



Celebrate National Nutrition Month and School Breakfast Week

Wellness Wednesday Webinar Series

February 8, 2017

Today's Presenters



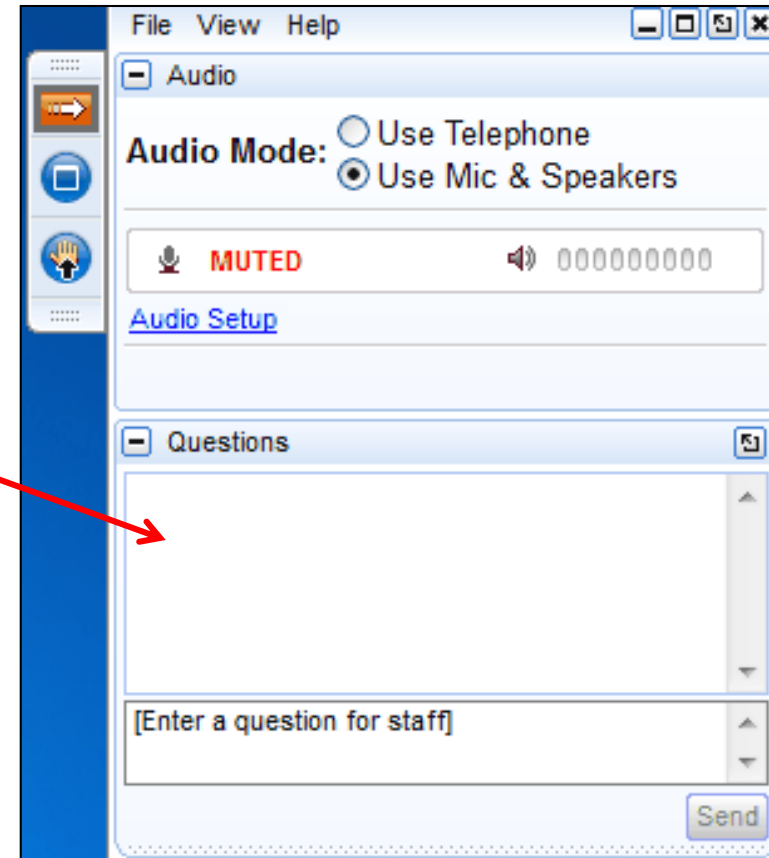
Grace Perry, MA, RD, LD
Alabama
State Coordinator
Action for Healthy Kids



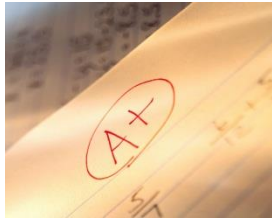
Ellen Dillon
Senior Manager, School
Breakfast Programs
Action for Healthy Kids

Logistics

- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be sent out following the call



Who Are We?



AFHK's vision is a world in which every kid is healthy, active and ready to learn.

Who Are We?



Action for Healthy Kids works to mobilize school professionals, families and communities to take actions that lead to healthy eating, physical activity and healthier schools where kids thrive.

Why Schools?

55 MILLION SCHOOL KIDS

Each one of us can help improve the eating and activity habits of the **55 MILLION** school kids in this country and, in the process, improve their health so they can succeed in the classroom.

GOOD FOOD

ACTIVE BODIES

KIDS EQUIPPED FOR SUCCESS!

Kids who attend "healthy" schools have fewer absences, higher academic achievement and self-esteem and are more likely to graduate from high school.

PHYSICAL ACTIVITY SUPPORTS ACHIEVEMENT

Even moderate exercise, like walking, increases brain activity.

KIDS WHO EAT WELL, LEARN BETTER

Students who eat school breakfast have been shown, on average, to attend 1.5 more days of school per year and score 17.5% higher on standardized math tests.

HEALTHIER PRACTICES CAN INCREASE SCHOOLS' BOTTOM LINES

Schools can get a financial boost by offering more nutritious meals & snacks. Students will buy and eat healthier foods and beverages.

EVERY KID HEALTHY

Visit ActionforHealthykids.org, where you can read *The Learning Connection: What You Need to Know to Ensure Your Kids Are Healthy and Ready to Learn* and in under **1 minute**, you can take the *Every Kid Healthy Pledge*. You'll have access to our **free** programs, volunteer opportunities and school grants.

