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TEAM UP AROUND THE SCHOOL



Making the healthy choice the easy choice, by implementing the *Michigan Nutrition Standards*, is something that requires commitment and support from the entire school community. For nutrition standards to impact children’s health, and to help prevent unhealthy weight it will take a coordinated effort among families, communities and schools.

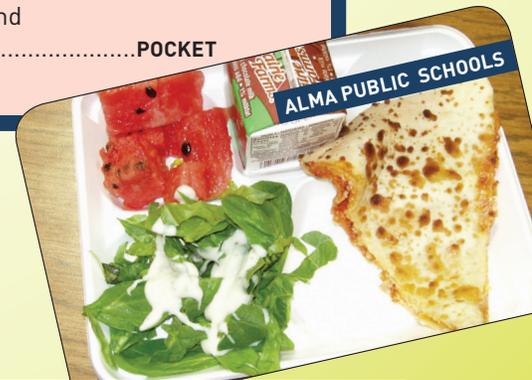
Children are heavily influenced by what they learn and are exposed to at school. This knowledge, and these attitudes and beliefs about food, physical activity, and health, often carry over to the home environment. This tab provides tools that have been proven successful by Michigan school districts to help them implement the *Michigan Nutrition Standards*.

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Michigan Nutrition Standards





HEALTHY FOOD = HEALTHY SCHOOL: IMPLEMENTING THE STANDARDS OUTSIDE THE CAFETERIA

ABOUT THE STANDARDS

The *Michigan Nutrition Standards* provide the guidance for food and beverages offered and sold at school—in the cafeteria and anywhere else—and at school-related functions. They define what is considered “healthy.” When a district implements the standards, it is the responsibility of all school staff and not just the food service staff to create a supportive and healthy environment for everyone to make the healthy choice the easy choice.

THE REASON FOR STANDARDS OUTSIDE THE CAFETERIA:

Extra calories over a day, a month, or a school year add up and can contribute to childhood overweight. It is very easy to get 100 extra calories a day from non-nutrient dense, high-calorie foods that are offered or served to students at classroom parties, as rewards, or as fundraisers. For example:

- 1 piece of full sugar chewing gum has more than 50 calories and 3 ¼ tsp of sugar
- 1 roll of flavored chewable candies or a hard candy has 25 calories and 1 ½ tsp of sugar
- 1 regular sized candy bar has approximately 260 calories, almost 3 Tablespoons of sugar and 1 tablespoon of fat or oil.

**FOR ADULTS, JUST 100
CALORIES A DAY CAN ADD UP
TO AN UNWANTED WEIGHT
GAIN OF 10 POUNDS A YEAR!**

SCHOOLS IMPLEMENTING NUTRITION STANDARDS

Three school districts in Michigan piloted the *Michigan Nutrition Standards* in 2010-2012. They indicated that knowledge about the standards and consistency among all school staff is important for success.

Pilot districts reported that students adapt well to the new standards and the changes were made because of them. They also reported that the adults (school staff and parents) had a more difficult time making the changes. It was reported that with time, consistency, and regular communication adults support the changes.



For links to the underlined resources,
go to the on-line toolkit at
www.michigan.gov/nutritionstandards



FOOD FROM HOME: MEETING THE STANDARDS

WHAT THE STANDARD SAYS: Encourage parents to send in healthy snacks and lunches.

WHAT YOU CAN DO:

- **Develop and follow a healthy snack policy in the classroom.** Share with parents, coaches, etc. throughout the year, via your school or classroom newsletter, a list of healthy snacks that fit the policy for parents, caregivers, coaches and volunteers.
- **If the classroom has group snacks brought in, create a parent sign up calendar.** Write in specific healthy snack assignments that fit the standards such as graham crackers, yogurt cups, low fat string cheese, fruit, vegetables, etc.
- **Hold a Healthy Snack Bingo Challenge for the building.** This is for students that bring snacks from home. Create a bingo card with different fruits, vegetables, low fat dairy products, whole grains and lean proteins. When 5 students bring that snack on the same day you can cover that square. The first classroom to fill up the card wins a prize, such as a banner for outside the classroom, extra recess or “special” class, coupons for local physical fitness (rollerskating, bowling, YMCA), front row at next school assembly, etc.
- **Check out the GO! for Healthy Snacks handout.** Provide it to families for ideas of food and beverages that fit the policy.

“At first it was hard. We got used to it and then it became second nature.”

 PILOT DISTRICT

CLASSROOM PARTIES, BIRTHDAYS, AND HOLIDAY CELEBRATIONS

WHAT THE STANDARD SAYS: Classrooms are encouraged to minimize food as a method of celebration. If classroom parties include food and/or beverages, at least half of the items offered will meet the standards.

