits. We're investing in the health of kids, one school lunch at a time.

## Healthier School Lunches = Healthier Kids

### WHY DITCH THE CHICKEN NUGGETS?

Today's kids face unprecedented health issues including obesity, diabetes and high blood pressure—many of which are tied directly to the food they are consuming. Leading doctors predict if these unhealthy trends continue at their current rate, this could be the first generation of children with lifespans shorter than those of their parents.



**50%**

of kids' daily calories are consumed during school hours

## By the Numbers

**12**

School District Partners representing districts of all sizes

**58,000**

students (or 62% of the total K-12 student population) with daily access to healthy, scratch-cooked lunches

**12%**

reduction in overweight students over five years, all districts

**2017-18**

Spokane Public Schools district-wide adoption of the scratch-cooking platform

**6.9M**

scratch-cooked meals served annually

**4.5%**

statistically significant drop in BMI among Cheney students, K-5

## Our Partners

Empire Health Foundation has now partnered with 14 of the 59 school districts in eastern Washington to transition school lunch programs to healthy, scratch-cooked platforms.

**Cheney School District**

**Othello School District**

**Central Valley School District**

**Curlew School District**

**Reardan School District**

**Freeman School District**

**Davenport School District**

**Spokane Public Schools**

**Pullman School District**

**Newport School District**

**Wellpinit School District**

**Salish School**

**Odessa School District**