



Illinois

**NET**

Nutrition Education  
and Training Program

## 2008-2009 Services

**Staff development** programs for child care and school staff

**Loan library** of health education resources

**KidsEatWell.org** – your nutrition education link

**Illinois Schools Can!** electronic newsletter

### Supporting children's health and achievement in Illinois

To request additional copies of the service flyer for meetings or conferences,  
call (800) 466-7998



## About the Illinois Nutrition Education and Training Program

The Illinois NET Program is a not-for-profit organization that helps Illinois school and child care staff support and promote lifetime healthy eating and an active lifestyle for children from preschool to high school. Services are provided statewide in all 102 counties.

### Services available include:

- Free **professional development units** for Illinois child care and school staff are available through on-site and online training
- **Technical assistance** in creating environments that promote and encourage children's health through training, technical assistance and web resources
- An **electronic newsletter** for school staff involved in student wellness policy initiatives
- A **loan library** of health education resources at the Illinois State Board of Education
- A comprehensive health education **website** for child care and school staff, parents and children

A statewide network of health education professionals delivers free training for child care and school staff at your school or child care center. NET workshops support local wellness policy initiatives and Illinois learning goals as well as provide free CPDU credit for teachers.

Illinois NET staff also provides technical assistance on a wide range of nutrition-related topics to Illinois school and child care staff including:



- *HealthierUS* School Challenge criteria – a national recognition program for elementary schools
- Evidence-based curriculum and programs that work
- Nutrition education curriculum and programs that can be integrated into core subject areas
- Wellness policy implementation, evaluation and improvement

Choose from hundreds of health education resources. A maximum of five items can be loaned out for two weeks and the only cost to the borrower is the insured return postage. The loan catalog is accessible online at [KidsEatWell.org](http://KidsEatWell.org). You'll find resources including:

- Curriculum for grades PreK to 12
- After school programs
- Educational software and games
- DVDs and videos
- Cookbooks and food activities

### For Training and Technical Assistance Contact:

Illinois NET Program  
245 West Exchange Street, Suite 4  
Sycamore, IL 60178  
Call: (800) 466-7998 or (815) 895-9227  
Fax: (815) 895-2971  
Email: [ilnet@kidsroe.org](mailto:ilnet@kidsroe.org)

### For the Nutrition Education Loan Library Contact:

Illinois State Board of Education  
100 North First St. (C-021)  
Springfield, IL 62777-0001  
Call: (800) 545-7892 or (217) 782-2491  
Fax: (217) 524-6124  
Email: [cnp@isbe.net](mailto:cnp@isbe.net)



# Highlights from Illinois Nutrition Education and Training Program

## KidsEatWell.org Earns an A+

The [KidsEatWell.org](http://KidsEatWell.org) website has a new look and dozens of new resources for child care and school professionals, parents and children. A user-based navigation system, site map and search tool will make it easier for you to find nutrition education tools and resources aplenty.

- Access the **latest information** on school wellness.
- Find out about new **grant opportunities** that support child wellness.
- Sign up for the *Illinois Schools Can!* **electronic newsletter** for school staff.
- Locate **Spanish** parent education materials.
- Search the Nutrition Education **Loan Library**.
- Schedule free **staff development** programs at your site.
- Earn **CPDU credit** by completing NET Online training.
- Locate health education **strategies and resources** that work.

Add a link to [KidsEatWell.org](http://KidsEatWell.org) to your school or child care website for easy access for staff, parents and kids.

Illinois NET Program – In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call 800/795-3272 or 202/720-6382 (TTY). USDA is an equal opportunity provider.



## Earn Continuing Education Credit



Continuing professional development units (CPDUs) or certificates of completion are provided with Illinois NET Program training. Certificates can be used by those seeking or maintaining Child Development Associate (CDA) or School Nutrition Specialist (SNS) credentials.