WHAT YOU CAN DO:

- **Communicate with families** early in the school year, and often, about how the school and district is handling birthday parties. Parents may be resistant at first. Bring them on board early in the year and ask them to come up with a solution together. This gives ownership to the families and staff support to say the plan was developed with families. Assure them the parties will still be fun—and good for their child!
- **Celebrate birthdays once a month** (i.e. all September birthdays) together with a fun game and a healthy snack. This will increase the amount of instruction time students get and will take the pressure off of parents that might not be able to supply a snack.
- **Make activity the focus of the party** instead of the food. Get kids moving—play games, listen to music, do crafts, or invite someone with a special talent such as guitar playing to share their talent and join in the fun.
- **Give parties a “make over”** by including mainly healthy foods. A typical party of a cupcake, frosted cookie, chips & dip and a fruit drink contains 760 calories (almost ½ of the daily needs of a 9 year old) and doesn’t provide any of the key nutrients for health. Have students plan the party as a nutrition lesson. Tell them they must include healthy snack foods from at least three of the main food groups.
- **Consider celebrating birthdays without food** but still honor the child’s special day. Check out the GO! for Birthday Celebrations staff and families handouts. For holiday celebration ideas check out Fall Celebrations, Winter Celebrations, and Valentine Celebrations.

“Instead of pizza and ice cream sundaes on Valentine’s Day, we had a heart healthy party with many red and white healthy snacks for students to taste. We also incorporated music and movement. The kids and adults had a blast!”

 PILOT DISTRICT



FUNDRAISING ACTIVITIES ON CAMPUS DURING THE SCHOOL DAY

WHAT THE STANDARD SAYS: Fundraising activities using food and/or beverages will meet the standards. Fundraisers selling food and/or beverages cannot be held less than 30 minutes before the first lunch period starts, or less than 30 minutes after the final lunch period ends. Alternate revenue generating sources should be encouraged.

WHAT YOU CAN DO:

- **Communicate early in the year** with groups about the new school fundraising rules and the *Michigan Nutrition Standards*. Have someone from your Coordinated School Health Team go in person to talk to all fundraising groups. Be ready for some resistance.
- **Make sure, if the school or any group is selling food, that those foods** fit the standards. Don't sell food at times that directly compete with school meal sales.
- **Get a fundraising team together.** Brainstorm ways you can raise money without selling food. Think creatively about using other activities or events to replace food fundraisers. Check out the [GO! Fundraising](#) handout.

One school replaced popcorn sales during the school day with a read-a-thon. The read-a-thon required little effort to plan and the school made \$2,891.96!!! A little out of the cupboard thinking netted this school a 535% increase in revenue.

REWARDS OR DISCIPLINE

WHAT THE STANDARD SAYS: Food and beverages should not be used as rewards or discipline for academic performance or behavior unless the reward is an activity that promotes a positive nutrition message (i.e. guest chef, field trip to a farm or farmer's market). Withholding food and beverages should never be used as a disciplinary measure as it encourages unhealthy associations between food and behavior.

WHAT YOU CAN DO:

- **Find other ways to reward students that are NOT food.** 100 extra calories every day over 180 days can alter a child's growth pattern and contribute to an unhealthy weight. Check out the [GO! for Rewards Staff](#) and [GO! for Rewards Families](#) handouts for more information and ideas.
- **Take a poll and ask students what a good reward would be.** Write down all the ideas. You'll be surprised at what they come up with.
- **Work with area businesses and organizations** to see if they have low-cost non-food items that they would donate that could be used as a reward. They could also donate paperback books, a field trip, movie passes, or bowling games.

Remember: Rewarding students with food can really add up. Ask yourself: Are the students really hungry or just excited to celebrate their achievements?

"We have students put their name in a jar and on Fridays I draw out five names for extra credit. I got a lot more participation. The extra credit didn't do much to their grade...but they still fight for it. They like having their name called on Fridays."

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PILOT DISTRICT



FACULTY LOUNGES

WHAT THE STANDARD SAYS: Faculty members are encouraged to be role models and set a healthy example for students. Vending machines accessible to faculty at all buildings should meet the food and beverages standards for high schools.

WHAT YOU CAN DO:

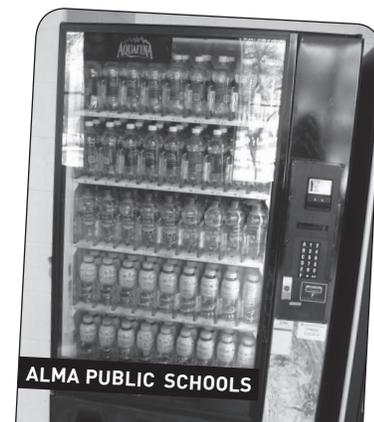
- **Read the standards.** Make sure you understand what they are.
- **Talk to the distributors** who stock your faculty lounge vending machines. Tell them what the standards are and request items you would like to see in the machines.
- **Be a healthy role model for students.** It does no good to hide your soda in a coffee cup while the students are drinking low-fat milk. Check out [GO! for Role Modeling](#) for ideas.

"By focusing on the nutrition standards we made healthy changes for ourselves; at school and at home."

PILOT DISTRICT

START AND WORK WITH OTHER STAFF MEMBERS TO CHAMPION SCHOOL STAFF WELLNESS INITIATIVES SUCH AS:

- Healthy lifestyle challenges
- Fitness classes on site
- Staff only time for fitness rooms
- Walking/running clubs
- Monthly employee wellness recognition

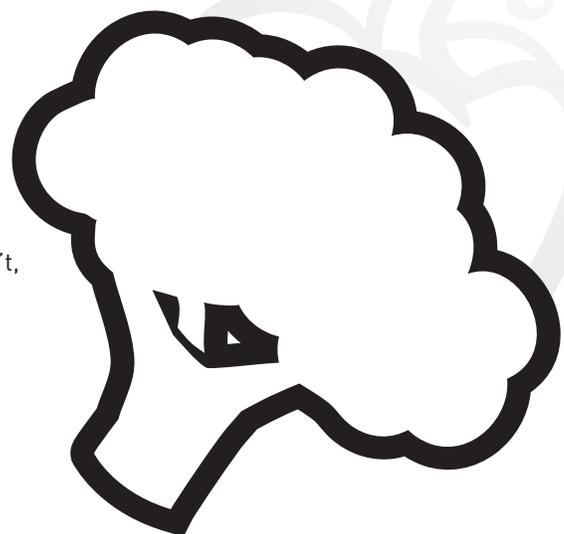


FOOD MARKETING

WHAT THE STANDARD SAYS: Marketing of food, not meeting the standards, should be minimized or eliminated.

