

# Presenting a Positive Position on Nutrition

March 16, 2019 School Wellness Conference  
TMCC Dandini Campus - Reno, NV

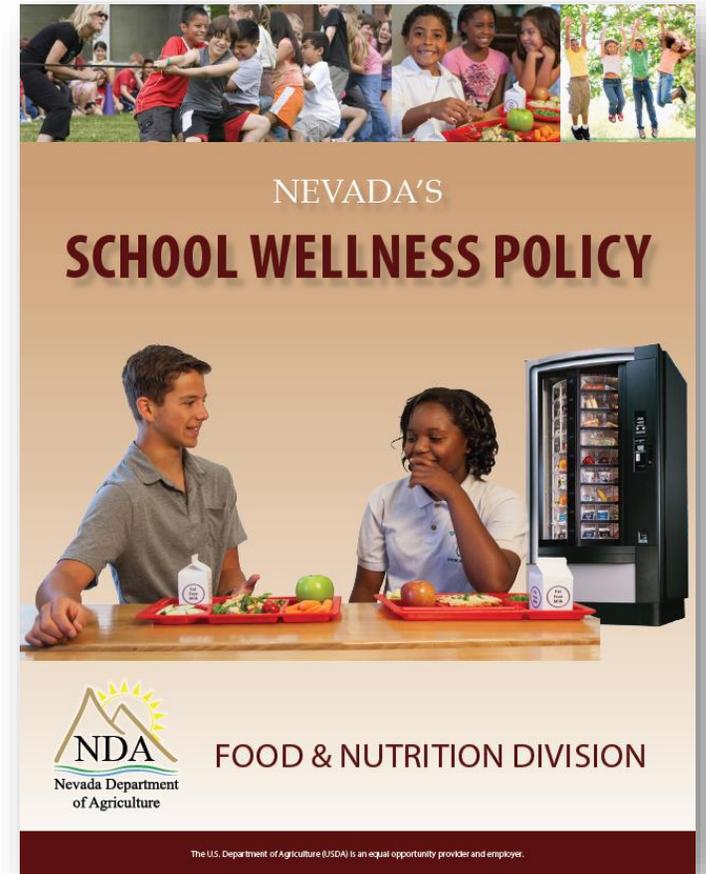


# Objectives

- › Participants will become aware of the goals contained in Nevada School Wellness Policy (SWP).
- › Participants will become familiar with five ways to meet the nutrition promotion and education goal of Nevada School Wellness Policy (SWP).
- › Participants will receive specific resources and references to help make nutrition education and promotion a reality at their school.

# Introduction

*What are the goals in the SWP and why is this important for my school?*



# What is School Wellness Policy?

- › Federal regulation that applies to schools participating in:
  - National School Lunch Program
  - School Breakfast Program
- › Purpose: to assure that students are well-nourished, healthy, and ready to learn



School Wellness Policy was strengthened by the Healthy, Hunger-Free Kids Act of 2010.

# Why School Wellness Policy Matters

- › Evidence links healthy school environments to academic achievement.
  - direct relationship with nutritious breakfast
  - connection between physical activity and increased levels of alertness, mental function and learning



All students deserve the opportunity to be healthy and successful.

# School Wellness Policy Goals

- › Nutrition promotion and education
- › Physical activity
- › Other school-based activities that promote student wellness



An Extension instructor teaches children about fruits and vegetables.

# Why Nutrition Promotion and Education are Important for Students

- › Helps them learn and reinforce healthy eating habits and behaviors throughout their lives.
- › Schools will help the community become healthier too.



Second graders participating  
in Pick a Better Snack  
lessons.

