

How Healthy is Your School?

While we're waiting to begin the webinar, take a minute to tell us how healthy your school is!

1. Go to <https://www.actionforhealthykids.org/school-health-survey/>.
2. Follow the prompts to complete the survey.
3. Check your email for your results and for resources to help your school continue to do great work.



ACTION FOR
HEALTHY
KIDS 

Lettuce Grow: Enhancing School Nutrition
with Action for Healthy Kids and CATCH
Global Foundation

Today's Presenters



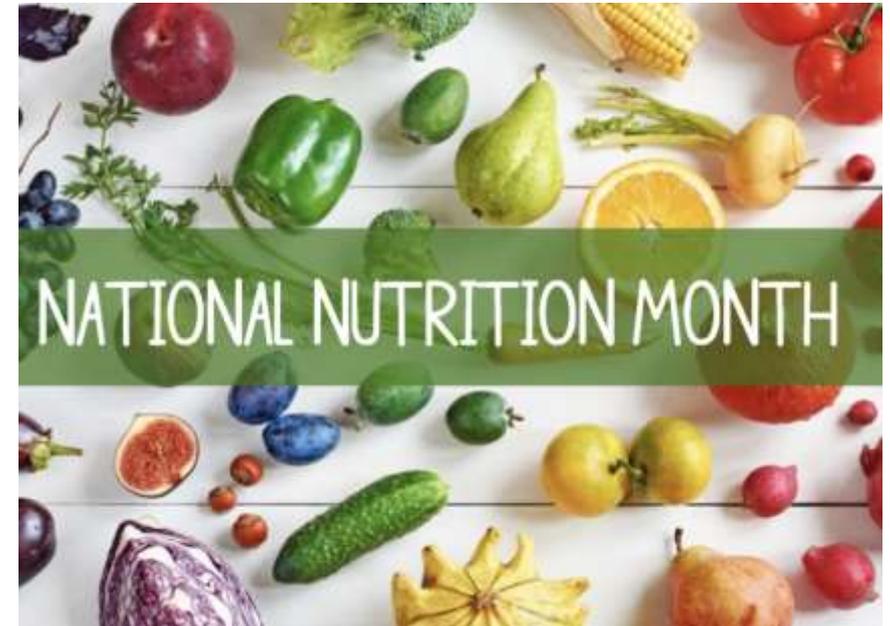
Heidi Milby, MPH
Director of Programs and Field
Operations
Action for Healthy Kids



Abby Rose, MSED
Program Manager
CATCH Global Foundation

Agenda

- » Action for Healthy Kids
- » National Nutrition Month and Ideas for Celebration
- » CATCH Global Foundation – Go, Slow, Whoa and Other Resources to Support Your Nutrition Work
- » Additional Resources
- » Q&A



AFHK's Vision

Every Kid is
Healthy, Active
and Ready to
Learn



The Learning Connection



1 in 3 U.S. children are overweight or obese

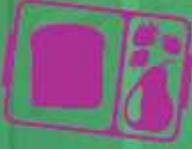
Overweight kindergartners had significantly lower math/reading scores than those at a healthy weight.²

Eating school breakfast positively affects student attendance, which leads to high academic achievement.³

Children who ate school breakfast increased their math grades by **+0.3 points** based on a 4.0 scale.³

Participation in breakfast programs is associated with:

- Increased grades and test scores
- Reduced absenteeism
- Improved cognitive function
- Memory and attention improvement!¹



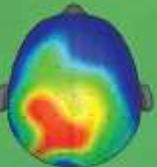
High quality diets (and increases in micronutrients¹) improve cognition and the ability to perform well during short-term memory tests.⁵

Children with increased cholesterol intake had poor performance on short-term memory and cognition testing.⁶

A 20-minute walk demonstrates a brain that is activated and primed to learn.⁴



after 20 minutes of sitting quietly



after 20 minutes of walking



Physical activity is positively associated with students' cognitive functioning¹ which includes ability to pay attention, memory, and IQ test scores.