## Comments from our Training Participants

*Thank you for offering high-quality trainings!*

*Illinois NET has been instrumental in meeting our contractual agreement needs for offering training on childhood obesity to our providers.*

*It was great. I really enjoyed it and would honestly recommend it.*

*Very informative with practical ideas*

*Lots of interesting ideas. Excited to use them!*



## What's New at Illinois Nutrition Education and Training Program?

### A Step above the Rest!

With changes on the horizon for National School Lunch Program and School Breakfast Program nutrition standards, getting a head start on making changes may be at the top of your "to do" list. If so, you'll find plenty of help at [KidsEatWell.org](http://KidsEatWell.org). Just click on *Healthy Schools* on the home page and select *School Meals* to find key resources to assist school foodservice administrators and staff plan and serve meals that demonstrate the Dietary Guidelines for Americans. Tap into:

- ready-to-use promotions,
- healthful recipes and cycle menus,
- free nutrition education materials,
- staff training programs, and
- a step-by-step plan for gradual improvement.

One of the key resources coming this fall is a free online course being developed by the National Food Service Management Institute (NFSMI). This course provides a series of sixteen lessons for school foodservice staff that focus on basic food production principles and culinary techniques to improve the quality of meals at schools. Each lesson covers mise en place (kitchen organization), basic culinary principles, specific culinary techniques, product evaluation, and practice activities covering the entire menu. This program gives foodservice staff the skills necessary to prepare school-made products that offer more fruits, vegetables, whole grains, and lean meats on the menu. Visit [nfsmi.org](http://nfsmi.org) to get started!

### Earn National Recognition in the HealthierUS School Challenge



Nine elementary schools from Illinois have already submitted *HealthierUS* School Challenge applications demonstrating their true commitment to student wellness. You can be recognized for your student wellness initiatives too! *HealthierUS* School Challenge applicants must be an elementary school, enrolled in Team Nutrition (easy to do), have a wellness policy and:

- provide nutrition education and physical education;
- offer daily opportunities for unstructured physical activities;
- meet nutrition criteria for school meals, competitive beverages, a la carte foods and second servings; and
- demonstrate a commitment to prohibit the use of food as a reward or use of physical activity as a punishment.

To learn more or to schedule *HealthierUS* School Challenge 2008 training, call (800) 466-7998.



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The Illinois Nutrition Education and Training Program is supported by the Illinois State Board of Education.



The Illinois NET Program maintains a staff of experienced trainers throughout Illinois to provide high-quality staff development programs at your school, child care center or conference. Continuing professional development units or attendance certificates are provided.

**Call (800) 466-7998 to schedule training. There is something for everyone!**



*Intended Audience: Classroom and child care teachers and curriculum coordinators*

**Color Me Healthy** Learn how to utilize the award-winning *Color Me Healthy* curriculum to turn nutrition and physical activity lessons into a fun and exciting experience. This training will teach you how color and music can be used to show kids that eating healthy and being physically active can be an adventure. **PreK-K**

**Got Dirt? Growing Healthy Kids** (Core Subjects, Health) Kids love getting dirty. Learn how you can use a garden project to bring core subjects alive, encourage healthy eating, and increase physical activity. The *Got Dirt?* garden toolkit will help participants initiate a successful garden project at a child care or school site. **PreK-Grade 6**

**Kaleidoscope Café** Stuck on how to creatively plan healthy snacks and meals for your kids? This training covers basic nutrition concepts and concerns for young children. Learn how to combine foods of various colors, shapes and textures to create exciting meals and snacks with a kaleidoscope of colors. **PreK-K**

**Multicultural Make and Taste** (Social Science) Provides teaching strategies and classroom food activities that allow children to explore cultural diversity and learn about nutritious foods throughout the world. Participants make and taste ethnic recipes and walk away with lesson ideas that intertwine culture and nutrition. **PreK-Grade 3**

