

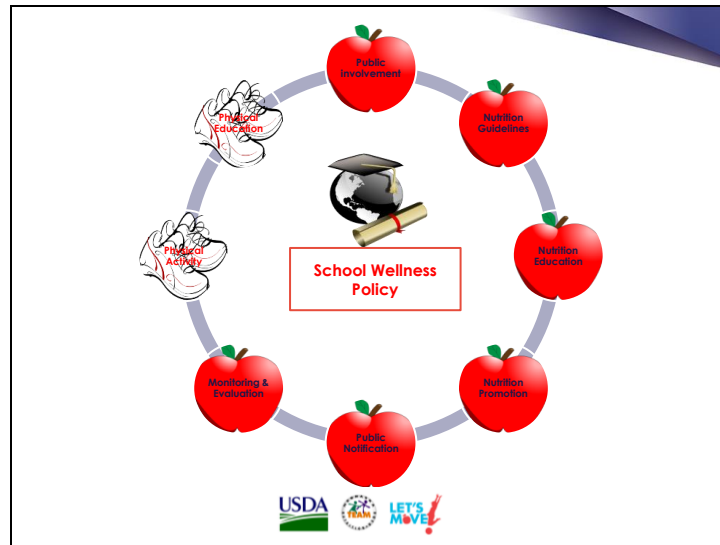
- *Good afternoon, Welcome, everyone! Thank you for joining us for today's webinar. My name is Zainab Rida and I am the director of NE TN program at the department of Education. I am very pleased to be joined by my colleagues Kristen Houska, extension educator and TN coordinator. Also we have online Natalie Sehi, extension educator and Nutrition curriculum coordinator for extension.*
- We all are very happy to be here and present this fourth webinar on the final rules of USDA/ Local school wellness policy as part of 2010 Healthy, Hunger-free kids act.
- Before proceeding, I would like to review some logistics of the Webinar. This session is being recorded and will be available online on NDE website on demand. A link to the recorded webinar will be shared with you via a follow up email from me. *If you have any questions during the presentation, please type them into the question box in your control panel. I will bring them up at the end of the webinar and try to answer your questions.*
- You can also email your question directly to me That email address is zainab.rida@Nebraska.gov
- As a reminder, that we are providing these series of webinars to help you get started with revising your school wellness policy. We will be presenting every Wednesday at 2:00 until the second week of November. We will try to go through each elements of Local school wellness policy, share the final requirements, resources and example of a policy language of each element.

Outline

- Summary of the first 2 elements of SWP
- Final provision of the Nutrition Education
- Best Practices on Nutrition Education
- The roles of NE Extension & Nutrition Education
- Team Nutrition Resources on Nutrition Education

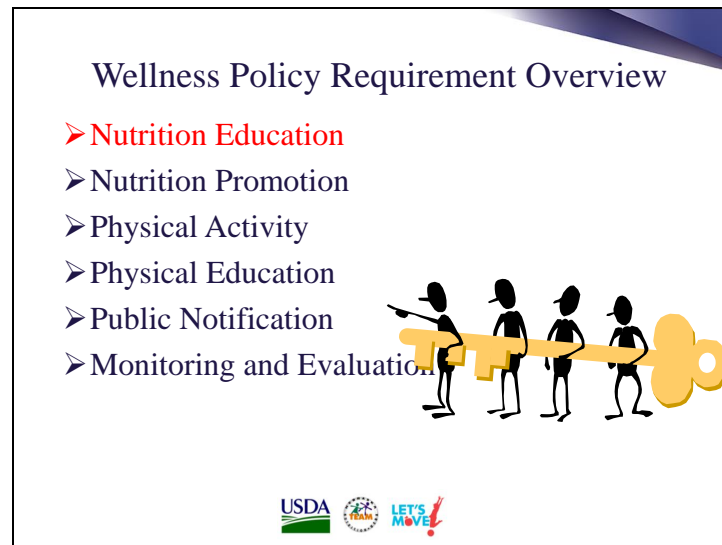


- The outline of today webinars is to
- Provide a summary of previous webinars (public involvement and nutrition guidelines)
- Introduce the final provision of the nutrition education
- Identify best practices regarding this element
- Natalie will Highlight the role of NE extension regarding NUTR Ed.
- And finally Kristen will share some of the Team Nutrition Resources to help schools meeting this requirement




As you all know, On July 29, 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies established by Local educational agencies LEAs. The final rule requires LEAs to begin developing a revised local school wellness policy during School Year 2016-2017. LEAs must fully comply with the requirements of the final rule by June 30, 2017.