Participation in PE class is associated with better grades, test scores, and classroom behavior!¹

AFHK and CATCH Partnership

Action for Healthy Kids and CATCH Global Foundation are partnering to bring together CATCH's programming and AFHK's model for integrating schools, families and communities in Whole Child Health.



Tell Us About Yourself

What is your role?

1. School staff
2. District staff
3. Parent
4. Community member/organization
5. Other



National Nutrition Month

Overview

- » National Nutrition Month[®] is an annual campaign created by the Academy of Nutrition and Dietetics.



- » Learn more:
<https://www.eatright.org/food/resources/national-nutrition-month>



Ideas for Implementation - Cafeteria

Cafeteria

- » **Tasty Tuesdays:** Test new menu items, sample produce grown in the school garden, or simply try common or novel fruits and veggies.
- » **Cafeteria Refresh:** Transform a boring wall into a masterpiece with paint, posters or student artwork.
- » **Nutrition Education:** Feature facts about menu items to help students understand their nutritional benefits.



Ideas for Implementation - Classroom

Classroom

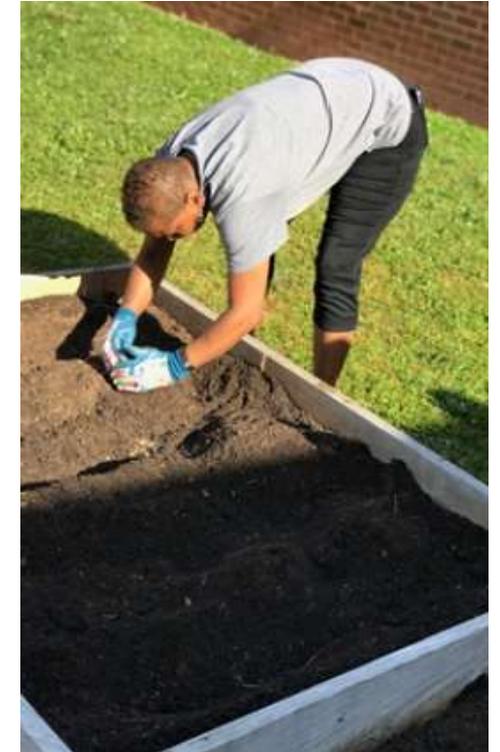
- » **Teach Nutrition Education:** Check out USDA's Team Nutrition curriculum if your school doesn't already have one. It's free and easy to implement!
- » **Organize a Food Drive:** Access to food is a key part of nutrition. Raise awareness about hunger and ways kids can get involved through a classroom food drive.



Ideas for Implementation - Garden

Garden

- » **Host a Garden Workday:** Break ground with students, families and community members to kick off the growing season.
- » **Plant a 30 Day Garden:** Crops such as lettuce, spinach, arugula, radishes grow quickly and can be harvested before the end of the school year.



Ideas for Implementation – At Home

At Home

- » **School Meal Awareness:** Make sure parents and caregivers know about and are accessing the federal meal programs your school provides for kids.
- » **Eat Together as a Family:** There are numerous benefits of family meals – Encourage families to eat together!
- » **Celebrate Culinary Diversity:** Create opportunities for families to share meals that represent their background.





