



Back to School with Team Nutrition

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Team Nutrition

Initiative of the USDA's Food and Nutrition Service to support the Federal Child Nutrition Programs



Provides curricula, posters, parent handouts, and other resources free of charge to schools

Aims to improve children's lifelong eating and physical activity habits

<http://teamnutrition.usda.gov>

@TeamNutrition

Team Nutrition School



- Shows commitment to helping students making healthier food choices and be more physically active
- Receive special nutrition education promotions and first to hear about new resources
- Have the opportunity for your Team Nutrition activities to be highlighted
- Requirement of the HealthierUS School Challenge: Smarter Lunchrooms award
- On-line enrollment and can update information
 - <http://www.fns.usda.gov/tn/join-team-become-team-nutrition-school>



Resources for Schools



Order Form - FREE Nutrition Education and Promotional Materials



District Name: _____ Contact Name: _____
 Contact E-mail: _____ Contact Phone: _____
 Mailing Address: _____ City and Zip: _____

Quantity Nutrition Education Materials



- [Grow It, Try It, Like It! Nutrition Education for Preschool](#) (FNS406)
Garden-themed nutrition education kit that contains The kit includes seven booklets featuring fruits and vegetables with fun activities through an imaginary garden.



- [Two Bite Club Book](#) (FNS405) 
Educational storybook that introduces MyPlate to young children

- [Discover My Plate Nutrition Education for Kindergarten](#) (FNS475)
Interactive lessons that include Math, Science, English Language Arts, and Health. Each set comes with emergent reader mini books, a song, food group cards, look and cook recipes, parent handbooks, student workbooks and a poster.



- [Replacement Student Emergent Readers \(Set of 6\)](#) (FNS474)
- [Welcome to School Lunch Handouts](#) (25/set) (FNS471-A)
- [Be Your Best with Breakfast Handouts](#) (25/set) (FNS471-E)

[Serving Up MyPlate Curriculum](#)

A collection of classroom materials that integrates nutrition education into Math, Science, English Language Arts, and Health. Introduces the importance of eating from all five food groups using the MyPlate icon with a variety of hands-on activities



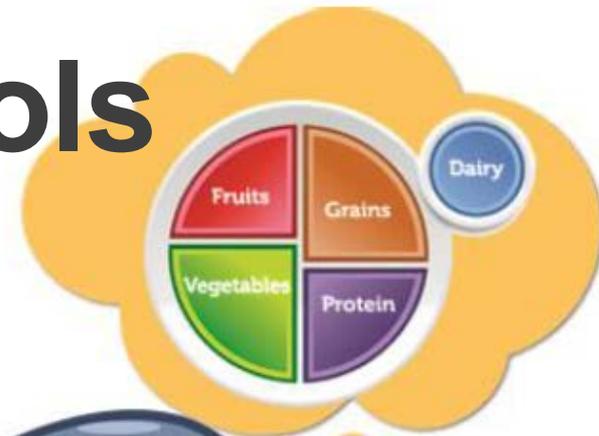
- [Serving Up MyPlate Grades 1 & 2](#) (FNS444)
- [Serving Up MyPlate Grades 3 & 4](#) (FNS445)
- [Serving Up MyPlate Grades 5 & 6](#) (FNS446)

- [Team Nutrition Popular Events Idea Booklet](#) (FNS462)

Fun ways to promote nutrition and physical activity at your elementary or middle school. Includes ideas for 20 themed events, large and small and supporting handouts, templates, and other resources.



- [A Guide to Smart Snacks in School](#) (FNS623)
Provides an overview of Smart Snacks Standards and how to tell if a food/beverage meets the requirements. Each set includes 25 booklets.