Healthy Kids Learn Better

Good Food + Active Bodies = Kids Equipped for Success

Game On – Step 4: Find Activities



www.actionforhealthykids.org/game-on

- Step 1: Gather Your Team
- Step 2: Assess & Track Progress
- Step 3: Create & Implement an Action Plan
- **Step 4: Find Activities**
 - **National Nutrition Month Activity**
 - **National School Breakfast Week Activity**
- Step 5: Engage Families & Community
- Step 6: Receive Recognition

Agenda

Today's Objectives

- LEARN – What are National Nutrition Month and National School Breakfast Week?
- ACT – How can my school celebrate these two activities in March?
- TRANSFORM – Ensure Your Students are Healthy and Ready to Learn



What is National Nutrition Month?

...Celebrate during March

- In schools and beyond
- 2017 Theme: *Put Your Best Fork Forward*
 - Every bite counts
- Tons of ways to incorporate into school day
- National Academy of Nutrition and Dietetics Toolkit and resources

What can your school do to celebrate?

- Connect with school child nutrition to see what they might already have planned.
- Incorporate into the classroom
- Not just for the cafeteria
- Make it fun: host taste tests: Tasty Tuesdays
- Recruit volunteers to assist and specialists to share expertise
- Make food appealing and fun:



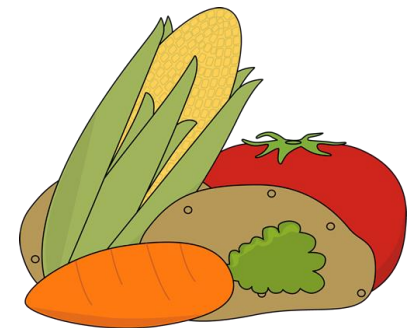
this pic shows kid eating fruit flowers

What can your school do to celebrate?

- Host a contest! Nutrition Question of the Day, Healthy Recipe, or MyPlate competition
- Take a field trip to a local farm or farmers market
- Coupons for healthy items in cafeteria
- Host a school health fair
- Decorate the cafeteria and offer incentives for trying healthy items

National Nutrition Educational Strategies

- Science
 - School gardens
 - Reading food labels
- Math
 - Measurements and conversions
- Language Arts/Reading
 - Healthy Eating story time



National Nutrition Month Strategies



National School Breakfast Week

- Annual Celebration: first week of March
 - *March 6-10, 2017*
- School Nutrition Association's Toolkit and Theme:
 - *Take the School Breakfast Challenge*



Host a Family Breakfast Event

- Invite families to join students to celebrate
- Include community members: board of ed, local dignitaries...
- Include breakfast at other events
 - Do breakfast taste testing at family fitness night or math night



Grants for Breakfast and Nutrition Initiatives

School Breakfast Grants:

- Funding for alternative and universal (breakfast at no charge)
- Funding for one school or multiple
- Start up, marketing and sustainability grants
- \$500-\$3,000
- Webinar: 2/22/17
<http://www.actionforhealthykids.org/events/event/511>

School Wellness Grants—Game On Grants

- Grants for nutrition and physical activity initiative
- \$500 and \$10000
- Webinar: 2/21/17
- <http://www.actionforhealthykids.org/events/event/510>

Get Nationally Recognized!

Apply for the HealthierUS School Challenge: Smarter Lunchrooms Initiative



- Voluntary four-year certification initiative recognizing excellence in school nutrition and physical activity
- 4 Award Levels: Bronze, Silver, Gold, Gold Award of Distinction
- Benefits include: Build school spirit, support the Learning Connection, and enhance the sustainability of your initiatives!
- Smarter Lunchrooms is part of the application criteria!

Visit Game On – Step 6 to learn more:

<http://www.actionforhealthykids.org/game-on/receive-recognition>

Questions?



Action for Healthy Kids
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Follow AFHK for More Resources



Stay up to date on Success Stories, health tips, physical activity games, fun recipes, volunteer opportunities, and ideas for action!



Healthy and Fun Snack Ideas



Edit

Healthy Treats for Kids



Edit

