



ACTION FOR
HEALTHY
KIDS 

Optimal Nutrition Series: School Meals: Support Students' Health and Learning

Today's Presenters



Ellen Dillon

Senior Field Manager
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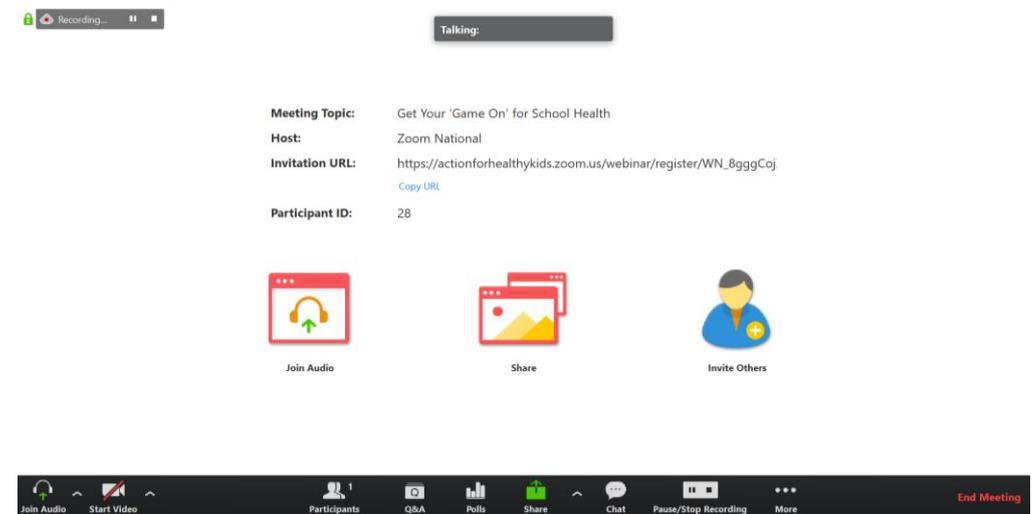


Grace Perry

Program Manager
Action for Healthy Kids

Logistics

- » Listen in with your telephone or computer speakers
- » Everyone is muted
- » Submit questions in the question box
- » This call is being recorded
- » Link to recording and handouts will be sent out following the call



Agenda

- » Action for Healthy Kids Overview
- » Focus: Health
 - Nutrition Needs of Children
 - School Meals Support Health
- » Focus: Learning
 - Nutrition Fosters Brain Development
 - School Meals Support Learning
- » Q&A

Who Are We?

Action for Healthy Kids' (AFHK) vision is a world in which every kid is healthy, active and ready to learn. We work to mobilize school professionals, families and communities to take actions that lead to healthier schools where kids thrive.



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

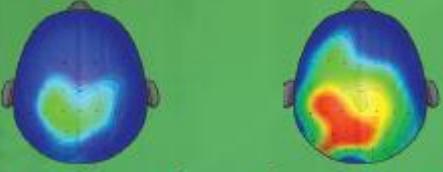


Physical activity is positively associated with students' cognitive functioning¹ which includes ability to pay attention, memory, and IQ test scores.



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

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

Tell Us About Yourself

What is your role?

- a. School nutrition staff
- b. School administrator
- c. Teacher
- d. Parent
- e. Community member
- f. Other



Tell Us About Yourself

What is your primary objective for participating in this webinar?

- a. Gather talking points to gain others support for school meals.
- b. Learn more about the health and academic benefits of school meals.
- c. Other.



School meals and healthy eating

WHOLE

» SCHOOL

» COMMUNITY

» CHILD



Whole Child

The health of a child is multi-dimensional.





Nutrition

Sound nutrition is vital to child development and student's health and well being.

Child Nutrition Needs

Follow 2015-2020 Guidelines for Healthy Americans

- » A variety of fruits and vegetables.
- » Whole grains.
- » Fat-free and low-fat dairy products.
- » A variety of protein foods.
- » Oils.



<http://health.gov/dietaryguidelines/2015/guidelines/>

Nutrition and Impact on Health

Builds Strong Bodies

- » Promotes Optimal Growth
- » Prevents Childhood Obesity
- » Establishes Healthy Habits for Life



Health Issues

- » Children in food-insecure households are more likely to experience risk of hospitalization, iron deficiency anemia, decreased bone mineral content in boys, and overall fair/poor health

