



Falling Into Place: Making Your Partnership Work

Team Nutrition FACS/Foodservice Partnership Training

WELCOME!





Agenda



Creating Fall Faces!

- **Introductions & Pre Assessment**

[Team Nutrition Pre Assessment Year Two Participants Survey](#)

- **Ice Breaker**
- **Overview**
- **Requirements for FACS**
- **Smarter Lunchroom Principles**
- **Lunch**
- **Best Practices**
- **How to Spend Your Money**
- **First Steps-Action Plan**
- **Group Sharing**

Royal Sticker Queen?



Post Assessment

[Team Nutrition Post Assessment Year Two Survey](#)

Overview

- Basics: What is the Indiana 2014 USDA Team Nutrition Grant?
- Year Two (sub-grant basics)
- Timeline
- Resources (including 2013 sub-grantees)

2015-16 TN Sub-grants – Growing Partnerships

Family &
Consumer
Science (FACS)

+

Family, Career
and
Community
Leaders of
America
(FCCLA)



School Foodservice
Professionals

+

Indiana
Department of Education,
Division of School and
Community Nutrition

Sub-Grant Basics

- **School/Community Nutrition (School Foodservice) and Family and Consumer Sciences (FACS) Partnership AND Family, Career & Community Leaders of America (FCCLA)**



- **September 2015-June 2016**
- **Goals:**
 - **A Healthier school environment through Smarter Lunchroom applications (and...see resources)**
 - **Provide a holistic approach to nutrition education and changing behaviors**
 - **Engage students**
 - **Establish best practices**
 - **Document experience and budget**

Grant Basics-Sustainability

- Engage students
 - Domain 5 includes Careers in Nutrition/Wellness; Core Standard 5: Analyze impacts of science, technology/careers on nutrition/wellness
 - Example: Smarter Lunchroom activities meet (NW 5.3) by evaluating food marketing trends and their impact on consumer choices
- Best Practice Manual: Indiana as a state/national model
 - Contract w/ FCCLA
 - Kristy

Basics: Structure/Method

- Pilot Schools selected within FCCLA Regions
- Sub-grant funds for implementing activities SY 2015-16 (collaborative decisions)
- Use **Team Nutrition** resources
- Students share at FCCLA State Leadership Conference
- Contractor (Kristy) & Beth to provide guidance
- Document lessons learned & changes to nutrition environment
- Document expenditures

Basics: Structure/Method

- Reporting (Kristy-budget: more later on this!)
- Team Nutrition Sign Up!
- Initiative that supports the Child Nutrition Programs
 - training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity

<http://www.fns.usda.gov/tn/team-nutrition>

SY 2014-15 Pilot Schools will assess capacity to complete *HealthierUs* School Challenge (HUSSC-SL)

