



Coordinated Approach
To Child Health



THE UNIVERSITY of TEXAS
HEALTH SCIENCE CENTER AT HOUSTON
SCHOOL OF PUBLIC HEALTH

CHILD NUTRITION SERVICES - THE 4 P's

The "4 P's" are the target areas of the CATCH Eat Smart Program. They are intended to help Child Nutrition Services personnel create a healthy school nutrition environment.

PLANNING

Menu planning is the first step in creating nutritious meals for children. When creating school menus, Eat Smart can help with suggestions for food choices that will help meet the School Meal Initiative goals. The Eat Smart Program Guide contains 58 great tasting kid-tested recipes. Also, there are suggestions for a variety of healthy salad bars and also for foods served a la carte.

PURCHASING

Purchasing vendor products and USDA commodities are an integral part of the school meal program. Eat Smart provides suggestions for contacting vendors to ensure that they provide you with a variety of options that can meet your criteria for fat and saturated fat.

PREPARATION/PRODUCTION

The way foods are prepared will influence the fat and nutrient content. Preparation techniques that lower fat and saturated fat such as brushing rolls with skim milk instead of margarine for browning and rinsing and draining ground meat are presented in the Eat Smart Program Guide.

PROMOTION

Within the past few years, you have probably already made many changes in menu planning, purchasing and preparation in your schools. You may not have focused as much on marketing or promoting your program. CATCH Eat Smart emphasizes the promotion of the Child Nutrition Services program as an integral component of coordinated school health. A variety of suggestions for how to market your program, enhance the cafeteria environment, jazz up the menu and publicize your program are included in the Eat Smart Program Guide.

CATCH Texas CATCHTexas.org

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