Quality Nutrition Education

- Allows children to practice skills
- Builds self-efficacy ("I can do it.")
- Includes observational learning
- Is interactive, inquiry-based
- Includes positive reinforcement
- Includes taste testing and food preparation
- Is developmentally appropriate

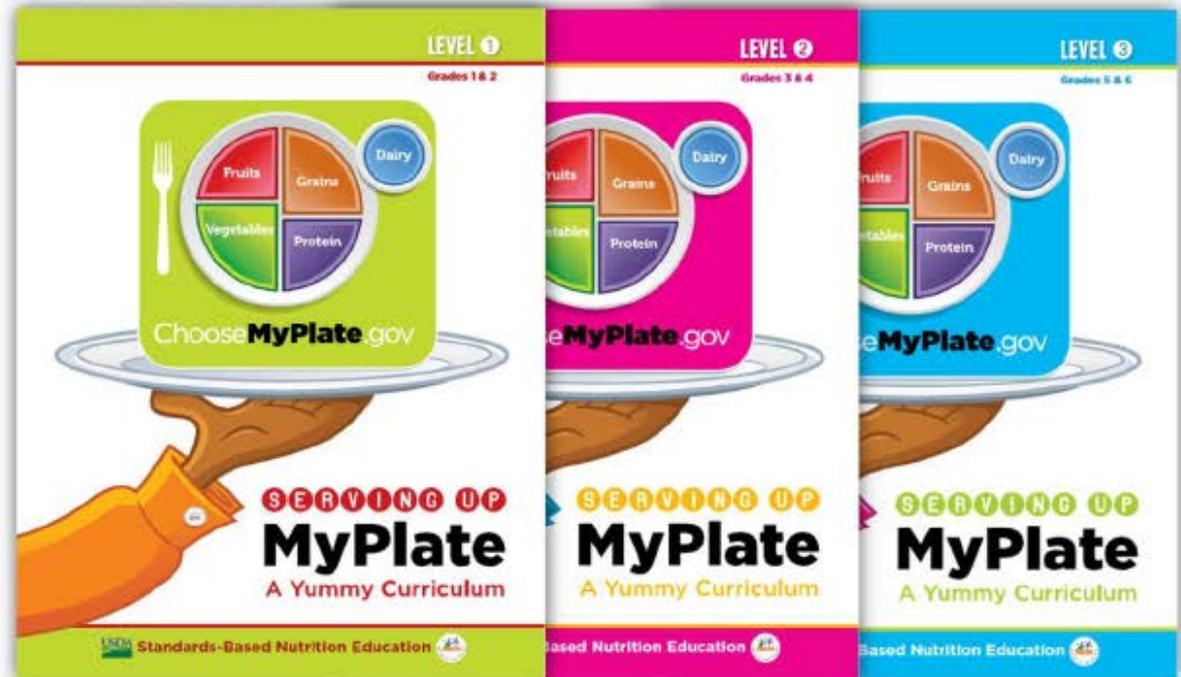


Communication Channels

- Classroom
- Cafeteria
- School Events
- Home
- Community
- Media

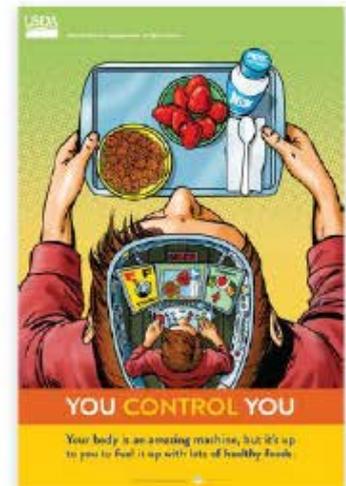
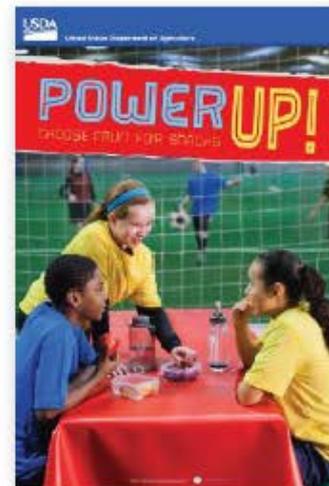
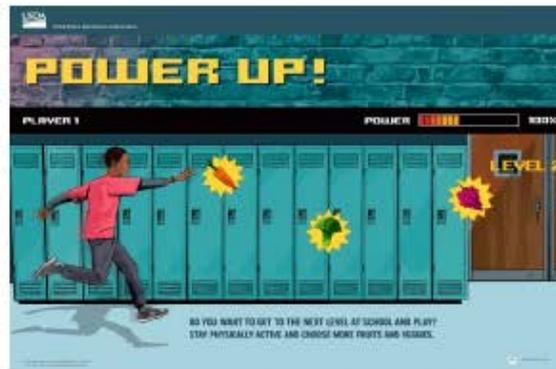
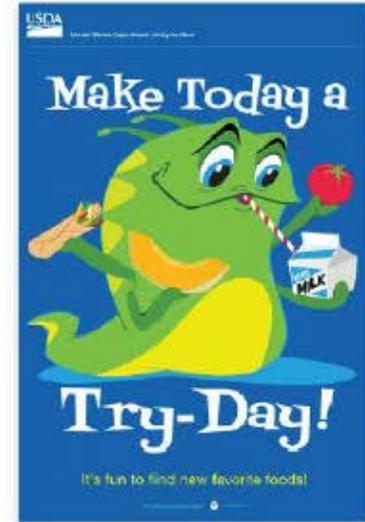
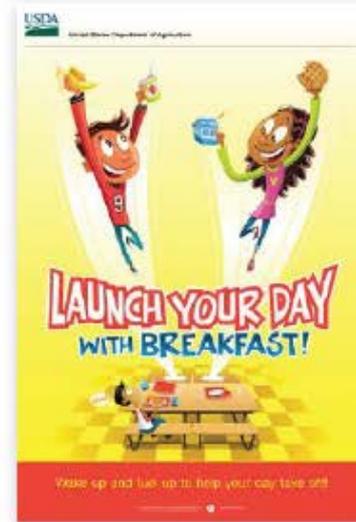