- The new regulations require districts to include the following elements
- Public involvement
- Nutrition Guidelines
- Nutrition Education
- Nutrition Promotion
- Public notification
- Physical activity and Education
- Monitoring and evaluation.




- So far we have addressed the nutrition involvement. The final rule of the first element indicates that each LEA must allow parents, students, representatives of the SFA, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy. LEAs include in the written local school wellness policy a plan for involving those stakeholders.
- Last week we highlighted The final rule of the nutrition guidelines which would require that the local school wellness policy include nutrition guidelines for all foods and beverages available to students on each participating school campus under the LEA during the school day. This requirement, consistent with HHFKA, ensures that policies include guidance about foods and beverages available for sale that is consistent with the regulations governing school meals and competitive foods for sale in schools (Smart Snacks in Schools), and also encourages districts to establish standards for foods made available, but not sold, during the school day on school campuses.
- Today we will be focusing on the third element of SWP, Nutrition Education.

Nutrition Education



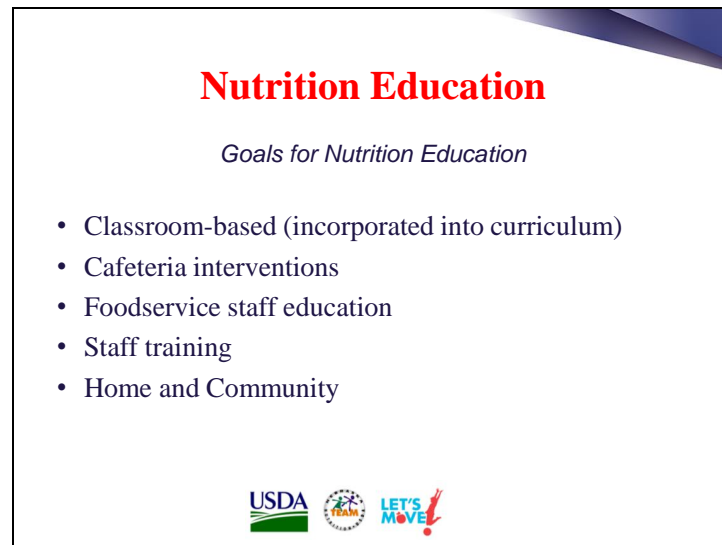
LEAs are now required to include goals for nutrition education and promotion that promote students wellness

- Standards based nutrition education
- Integrated into curricula
- Education links with school environment



The final rule LEAs are now required to include goals for nutrition education and promotion that promote students wellness

In developing these goals, LEAs must review and consider evidence-based strategies and techniques that link education with school environment.



This third element includes setting goals for Nutrition education across the school.

This can include elements of:


Classroom-based nutrition education (such as the Team nutrition curriculum (Kristen will share some of these curriculum today, School enrichment kits (Natalie will share about this kit), FCS, cooking classes)

Cafeteria based education: such as the USDA Myplate information or “Eating the colors of the rainbow” placed near the salad bar

Training foodservice staff (scratch and whole foods cooking, healthy meals, reducing sodium, and preparing fresh fruits/vegetables)




Providing continuing education opportunities to school staff on nutrition and healthy eating

And Sending nutrition information home for parents, or holding nutrition education events for the community




Best Practices

- Nutrition education has been shown to improve eating habits and health.
- Connecting nutrition education to other content areas helps with mastery of core subject standards.
- Research shows that behavior change correlates positively with the amount of nutrition instruction received.
- Linking nutrition education throughout the school and community reinforces consistent health messages






