Creating Healthier School Environments through Partnerships

Indiana
AFFILIATION OR FINANCIAL DISCLOSURE

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Objectives

• Participants will learn methods and skills for creating partnerships with Family and Consumer Sciences (FACS) teachers and FCCLA students that will help create a Smarter Lunchroom.

• Participants will learn how involvement of students can increase meal participation, heighten awareness of new options and promote new programs (e.g. breakfast in the classroom).

• Participants will locate student driven resources/tools/recipes (“Not Just Your Mom’s Muffins”), to help them create successful partnerships in their schools.
Description

• Family and Consumer Sciences Teachers and School Nutrition Teams
• Working together
• Enhancing meal programs
• Strengthening student nutrition education
Agenda and Discussion

1. Definitions
2. Activity
4. 2014 Team Nutrition Grant
5. Impact
6. Future Plans
7. Questions
8. Resources
Definitions

**Smarter Lunchrooms**: Promote healthy eating behaviors with simple changes to the lunchroom environment at your school

- **Enhance Taste Expectations**
  - Attractive display
  - **Creative names/descriptions**
    - Maple-glazed butternut squash
    - Zesty zucchini
    - Garlic green beans
    - Celery Swords
    - Mighty Melon
    - Bandit Beans
Definitions

- Smarter Lunchrooms
  - Display, Color (forks)
Definitions

• Smarter Lunchrooms
  – Signage, lighting, placement
Definition

• FACS-Family and Consumer Sciences
  – Family and consumer sciences (FCS) is the comprehensive body of skills, research, and knowledge that helps people make informed decisions about their well being, relationships, and resources to achieve optimal quality of life. The field represents many areas, including human development, personal finance, housing and interior design, food science, nutrition, and wellness, textiles and apparel, and consumer issues
  • Approximately 40,000 students in Nutrition and Wellness, Advanced Nutrition, and Sports Nutrition
  • Approximately 5000 students in pathways of Culinary Arts or Nutrition Science Careers
Definition

- FCCLA-Family, Career and Community Leaders of America
  - a nonprofit national career and technical student organization for young men and women in Family and Consumer Sciences education
  - Related FCCLA programs: Student Body, Nutrition and Wellness, Food Innovations, Culinary Arts, Career Investigation
  - 1,000 students participate in competitive events many focused on nutrition
Activity

- Yellow: Smarter Lunchrooms
- Pink: Partnering with FACS teachers and FCCLA Advisers and Students
- Orange: Had students implement Smarter Lunchroom strategies by partnering with FACS programs
Circle of Excellence

Eating & Learning For Life
Best Practices Manual

Resources:

http://www.doe.in.gov/nutrition/scn-team-nutrition
Goal for the 2014 Team Nutrition Grant

- Develop partnerships with foodservice, Family and Consumer Sciences teachers, and FCCLA students to enhance student learning and promote healthier school menu choices.
Pre-Grant Implementation

FACS teachers asked

Foodservice asked

How often have you partnered with the FSD

How often have you partnered with the FACS
Location and Participants

- Area 30 Career Center
- Avon High School
- Carmel High School
- Carroll High School
- Charlestown High School
- Columbus East
- Delaware Co. Schools
- East Central High School
- Greenfield Central High School
- Kokomo Schools
- Merrillville Community Schools
- Milan Schools
- New Castle Schools
- North High School
- Owen Valley High School
- Rossville Middle/High Schools
- Shakamak
- Southern Wells Jr/Sr High School
- Tri—Central High School
- Walker Career Center
- West Central
Hopes and Dreams

• Add value to your program and receive recognition
• Increase visibility and meal participation
• Engage students in relevant learning
• Guide them in developing healthy habits for life
• Share your skills and be a mentor
• PROMOTE SCHOOL NUTRITION AS A CAREER
Benefits and Challenges

• Benefits
  – Increased student engagement
  – Partnership in promoting nutrition
  – Share resources
  – Increased building wide awareness of nutrition

• Challenges
  – Meeting time for project participants
  – Budget-spending the dollars and specificity
Successes and Outcomes

• Iron Chef Contest between culinary students and food service
  https://www.youtube.com/watch?v=lYlxE6uzRG68&feature=youtu.be

• Promotion of nutrition by Early Childhood and Education
  students in their Early Childhood and Elementary classrooms

• Increase in breakfast participation

• Breakfast Burrito Contest
Win Win

Become a STAR!
Promote Education with a SHINE!
Impact on students

- Identified Concerns
  - Only 100 students eat breakfast in the cafeteria out of an eligible 1,569 students.

- Goal
  - Increase breakfast consumption and knowledge about breakfast value

- Act
  - Public relations campaign, student contest, costumes, partnerships, and more
Activities and Tasks

• Sports & Nutrition 13 kitchen groups:
  – Breakfast meal competition
  – Breakfast recipe research
  – Planning for Breakfast entree cook-off
• Poster competition was individual
• Teacher: announced winner and distributed prizes
• Café Staff: served breakfast
• Students: provided incentives; 2 wore costumes; and they wrote thank you notes to café staff
Results

• 10% increase in students that had breakfast that morning. As a result of our smoothie, the cafeteria plans to provide the smoothies again as a nutritional breakfast.
• 52 Students in Sports Nutrition and Wellness class.
• 100 students and staff volunteered in taste tasting.
• Cafeteria manager volunteered to speak with the class.
Impact on FACS and FCCLA

- Students partner with the Produce Mom and the Indianapolis Colts
- All FCCLA attendees were able to sample fruits and vegetables at the FCCLA State Conference
Impact on School Nutrition

- Increase in breakfast participation

**Best Bites**

- Hot breakfast became the new standard at Southern Wells.  

*Within the first week, student participation in the hot breakfast doubled.*

**Best Bites**

- Engaging students in the menu development process was fun!

*The high schools students had great ideas and lots of enthusiasm. By adding this student-driven item to the menu, the school increased the number of students eating breakfast.*
Lasting Impressions

• “With FCCLA being a part of this experience, I think my students also feel as though she (FSD) is part of our team and feel comfortable about reaching out to her with suggestions and questions.” *Indiana FACS teacher*

• “Some students have become great ambassadors to our school and getting kids more interested in eating at school.” *Indiana Foodservice Director*

• “The students will now ask me questions where they didn’t before. The students keep the cafeteria display bulletin board with updated with nutrition and fun facts.” *Indiana Foodservice Director*
Future Plans

• 2016 Team Nutrition Grant
  – Create a curriculum for nutrition and wellness courses
  – Contain: nutrition career component, school meal patterns, and updated information about dietary guidelines
  – Training 80 teachers on the new curriculum
  – Further partnership opportunities between foodservice and Family and Consumer Sciences
Questions
Resources

- [http://www.doe.in.gov/nutrition/scn-team-nutrition](http://www.doe.in.gov/nutrition/scn-team-nutrition)
- [https://www.choosemyplate.gov/](https://www.choosemyplate.gov/)
- [http://www.theicn.org/](http://www.theicn.org/)

PROFESSIONAL STANDARDS CODE

- This session provides one (1) CEU
  - Key Area 1: Nutrition - 1210
  - Key Topic: Creating Healthy School Environments through Partnerships