Team Nutrition Elementary School Resources





Team Nutrition Posters



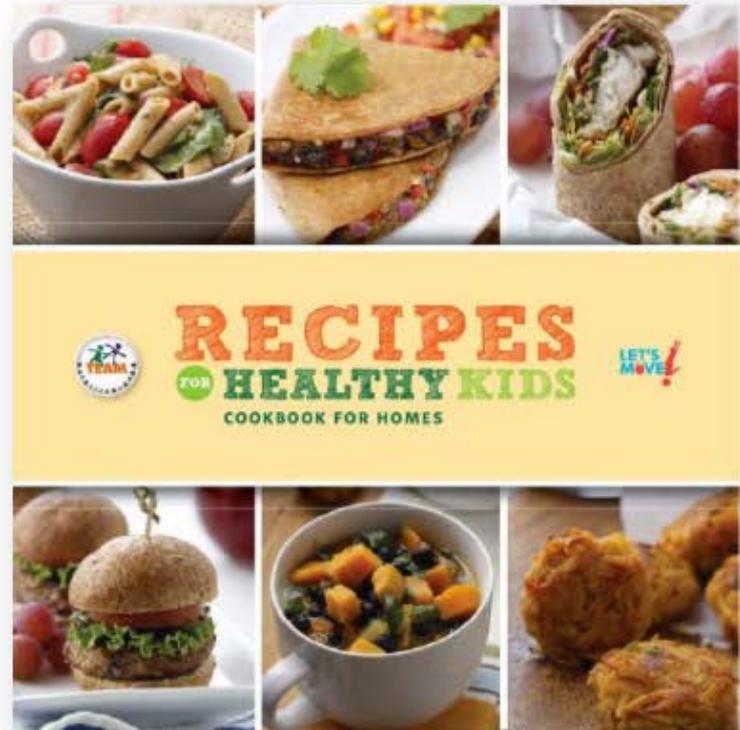
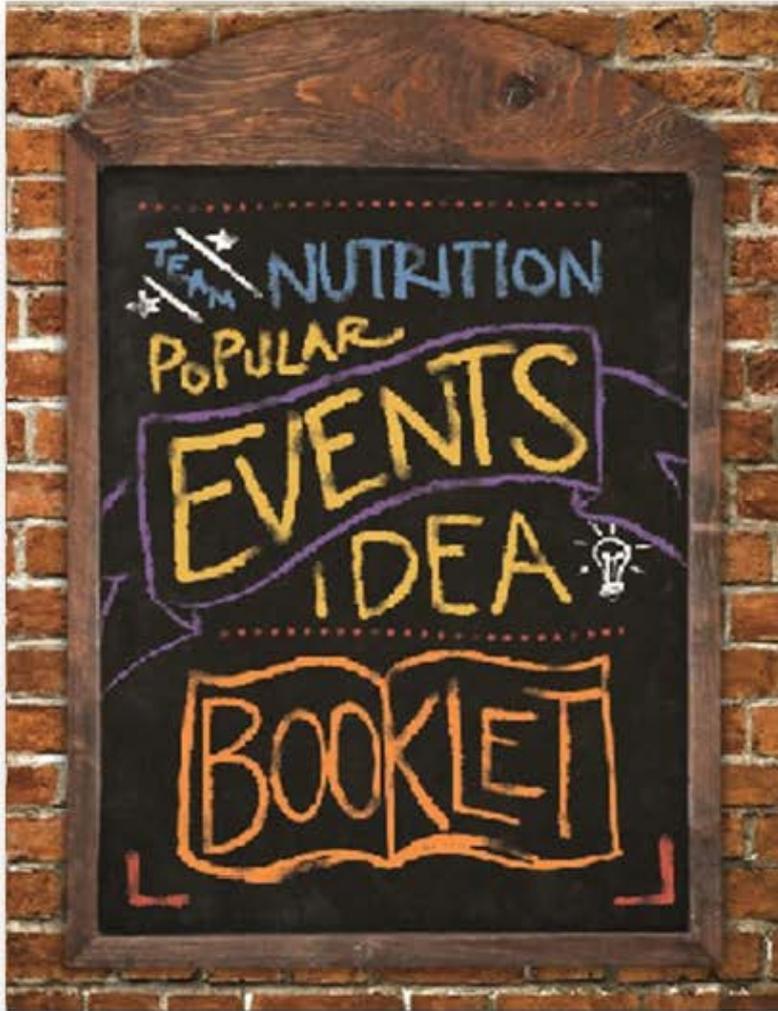


United States Department of Agriculture

Team Nutrition School Games and eBooks



Team Nutrition Events and Recipes



MyPlate SuperTracker Groups For Middle and High School

- Create and manage a group of SuperTracker users
- Educators can:
 - Create a group
 - Invite others to join via email or with a group-specific access code
 - Run roll-up reports of group member dietary and physical activity data

The screenshot shows the 'Group Details' page for 'Mrs. Smith's Class'. At the top, it says 'You are here: Home > Group Details'. The group name is 'Mrs. Smith's Class'. Below the name is a circular profile picture of a pink and white sneaker. To the right of the profile picture is a table with the following information:

Group Name:	Mrs. Smith's Class
Type of Group:	Private
Organization:	Pineville Middle School
Date Created:	8/11/2015
End Date:	None

Below the table are four buttons: 'View Members', 'Run Reports', 'Edit Group Info', and 'View My Groups'. To the right of the buttons is a text box that says: 'This group is for Mrs. Smith's 7th grade health class. Let's use SuperTracker to get healthy together. Way to go class!'. Below this is a section titled 'Invite a User' with the text: 'Send invitation emails to your group using the Email Invite button below. Group members can also join your group by entering the access code provided below at SuperTracker.usda.gov/join. This code is unique to your group.' There is an 'Access Code' field with the value 'FXK6-UQ82' and an 'Email Invite' button with an envelope icon. Below the access code field is a link that says 'Need a new code?'. At the bottom is a section titled 'Helpful Links' with three links: 'For help getting started with SuperTracker, check out our Site Tour Videos.', 'Track the foods you eat and compare to your nutrition targets using Food Tracker.', and 'Enter your activities and track progress as you move using Physical Activity Tracker.'