- So why NUTR ED? Nutrition education has been shown to improve eating habits and health.
- Nutrition education teaches behavior-focused skills and may be offered as part of a comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to safeguard their health and make positive choices regarding food and nutrition.
- Connecting nutrition education to other content areas helps with meeting of core subject standards.
- Research shows that behavior change correlates positively with the amount of nutrition instruction received.
- The best practices indicate that schools are encouraged to link nutrition education throughout the school and community reinforces consistent health messages
- More best practices include
- A standards-based program is a system of instruction, assessment, grading, and reporting based on students demonstrating understanding of the knowledge and skills they are expected to learn.
- Although the final provision does not require a specific number of hours for nutrition education, but instead that nutrition education is part of comprehensive health education curricula as well as integrated into other core subjects, such as math, science, language arts, and social sciences. The amount of time recommended for nutrition education is dependent on many factors including expected results, content of curriculum, and quality of instruction.




Best Practices

- Nutrition education activities should:
 - ✓ Be consistent with the 2010/2015 US Dietary Guidelines for Americans
 - ✓ Emphasize the appealing aspects of healthy eating- what you can eat to promote a healthy lifestyle.
 - ✓ Include enjoyable , developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits and school gardens
 - ✓ Promote fruits, vegetables, WG products, low-fat/fat-free dairy products, healthy preparation methods and healthy enhancing nutrition practices
 - ✓ Emphasize caloric balance between food intake and energy expenditure
 - ✓ Engage families as partners in their children's education
 - ✓ Teach media literacy with an emphasis on food marketing








- Schools are encourages to provide nutrition education and engage in nutrition promotion that:
 - ✓consistent with the 2010/2015 US Dietary Guidelines for Americans. The *Dietary Guidelines* is a critical tool for professionals It serves as the evidence-based foundation for nutrition education materials that are developed by the Federal Government for the public. For example, Federal dietary guidance publications are required by law to be consistent with the *Dietary Guidelines*. It also is used to inform USDA and HHS food programs, such as USDA's National School Lunch Program and School Breakfast Program, which feed more than 30 million children each school day, and the Special Supplemental Nutrition Program for Women, Infants and Children, which uses the *Dietary Guidelines*as the scientific foundation for its food packages and nutrition education program.
 - ✓Schools are encourages to provide nutrition education that Emphasize the appealing aspects of healthy eating- what you can eat to promote a healthy lifestyle.
- Schools are also encouraged to provide nutrition education and engage in nutrition promotion that Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Schools are encouraged to provide nutrition education Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Schools may provide nutrition education to Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Schools are encouraged to provide nutrition education that Promotes fruits, vegetables, whole grain products, low fat and fat free dairy products and healthy food preparation methods;



Cafeteria-Based Nutrition Education

- ✓ Invite classes to visit the cafeteria kitchen and learn how to make healthy foods
- ✓ Involve students in planning the school menu and preparing recipes
- ✓ Offer foods that reinforce classroom lessons e.g. WG rolls to reinforce a lesson on dietary fiber and WG.
- ✓ Display nutrition posters in the cafeteria and distribute nutrition information and materials
- ✓ Coordinate menus with classroom lessons and school promotions e.g. featuring food from other countries for an international day

