



## WILLIAMSON COUNTY AND CITIES HEALTH DISTRICT

### NEWS RELEASE

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**FOR IMMEDIATE RELEASE**

### ***GISD Nutrition Services recognized for their Commitment to Children's Nutrition in Schools by the Williamson County Board of Health***

July 30, 2010 (Williamson County) –

The Williamson County and Cities Health District Board of Health recognized Georgetown Independent School District (GISD) Nutrition Services for their dedication to nutritional excellence and healthy children on July 1, 2010.

Karen Kovach, Director of GISD Nutrition Services, is the energetic and creative driver behind the model food service program in Georgetown schools. She has developed a way to promote affordable, nutritious foods to students in an attractive package. This program is implemented across all GISD campuses and includes:

- Only whole grain breads (even hamburger/hot dog buns and pizza crusts)
- Only brown rice
- Majority whole grain pasta dishes
- Fast food lookalikes at 30% less calories and fat
- Eight fresh fruits and vegetables daily
- No fried foods

Other innovative approaches employed by GISD Nutrition Services include hosting a tasting event, at which 200 students, parents, and staff taste-test recipes under consideration for the next school year's menu. GISD's annual Kid's Culinary Competition which gives fourth and fifth grade students the opportunity to help create the new menu items by submitting recipes for consideration, awards, certificates, and medals after judging on presentation, nutrition, and taste. GISD Nutrition Services has also begun to address healthy snacks as well as employee nutrition. To help staff model behaviors, Ms. Kovach is working on a program that would offer teachers affordable, nutritious lunch foods.

Ms. Kovach and other GISD employees participate in the WilCo Wellness Alliance which, among other community health improvement projects, is currently working on promotion of

healthy menu items in local restaurants and employee nutrition in small and medium-sized businesses through a worksite wellness program.

For these services and everything that Ms Kovach and the Nutrition Team at GISD does, Dr. Arlen Zander, Board of Health Chair, and Dr. Chip Riggins, Executive Director, presented a certificate congratulating GISD Nutrition Services on their dedication to nutritional excellence at the July 1<sup>st</sup> Board of Health meeting.

To learn more about GISD Nutrition Services and the Healthy Snack Task Force recommendations please visit <http://www.georgetownisd.org/departments/nutrition/>.

To learn more about the WilCo Wellness Alliance or other services provided by *your public health department* please visit [www.wcchd.org](http://www.wcchd.org).