Find more information and a video tutorial on the [SuperTracker Groups page](https://supertracker.usda.gov/AboutGroups) (<https://supertracker.usda.gov/AboutGroups>)



NEW! What You Can Do To Help Prevent Wasted Food



What You Can Do To

Help Prevent Wasted Food

In the United States, food loss and waste is about 30 percent of the food supply at retail and consumer levels. While the amount of food wasted at schools has not increased during recent years, there are many ways that everyone on a school campus can help reduce, recover, and recycle food before it goes to waste.

INSIDE: TIPS FOR SCHOOL STAFF, PARENTS, AND STUDENTS.



<http://teamnutrition.usda.gov>




Tips for Teachers

Raising Healthy Eaters.

Tips for Parents

Tips for Administrators

Tips for Students

School Professionals

NEW! A Guide to Smart Snacks in School

Do you?

- Coordinate school fundraisers,
- Manage a school store or snack bar,
- Sell food during the school day on campus,
- Manage school vending machines, or
- Want healthier foods on your school's campus?

Check Out This
New User-Friendly Guide

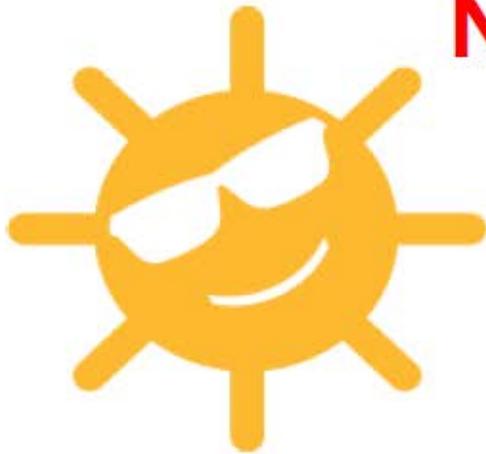
Help make the healthy choice
the easy choice for kids at school

A Guide to Smart Snacks in School



NEW! Team Nutrition Summer Resources

Infographic - Parent's Guide – Summer Food, Summer Moves Kit



Take a Healthy Summer Break!
Discover Some Easy Ways To Help Kids Stay Happy and Healthy This Summer

Did you know?
Kids who exercise gain weight less easily in the summer than during the school year.

Move More
Get at least 60 minutes of physical activity every day. Try fun activities like swimming, biking, playing, and active games like tag.

Choose Water
Kids who drink water every day can have 21 grams of added sugar less in a year!

Sit Less
Limit TV, computers, tablets, and video games to no more than 1-2 hours a day so you have more time to play.

Eat Smart to Play Hard
More kids reach for healthier snacks! Offer fruits and vegetables at snack time!

Find a Summer Meal Site Near You!
Your child can enjoy a healthy meal with friends at a summer meal site. All kids ages 18 and under are free. Donate items and offer games, crafts, and activities. Visit <http://www.fns.usda.gov/summermeals> or call 1-800-345-6472 to find a summer meal site near you.

THIS SUMMER, EAT SMART TO PLAY HARD
A Parents' Guide

As much as 27% of kids' daily calories come from snacks, mostly from desserts and sugar-sweetened beverages.

DISCOVER THE SUMMER MEAL SITE NEAR YOU

TRY THE 4 HEALTHY MOVES CHALLENGE!

GET THE SUMMER BREAKFAST TO HELP KIDS SUCCEED!

Summer Food, Summer Moves
OPERATOR'S ACTIVITY GUIDE

Look inside for over 30 fun games and educational activities to do at your summer meal site!

- Provide families with tips and tools for a healthy summer
- Promote your summer meal site
- Boost attendance



United States Department of Agriculture

For Fall 2016



United States Department of Agriculture

Team Nutrition Resource Catalog



Inside

Resources to help you:

- Teach kids about MyPlate and being physically active.
- Offer nutritious and delicious meals kids want to eat.
- Work with others to build a healthy environment.