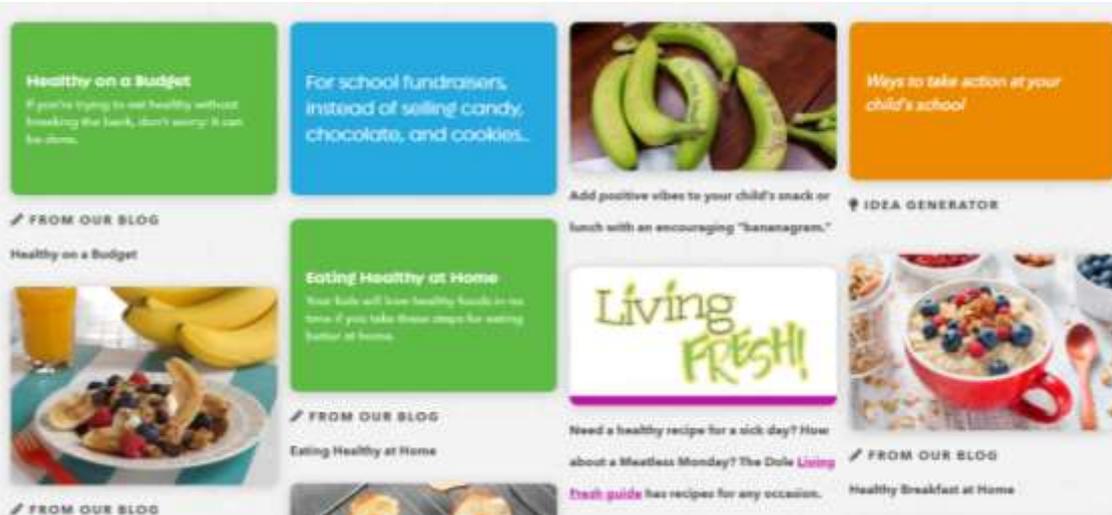
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Program Manager

Additional Resources for Celebrating Nutrition All Year Round

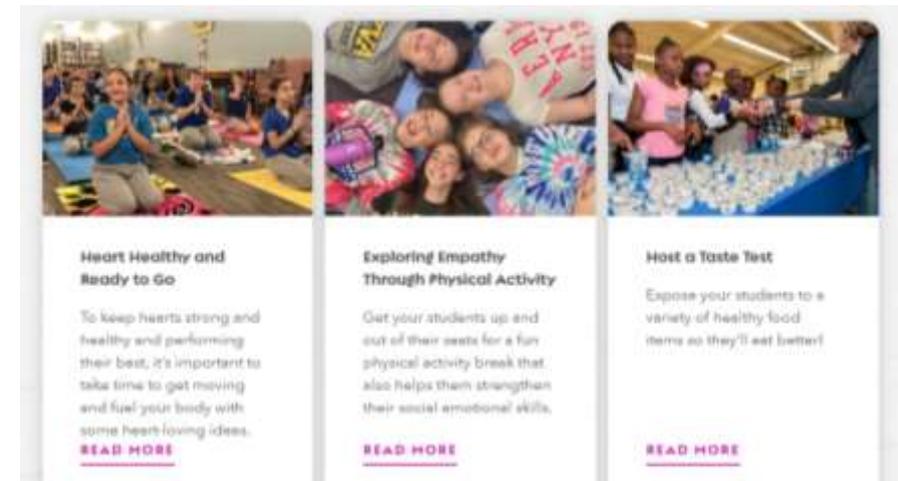
» Healthy Eating Toolkit

- Nutrition resources—for use at home or at school—to get your kids or students inspired to eat better and build healthy habits.
- <https://www.actionforhealthykids.org/nutrition-toolkit/>



» Game On Program:

- A flexible, free online framework to help schools create healthier learning environments for students, staff, and communities.
- <https://www.actionforhealthykids.org/game-on-program/>



2021-2022 School Grants

AFHK has grants for Nutrition (and Physical Activity)

Game On Grants

In order to get every kid healthy and ready to learn, our Game On grants provide funding, support, and resources for schools to increase physical activity and nutrition initiatives while promoting students' social emotional learning. Funding is for \$1,000 for physical activity OR nutrition projects; and funding is for \$2,500 for physical activity AND nutrition projects. PreK-12 schools in all states are eligible to apply.

