



Kids First Wellness Advocates Series
1st Class Cafe
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Communications

Lincoln - The Lincoln Health & Wellness Committee has been active and successful in making healthy changes at all Lincoln schools, and the latest transformation comes at the “1st Class Café” at Lincoln High School.

The 1st Class Café is run by district Transition Coordinator Patricia Kilsey. 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. Kilsey 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, reading recipes and measuring ingredients. As a very practical component of the Daily Living Skills curriculum, 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 donuts, muffins and pastries they received as a free donation from a local donut shop. But 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!

The changes have been gradual, but sales have remained remarkably steady, which is good news for the program and for the hungry customers who are now getting nutritious snacks for breakfast.



On St. Patrick’s Day, the students made special HEALTHY holiday snacks to sell at the Café, including wheat scones and soynut butterballs. Both treats 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!