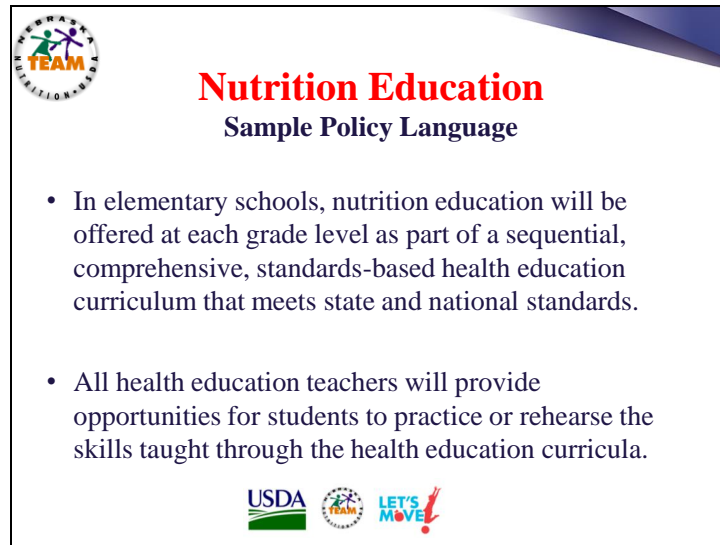


Here are some ideas on providing cafeteria-based nutrition education

- ✓ Invite classes to visit the cafeteria kitchen and learn how to make healthy foods
- ✓ Involve students in planning the school menu and preparing recipes
- ✓ Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- ✓ Offer foods that reinforce classroom lessons e.g. WG rolls to reinforce a lesson on dietary fiber and WG.
- ✓ Display nutrition posters in the cafeteria and distribute nutrition information and materials
- ✓ Coordinate menus with classroom lessons and school promotions e.g. featuring food from other countries for an international day
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Teaches media literacy with an emphasis on food and beverage marketing; and Includes nutrition education training for teachers and other staff.



- Local school wellness policy goals related to nutrition education may include activities such as integrating nutrition education into other academic subjects, including nutrition education as part of health education classes and/or stand-alone courses for all grade-levels, and any other activities that are appropriate such as those suggested on this slide.
- Team Nutrition initiative has standards-based lesson plans and curricula for pre-kindergarten through Grade 8, available free of charge for schools that participate in Federal child nutrition programs.
- Kristen will talk more in details about these curriculum shortly.



The slide features a circular logo in the top left corner with the word "TEAM" in the center and "NUTRITION" around the perimeter. The main title "Nutrition Education" is in red, and the subtitle "Sample Policy Language" is in black. Two bullet points are listed. At the bottom, there are three logos: USDA, a circular "TEAM" logo, and "LET'S MOVE!" with a red arrow.


Nutrition Education
Sample Policy Language

- In elementary schools, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards.
- All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.

USDA TEAM LET'S MOVE!

• This slide shows a couple of sample language regarding nutrition education
In elementary schools, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards.




All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.



Nutrition Education

Sample Policy Language

- ☐ Food service and teaching staff will work cooperatively to integrate experiences in cafeterias, instructional gardens, kitchen classrooms and farm field trips with the formal learning experience of all students.
- ☐ School food service will work with school departments, community partners and the student health council to facilitate student understanding of fresh, local, sustainably grown food.



More samples of policy language.

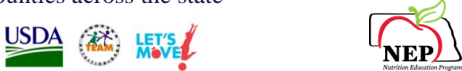
☐ Food service and teaching staff will work cooperatively to integrate experiences in cafeterias, instructional gardens, kitchen classrooms and farm field trips with the formal learning experience of all students.

☐ School food service will work with school departments, community partners and the student health council to facilitate student understanding of fresh, local, sustainably grown food.

Now, I would like to turn it over to Natalie to highlight NE Extension role with SWP and NUTR Ed.

Nebraska Extension – Nutrition Education Program (NEP)

- Who are we?
 - NEP helps families on a limited budget make healthier food choices and choose physically active lifestyles by acquiring the knowledge, skills, attitudes, and behavior changes necessary to improve their health.
 - NEP is free to all participants who meet income guidelines.
 - Schools with $\geq 50\%$ FRP school lunch participation
 - NEP participates in Policies, Systems and Environmental (PSE) strategies that impact communities.
 - These strategies include school wellness, community and school gardens, healthy food pantries, and child care center wellness.
 - Together with community partnerships, NEP strives to improve the health of Nebraskans.
- Located in 32 counties across the state



Who are we?

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Located in 32 counties across the state.

We have been fortunate to partner with Dr. Rida and the Nebraska Department of Education on school wellness policy initiatives, including our efforts around nutrition education.