» \$1,000 and \$2500 Grants

» Deadline: Friday, April 3

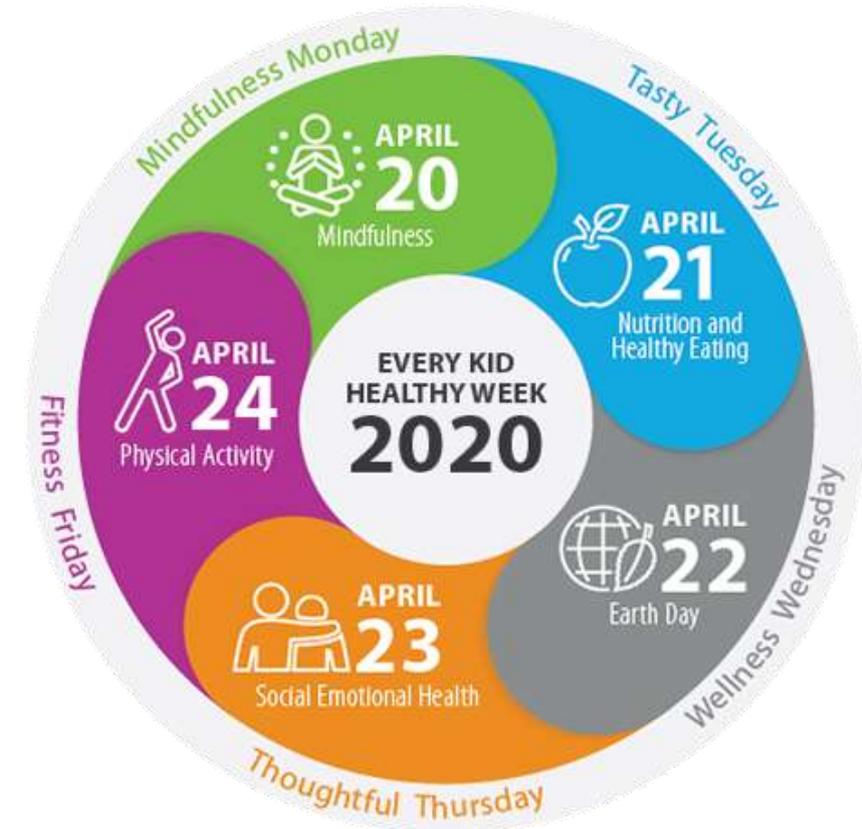
» <https://www.actionforhealthykids.org/school-grants-support/>

Parents for Healthy Kids Grants

Parents: Here's your chance to make your mark on school health! Apply for a Parent for Healthy Kids grant that will provide funds and support to increase physical activity or nutrition initiatives while promoting students' social emotional learning and engaging parents in school wellness. Grant funding starts at \$1000. Parents or parent groups must apply for the grant (either for physical activity or nutrition) and lead projects in partnership with the school. Schools with greater than 50% of students eligible for free/reduced-priced meals may receive priority, as well as schools located within 15 miles of an ALDI store, but all PreK-12 schools within eligible states are encouraged to apply. Eligible states: AL, AR, CA, CT, DC, DE, FL, GA, IA, IL, IN, KS, KY, MA, MD, MI, MN, MO, MS, NC, NE, NH, NJ, NY, OH, OK, PA, RI, SC, SD, TN, TX, VA, VT, WI, WV.

Every Kid Healthy Week: April 20-24, 2020

- Approved by Congress and recognized as an official National Health Observance during the 4th week of April
- All schools are invited to participate in Every Kid Healthy Week by hosting a family-friendly health-promoting event each spring
- Register your event:
https://afhkschoolportal.force.com/AFHK_Communities_Login



Questions?

Contact Info:

Name: Heidi Milby

Email: hmilby@actionforhealthykids.org

Name: Abby Rose

Email: arose@catch.org



Every kid healthy, active and ready to learn

actionforhealthykids.org • 600 W. Van Buren St., Suite 720, Chicago, IL 60607 • 1.800.416.5136