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<http://teamn nutrition.usda.gov>



United States Department of Agriculture

MYPLATE GUIDE TO SCHOOL LUNCH

for Families



GRAINS

Whole grains give kids B vitamins, minerals, and fiber to help them feel fuller longer so they stay alert at school.



PROTEIN FOODS

Meat, poultry, fish, dry beans, peas, eggs, nuts, and seeds provide many nutrients including protein and iron. Protein needs are based upon the nutrition needs of children in various grade groups. School meals also allow cheese, tofu, and yogurt to count as the meat/soy alternate in the school lunch.

VEGETABLES

A variety of vegetables helps kids get the nutrients and fiber they need for good health.



MILK

Low-fat (1% or fat-free) milk. Children and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth and muscles.

FRUITS

Every school lunch includes fruits as well as vegetables. Only 1/2 of the fruits offered may be 100% juice, since whole and cut-up fruits have more fiber.



Visit teamn nutrition.usda.gov for additional tips and activities.



In Your Folder!



United States Department of Agriculture

MYPLATE GUIDE TO

SCHOOL BREAKFAST

for Families

FRUITS

A cup of fruits includes every day, including nutrients that are important for kids' health, such as potassium, dietary fiber, vitamin C, and disease-fighting antioxidants.



MILK

Milk and some cereals provide calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles.

VEGETABLES

Every breakfast should include vegetables, but schools may offer a variety of fruits.



GRAINS

Starting every day with whole grains help give kids and teens B vitamins, minerals, and fiber to feel fuller longer so they stay alert to concentrate at school.



PROTEIN FOODS

Some breakfast menus may offer items such as eggs, nuts, or meats to pair with whole-grain cereals.



For Late Fall 2016:

Team Nutrition Wellness Policy Toolkit

- Currently in development
- Customizable templates!
- Contains:
 - Letter to principal
 - Parent flyer (English and Spanish)
 - Presentation for staff
 - Presentation for parents
 - Newsletter article and social media posts



**School
Wellness
Policies**

School Wellness Policy

- Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004
 - Required LEAS to create wellness policies by 2006
- Healthy, Hunger-Free Kids Act of 2010
 - Requirement for the local wellness policy expanded to include implementation, evaluation, and publically report on the progress
 - Final ruling was published in July 2016
- Part of the Child Nutrition Administrative Review



Content of the Policy:

- Goals for:
 - Nutrition promotion and education
 - Physical activity
 - Other school-based activities that promote student wellness
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day;
- Standards for all foods and beverages provided, but not sold to students to students;
- Policies for food and beverage marketing; and
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Administrative Review

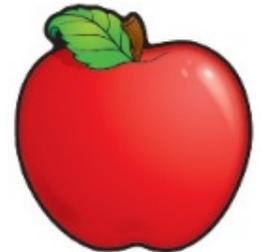
- An evaluation of schools that participate in School Nutrition Programs
 - Verification
 - Income Applications
 - Meal Access and Reimbursement
 - Meal Pattern and Nutrition Quality
 - Civil Rights
 - Procurement
 - Water Availability
 - Food Safety
 - Professional Standards
 - Local Wellness Policy
 - Competitive Foods
 - Outreach

Wellness Policy AR Questions

- Provide a copy or web address of the current Local Wellness Policy.
- How does the public know about the Local Wellness Policy?
- When and how does the review and update of the Local Wellness Policy occur?
- Who is involved in reviewing and updating the Local Wellness Policy?
- How are potential stakeholders made aware of their ability to participate in the development, review, update, and implementation of the Local Wellness Policy?
- Obtain a copy of the most recent assessment on the implementation.
- How does the public know about the results of the most recent assessment on the implementation of the Local Wellness Policy?
- For each Off-Site Assessment Tool question, do the responses provided demonstrate compliance with FNS requirements?