Nebraska Extension NEP, Nutrition Education, and SWP

- Nutrition education is what we do!
 - For students:
 - In schools (classrooms, PE classes, etc)
 - After-school
 - Summer school
 - Get Fit Days
 - For staff:
 - Training and technical assistance
 - For families:
 - Parent newsletters, family nights, etc.



Nutrition education is what we do!

For students, we are able to provide nutrition education in the following:

In schools (classrooms, PE classes, etc.)

After-school

Summer school

Get Fit Days – this may ring a bell for some of you, as many schools across the state participate in these events.

For staff, we offer:


Training and technical assistance related to School Wellness Policy elements and Smarter Lunchroom Strategies.

For families, we offer:

Parent newsletters, family nights, etc.

NEP can help with...

- Locate curriculum, posters, etc.
- Be a guest speaker/teacher in the classroom
 - FFVP Grant
- Be a guest speaker at teacher meetings/trainings
- Make suggestions related to healthier classrooms
- Share a list of healthy fundraising ideas
- Give special seminars for coaches, nurses, etc.
- Be an advocate for student involvement in food demos, tastings, menu planning, etc.
- Make connections between different wellness/food/physical activity people with schools
- Promote nutrition classes/lessons that can be taught at the school
- Offer tips of the month, recipes, and ideas to be sent out for parents, students, and staff
- Promote use of TN and NEP Kits and how they can access material
- Offer NAP SACC training to preschools
- Food service training
 - Smarter Lunchroom Movement strategies
- Family events or fun nights with educational activities



This slide has a lot of text on it. I apologize for that, but wanted to give everyone some examples of what we can offer to you at your school. We can...

- Locate curriculum, posters, etc. – We work closely with Zainab and Kristen to help make resources available to schools.
- Be a guest speaker/teacher in the classroom
 - FFVP Grant – nutrition education is a required component of this funding...we can do that for you.
- Be a guest speaker at teacher meetings/trainings
- Make suggestions related to making classrooms healthier
- Share a list of healthy fundraising ideas
- Give special seminars on basic nutrition and physical activity for school coaches, school nurses, etc.
- Be an advocate for student involvement in food demos, tastings, menu planning, etc.
- Make connections between partners, those from different wellness/food/physical activity backgrounds that could work well with schools
- Promote nutrition classes/lessons that can be taught at the school
- Offer tips of the month, recipes, and ideas for newsletters, etc that can to be sent out for parents, students, and staff
- Promote use of TN and NEP Kits and how they can access material
- Offer NAP SACC training to preschools
- Food service training
 - Smarter Lunchroom Movement strategies
- Family events or fun nights with educational activities

Smarter Lunchroom Movement (SLM)

- SLM is a simple, low-cost, environmental change program that is used to help increase students selection of healthy foods offered as part of the school meal program.
- NEP Role:
 - Staff training and technical assistance
- NEP goal:
 - To work with 20 schools this school year



SLM is a simple, low-cost, environmental change program that is used to help increase students selection of healthy foods offered as part of the school meal program. It can be implemented in ANY lunchroom in the country!

SLM supports both Professional Standards educational requirements for School Nutrition Services staff and supports wellness policy requirements

NEP Role:

Staff training and technical assistance

NEP goal:

To work with 20 schools this school year

Please reach out to me if you are interested. I will share my contact information in a few minutes.



The School Enrichment Kit Program is a unique, evidence based approach to reaching Nebraska's youth. The School Enrichment Kits include lesson plans with coordinating activities that meet the health curriculum objectives required for the nutrition unit of each grade school age group. School enrichment classrooms spend an average of five to six hours using the School Enrichment Kits to teach nutrition to limited resource youth through Extension team members and teachers.

Nebraska Nutrition Education Program School Enrichment Kit

K-5th grade Kits = 117

Total number of Classrooms in FY2014-15 = 482 Total number of Youth

Reached by SNAP-Ed = 10,408

Kits provide all materials that teachers need, but they will need to be restocked each time. The do align with National Teaching Standards and Performance Indicators.



When NEP staff drop off the kit, we often times will do a handwashing or physical activity lesson with the students. The kits are left with the teachers for a pre-determined amount of time for the teacher to use to teach nutrition.