# Five ways

*to meet the SWP nutrition promotion & education goal.*



# #1: Implement standards-based nutrition education.

- › Focus on students' eating behaviors
- › Based on theories and methods proven effective by published research
- › Consistent with the state's/district's comprehensive school health education standards/guidelines/curriculum framework

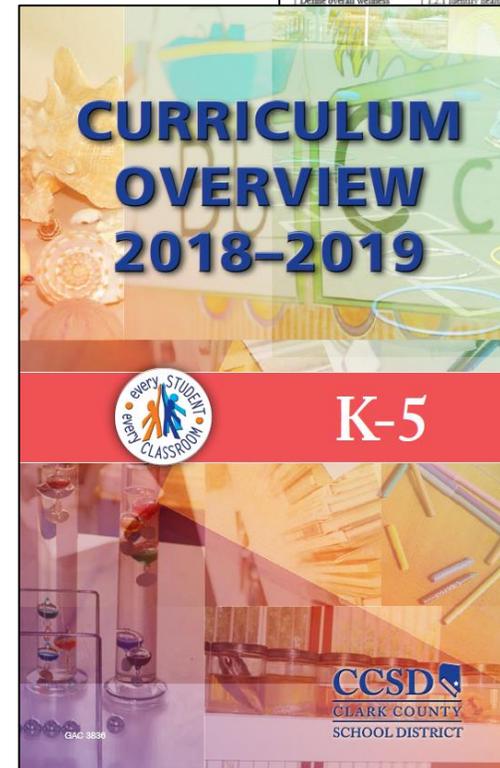
1

**Health Standards**  
(to navigate this document, please use the down arrow and tab arrow)

Nevada State Board of Education/Nevada State Board For Career and Technical Education adopted the regulation language to NAC 389.2423 Second Grade Health Standards, NAC 389.281 Third Grade Health Standards, NAC 389.2944 Fifth Grade Health Standards, NAC 389.381 Eighth Grade Health Standards, and NAC 389.455 Twelfth Grade Health Standards.

**Content Standard 1.0:**  
(CORE CONCEPTS) Students will comprehend concepts related to health promotion and disease prevention to enhance health.

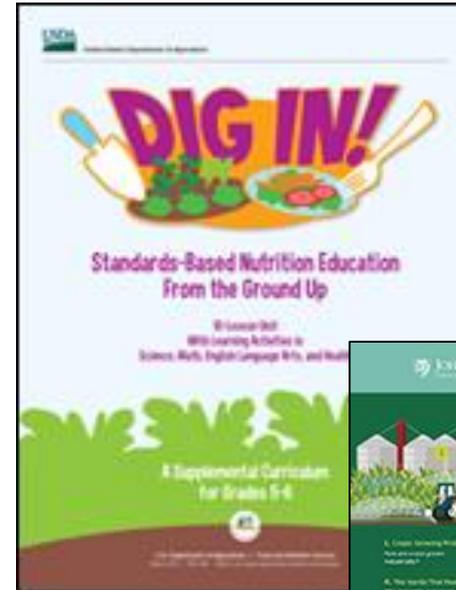
Standards	By the end of the grade band:	Grade Pre K-2	Grade 3-5	Grade 6-8	Grade 9-12	Strands
Define overall wellness	1.2.1 Identify health	1.5.1 Describe the relationship between health behaviors and personal health.	1.5.2 Explain the basic structure, function, and developmental processes of human body systems **	1.5.3 Describe various physical, emotional, intellectual differences and how they affect a child's overall well-being.	1.5.13 Explain a person's right to feel comfortable and safe (a) Recognize safe personal space of self and others. (b) Understand the importance of not violating people's safe personal space.	Personal Health
		1.3.1 Analyze the relationship between health behaviors and personal health.	1.3.2 Identify personal behaviors that affect the development and functioning of the body systems. **	1.3.3 Explain the interrelationships of emotional, intellectual, physical, and social health in adolescence. **	1.3.14 Define personal boundaries and clear personal limits for self and others	
					1.12.1 Evaluate the impact of family history, health choices, and stress on individual health.	Personal Health
					1.12.2 Formulate a personal health strategy utilizing self-reflection to achieve overall wellness.	
						Personal Safety



Nutrition is included under health and considered learning beyond the core

# #1: Implement standards-based nutrition education: *RESOURCES*

- › USDA Team Nutrition (TN) – [nutrition education materials](#)
- › John Hopkins University – [FoodSpan](#)
- › USDA National Agricultural Library – [education resources](#)
- › USDA SNAP-Ed Library – [nutrition education](#)



# Discussion Questions

- › Do you feel turnkey curricula is helpful?
- › Would you be willing to teach nutrition lessons in your classroom?
- › How much time and how many lessons would be just right?