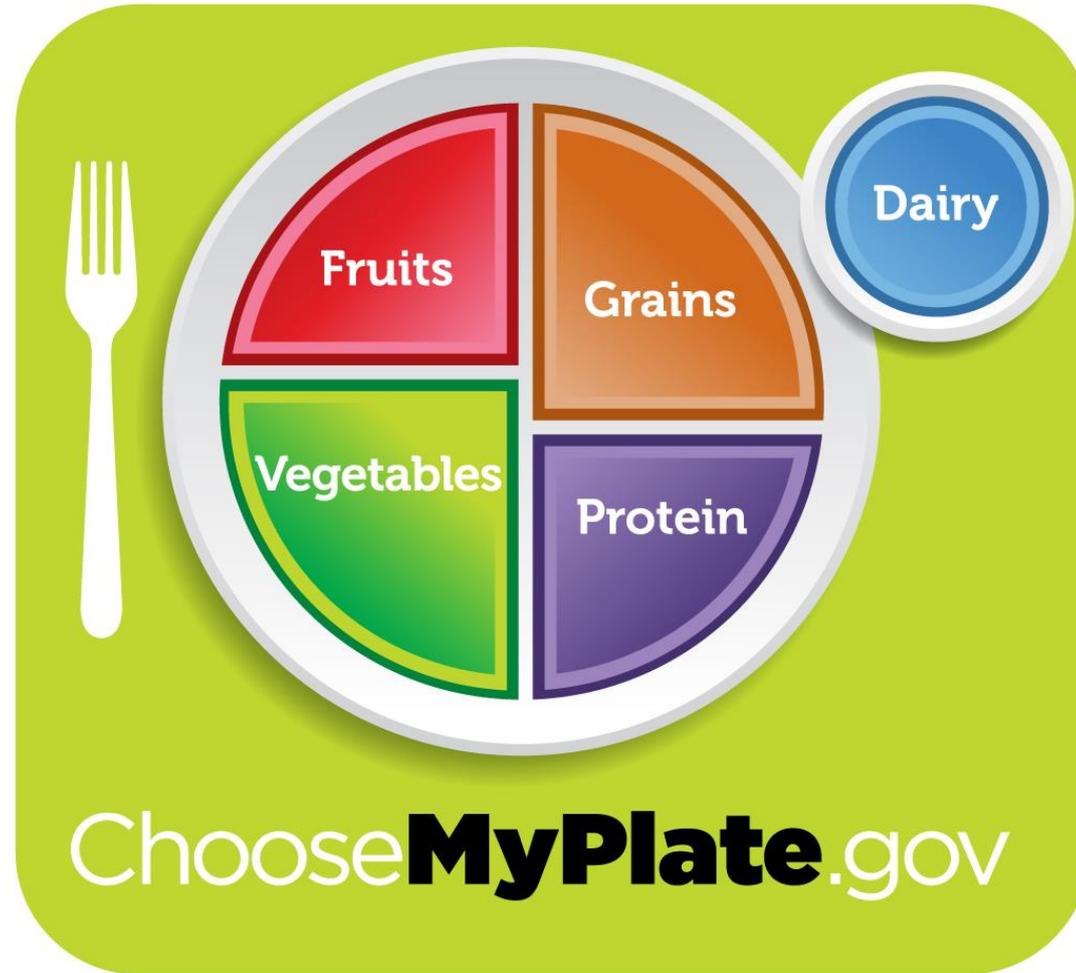
Benefits of Healthy Eating

Reduces the risk of children developing:

- » High blood pressure.
- » Heart disease.
- » Type 2 diabetes.
- » Cancer.
- » Osteoporosis.
- » Iron deficiency.
- » Dental caries (cavities).



Incorporate My Plate



Where do School Meals Fit?

Healthy, Hunger Free Kids Act of 2010

» Improved meal requirements for breakfast and lunch



Fruits and vegetables



Whole grains



Sodium and calories



School Meals

- Provided much needed nutrients to participating children
- Some hungry children who participate may get the bulk of their nutrients from school meals

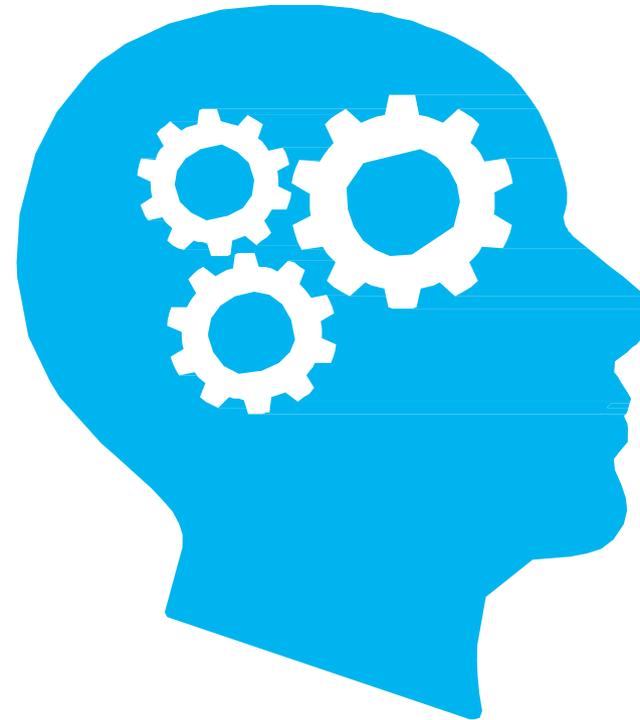


Students are not coming to my office because they have a headache or stomach ache due to being hungry. They are staying in class more this year so I know they have more time on task.