When NEP staff pick up the kit from the classroom, we often times will lead students in a healthy snack or physical activity experience.

What we offer when we drop off and pick up the kit can often be tailored to meet the needs of the school.

Parent letters are available in the kits and can be sent home based on what works best for the teacher/classroom. The newsletter does include a snack recipe.

What we have found with the kits is that teachers spend more time teaching nutrition!

6 NEP School Enrichment Kits

- Kindergarten = Food Fun!
- 1st Grade = Healthy Me!
- 2nd Grade = MyPlate Party!
- 3rd Grade = Let's Eat Smart!
- 4th Grade = Rate That Plate!
- 5th Grade = F.S.I. Food Science Investigator



NEP can offer six school enrichment kits to qualifying schools:

Kindergarten = Food Fun!

1st Grade = Healthy Me!

2nd Grade = MyPlate Party!

3rd Grade = Let's Eat Smart!

4th Grade = Rate That Plate!

5th Grade = F.S.I. Food Science Investigator

Pictures on the screen are examples of two activities in the kits: Moldy bread experiment and fishing for healthy food.

General Extension and 4-H are also able to provide nutrition education in those schools that are not eligible for NEP and/or the SEK.

For more information on NEP, please visit:
<http://food.unl.edu/nutrition-education-program-nep>

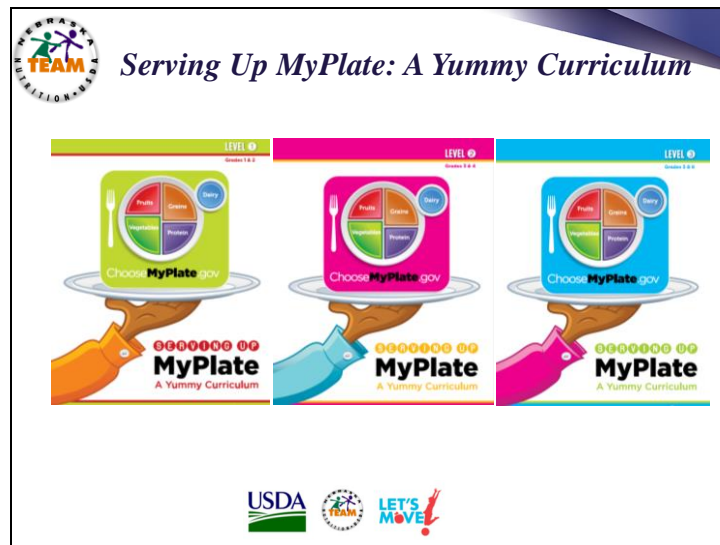
Or contact:
Natalie Sehi
nsehi2@unl.edu
402-472-3781



For more information on what NEP has to offer related to school wellness policy & nutrition education, please visit our website at:
<http://food.unl.edu/nutrition-education-program-nep>


Or contact:
Natalie Sehi
nsehi2@unl.edu
402-472-3781

I will now turn it over to Kristen Houska who will share about Team Nutrition resources.
Thank you.




Thank you Natalie.

Along with the great resources Nebraska Extension's Nutrition Education Program has to offer, Team Nutrition has a multitude of nutrition promotion materials. Serving Up MyPlate: A Yummy Curriculum is a collection of classroom materials that helps elementary school teachers integrate nutrition education into Math, Science, English Language Arts, and Health. This curriculum introduces the importance of eating from all five food groups using the *MyPlate* icon and a variety of hands-on activities. Students also learn the importance of physical activity to staying healthy.



Serving Up MyPlate: A Yummy Curriculum

- The Curriculum seeks to improve the overall composition of the diet and increase the amount of PA each day.
- The following methods are used to accomplish these goals:
 - ✓ **Education-based strategies;** displaying MyPlate posters, playing MyPlate-themed songs, educational games, and sending home informational handouts to parents
 - ✓ **Behavior-modification strategies;** skill-building, problem-solving, decision-making, self-monitoring and goal-setting activities
 - ✓ **Environmental-modification strategies;** using MyPlate graphics in the classroom, cafeteria, and on school menus.