## #2: Connect nutrition education with existing curriculum.

- › Part of comprehensive school health education.
- › Include in other content areas such as math, science, language arts, social sciences, family and consumer sciences and elective subjects.
- › Incorporate nutritional themes into daily lessons, when appropriate, to reinforce and support healthy messages.
- › School meal programs or other school foods (school cafeteria).

## #2: Connect nutrition education with existing curriculum (continued).

- › Nutrition-related community services that occur outside the classroom.
- › Assess lessons against states/districts educational goals and curriculum standards.



Extension horticulture staff teach about growing food during educational field trip at UNCE Botanical Gardens.

## #2: Connect nutrition education with existing curriculum (continued).

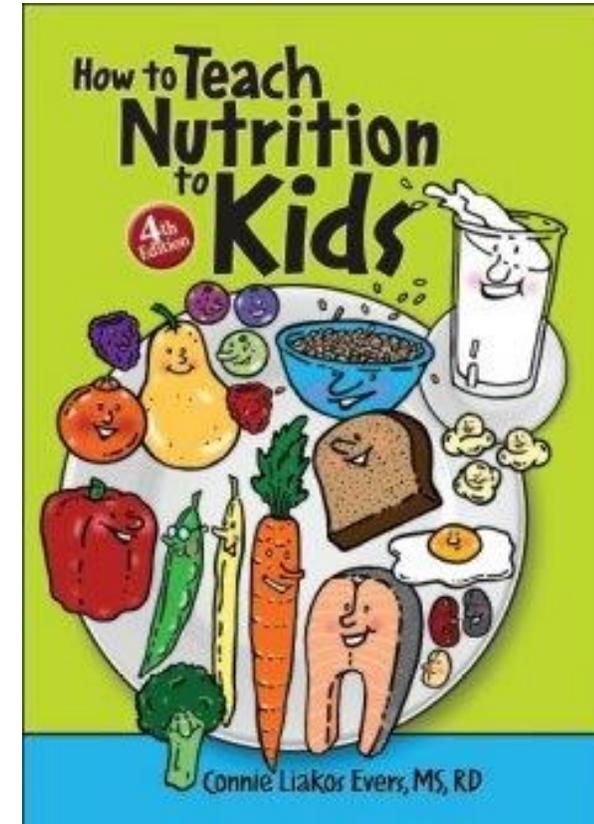
- › Link classroom nutrition education to the larger school community, i.e.:
  - school gardens
  - cafeteria-based nutrition education
  - fresh fruit and vegetable program
  - after-school programs



CCSD has the largest school garden program in the nation.

## #2: Connect nutrition education with existing curriculum: *RESOURCES*

- › NV Cooperative Extension (UNCE) – [Health & Nutrition Programs](#)
- › Southern Nevada Health District – [Community Tools - Schools & Teachers](#)
- › School Gardens - [Green Our Planet](#) – [Create A Change Now](#) - [UNCE](#)
- › Nevada Department of Education – [Content Standards for Health & PE](#)



Nutrition for Kids –  
[Informative blog and books for purchase](#)

# Discussion Questions

- › Do you incorporate nutrition education into your lesson plans?
- › Do you use existing materials or do you make up your own?