**FREE ONLINE TRAINING! Nutrition Education that Works: An Integrated Approach** Is your curriculum already packed? Learn strategies for integrating nutrition into core subjects using USDA Team Nutrition curricula you can check out from the Nutrition Education Loan Library. Each lesson has been matched to the Illinois Learning Standards (provided with training). Log on to [KidsEatWell.org](http://KidsEatWell.org) to complete this free course and earn CPDU credits. **PreK-Grade 5**

**Body Walk** (Health, Science) This workshop provides hands-on experience to teens and their advisors in planning and implementing a fun, interactive tour of the body for elementary children. Each school receives a Body Walk Manual that includes classroom lessons and step-by-step instructions for planning and implementing the event. A trunk of fun, educational props for the Body Walk can be checked out from the Nutrition Loan Library at no cost. Teens become health advocates and role models in this service learning project. **Teens Teaching K-Grade 5**

**A Game Plan for Sports Nutrition** (Physical Education, Health) Are you wondering what your athletes should eat to play their best? Tap into skills and resources needed to educate student athletes on how to maximize their performance by making healthy food and lifestyle choices. Each school with staff participating in training will receive a sports nutrition reference book to keep as a resource. **Grades 6-12**



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Web: [KidsEatWell.org](http://KidsEatWell.org)

*Intended Audience: Local wellness teams, administrators and school staff*

### **Putting Your Local Wellness Policy into Action**

Discover resources and strategies to help meet wellness policy requirements for nutrition education, physical activity and school nutrition. Participants will have an opportunity to review and evaluate evidence-based wellness curriculum and programs.

*Intended Audience: School foodservice staff, administrators and local wellness teams*

**NEW! Marketing Meal Appeal** School nutrition staff will discover how to promote healthful menu options including whole grains, fruits, vegetables and nonfat and lowfat dairy foods. Learn to create an eye appealing serving line that will entice students and increase selection of healthful options. Ideas for classroom and home nutrition connections will be provided to reinforce healthy food selection. **PreK-Grade 12**

### **REVISED! HealthierUS School Challenge 2008**

It's easier than you think to win national recognition for your student wellness initiatives. Criteria to become a *HealthierUS* School include serving reimbursable meals that reflect the Dietary Guidelines for Americans; providing nutrition education and physical education; and providing daily unstructured opportunities for physical activity. Participants will get hands-on practice evaluating school menus. **Elementary Schools**

**Building a Healthy A La Carte Program** Help your a la carte program "go green" (\$\$\$). This skill-based training will assist school nutrition staff in identifying marketing and strategies to develop a nutritionally and fiscally sound a la carte program that supports student wellness. Participants get hands-on experience applying *HealthierUS* School Challenge criteria to a la carte and second serving foods.

**COMING IN JANUARY 2009! Evaluating School Wellness: Easier than You Think!** Bring along your wellness policy to this interactive workshop that will help you evaluate progress in implementing wellness policy goals for nutrition education, physical activity, school meals and other foods. Learn how to:

- develop an evaluation plan and get it started in the right direction;
- develop measurable and realistic objectives;
- find evaluation tools so you don't have to reinvent the wheel; and
- fit evaluation into a "no time for that" schedule.

Measuring success can be easier than you think when you learn successful strategies and have the right resources. This training program is perfect for all school staff responsible for implementing and evaluating local wellness policies.

### **COMING IN APRIL 2009! Color My Meals Healthy**

This workshop focuses on how to make gradual changes to child care meals and snacks to apply the Dietary Guidelines for Americans and support children's health. Child care staff will be engaged during this fun, interactive training and will leave this training with the knowledge, skills and confidence they need to plan quality meals and snacks. Learn how to:

- plan meals with "kid appeal" using more whole grains, a greater variety of fruits and vegetables, lean meats and meat alternates and nonfat or lowfat milk products;
- read labels to identify which products are really whole grain;
- gradually reduce sodium, trans and saturated fats, and cholesterol; and
- find cycle menus that you can adopt or adapt to your setting.

