Nutrition Education

From Cafeteria to Classroom
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Engage on Social!

#ANC17

#AllianceLearning

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Alliance for a Healthier Generation
@HealthierGen
Objectives

1. You will walk away with an understanding of the importance of nutrition education.

2. You will walk away with an understanding of the role nutrition education plays in supporting your program.

3. You will be able to identify at least ways to strengthen the cafeteria to classroom connection.
Nutrition Education
...providing youth with the knowledge and skills to make healthy food choices.
Evidence-Based

Neutral

Delivered by Qualified Personnel
Stay Positive!

- Focus on feeling good and being healthy
- Have fun and have energy!
- Diet = NO
- “I don’t know” is an ok answer
Where does it fit?
Solutions Focused!

BARRIERS

SOLUTIONS
Let’s Chat...

What nutrition education have you done?

How have you collaborated with other school staff?

How does nutrition education support your program?
Support for Your Program

Credibility

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Stand up and do 5 squats if...

Participate in the design and implementation of nutrition education programs.
Stand up and pull weeds from a garden if... Display educational and informational materials that reinforce classroom lessons.
Stand up and backstroke if...

Provide food for use in classroom nutrition education.
Stand up and do 5 pumps if...

Provide ideas for classroom nutrition education lessons.
Stand up and touch your toes if... Teach lessons or give presentations to students.
Stand up and take 3 long, deep breaths if...

Provide cafeteria tours to students.
Now what do you think?

- What nutrition education have you done?
- How have you collaborated with other school staff?
- How does nutrition education support your program?
Fruit & Veggie Vocab
Culinary Scoot
(or dine & dash)
Who Am I?
1. Divide into groups.
2. Choose fruits & veggies or whole grains.
3. Choose a subject.
4. What activity, game, lesson, promotion, etc. can you do in the cafeteria to reinforce the concept.
DON’T do it all yourself.

DO engage your school community!
Beat the Boredom

DON’T stay on repeat.

DO try something new!
Beat the Boredom

DON’T just hand staff something new.

DO introduce new activities at staff meetings!
Beat the Boredom

DON’T assume everyone will be comfortable right away.

DO plan some brainstorming time!
DON’T be afraid to try something new.

DO be open to experimenting!
Host a Focus Group

Focus Groups: A How-To Guide

What are they?

A focus group is a way to engage your customers to enhance or improve certain products or services and help secure customer buy-in. Participants have a forum to share their opinion, which can lead to more support for your efforts.

Focus group sessions:

- Gather opinions, beliefs, attitudes and interest about changes you may wish to make to
Conduct Surveys
Get Social!

Boys & Girls Clubs of Philadelphia's

Boys & Girls Clubs of Philadelphia
November 12 at 2:12pm ·
Northeast Frankford youth visited the City Kitchen at the Market. The first week they made healthy smoothies and "A" they made stuffed Pitas. #GoBOLDPhila
BROWSE RESOURCES AT

www.schools.healthiergeneration.org
## Nutrition Education Resources

<table>
<thead>
<tr>
<th>Curriculum</th>
<th>Audience</th>
<th>Description</th>
<th>Access/Cost</th>
<th>Preparation</th>
<th>Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>OrganWise Guys</td>
<td>All ages</td>
<td>The OrganWise Guys curriculum was designed to empower children and their families. The vision is to inspire individuals to take charge of their health by assuming personal responsibility for their choices. By bringing the body to life via lovable organ characters, kids of all ages learn what it really means to be smart from the inside out.</td>
<td><img src="resource" alt="OrganWise Guys" /></td>
<td><img src="resource" alt="Low" /></td>
<td><img src="resource" alt="OrganWise Guys" /></td>
</tr>
<tr>
<td>Healthalicious Cooking</td>
<td>Ages 9-12</td>
<td>Healthalicious Cooking is a six week nutrition and physical activity curriculum. The overall goal of this hands-on program is to have fun while preparing and eating healthy meals while learning about nutrition and physical activity.</td>
<td><img src="resource" alt="Healthalicious Cooking" /></td>
<td><img src="resource" alt="Easy" /></td>
<td><img src="resource" alt="Family Materials" /></td>
</tr>
<tr>
<td>Food &amp; Fun</td>
<td>Grades 4-5</td>
<td>Foodandfun.org is an interactive website geared towards getting out-of-school time staff and parents excited about promoting physical activity and nutrition by creating healthy environments for themselves and their children.</td>
<td><img src="resource" alt="Food &amp; Fun" /></td>
<td><img src="resource" alt="Easy" /></td>
<td><img src="resource" alt="Family Materials (Bilingual)" /></td>
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</tbody>
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National Nutrition Advisors

HealthierGeneration.org
This session provides one (1) CEU

- **Presentation Title:** Nutrition Education from Cafeteria to Classroom
- **Presentation Key Area:** Key Area 1 – Nutrition
- **Professional Standards Code:** 1210