

Healthy Kids and Healthy Choices: Three USDA Tools to Promote Nutrition and Physical Activity

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What does the Food and Nutrition Service do?

- ☀ Nutrition assistance programs

- ☀ Food Stamp Program

- ☀ Child Nutrition Programs

- ☀ WIC

- ☀ Food Distribution Programs

- ☀ Nutrition Education Campaigns

Eat Smart. Play Hard.™

- ☀ Campaign developed for all FNS programs
- ☀ Introduced our mascot: Power Panther
- ☀ Focuses on 4 main messages:
 - ✿ Power up with breakfast
 - ✿ Choose healthy snacks
 - ✿ Balance your day with food and play
 - ✿ Move more, sit less

What's Available

- ✪ Posters, book marks, stickers and more
- ✪ Power Pac
 - ✪ Kit containing most of these promotional and educational materials, plus tips on how to use them.
- ✪ Borrow the Power Panther Costume
- ✪ All materials are FREE!

How to Get It

- ☀ Download PDF versions of **Eat Smart. Play Hard.™** materials at:
www.fns.usda.gov/FNSmascot/
- ☀ Access the order form at:
www.fns.usda.gov/FNSmascot/PowerPac/PowerPacOrderForm.pdf.
- ☀ Reserve the Power Panther costume:
 - ☀ Fill out the reservation form, available at:
www.fns.usda.gov/FNSmascot/Costume/booking.pdf
 - ☀ Fax the form to: 415.705.1364

TEAM Nutrition

- ☀ Designed to help schools make National School Lunch Program meals more reflective of the Dietary Guidelines for Americans.
- ☀ Focuses on 4 main messages:
 - ☀ Eat a variety of foods
 - ☀ Eat more fruits, vegetables, and grains
 - ☀ Eat lower fat foods more often
 - ☀ Be physically active

What's Available

- ☀ Materials for kids and teachers:
 - ✿ Posters, booklets, flyers and more
 - ✿ Materials tailored to many age groups
- ☀ Materials for parents:
 - ✿ Informational handouts and booklets
- ☀ Resources for school food service:
 - ✿ Recipes and technical assistance manuals
 - ✿ Training curricula
- ☀ All materials are FREE!

How to Get It

- ☀️ Download PDF versions of materials at: www.fns.usda.gov/tn/Resources/index.htm
- ☀️ Order materials online at: www.fns.usda.gov/tn/Resources/NTISform/ntisform.htm
- ☀️ Archived curricula and manuals can be purchased at the National Food Service Management Institute: www.nfsmi.org

Join the Team!

- ☀️ Become a Team Nutrition school to demonstrate your commitment to improve children's health and education
- ☀️ Receive resource kit to jump start your school's efforts
- ☀️ Join today:
 - ☀️ Fill out school enrollment form, available at: www.fns.usda.gov/tn/Join/enrollmentform.pdf
 - ☀️ Fax to 703.305.2549

Changing the Scene

- ✪ Kit of materials to help you take action to improve your school nutrition environment.
- ✪ Developed with 16 collaborating agencies
- ✪ Contents include:
 - ✪ Assessment tool to identify priority areas
 - ✪ Presentation overheads and script–ready to go!
 - ✪ CD ROM with electronic copy of materials
 - ✪ Media advocacy tips
- ✪ This kit is **FREE!**

How to Get It

- ☀ Order online at:

www.fns.usda.gov/tn/Healthy/form.htm

- ☀ Fax order form to: 703.305.2549

- ☀ Mail order form to:

Team Nutrition, FNS, USDA
3101 Park Center Dr., Room 1010
Alexandria, VA 22302

- ☀ Submit your name for today's drawing!

Questions?

Please feel free to contact me at:

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Phone: 415.705.1317, ext. 419



Changing the Scene

In Shasta & Colusa Counties

GOALS



To conduct a high-school based program that:

- **Prompts high school students to advocate for additional healthy food and physical activity options in their community.**
- **Advances policy and environmental changes that promote healthy eating and physical activity options in the school and surrounding community.**
- **Motivates students to eat healthier and engage in more physical activity.**

Changing the Scene

Components

- ✦ Commitment to Nutrition & Physical Activity
- ✦ Quality School Meals
- ✦ Other Healthy Food Items
- ✦ Pleasant Eating Experiences
- ✦ Nutrition Education
- ✦ Marketing

Lessons Learned - *Students*

- ✘ Keep actively involved by asking for their opinions and ideas
- ✘ Have students choose activities they enjoy and are interested in working on
- ✘ Ask teachers if their involvement can count as extra credit or community service

Lessons Learned - *Parents*

- ✘ If they can't attend meetings, ask if they can contribute via phone or email
- ✘ Recruit parents when they are at school
- ✘ Find interested staff who are also parents

Lessons Learned – *School Board*

- ✘ Ask to be put on agenda 2-3 months early
- ✘ Discuss **strengths** and weaknesses
- ✘ Be sensitive to the District's situation