# #3: Professional development focused on nutrition education for teachers: *RESOURCES*

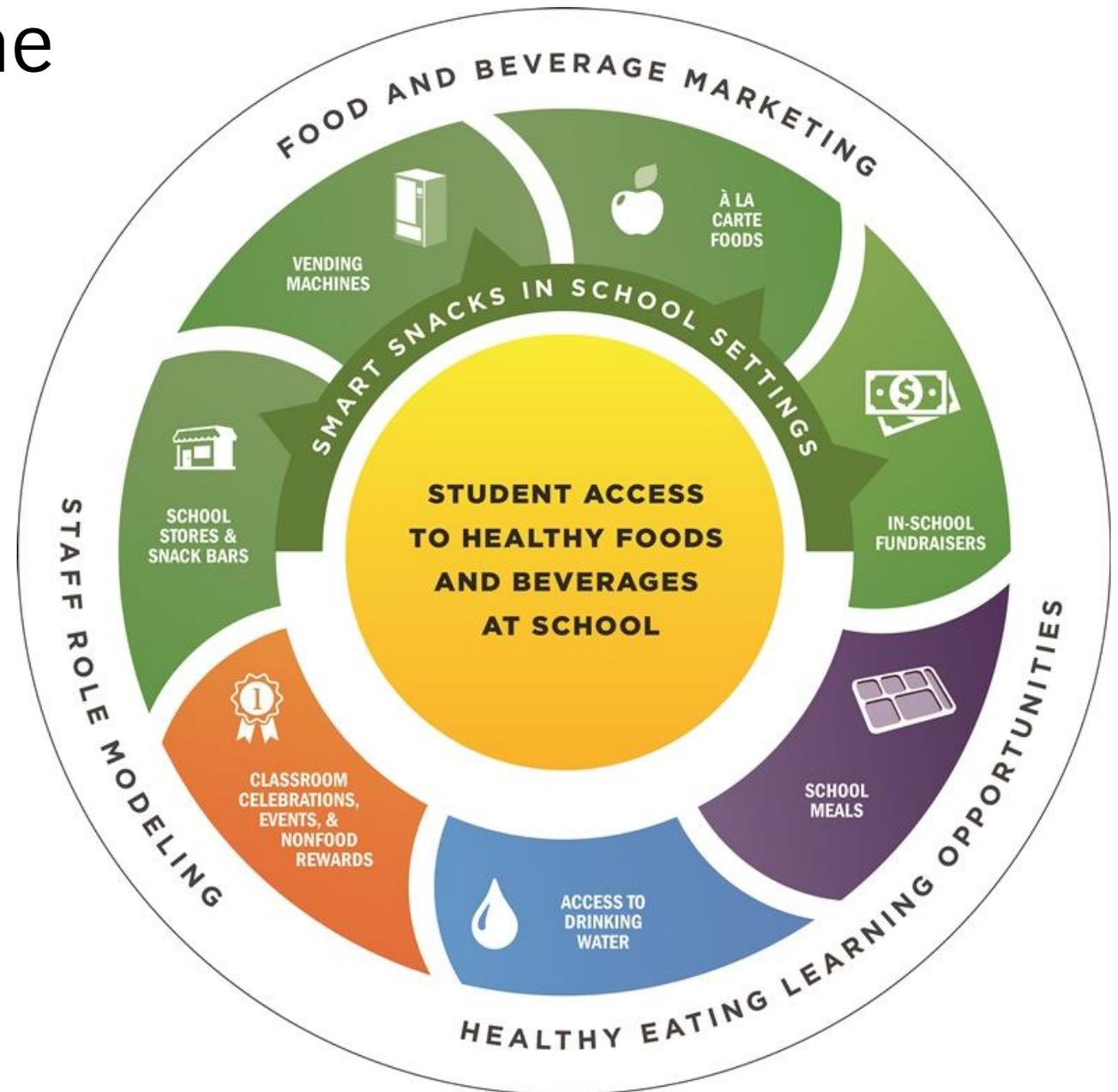
- › Nevada Department of Agriculture Child Nutrition – [Food and Nutrition e-learning](#)
  - General Nutrition Education
  - Wellness Training
- › Free Online Nutrition Courses
  - [National Nutrition Certification Program](#) Utah State, 15 modules
  - [Food and Nutrition Courses](#) Texas A&M, many courses offered
- › Local Organizations



Your local school district may also offer its own CPD courses on wellness & nutrition.

# Components of the School Nutrition Environment and Services

- › Together, these components help build demand for healthy foods at school...
- › ...and can help build healthy eating habits for life.