WHAT YOU CAN DO:

- **Take a look around the building** to make sure wall displays, cafeteria signs, bulletin boards and marquees reflect healthy habits and are consistent with the standards.
- **Don't pass out unhealthy food coupons** in back-to-school bags, athletic events, parent nights, or other school-based activities.
- **Look at the front panel of beverage vending machines.** Make sure they depict the healthy choices in the machine. If they don't, contact the vendor and have them change the fronts to promote the healthy beverages sold in the machines.
- **Utilize** the [54321GO! promotional materials](#) available.





INVOLVE ADMINISTRATORS AND SCHOOL BOARDS IN 10 EASY STEPS

All districts are at a different stage of readiness when it comes to creating a healthy school environment. Implementing the *Michigan Nutrition Standards* is no different. No change comes without growing pains but those pains can be lessened by gaining support and planning ahead for the change.

A common message came from districts that piloted the standards during the 2010-2011 school year. Administrative support was a key to successful implementation of the standards.

AS AN ADMINISTRATOR OR DISTRICT LEADER YOU CAN:

1. **Read the *Michigan Nutrition Standards*** and create a vision for your district. What kinds of food and beverages will you offer in your vending machines? What might you sell at concession stands? What options are available for fundraising that are not unhealthy foods? What will students be eating at classroom parties?
2. **Take that vision to the Coordinated School Health Team** (CSHT) or assemble a Coordinated School Health Team. As the standards do impact fundraising, make sure all groups are at the table to discuss how the standards will be implemented (Parent-Teacher Association, Booster Groups, Clubs, etc.).
3. **Have the CSHT create an action plan** on how to implement the standards in your district or building. This plan is the product of a combined effort from a representative group in the district. This plan also gives something for those on “the front line” to reference to people who are questioning the implementation of the standards.
4. **Build support and momentum** by educating staff and interested parties on the importance of making a change as well as having families be partners in the change. Don't limit the education to just teachers; include transportation staff, custodians, secretaries, paraprofessionals, administration, and the school board.

5. **Gain staff support** by utilizing them as active agents for change and enlist them to help create solutions. Suggestions for how to educate staff have been created and are in this toolkit. Implementing the standards will run more smoothly if staff feel that they are together in this effort.



“It is actually a relief to be able to do what is right and still have the fall back response of ‘because we have to.’”

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PILOT DISTRICT

“It was crucial to have the support and buy in from the superintendent and administration team—consistent messages from the whole team.”

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PILOT DISTRICT



6. **Communicate frequently with staff** and be positive about the plan that was created by the district team.
7. **Make wellness a standing agenda item at meetings.** This can be a time to share a small piece of information or to give kudos to staff members that are actively and creatively implementing the standards. Practice the standards and offer healthy choices at meetings.
8. **Be available to staff for questions and problem solving.** Keeping a positive attitude helps put the change into action. By keeping the effort at the forefront and taking these steps, it creates the culture shift of making health the default.
9. **Educate and communicate changes to key groups and families.** When communication comes from school administration it has a strong impact. Ask representatives from clubs, boosters, or parent organizations to go back to their groups and educate their members. They can display materials and information about the standards at open houses, athletic events, assemblies, school concerts, and/or parent-teacher conferences.
10. **Spread the word.** Supply school staff and parent organizations with information about the standards that they can use in school and classroom newsletters, on the school district website, on a school-sponsored TV channel, or through social media such as Facebook or Twitter. Be creative and make it fun!

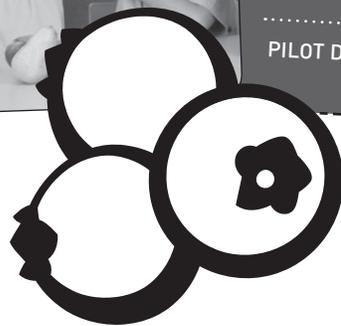
Start the education early and often. Continuing it will help you fully open the lines of communication with the school community. Families that may not initially be supportive about the changes will be able to fully understand the rationale and science base behind the nutrition standards and not get blindsided by quick changes, or educated through the rumor mill.

As with all change, each pilot district reported that time makes a difference. By the end of the fall semester of the implementation year students, staff, and families got used to the changes.



"There was some opposition from the parents at first...but it's not even an issue anymore. The more parental support you have, it makes the success rate grow and grow."

PILOT DISTRICT





SCHOOL HEALTH CHAMPIONS: WHO ARE THEY AT YOUR SCHOOL?

WHAT DO YOU PICTURE WHEN YOU THINK OF A “SCHOOL HEALTH CHAMPION?”