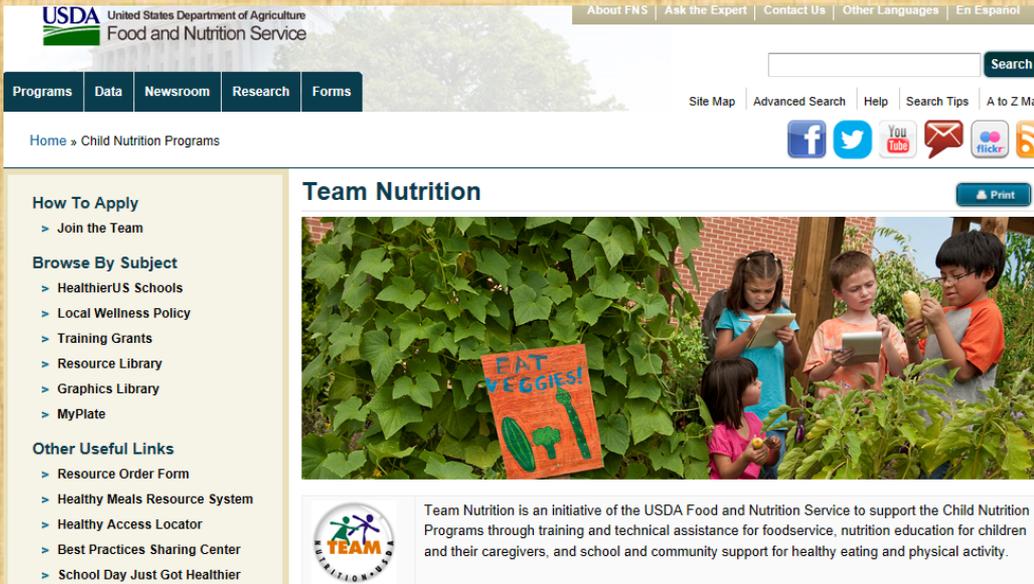
Timeline

- **September-** Pilot Schools selected
- **October-** Pilot Schools Training
- **November-** Receive sub-grant funds
- **December-Reporting**
- **January** - (tentative) Best Practice Manual completed
- **February-** 2015-FCCLA meeting
- **February Reporting**
- **March-**NNM 😊
- **April-** finalize spending decisions
- **May/June** - wrap up SL activities and close out of funds (**Reporting**)
- **July-** Beth submitting USDA reports

Resources/It's Been Done!

- **Team Nutrition** <http://www.fns.usda.gov/tn/resource-library>

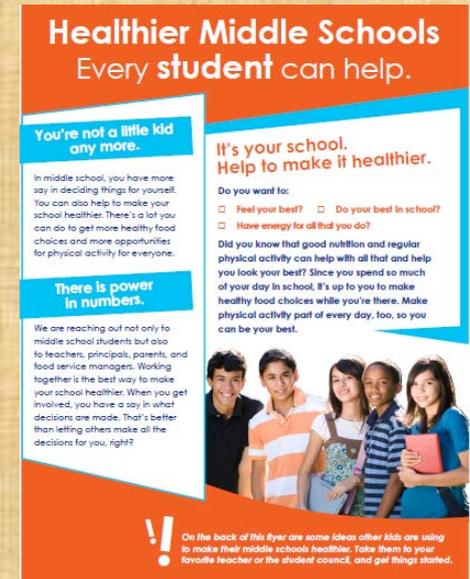
TN Popular Events Booklet



The screenshot shows the USDA Food and Nutrition Service website. The header includes the USDA logo and navigation links like 'About FNS', 'Ask the Expert', 'Contact Us', 'Other Languages', and 'En Español'. A search bar is present. Below the header, there are navigation tabs for 'Programs', 'Data', 'Newsroom', 'Research', and 'Forms'. The main content area is titled 'Team Nutrition' and features a large photo of children in a garden. A sign in the photo says 'EAT VEGGIES!'. Below the photo is a 'Print' button and a description of the Team Nutrition initiative.

Team Nutrition

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.



The flyer is titled 'Healthier Middle Schools' and has the subtitle 'Every student can help.' It contains several sections of text and a photo of a group of diverse middle school students. The text encourages students to take action to make their schools healthier by making healthy food choices and participating in physical activity. It includes a checklist of goals and a call to action at the bottom.

Healthier Middle Schools
Every student can help.

You're not a little kid any more.

In middle school, you have more say in deciding things for yourself. You can also help to make your school healthier. There's a lot you can do to get more healthy food choices and more opportunities for physical activity for everyone.

There is power in numbers.

We are reaching out not only to middle school students but also to teachers, principals, parents, and food service managers. Working together is the best way to make your school healthier. When you get involved, you have a say in what decisions are made. That's better than letting others make all the decisions for you, right?

It's your school. Help to make it healthier.

Do you want to:

- Feel your best?
- Do your best in school?
- Have energy for all that you do?

Did you know that good nutrition and regular physical activity can help with all that and help you look your best? Since you spend so much of your day in school, it's up to you to make healthy food choices while you're there. Make physical activity part of every day, too, so you can be your best.

! On the back of this flyer are some ideas other kids are using to make their middle schools healthier. Take them to your favorite teacher or the student council, and get things started.

