5-10 MINUTE PRESENTATION IDEAS

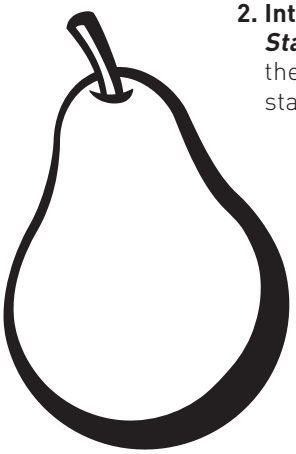
Support and Promote the *Michigan Nutrition Standards*

Implementing the *Michigan Nutrition Standards* takes time and careful planning. Before school staff, parents, students, and community members can become excited about and invested in implementing the standards they need to better understand them. *Can you present something about the Michigan Nutrition Standards to others if you only have 5-10 minutes in a meeting?* Sure you can!

Below are presentation ideas that focus on one small component of the standards. You can briefly touch on these topics at school or grade-level staff meetings, wellness team meetings, parent meetings or any place you want people to learn more about the standards. If you have more time to present there are two ready-made PowerPoint Presentations that teach about the *Michigan Nutrition Standards* in the *Michigan Nutrition Standards Toolkit*.

TO SCHOOL STAFF: TEACHERS, PRINCIPALS, AIDES, FOODSERVICE, TRANSPORTATION, CUSTODIANS, SECRETARIES

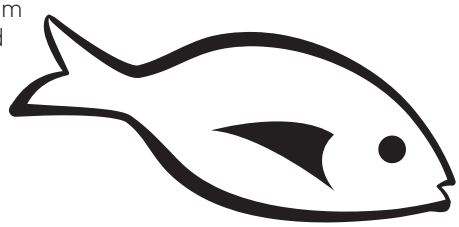
1. **Why Standards?** Using basic information, fact sheets and statistics found in section 1 of the *Michigan Nutrition Standards Toolkit*, Game Plan, explain the need for and the importance of having nutrition standards. Reinforce that buy-in from all school staff—whatever their roles are—is crucial.



2. **Introducing... the *Michigan Nutrition Standards*.** Educate school staff that there are new standards and that the standards have two main focus areas:
   - School meals. Teach participants which areas of the school are impacted by the standards (food used as reward, classroom celebrations, fundraising, concessions) and where to go in the *Michigan Nutrition Standards Tool Kit* to read more specific information.
   - Food provided to students at school or at school functions outside of school meals.

3. **How Calories Add Up.** Teachers and other school staff sometimes don't realize that giving out a piece of candy after a test or awarding cookies to the winners of the math relay matters. In ten minutes you can explain what a calorie is, teach school staff how many calories students need on average in a day, talk about the standards recommendations for food provided outside of school meals, and distribute the handout **How Calories Add Up**, which shows them how little "extras" over the school day can contribute to weight gain.

4. **Healthy Parties.** Inform teachers that the standards include recommendations for food and beverages served at classroom celebrations. Pass out the **Healthy Party Letter** and give them five minutes to rewrite or edit the letter to fit their own classroom. Tell them where they can find a digital copy to make their edits.



5. **Brainstorming for $.** Conduct a ten-minute fundraising brainstorm session. Distribute the handouts: Go for Healthy Fundraising and Healthy School Fundraising Ideas. Split people in groups of 3-5 and ask them to either come up with one more idea, or to choose from the ideas on the handouts one that would be feasible at your school .

6. **Check This!** Talk about the importance of reinforcing the *Michigan Nutrition Standards* whenever, and wherever possible around the school. Divide participants into three groups. Hand out (one to each group) the Healthy Meeting Checklist, Food Marketing Checklist and the Healthy Party Checklist. Allow groups to complete a practice checklist and choose one thing from the checklist they will work on.

FOR PARENTS, CLUB LEADERS, SCHOOL BOARDS, AND COMMUNITY MEMBERS

7. **The Obesity Crisis.** At a school board or community meeting describe the youth obesity crisis. Use data and statistics from: The State of the State: Childhood Obesity in Michigan. Explain your schools' commitment to follow the *Michigan Nutrition Standards* to curb childhood overweight and invite attendees to get involved in implementing the standards.

8. **A Quick Taste.** Bring samples of a new recipe you are trying out in your school cafeteria that promotes and supports the *Michigan Nutrition Standards* such as a healthy muffin made with 100% whole grain, a new high-fiber bean burrito or a yogurt & fruit smoothie.

9. **All About School Meals.** This is a chance for foodservice directors to toot their own horns! He/she can educate others about the *Michigan Nutrition Standards* focusing on the new additions to the guidelines and how they affect or change the school menu. Key points to focus on that demonstrate why school meals are the healthiest choice are: calories, nutritional quality, and cost. Use the handout **School Meals 101** and finish with a kitchen tour.

10. **Boosting Athletics.** Go to an athletic boosters meeting and briefly explain how (and why) the standards discourage selling unhealthy food at sporting events and concession stands. Do a little homework ahead of time and at the meeting give attendees ideas for healthy food they can sell such as low-fat string cheese, bottled water with the school logo, frozen yogurt tubes, etc. Use the handout: **Go! for Concessions.**

11. **Rethink Your Drinks.** There are new recommendations for beverages sold at schools that are not part of school meals. Make sure teachers, parents, school foodservice staff, coaches, and others understand what those recommendations are and why we have them. Use the handout: **Rethink Your Drink.**

12. **It Takes a Team.** Go to a PTA/PTO meeting or any other parent meeting. Briefly introduce the standards and explain your school's commitment to implementing the standards. Talk about how the implementation of the standards will be far more successful if parents and community members get involved. Give them the handouts Fuel Up to Play 60 for Community Members, and Fuel Up to Play 60 for Parents. Collect email addresses and send them ideas and invitations over email about how they can get involved.

TIPS FOR GIVING A STANDOUT PRESENTATION IN 10 MINUTES OR LESS
1. Write down on note cards, one to five key points you need to get across or use the notes feature if you created a PowerPoint. Only write the key points, not the entire narrative of what you are going to say. Don't read from the cards.
2. Practice what you will say and time yourself to make sure you are within your time limit.
3. Provide a follow up handout after you presentation (not before or during) and remind participants that "everything you explained is on the handout." Tell them about the handout before you start presenting so they don't take unnecessary notes.
4. Leave a little time for Q and A and let people know how to reach you with other questions they don't have time to ask.