School Nurse, NC

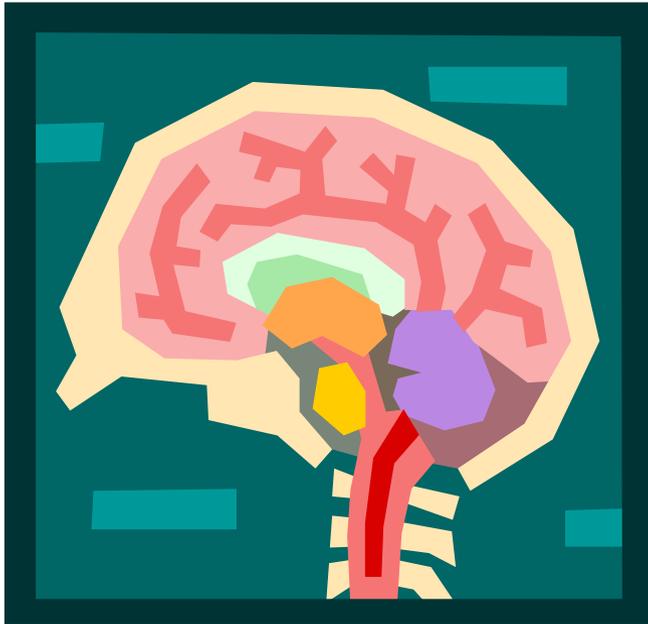
Healthy Eating and Learning

- » Having a healthy diet has shown **improvements to short-term memory** among elementary school students.
- » High quality diets (and increases in micronutrients) improve cognition and the ability to perform well during short-term memory tests.



Eating Breakfast

Breakfast Fuels Brainpower



- Eating breakfast is associated with
- » Higher standardized test scores
 - » Improved math & reading grades
 - » Improved cognitive performance
 - » Better visual perception, spatial memory, short-term memory

What we hear from educators...

Healthy food choices are at the heart of what is happening in our schools. Students need to feed their cognitive functions and their social-emotional well-being.-Superintendent, Yonkers Public Schools, NY

"Breakfast in the classroom has been great! Morning behaviors have decreased tremendously and we have not had any morning office referrals. Students are now given more time on task!" –Classroom Teacher,



School Meals Support Learning

- School Breakfast data from 2018-2019
- 261 Total Schools

Reported OUTCOMES

Improved student focus/behavior in the classroom 54%

More on-time student arrivals 32.8%

Increased instruction time 31.6%

Reduced discipline issues 25.6%

Join our Upcoming Webinars

Lettuce Grow: Enhancing School Nutrition with AFHK and CATCH

(3/10 @ 3 ET/2 CT/1 MT/12 PT)

Optimal Nutrition Series: Healthy Food at School-Social and Emotional Learning Opportunities

(3/12 @ 4 ET/3 CT/2 MT/1 PT)

Optimal Nutrition Series: Parents and School Nutrition How to Engage

Support (3/18 @ 4 ET/3 CT/2 MT/1 PT)



Resources

Action for Healthy Kids (www.actionforhealthykids.org)

- » Learning Connection

- » Message points for administrators, teachers, parents

Share Our Strength (www.bestpracticesnokidhungry.org/school-breakfast)

- » Research and stats from educators on school breakfast

Food Research and Action Center (www.frac.org)

- » Data to support your cause

USDA (<http://www.fns.usda.gov/sbp/toolkit>)

CDC

Dietary Guidelines for Americans

Local state hunger groups

State level local partnerships

Healthy Eating Toolkit

- Recipes
- Creative School Gardens
- Healthy Fundraising
- Nutrition Education
- Staff Role Modeling
- Taste Tests
- And more!

Healthy Eating Toolkit

Feast on these nutrition resources—for use at home or at school—to get your kids or students inspired to eat better and build healthy habits.

I'm a parent

I'm an educator

ABOUT THE TOOLKIT

Encourage healthy eaters

This interactive toolkit, sponsored by Dole, is your one-stop shop for all things nutrition. Eating better helps improve kids' learning, behavior, and emotional health, so start building healthy habits with these recipes, resources, and ideas on a variety of topics. Check back regularly for new and updated content.



Follow Us for More Resources

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

 Action for Healthy Kids shared a link.
Posted by Jacqueline Periman [?] · December 14



Spice up your classroom and play the Game On! 12 Days of Fitness Challenge. #SmilesAllAround



12 Days of Fitness
www.actionforhealthykids.org



Healthy and Fun Snack Ideas



72 Pins



Edit

Healthy Treats for Kids



38 Pins



Edit



Connect to Your School

It is super helpful for us to know not just the people interested in our resources but the schools using them, too.

Connect to your school(s)

<https://actionforhealthykids.secure.force.com/affiliation/#affiliation>

Questions?

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Every kid healthy, active and ready to learn

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