- **Hoosier Champions**

<http://www.doe.in.gov/nutrition/scn-team-nutrition>

- **The Produce Mom**

<http://www.findyourfavorite.com>

Search HMRS

- Search all USDA
- Advanced Search

- Browse by Subject**
- Recipes
 - Menu Planning
 - Best Practices
 - Nutrition Education
 - Resource Library
 - HealthierUS School Challenge: Smarter Lunchrooms Resources
 - Local Wellness Policy Resources
 - State Sharing Center
 - Professional Standards

Nutrition Education: Resources for Middle and High School



Nutrition Voyage: The Quest To Be Our Best
USDA. FNS. Team Nutrition.
Lessons for grades 7 and 8 about making healthy food and physical activity choices u
Includes standards-aligned activities for Math, Science, and English Language Arts.

SuperTracker Nutrition Lesson Plans for High School Students (PDF | 2.5 MB)
USDA. CNPP.
Help students in grades 9-12 learn how to build a healthy diet using SuperTracker. The lesson plan
such as selecting healthy snacks, finding personal recommendations for what and how much to ea
and building healthy meals. Each lesson plan includes learning objectives, detailed instructions, an
and handouts.

Healthier Middle Schools Everyone Can Help
USDA. FNS. Team Nutrition.
Series of communication tools for teachers, principals, parents, food service managers and studen
for each audience.

Choose Health Action Teens (CHAT)
Cornell Cooperative Extension 4-H Youth Development Program; Cornell Division of Nutritional Sci
Program that engages teens in teaching healthy eating and active living to younger youth in after-
camps and other settings. Materials are for educators and other adult mentors working with youth
serve.

Healthalicious Cooking: Learning about Food and Physical Activity
University of California.
A six-week, hands-on, after-school curriculum designed to give 9- to 12-year-olds a fun introducti
healthy meals.

Choose Health: Food, Fun, and Fitness (CHFFF)
Cornell University Division of Nutritional Sciences.

Resources/It's Been Done!

- Project Bread: “Let's Cook Healthy School Meals”
(examples of recipe NAMES): Diane's Teriyaki Steak Bomb,
My Aunt's Famous Meatloaf
- Vermont DOE: “New School Cuisine” – includes
school menus!!
- **Indiana Sizzling School Lunches** 
- **Indiana's** Hoosier Champions: School Nutrition
and Activity Success Stories

More Resources

- Indiana Team Nutrition

<http://www.doe.in.gov/nutrition/scn-team-nutrition>

- <http://www.veggiecation.com/>

- <http://www.clover.okstate.edu/fourh/aitc/lessons/extras/hom.html> (*harvest of the month posters w/recipes*)

- <http://www.massfarmtoschool.org/programs/harvest-of-the-month/> (*trading card ideas*)

REQUIREMENTS FOR FACS



Family and Consumer Sciences

- Partner with foodservice
- Participate in planning activities
- Promote nutrition in the school
- Engage students in promoting nutrition
- Utilize FCCLA members to lead and assist with the project
- Help apply smarter lunchroom principles





FCCLA Requirements

- Attend the FCCLA State Leadership Conference February, 2016
 - Have a student/team complete and enter the FCCLA in Action State Project
 - Teachers share either projects or a roundtable at the Spring FCS teacher conference
- Recommended: Have a student/team complete a STAR Event related to the project.
 - Possible projects: National Programs in Action, Chapter Service, and Advocacy

FACS/FCCLA Contacts

- Alyson McIntyre-Reiger, CFCS
amreiger@doe.in.gov 317-232-9168
- Leslie Gackle, CFCS, State Adviser
lgackle@doe.in.gov 812-243-6720

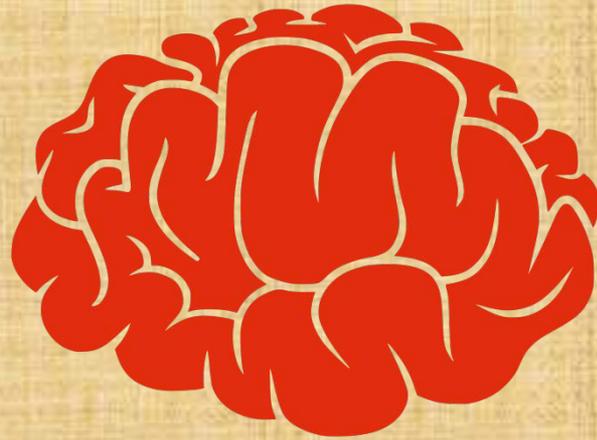
Volunteer to evaluate at State Conference

Contact: (ask Alyson who is serving as STAR Events Coordinator)

BASIC SMARTER LUNCHROOM PRINCIPLES



BEST PRACTICES!



