College Section Meeting: Working With Academia For School Nutrition Success
Session Details

- **Session Title:** College Section Meeting: Working With Academia For School Nutrition Success
- **Session Date:** 7/10/2017
- **Session Time:** 2:15:00 PM - 3:15:00 PM
- **Key Area:** Key Area 3 - Administration
- **Room:** B301: Level 3
- **Speakers:** Alicia Landry, PhD, RD, LDN, SNS; Nancy Cathey, RD; Cleta Long, EdD, SNS
The Nutrition and Research Committee supports SNA’s mission and vision by evaluating, interpreting and formulating recommendations relative to initiatives and standards for school nutrition programs.

In addition, the committee is responsible for identifying research opportunities, disseminating information on research activities, supporting the Journal of Child Nutrition & Management, and promoting research activities and professional development among members.
Objectives

• Learn how to leverage existing university research programs, dietetic/nutrition programs, and internships to strengthen the educational needs of college students, draw young professionals into school nutrition, and promote research opportunities.
Partnerships between universities and businesses are nothing new. The growing complexity of problems requires an increasing economic pressure, which in turn increases the need for interdisciplinary approaches.
## Educational Needs of College Students

<table>
<thead>
<tr>
<th>Undergraduate</th>
<th>Graduate</th>
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<td>• Require practicum</td>
<td>• For RD, 1,200 hours of supervised practice</td>
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<td>• Learning outside the classroom</td>
<td>• Collaborative training and interdisciplinary work</td>
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<td>• Volunteer experiences</td>
<td>• Research</td>
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<td>• Mentoring and training</td>
<td>• On the job training</td>
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<td>• Food science, CDM</td>
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Draw Young Professionals Into School Nutrition

High School
FACS, FCCLA

Bachelor’s Prepared
DPD, FACS

Graduate Prepared
DI, CP, FACS
What Can Students Do?

- Develop educational materials
- Provide training to staff and students
- Revise or create menus
- Support partnerships
- Create new ideas
Promote Research Opportunities
Promote Research Opportunities
Promote Training Opportunities
Promote Training Opportunities
Keys to Success

- Develop a shared vision
- Identify leaders who are capable of crossing boundaries
- Erode boundaries between entities by facilitating communication
- Invest in long-term relationships
### Being An Internship Director

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<th>Foodservice</th>
<th>Clinical</th>
<th>Research</th>
<th>Community</th>
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<tbody>
<tr>
<td>1240 Hours</td>
<td>240</td>
<td>400</td>
<td>100</td>
<td>500</td>
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Being a Preceptor

Because...

We are in the DEPARTMENT OF AGRICULTURE in Georgia.

We serve fresh FRUIT & VEGETABLE to all students everyday.

Health in Powers Tasting School.

In FY 15 we received a Georgia Best Practice Award & Southeast Region USDA Best Practice Award for Farm to School.

We offer Breakfast & Lunch to all students at no cost in 42 SCHOOLS.

In FY 15 we served OVER 3,670,000 LUNCHES & 2,100,000 BREAKFASTS.

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Winners of the 2017 Salad Bar Promotion Writing Contest sponsored by SNAP-Ed!

Salad Bar Writing Contest Encourages Healthy Eating | Las Cruces Public Schools

As part of an ongoing effort to encourage healthy eating across the school district, the LCPS Nutrition Services Department recently held a writing contest to encourage the students to use the salad bars, found in every school across LCPS.

Okra

Okra is a green edible seeded pod that has a fuzzy skin texture. When you cook okra, it becomes silky. To prevent this, add a little vinegar or cook it with other acidic ingredients like tomatoes. Don’t let the slime keep you away from enjoying this delicious, unique, nutrient-packed food.

How to choose the perfect okra pods:
- Choose bright green pods.
- Avoid mushy, limp, or tender pods.

Nutrition and health benefits:
- Serving size: 1 cup (160 g)
  - Calories: 33
  - Fat: 0g
  - Carbohydrate: 7g
  - Fiber: 1g
  - Protein: 2g

- Rich in Vitamin C, Vitamin A, and Vitamin K.
- Great source of fiber, iron, and magnesium.
- Fat-free, very low sodium, low calorie food.

Ways to enjoy:
- Okra can be cooked on the stove top or microwave. Remember, to avoid the slimy texture, cook with acidic ingredients such as tomatoes.
- Serve okra as a side dish.
- Okra is great in stews, salads, and soups.
Get Connected

- [https://schoolnutrition.org/Cert/CareersInSchoolNutrition/](https://schoolnutrition.org/Cert/CareersInSchoolNutrition/)
- [http://www.eatrightpro.org/resources/acend/accredited-programs](http://www.eatrightpro.org/resources/acend/accredited-programs)

- Possibly be a DI rotation site
- Provide information about potential activities
- Provide a fact sheet about your programs
AFFILIATION OR FINANCIAL DISCLOSURE

Alicia Landry
• University of Central Arkansas, Assistant Professor

Nancy Cathey
• Las Cruces Public Schools, Executive Director of Operations

Cleta Long
• Bibb County Schools, School Nutrition Director, Retired
PROFESSIONAL STANDARDS CODE

• This session provides one (1) CEU

• Presentation Title: College Section Meeting: Working With Academia For School Nutrition Success

• Presentation Key Area: Key Area 3 - Administration

• Professional Standards Code: 3440