Common Non-Compliance

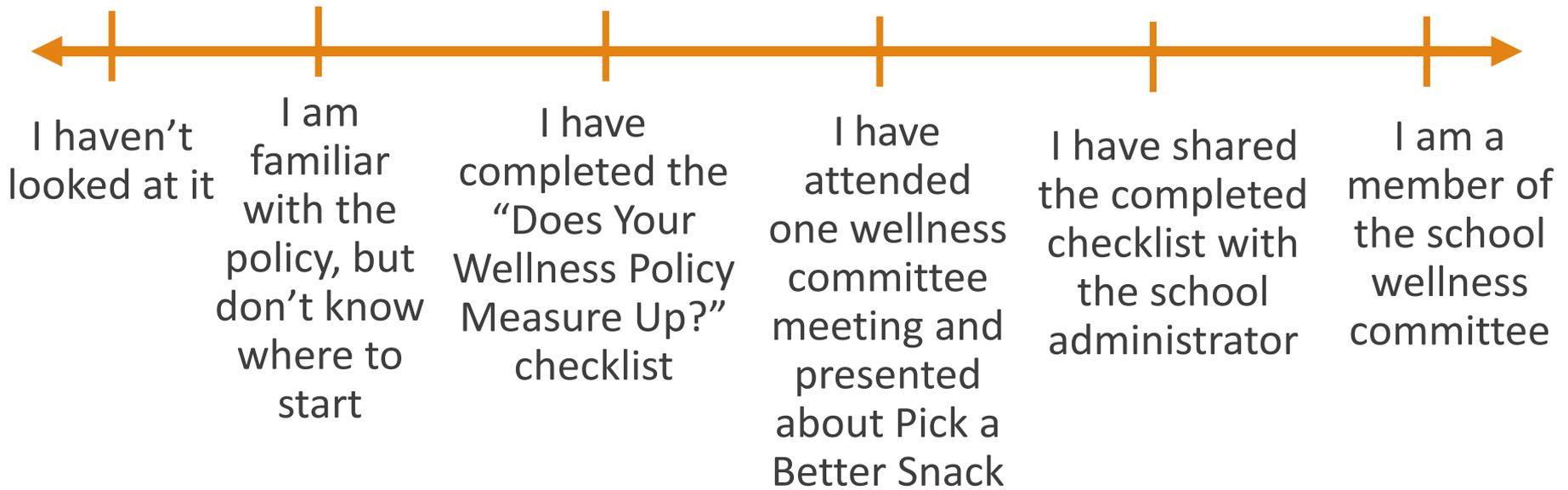
- Lack of various stakeholders on wellness committee
- Lack of documentation to show who was invited and/or attended committee meetings
- Wellness Committee does not assess implementation at each building
- LWP has not been reviewed or updated
- LWP and its updates have not been made available to the public
- LWP is a template that has not been individualized to the district
- Lack of leadership overseeing compliance of the LWP





-
- Become familiar with the policy
 - Complete the “Does Your Wellness Policy Measure Up?”
 - Present to the local wellness committee
 - Pick a *Better Snack*™ - Nutrition Education
 - Attend committee meetings regularly
 - Contribute expertise
 - Classroom activity breaks
 - Use of non-food items for rewards
 - Healthy classroom snack ideas
 - School gardens
 - Smarter Lunchrooms

Wellness Policy Involvement Scale



My action steps include:



**School
Wellness
Resources**

DOE School Wellness

<https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness>

- Sample Wellness Policy
 - Iowa Association of School Board **NEW!**
- Model Wellness Policy
 - Alliance for a Healthier Generation
- Does Your Wellness Policy Measure Up?
- WellSat Assessment Tool
- School Building Progress Report
- Administrative Review Questions

Smarter Lunchrooms



- No to low-cost strategies proven effective at creating an environment that encourages kids to make healthy choices
 - Promotion of fruit and vegetables
 - Make white milk the easy choice
 - Grab n' go reimbursable meals
 - Environment
 - Positive communication between staff and students