- a cheerleader with carrots instead of pom poms?
- the most vocal member of the group?
- the school “health nut”?
- the head of the Coordinated School Health Team?
- the school Food Service Director?

Some people may shy away from being involved because they feel as if they “don’t fit the mold” of what they think a school health champion is. A school health champion is the person that provides the spark that starts change. That spark may lead to a slow steady burn or an all out bonfire! There is no wrong way to initiate change—unless you don’t do anything. The most important thing about being a school health champion is that you are in it for the right reasons—the students.

Taking that first step toward becoming a school health champion can be scary but, as momentum builds, you will start to gain allies and together, make positive changes that affect not only the students, but the entire school community. Here are some stories of “School Health Champions” right here in Michigan.

DANIELLE GONZALEZ

*SCHOOL
HEALTH
CHAMPION*

Danielle Gonzalez is the Nutrition Manager at Spencer Elementary in Brighton. Danielle implements a running club for girls and presents regularly to students on the benefits of healthy eating. She allows students to sample new items and has received parental commendations for her work and dedication. Ms. Gonzalez volunteers to coach the 5th and 6th grade girls cross country team and encourages the girls to develop good fitness and healthy lifestyle habits at a young age. She is an outstanding role model.

KARI SELLECK

*SCHOOL
HEALTH
CHAMPION*

Kari Selleck is the Curriculum Director with Corruna Public Schools who strives to make the health and well being of the students and staff a district goal. She supported the creation of Friday walk days, bicycle clubs, wrote health improvement grants, and led healthy fundraising activities. In the cafeteria, she encourages students to taste healthy foods. She supported a new block scheduling system which allowed an advanced fitness course to be offered. In addition, Ms. Selleck was instrumental in championing Girls on the Run and leading the districts Comprehensive Health Action Team. She is a true role model.



SCHOOL
HEALTH
CHAMPION

SANDY KREAGER

Sandy Kreager is a Counselor at Swan Valley Middle School. Sandy is a program advisor for Fuel Up to Play 60. She was interested in creating fun activities for students. She found others to support her in starting up the Fuel Up to Play 60 student team to help their students adopt healthy habits. They have seen changes in the cafeteria offering more whole grains and fresh fruits and vegetables in school meals. Their a la carte now includes yogurt and low fat cheese. Fuel Up to Play 60 has been successful at the school because of Sandy being a champion for student health. "Fuel Up to Play 60 is part of who students and staff at Swan Valley Middle School are." Being healthy is now part of their daily routine.





IT STARTS WITH STUDENTS: GETTING BUY-IN FOR HEALTHY FOODS

Engaging students is an important part of implementing the *Michigan Nutrition Standards* in your school district. Students can help you get “buy in” on the healthier selections for the cafeteria, fundraising, concessions, and more! Below are some resources and ideas that will help you form effective student teams and student mentors to help implement the *Michigan Nutrition Standards*.

FUEL UP TO PLAY 60—STUDENT TEAMS

Fuel Up to Play 60 is one way to start a student team—www.fueluptoplay60.com. It provides information on how to recruit students and help students work together, and characteristics of well-functioning teams and team-building resources. Fuel Up to Play 60 is geared for middle school students but can be utilized at other grade levels as well.

STUDENTS TAKING CHARGE

Students Taking Charge is an Action for Healthy Kids sponsored program for high school students to help them develop the skills to advocate for change in the school health environment. Go to www.studentstakingcharge.org for more information.

STUDENT MENTORS

Consider using older students to help encourage younger students to adopt healthy habits. For example you might...

- Have third graders read books with healthy messages to kindergarteners
- Have 5th graders help in the cafeteria and encourage younger students to try new foods
- Have middle school students put on a play about eating healthy for students at the elementary schools
- Have a student group from the high school or middle school go to another building and present information to students about being healthy. Use [54321GO!](http://www.54321GO.org) as the educational message.

“As the cafeteria manager I was skeptical about how implementing Fuel Up to Play in our school would impact the students. The students are excited to try new foods and they encourage each other to get up and move during the lunch hour. I also feel that it has brought out some of the shyer students and given them more self esteem.”

RIVERSIDE MIDDLE SCHOOL



GAME ON! THE ULTIMATE WELLNESS CHALLENGE—STUDENTS AND FAMILIES

Game On! The Ultimate Wellness Challenge is a year-long program that challenges youth, their families and schools to incorporate healthy food choices and physical activity into their daily lives. Game On! was created by Action for Healthy Kids. Check out the online implementation toolkit at <http://www.a4hk.org/gotuwcl/>



NUTRITION NEWS YOU CAN USE

It's important for students, school staff, and families to be exposed to regular, consistent messages about how to choose and eat healthy foods. One of the main goals of the *Michigan Nutrition Standards* is to make "healthy" the easy choice.

The following nutrition tips and blurbs are research-based and come from reputable sources. They remind students, school staff, and families to make healthy choices. Use these tips on websites, emails to staff, school or classroom newsletters, the school menu, notices to sports teams, and more.

54321GO!