Fruits: Fuel Up With Fruits at Meals or Snacks
Pears, watermelon, plums, peaches, berries, and applesauce (artificially sweetened sugar-free fruit juice is healthiest)

Vegetables: Color Your Plate With Good-Tasting Veggies
Try to eat more dark green, red, and orange vegetables, and beans and peas




Grains: Make at Least Half Your Grains Whole Grains
Choose whole grain foods, such as whole wheat bread, oatmeal, whole wheat pasta, brown rice, and popcorn, or more often

Protein: Vary Your Eggs Protein Foods
Try fish, seafood, beans, and peas more often. Some dairy meals include a lean turkey, chicken, or beef. Choose foods with calcium for strong bones and healthy teeth.

Dairy: Get Your Calcium Rich Foods
Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.

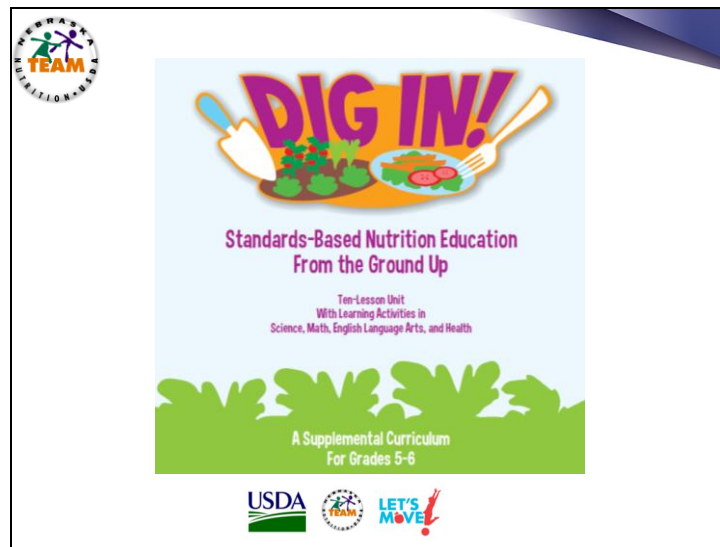
Keep on Moving!
Kids need at least 60 minutes of physical activity every day. Whether that's running, biking, swimming, or playing tag, every little bit counts. So, run around at recess, jump rope, or take a walk. It all adds up!

Know Your "Sometimes" Foods
Look out for foods with added sugars or solid fats, such as candy, soda, cookies, chips, or cream. Kids that eat these foods, but don't eat them every day, are at a higher risk for being overweight. They're fun to eat, but you don't want to eat them every day. Have room for the foods that help you eat smart and stay healthy. Enjoy these foods once in a while, not every day.






Serving Up MyPlate: A Yummy Curriculum uses education-based strategies such as MyPlate-themed songs and educational games, behavior-modification strategies such as decision-making and goal-setting activities, and environmental-modification strategies using MyPlate graphics in the classroom, cafeteria and on school menus.

Slide 23







The next standard's-based curriculum from Team Nutrition is Dig In!



Dig In! Curriculum


- Planting the seeds for a successful educational journey
- Engaging, motivating, and easy to use
- Each lesson offers connections to the garden and learning activities
- Lessons can be taught with or without a large garden in place



The Dig In! curriculum is another standards-based curriculum that it is easy to use and helps in engaging and motivating students.

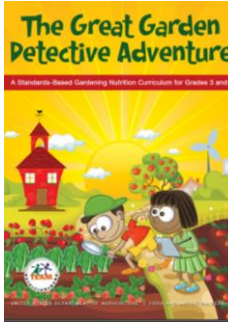
While each lesson offers connections to the garden, learning activities can be done with or without a large garden in place. You can also teach lessons in sequence or split them up over the course of the school year (for example, teaching some lessons in the fall and the others in the spring).