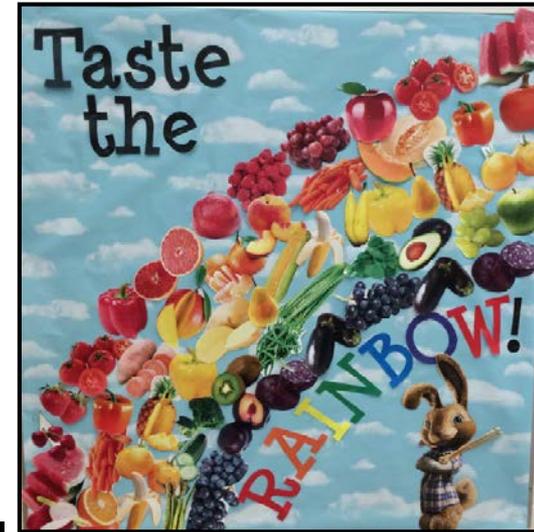
<http://smarterlunchrooms.org/>



School Wellness Bulletin Boards and Signage [Webpage](#)

! WARNING

Daily exercise and healthy eating may lead to increased awesomeness.



Teachers are healthy too!

Who doesn't forget to brush their teeth? Who loves to go on long walks? Who wears a helmet while riding a bike? Who enjoys reading a good book?

Who likes eating apples for a snack? Who gets plenty of sleep each night? Who drinks a lot of water each day? Who likes to eat sweet peas and other veggies?

Can you guess who?

AN APPLE A DAY...

CHUCK BANKS
PRINCIPAL
FISHING • GOLF • SPENDING TIME WITH FRIENDS & FAMILY

Favorite Healthy Snack: CELERY & PEANUT BUTTER
Favorite Subject: ALL OF THEM!

KEEP CALM AND EAT A BANANA



Funding provided by the Iowa Department of Education's Team Nutrition Program.

E-Newsletter

TEAM
NUTRITION
IOWA

 Iowa
Action for Healthy Kids®

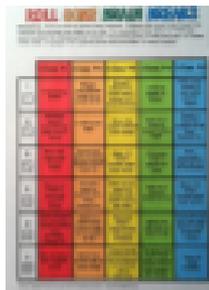


October
2014

Healthy Schools Healthy Students



Pinterest Idea of the Month!



Looking for new
break ideas? Roll
a dice for some
brain breaks!

Please find
link below.

Fall is here! This issue includes training opportunities and resources to strengthen your school's wellness environment. Please forward this on to members of your district's wellness committee. What are your plans for National School Lunch Week? We would love to hear how you will be celebrating! *Carrie*





**Healthier
US School
Challenge**

HealthierUS School Challenge: Smarter Lunchroom

- Voluntary national recognition award
- Excellence in nutrition and physical activity
- Reinforces Dietary Guidelines for Americans
- Includes *Smarter Lunchroom* techniques!

<http://www.fns.usda.gov/hussc/application-materials>



Financial Incentives



Form a School Team

- Makes the application process more manageable
- Gets more individuals invested
 - District Foodservice Director
- School Principal
- Teachers
- P.E./Health Teachers
- PTA/PTO members
- Students



Recognition





**Iowa Team
Nutrition
Projects**

Smarter Lunchroom Project

- University of Iowa
 - Positive communication between students and staff
 - Build relationships while prompting healthy options
 - Utilize suggestive selling to build a reimbursable meal
 - 6 middle school with 3 site visits

Clear Creek Amana

Pella

Knoxville

Dubuque

Central City

Cedar Rapids



TEAM
NUTRITION
 **IOWA**

School Food Waste Pilot

- Partnership with Iowa Department of Natural Resources
- Conduct a food waste pilot
 - Observations, assessments, waste audit, and best practice guide
- 10 elementary schools, 1 high school
 - Cedar Rapids (STEAM Academy), Des Moines (Lovejoy, Ottumwa (Horace Mann), Trinity Lutheran, Sacred Heart, Saydel (Cornell), Davis County, SE Polk (Clay), Clear Creek Amana, Center Point-Urbana, and Waverly Shellrock (HS)



School Wellness Coaches

- RDN Wellness Coaches
- 30 school districts
- Wellness Policy & Smart Snacks
- 3 visits per district during



Healthy Schools

Questions?

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