

Linking Parents and Community for Student Health

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Illinois School Wellness ...from A_Z conference

Objectives

- Describe four target groups for nutrition education in schools
- Describe opportunities for grants to fund nutrition education
- Describe recommendation for development of student curriculum
- Describe activities appropriate for each group
- List unique opportunities for nutrition education by school foodservice



Students and Nutrition Education



Breakfast Grant
Save our Strength

Grants

- Have courage—apply for grants
- Save our Strength breakfast grant had a nutrition education section
- Breakfast Fair-6 booths
 - How does your breakfast cereal measure up?
 - Breakfast of champions-change habits one step at a time
 - Good choices for breakfast when eating out at fast foods
 - Strong bones start with milk—rat curriculum
 - Something new for breakfast—taste test of fresh fruits
 - School Breakfast—a good place to start the morning

Menus

- Menu back
- Menu front—side bar
- Offer menu items that introduce new foods-specialty fruits
 - Jicama sticks
 - Pomegranate seeds
 - Headstart bought the fruits for each classroom to offer nutrition education through the meal.
 - Department of Defense Fruit and Vegetable program

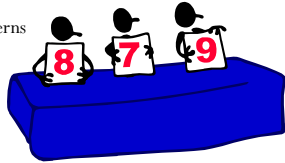
Nutrition education with others

- Local Dietetic Association-
 - National Nutrition Month
 - Speaker's Bureau
- Extension service----multiple programs
- Heart Association---menu contest and lunch with mayor
- Health department—junior high research project
- Ag in the classroom
- Moon walk-health consortium



Career Fair and Students

- Described careers in nutrition and foodservice industry
- Provided examples of nutrition education
- Hosted dietetic interns—created website from gathered materials
- Hosted undergraduate dietetic students-student taste panel for new products
- Hosted hospitality interns



Lunchroom as Learning Lab

- Menu Contest—Heart Association
- Nutrition education posters in lunch line
 - Food safety and hand washing
 - Eating more fruits and vegetables-
 - FAQ--Chocolate versus white milk



Department Website

- Menu—most hits of all district sites!
- Sections for parent, students, teachers, business
- Nutrition games for students
 - Looked at other school websites
 - Free links to nutrition games





Parents and Nutrition Education

Activities with Parents

- Breakfast grant
 - Nutrition Fair at PTO meeting
 - Spoke at PTO and had breakfast promotional film from Dairy Council
- Menu
 - Menu back and sidebar
 - Elementary school satisfaction survey
- Website section for parents
- Coordinated with reading program- Parent Outreach



Teachers and Nutrition Education

Nutrition Education Recommendations

- Integrated with other curriculum
- Sequential
- Age appropriate
- Cafeteria as a learning lab
- Tie into Illinois Learning Standards



Curriculum Development

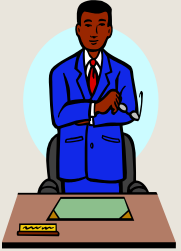
- Reading books for elementary school talked about nutrition education
- Pre-school nutrition curriculum
- CATCH—golden egg-elementary
 - Health Fair
 - Curriculum in school-
 - Nutrition
 - Physical fitness
 - Lunch program
- Science and PE Committees—see if they need help
- Teach health classes---dietary guidelines
- Write grants--SNA- Hidden Valley

Wellness Committee

Opportunity for planned program of nutrition education

Teachers Role Model Wellness

- Health Fair for teachers at an institute day
 - Wellness screening
 - Body fat evaluation
 - Lipid profile
 - Provided by local hospital
- Wellness programs-provided by local hospital
 - Stress management
 - Nutrition

Administrators and Nutrition Education

Administrators

- New principal orientation
- Offer presentations for school wellness teams

Summary

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