The goal of 54321GO! is to provide unified information and messaging to families that support the Healthy Kids, Healthy Michigan policy initiatives. 54321GO! can be used in many ways through many venues such as child care centers, schools, community groups, community gardens, health providers, health departments/centers, local planning groups and coalitions and many more! Use the 54321GO! messages anywhere you want to remind families and school staff to eat healthier. Find out more at: <http://www.healthykidshealthymich.com/54321go.html>

54321GO! IS AN EVERYDAY PLAN FOR STUDENTS TO FOLLOW TO STAY HEALTHY:

- 5  Eat more than 5 fruits and vegetables.
- 4  Drink 4 glasses of water.
- 3  Get 3 low fat dairy foods.
- 2  Spend less than 2 hours at a T.V. or computer.
- 1  Take 1 full hour to get a runnin' and a jumpin'.





OBESITY-RELATED STATISTICS AND FACTS

- Did you know that 30% of children in Michigan are overweight or obese? (2007 National Survey of Children's Health)
- Did you know that one-quarter (25%) of Michigan high school students are obese or overweight? (2009 Youth Risk Behavior Survey—YRBS)
- Did you know that obesity in children ages 6-11 has increased more than 5 fold in the last 35 years? (NHANES)
- Type 2 diabetes, formerly known as adult onset diabetes, has become increasingly prevalent among children and adolescents as rates of overweight and obesity rise. 1 in 3 children born in the year 2000 are estimated to be diagnosed with type 2 diabetes in their lifetime. (CDC)
- Some experts warn that this is the first generation that will have a shorter life expectancy than their parents. (New England Journal of Medicine March 2005)
- In Michigan, obese adults had estimated medical costs that were \$1,205 higher than a person of normal weight. (American Health Rankings, 2009)
- Obesity-associated hospital costs for children tripled from 1979 to 1999. (Wang and Dietz 2002)
- Estimated medical costs of obesity in 2008 in Michigan were \$3.1 billion and will continue to rise if action is not taken. (American Health Rankings, 2009)
- Children growing up today will have more chronic diseases and premature deaths from poor eating habits and lack of physical activity than from exposure to tobacco, alcohol or drugs. (CDC)
- 70 to 80 percent of overweight children become obese adults. (New England Journal of Medicine 1997)
- Obesity is associated with physical, psychosocial, and economic consequences and can lead to: poor self esteem, depression, eating disorders, sleep apnea, asthma, exercise intolerance, gallstones, type 2 diabetes, hypertension and numerous other consequences. (New England Journal of Medicine December 2007)

CHILDRENS' EATING HABITS

- Currently, less than 15% of children eat the recommended number of servings of fruits, and less than 20% eat the recommended servings of vegetables. (Source: http://www.pbhfoundation.org/pub_sec/sch_food/)
- Only one-fifth of Michigan high school students eat the recommended daily allowance of five servings of fruit and vegetables a day. (2009 YRBS)
- Most adolescents consume much less calcium than the recommended intake of 1,300 mg/day. (2009 YRBS)
- Only one-eighth of all Michigan high school students drink three or more glasses of milk daily. (2009 YRBS)
- Only one-third of Michigan high school students eat breakfast daily. (2009 YRBS)
- Over one-quarter of all high school students drink at least one can, bottle, or glass of soda daily. (2009 YRBS)
- 67% of U.S. youth aged 6-19 exceed dietary guidelines recommendations for fat intake and 72% exceed recommendations for saturated fat intake. www.cdc.gov/HealthyYouth/nutrition/facts.htm
- Only 39% of children ages 2-17 meet the USDA's dietary recommendation for fiber (found primarily in dried beans and peas, fruits, vegetables, and whole grains). www.cdc.gov/HealthyYouth/nutrition/facts.htm
- Eighty-five percent of adolescent females do not consume enough calcium. During the last 25 years, consumption of milk, the largest source of calcium, has decreased 36% among adolescent females. www.cdc.gov/HealthyYouth/nutrition/facts.htm
- From 1978 to 1998, average daily soft drink consumption almost doubled among adolescent females, increasing from 6 ounces to 11 ounces, and almost tripled among adolescent males, from 7 ounces to 19 ounces. www.cdc.gov/HealthyYouth/nutrition/facts.htm
- The percentage of young people who eat breakfast decreases with age; while 92% of children ages 6-11 eat breakfast, only 77% of adolescents ages 12-19 eat breakfast. www.cdc.gov/HealthyYouth/nutrition/facts.htm



THE DIETARY GUIDELINES FOR AMERICANS 2010

The Dietary Guidelines for Americans, 2010 provides evidence-based nutrition information and advice for people age 2 and older. They serve as the basis for Federal food and nutrition education programs. Find out more at: <http://www.cnpp.usda.gov/dietaryguidelines.htm>

KEY MESSAGES:

- Eat fruit, vegetables, or unsalted nuts as snacks—they are nature's original fast foods.
- Make half your grains whole grains.
- Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- Check the ingredients list on food packages to find whole-grain foods.
- Vary your protein choices.
- Make seafood the protein on your plate twice a week.
- Eat beans which are a natural source of fiber and protein.
- Choose foods and drinks with little or no added sugars.
- Select fruit for dessert. Eat sugary desserts less often.
- Look out for salt (sodium) in foods you buy—it all adds up.
- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Add spices or herbs to season food without adding salt.
- Eat fewer foods that are high in solid fats.
- Make major sources of saturated fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not everyday foods.
- Select lean cuts of meats or poultry and fat-free or low-fat milk, yogurt, and cheese.
- Switch from solid fats to oils when preparing food.
- Choose 100% fruit juice instead of fruit-flavored drinks.
- Use a smaller plate, bowl, and glass.
- Stop eating when you are satisfied, not full.
- Cook more often at home, where *you* are in control of what's in your food.