HOW TO SPEND YOUR MONEY!

(HANDOUT: ATTACHMENT D)

Sample Budget

<i>2015 Sample Budget - Team Nutri</i>	<i>Product Description</i>	<i>Cost per unit</i>	<i>Total Cost</i>
Expenses			
Food and Nutrition Equipment			
	Kale Cafeteria Tasting		150
Physical Activity			
	Posters		50
	Pamphlets		50
	Audio visuals		50
	Jump ropes/Hula hoops		75
Instruction Materials			
	Food Kit		260
Promotion/Incentive Items			
	Reasonable cost		200
Marketing-signage			
	Signage for cafeteria		175
	Cafeteria line food stand		50
Staff Development/Sub Pay			
	Registration/sub pay		350
Gardening			
	Seeds, starter soil, potting plants		75
Total:			1500

ACTION PLAN



NUTRITION VOYAGE
TREK 1 grade?

Reaching Produce Peak

As you complete your Food Journal, track where you stand with your trek on the Path to Fruits and Vegetables!

What I Ate
Review your Food Journal to see what you ate for each meal and snack. Estimate what percentage of each meal were fruits and vegetables (for example: 25 percent, 50 percent...). Color in the plates to show that percentage. Add in your snacks, and list any new foods you tried.

Now, review your filled-in "plates" for meals. Each time it is 50 percent or greater, give yourself a medal! You also earn a bonus medal if you have fruits or vegetables for snacks, and for each new fruit or vegetable you try!

Example:

Breakfast: 50% (3 medals)
Lunch: 25% (1 medal)
Snack: 10% (0 medals)
Dinner: 75% (3 medals)
New fruits/vegetables: 1 (1 medal)

Start → Day 1 → Day 2 → Day 3 → Day 4 → Day 5 → Day 6 → **Week Total**

Do trek smart! In your quest to do your best, choose fruits and vegetables at meals and snacks.

Non-functional lunchroom equipment: Any items which are either broken, awaiting repair or are simply not used during meal service - such as empty or broken steam tables, coolers, registers etc.

Good Report: Communication is completed in a friendly and polite manner

All Points of Sale: Any location where a register/pin-pad is located for example: deli-line, snack window, a la carte line, hot line, kiosks/carts etc.

Smarter Lunchrooms Movement Smarter Lunchrooms Self-Assessment 2014 Scorecard

©The B.E.N. Center 2014

Since its founding in 2009 the Smarter Lunchrooms Movement has championed the use of evidence-based, simple low and no-cost changes to lunchrooms which can simultaneously improve participation and profits while decreasing waste. This tool can help you to evaluate your lunchroom, congratulate yourself for things you are doing well and identify areas of opportunity for improvement

Instructions

Read each of the statements below. Visualize your cafeteria, your service areas and your school building. Indicate whether the statement is true for your school by checking the box on the left. If you believe that your school does not reflect the statement 100% do not check the box on the left. After you have completed the checklist, tally all boxes with check marks and write this number in the designated area on the back of the form. This number represents your school's baseline score. The boxes which are not checked are areas of opportunity for you to consider implementing in the future. We recommend completing this checklist annually to measure your improvements!



Important Words

Service areas: Any location where students can purchase or are provided with food

Dining areas: Any location where students can consume the food purchased or provided

Grab and Go Meals: Any meal with components pre-packaged together for ease and convenience - such as a brown bag lunch or "Fun Lunch" etc.