# #4: Educational reinforcement.

- › Collaborate with agencies and groups conducting nutrition education in the community
  - Partners for Healthier NV School Wellness Subcommittee
  - UNCE, SNHD, Dairy Council
  - GOP, Create a Change Now
  - Three Square Food Bank
  - American Heart Association
  - *and many more!*

**BRING A FRESH SALAD BAR TO YOUR SCHOOL!**

**SALAD BARS ARE AVAILABLE TO ALL CCSD ELEMENTARY SCHOOLS ON A ROTATING BASIS**

Salad bars are available by request for lunchtimes on Tuesdays, Wednesdays, and Thursdays only and are dependent on availability.

All requests must come from the elementary school principal or the school's food service staff, with the principal's approval. Advance notice of one week must be given.

The salad bar will only be present at the assigned elementary school for one day, but the school may re-request the salad bar as desired.

Another meal option will be available for students who don't want to eat from the salad bar.

**REQUEST THE SALAD BAR THROUGH THE CCSD FOOD SERVICE CENTRAL KITCHEN**

CONTACT YOUR REGION'S FOOD SERVICE CLERK

Northwest region 702-799-8123 ext 5349  
Northeast region 702-799-8123 ext 5422  
Southwest region 702-799-8123 ext 5359  
Southeast region 702-799-8123 ext 5322

**SNHD** Southern Nevada Health District  
[www.gethealthyclarkcounty.gov](http://www.gethealthyclarkcounty.gov)  
**CCSD** CLARK COUNTY SCHOOL DISTRICT FOOD SERVICE DEPARTMENT  
**Get Healthy Behavior**  
This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

The SNHD teamed up with CCSD to promote rotating salad bars, *making them a HIT!*

## #4: Educational reinforcement.

- › Provide opportunities for students to volunteer in nutrition related fields:
  - food recovery efforts
  - preparing nutritious meals for home-bound people
- › Supply information to parents, students & staff about community programs that offer nutrition assistance



Three Square Food Bank has many opportunities to volunteer and do good, including food recovery at your school. Volunteers as young as 10 years ok.

## #4: Educational reinforcement (continued).

- › Establish nutrition, physical activity and body-size acceptance to achieve academic success and lifelong wellness.
- › Model healthy eating and physical activity behaviors.
- › Implement a healthy vending initiative in staff vending machines.



The SNHD provides technical assistance to organizations wishing to implement healthy vending.

## #4: Educational reinforcement: *RESOURCES*

- › CDC Healthy Schools – [School Nutrition](#)
- › USDA Team Nutrition – [FREE Posters](#)
- › Nemors - [Kids Health in the Classroom](#)
- › SNHD – [Community Tools - Healthy Vending](#)
- › UNCE – [Healthy Kids Resource Center](#)



Posters are an easy way to help reinforce nutrition education.

# Discussion Questions

- › Do you see opportunities to help improve the nutrition environment at your school?
- › How do you feel about being seen as a role model?



## #5: Nutrition promotion.

- › Conduct nutrition education activities and promotions that involve parents, students and the community.
- › Participate in programs that promote and reinforce student health
  - Team Nutrition
  - FUTP60
  - Fresh Fruit & Vegetable Program



Fuel Up To Play 60, a Dairy Council initiative, gives a lucky teacher tickets to the Super Bowl at Forbuss E.S.

## #5: Nutrition promotion: *RESOURCES*

- › USDA Team Nutrition – [Popular events idea booklet](#)
- › Dairy Council of Utah/NV – [School Resources](#)
- › SNHD – Community Tools – Schools & Teachers – [Slam Dunk Health Challenge](#)
- › NV Dept. of Agriculture – [Fresh Fruit & Vegetable Program](#)
- › Texas A&M – [Nutrition & Physical Activity Fair Planning Guide](#)



Garden Farms also helps maintain school gardens.

# We can help present a positive position on nutrition.

86% of Clark County's children attend a CCSD school...

Together we can help improve:

*academic achievement,  
lower healthcare costs,  
improve workforce productivity,  
& improve military readiness.*



The Chefs for Kids Foundation helps bring nutrition education to CCSD schools.

# THANK YOU!

Contact:

Aurora Buffington, PhD,  
RDN, LD

Assistant Professor

University of Nevada  
Cooperative Extension

702.257.5534

[buffingtona@unce.unr.edu](mailto:buffingtona@unce.unr.edu)