MYPLATE

MyPlate is the new food guidance system from USDA that replaced MyPyramid. MyPlate is part of a larger communications initiative based on *2010 Dietary Guidelines for Americans* to help consumers make better food choices. MyPlate is designed to *remind* Americans to eat healthfully; it is not intended to change consumer behavior alone. MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting. At the interactive MyPlate Web site you can download daily, MyPlate tips. Below are five examples of those daily tips. To download these and the other daily tips, and additional MyPlate materials go to www.myplate.gov.



FOODS TO EAT MORE OFTEN. Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

PAY ATTENTION TO CONDIMENTS, which can be high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

KEEP FRUITS SAFE. Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.

MAKE A HEALTHY SANDWICH. Choose turkey, roast beef, canned tuna or salmon, or peanut butter.

CELEBRATE THE SEASON. Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.

KID-FRIENDLY FRUIT AND VEGETABLE RECIPES FROM MYPLATE

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

SMOOTHIE CREATIONS. Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!

DELICIOUS DIPPERS. Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.

PERSONALIZED PIZZAS. Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

DECORATE HALF A BAKED POTATO. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

HOMEMADE TRAIL MIX. Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

FROSTY FRUITS. Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

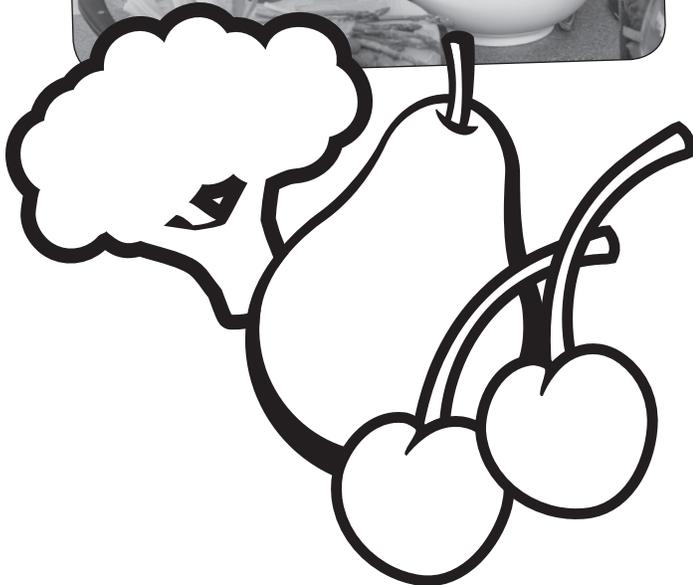
CATERPILLAR KABOBS. Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

FRUITY PEANUT BUTTERFLY. Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.



TIPS FOR HEALTHY ROLE-MODELING FROM MYPLATE

YOU ARE THE MOST IMPORTANT INFLUENCE ON YOUR CHILD. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!



SHOW BY EXAMPLE. Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

GO FOOD SHOPPING TOGETHER. Grocery shopping can teach your child about food and nutrition.

DISCUSS WHERE VEGETABLES, FRUITS, GRAINS, DAIRY, AND PROTEIN FOODS COME FROM. Let your children make healthy choices.

GET CREATIVE IN THE KITCHEN. Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve “Janie’s Salad” or “Jackie’s Sweet Potatoes” for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

REWARD WITH ATTENTION, NOT FOOD. Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras”—such as candy or cookies—as replacement foods.

BE A GOOD FOOD ROLE MODEL. Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

LISTEN TO YOUR CHILD. If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”

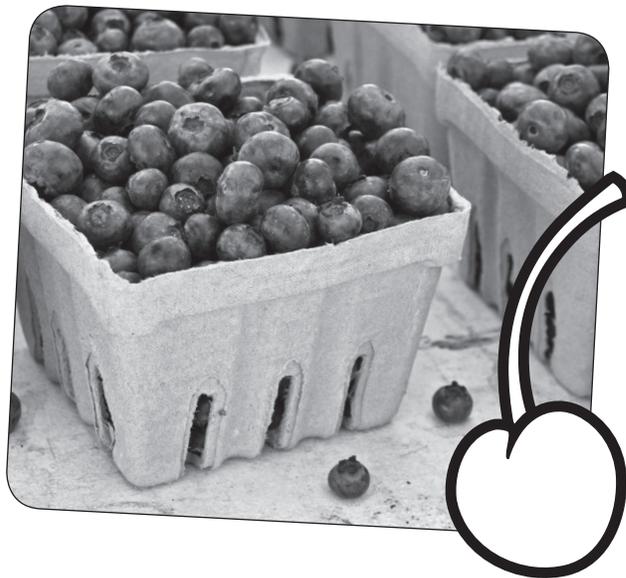


FUN FOOD FACTS

SOURCE:

http://www.agday.org/education/fun_facts.php and www.dole.com/NutritionInstituteLanding/Foodfacts