In addition to elements found in a basic lesson plan – such as learning objectives, essential questions, time required, and supplies and preparation



At A Glance

- Lesson 1: Use Your Five Senses
- Lesson 2: Dig for Dirt
- Lesson 3: Investigate Like a Super Sleuth
- Lesson 4: Decipher the Secret Vegetable Code
- Lesson 5: Trace the Fruit and Vegetable Trail
- Lesson 6: Unravel Clues in the Cafeteria
- Lesson 7: Reveal Family Recipe Favorites
- Lesson 8: Uncover Tasty Crimes
- Lesson 9: Explore a Flavor Mystery
- Lesson 10: Discover Berry Sweet Evidence
- Lesson 11: Celebrate the Sleuth's Mystery Dinner



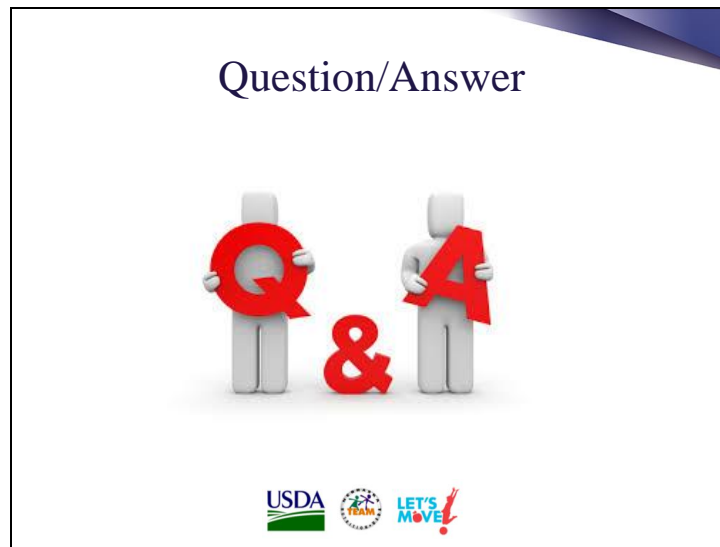


TN offer you these interactive and exploratory lessons as a creative way to teach traditional subjects while providing students with the opportunity to discover fruits and vegetables. Garden-based learning opportunities are a promising way to boost academic achievement as well, especially when it comes to science. Helping to increase children's acceptance of fruits and vegetables can also improve their overall diets. Not only does this have significant benefits for their health, children with healthful eating patterns also tend to do better in school. In summary, these lessons are designed to engage kids in learning and developing healthy habits. You can implement these lessons even if your school does not have a large outdoor garden or long growing season. Many schools use container gardens, grow light systems, raised beds, cold frames, hoop houses, and other techniques to provide their students with gardening experiences. So whether your garden is large or small, we look forward to hearing how your students become garden detectives and discover how to make fruits and vegetables part of their daily food choices.



Lastly, the Nutrition Voyage: The Quest to be our Best is a great resource for 7th and 8th grade classes. In each grade, during three lessons, students are able to investigate, participate in a challenge, evaluate and reflect on a school wellness related topic.

As a reminder, Team Nutrition schools are able to order any of these resources for free from the Team Nutrition website.



Thank you Kristen, We will go ahead and take some time for questions now. Just a reminder, please be sure to type your questions into the question box in your control panel. (No Questions) Great! Thank you, everyone. We appreciate you being here.

I will send a follow up email once we type the narrative of the webinars and send a link of this recorded webinar along with the slides.

Next week we will cover NUTR promotion and marketing.

Thanks again for joining us today and we will see you next week. Good bye.

There is a question Kristen will respond to this.

Question: How do you become a Team Nutrition School?

You can become a Team Nutrition School by going to the Team Nutrition Website. On the left hand of the screen they have a list of different options, there is a link for "Become a Team Nutrition School". You will click on the link and simply sign up.

Question: How do you get the Garden Detective?

Answer: That is also listed on the Team Nutrition Website as I stated before go to the left side of the page and you will find a link for the resource library. You will find the resource for the "Garden Detective" with instructions on how to obtain.

Since there are no more questions, thank you for joining us and have a wonderful day.