



Kids First Wellness Advocates Series
1st Class Café
Spring 2009

by Kelly Swanson, Kids First Communications

Lincoln - The Lincoln Health & Wellness Committee has been active and successful in making healthy changes at all Lincoln schools, and the latest impressive transformation comes at the "1st Class Café" at Lincoln High School. Aramark's Andrew Viveiros, Lincoln's Food Service Director, has been working diligently with school staff and students in Lincoln since last September to bring school food in line with the new Rhode Island Nutrition Requirements, and to make those changes fun, tasty, and accepted enthusiastically by all.



The 1st Class Café is run by district Transition Coordinator Patricia Kilsey. Mrs. Kilsey is a Special Education teacher in Lincoln whose job as Transition Coordinator involves helping the district's special needs students transition into careers in the real world after high school. She teaches courses in Daily Living Skills, and a big part of that curriculum is the Restaurant

Unit, which teaches basic skills such as food shopping, eating out, measuring skills and reading recipes, among others. Thus, the 1st Class Café was born! Students and staff visit the Café each morning for coffee, fruit, juice, and other healthy goodies prepared by Mrs. Kilsey's students, who shop each Monday for the week's groceries and ingredients.

Previously, the 1st Class Café sold the donuts, muffins and pastries they received as a free donation from a local donut shop. Late in 2009, Mrs. Kilsey, a dedicated member of the Lincoln Health & Wellness Committee, decided that the Café needed to serve healthier fare – even though that meant saying goodbye to the pure profit

they made from selling donated goods! Changes have been gradual, but the 1st Class Cafe has been on the healthy bandwagon ever since. Sales have remained remarkably steady ever since, which is good news for the program and for the hungry customers who are now getting nutritious snacks for breakfast.

Sandy Sepe, Power Up Coordinator with Kids First, has been assisting Mrs. Kilsey with introducing recipes for healthier items to sell at the 1st Class Café. She recently invited Kids First professional Kerry Clougher to LHS on St. Patrick's Day to help students make special HEALTHY holiday snacks to sell at the Café. Kerry and her "staff" made delicious wheat scones, and while those were baking, they whipped up some soynut butterballs, both of which sold out to happy St. Patrick's Day patrons that morning. Congratulations to Mrs. Kilsey for making the switch to a healthier (and still delicious) menu and for teaching her students and all of the students at Lincoln High School about good nutrition!