- Eating about 20 tart cherries a day could reduce inflammatory pain and headache pain.
- Today, in Michigan, there are almost 4 million cherry trees which annually produce 150 to 200 pounds of tart cherries.
- Lettuce is a member of the sunflower family.
- Darker green lettuce leaves are more nutritious than lighter green leaves.
- The bright yellow/orange color of carrots and other fruits and vegetables tell you they're an excellent source of Vitamin A which is important for good eyesight, especially at night. Vitamin A helps your body fight infection, and keeps your skin and hair healthy!
- Michigan and New Jersey produce 66% of all the blueberries in the United States.
- Blueberries are a good source of Vitamin C and fiber.
- Blueberries are the second most popular berry in the United States.
- Egg yolks are one of the few foods that naturally contain Vitamin D.
- Bananas are a great source of potassium. Potassium helps build muscle power and keeps your body fluids in balance.
- There are over 500 different types of bananas. If you ate a different kind of banana every day, it would take almost a year and a half to eat every one!
- Apples are high in fiber.
- There are more than 7,000 varieties of apples grown in the world.
- Fresh apples float because 25 percent of their volume is air.
- The unique combination of large amounts of vitamins A, C and E make red bell peppers a great food for your skin and immunity.



- Pumpkins are 90% water and contain potassium and Vitamin A.
- Peaches are a good source of Vitamin C.
- The United States provides about one-fourth (25%) of the world's total supply of fresh peaches.
- Today, the average person in the United States eats four and one half pounds of broccoli a year.
- The most popular sweet pepper in the United States is the bell pepper.
- As bell peppers mature, their color changes from green to red and they become sweeter.
- Broccoli contains one of the highest amounts of calcium among vegetables.
- The exceptionally high water content (greater than 95%) of a cucumber causes the inside to measure up to 20 degrees cooler than the outside temperature.
- The average American eats about 18 pounds of onions per year.



MONTHLY NUTRITION-THEMES THAT SUPPORT THE *MICHIGAN NUTRITION STANDARDS*

Many classrooms and schools have monthly themes that often have a food or health focus. That's great! Integrating nutrition education into the core curriculum and providing students with consistent messages in a variety of venues throughout the school will help make "healthy" the easy choice for students. Work with your school-based team and fellow staff members to make sure food offered and served as part of these themes meet the *Michigan Nutrition Standards*.

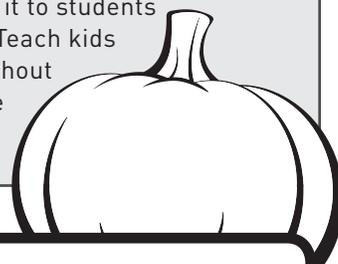
IDEAS FOR MONTHLY THEMES INCLUDE:

SEPTEMBER

- **APPLE MONTH:** Decorate a cafeteria bulletin board with information about different kinds, and the nutrition value of apples. Serve different kinds of foods made with apples that meet the Nutrition Standards as components of school meals and snacks such as applesauce, apple juice, apple muffins, apple pancakes, apple smoothies, and more.
- **NATIONAL FRUIT & VEGGIES—MORE MATTERS MONTH:** Serve and promote fruits and vegetables. Visit the More Matters Web site for activity ideas and recipes: www.morematters.org
- **NATIONAL CHILDHOOD OBESITY AWARENESS MONTH:** Plan games and activities that will teach children about nutrition and encourage increased physical activity. Teach them about serving size.

OCTOBER

- **NATIONAL SCHOOL LUNCH WEEK:** Visit the National School Lunch Week website at <http://www.schoolnutrition.org> for information, tools and promotional resources related to the yearly theme.
- **NATIONAL FARM TO SCHOOL MONTH:** Start planning for a school garden. Survey students to find out what they would like to grow. Contact your local county Extension office to see if they have someone who can help.
- **NATIONAL POPCORN MONTH:** Have a Celebrate Popcorn Day. Prepare different kinds of popcorn made with little or no added salt and offer it to students as a healthy snack. Teach kids to make popcorn without oil, in the microwave in a paper bag.



TEACH STUDENTS TO BE SERVING SIZE WISE!

Let them see what a proper serving is by comparing everyday objects. This can help prevent them from eating more than they need and help them to maintain a healthy weight.

EXAMPLES:

- **2 ½ OUNCES MEAT:** size/thickness of a deck of cards
- **MEDIUM PIECE OF FRUIT:** a tennis ball
- **1 OUNCE OF CHEESE:** 4 stacked dice
- **½ CUP ICE CREAM:** tennis ball
- **½ CUP RICE, PASTA, MASHED POTATOES OR BROCCOLI:** about the size of a fist
- **1 TSP PEANUT BUTTER:** the tip of your thumb
- **1 OUNCE OF NUTS:** one small handful

**NOVEMBER**

- **THANKSGIVING:** Teach students about what the pilgrims really ate on Thanksgiving: fish, vegetables, nuts and dried fruits. Talk about how our diets have changed (for the better and for the worse) since the time of the pilgrims.
- **PEANUT BUTTER MONTH:** Taste-test different kinds of peanut butter: crunchy, smooth, natural. Set up a PB and J bar and allow students to make their own signature sandwich using whole grain bread, peanut butter, and a variety of toppings including grapes, dried fruit, apple slices, banana, pickles and more.
- **AMERICAN DIABETES MONTH:** Set up a creative display or bulletin board that educates students about diabetes. Include the warning signs and information about how you can prevent some types of diabetes by maintaining a healthy weight, eating right, and being active.