Designated Line: Any foodservice line which has been specified for particular food items or concepts - such as a pizza line, deli line, salad line etc.

Alternative entrée options: Any meal component which could also be considered an entrée for students - such as the salad bar, yogurt parfait, vegetarian/vegan or meatless options etc.

Reimbursable "Combo Meal" pairings: Any reimbursable components available independently on your foodservice lines which you have identified as a part of a promotional complete meal - For example you decided your beef taco, seasoned beans, frozen strawberries and 1% milk are part of a promotional meal called the, "Mi Amigo Meal" etc.

Non-functional lunchroom equipment: Any items which are either broken, awaiting repair or are simply not used during meal service - such as empty or broken steam tables, coolers, registers etc.

Good Report: Communication is completed in a friendly and polite manner

All Points of Sale: Any location where a register/pin-pad is located for example: deli-line, snack window, a la carte line, hot line, kiosks/carts etc.

Focusing on Fruit

- At least two types of fruit are available daily
- Sliced or cut fruit is available daily
- Fruit options are not browning, bruised or otherwise damaged
- Daily fruit options are given creative, age-appropriate names



- Fruit is available at all points of sale (deli-line, snack windows, a la carte lines etc.)
- Daily fruit options are available in at least two different locations on each service line
- At least one daily fruit option is available near all registers (if there are concerns regarding edible peel, fruit can be bagged or wrapped)
- Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing/hotel pans)
- A mixed variety of whole fruits are displayed together
- Daily fruit options are easily seen by students of average height for your school
- Daily fruit options are bundled into all grab and go meals available to students
- Daily fruit options are written legibly on menu boards in all service and dining areas

Promoting Vegetables & Salad

- At least two types of vegetable are available daily
- Vegetables are not wilted, browning, or otherwise damaged
- At least one vegetable option is available in all foodservice areas
- Individual salads or a salad bar is available to all students
- The salad bar is highly visible and located in a high traffic area
- Self-serve salad bar utensils are at the appropriate portion size or larger for all fruits and vegetable offered
- Self-serve salad bar utensils are smaller for croissants, dressing and other non-produce items



- Daily vegetable options are available in at least two different locations on each service line
- Daily vegetable options are easily seen by students of average height for your school
- A daily vegetable option is bundled into all grab and go meals available to students
- A default vegetable choice is established by pre-plateing a vegetable on some of the trays

- Available vegetable options have been given creative or descriptive names
- All vegetable names are printed/written on name-cards or product IDs and displayed next to each vegetable option daily
- All vegetable names are written and legible on menu boards
- All vegetable names are included on the published monthly school lunch menu

Moving More White Milk

- All beverage coolers have white milk available
- White milk is placed in front of other beverages in all coolers
- White milk crates are placed so that they are the first beverage option seen in all designated milk coolers
- White milk is available at all points of sale (deli-line, snack windows, a la carte lines etc.)
- White milk represents at least 1/3 of all visible milk in the lunchroom
- White milk is easily seen by students of average height for your school
- White milk is bundled into all grab and go meals available to students at the default beverage
- White milk is promoted on menu boards legibly
- White milk is replenished so all displays appear "full" continually throughout meal service and after each lunch period



Entrée of the Day

- A daily entrée option has been identified to promote as a "targeted entrée" in each service area and for each designated line (deli-line, snack windows, a la carte lines etc.)
- Daily targeted entrée options are highlighted on posters or signs
- Daily targeted entrée is easily seen by students of average height for your school
- Daily targeted entrées have been provided creative or descriptive names
- All targeted entrée names are printed/written on name-cards or product IDs and displayed next to each respective entrée daily



GROUP SHARING



BECOMING PARTNERS

Contacts:

- Beth Foland, MS, RD
efoland@doe.in.gov 317-232-0870
- Alyson McIntyre-Reiger, CFCS
amreiger@doe.in.gov 317-232-9168
- Leslie Gackle, CFCS, State Adviser
lgackle@doe.in.gov 812-243-6720
- Kristy Garcia kristyjgarcia@yahoo.com

Thank You!

Don't forget your Post Assessment