DECEMBER

- **TROPICAL FRUITS MONTH:** Offer fresh or dried tropical fruits to taste-test such as pineapple and mango and papaya. Try new recipes featuring tropical fruits and juices.
- **HAND-WASHING WEEK:** Practice proper hand-washing with students. Make it fun. For resources go to www.fightbac.org
- **NATIONAL PEAR MONTH:** Taste-test different kinds of pears in the classroom or include them on the school lunch line. Prepare a new recipe that meets the *Michigan Nutrition Standards* with fresh or canned pears and share that recipe with families via the school menu or foodservice portion of the school web site.

JANUARY

- **NATIONAL OATMEAL MONTH:** Offer students fun and different varieties of oatmeal to taste-test. Oatmeal is a whole grain and eating whole grains reduces your risk of chronic disease.
- **NATIONAL FIBER FOCUS MONTH:** Teach students that fruits, vegetables and whole grains are high in fiber. Include and highlight fiber-rich foods that are on the school menu or offered as snacks. Send home recipes to families that are high in fiber.
- **VITAMIN D AND CALCIUM:** Teach students to consume 3-4 servings of low-fat dairy foods every day. Point out the low-fat dairy choices that are part of school meals and those that are in your school vending machines (if you have them). Encourage parents to serve or to send to school low-fat dairy foods that meet the standards such as single-serving yogurt, string cheese, or flavored milk.





FEBRUARY

- **CHILDREN'S DENTAL HEALTH MONTH:** For healthy teeth and gums, and fewer cavities, the American Academy of Pediatrics (AAP) recommends that children only drink milk or water between meals, instead of other beverages. Teach students how to recognize what a healthy beverage is, and talk about the beverages offered that are part of school meals, sold in vending machines and school stores, and served at snack time in the classroom.
- **AMERICAN HEART MONTH:** Teach children about heart-healthy foods such as fruits, vegetables, and whole grains. Encourage students to be physically active every day and send home heart-healthy recipes that meet the nutrition standards.
- **NATIONAL SWEET POTATO MONTH:** Grow sweet potatoes or sweet potato vines in the classroom. Try new main or side dishes in school meals that are made with sweet potatoes instead of white potatoes such as sweet potato quesadillas or sweet potato fries. low-fat dairy foods that meet the standards such as single-serving yogurt, string cheese, or flavored milk.



MARCH

- **NATIONAL NUTRITION MONTH:** Showcase and teach nutrition and healthy eating information in school. Go to www.eatright.org for information and resources that focus on the yearly theme.
- **ST. PATRICK'S DAY:** Add green food coloring to milk, serve Irish oatmeal and taste-test green fruits and veggies such as grapes, kiwi, celery, spinach and more.
- **NATIONAL SCHOOL BREAKFAST WEEK:** Research shows that breakfast eaters have improved memory, problem-solving skills, verbal fluency and creative abilities. Have fun promoting school breakfast or eating a balanced breakfast at home. Go to the National School Breakfast Week website for ideas related to the yearly theme: <http://www.schoolnutrition.org/Content.aspx?id=54>



**APRIL**

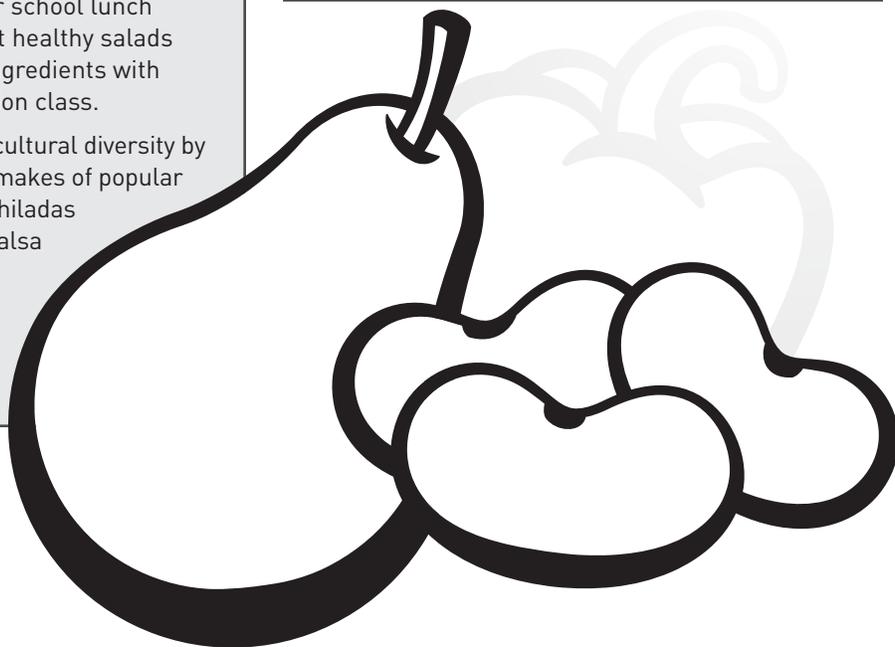
- **NATIONAL GARDEN MONTH:** Plant seeds and grow delicious fruits and vegetables in the classroom. For more how-to's on school gardening go to: www.kidsgardening.org
- **NATIONAL SOY FOODS MONTH:** Taste-test different soy foods (edamame, soy nuts, soy milk) in the classroom or cafeteria. Talk to student about eating a variety of foods including soy.
- **NATIONAL TV TURN OFF WEEK:** Conduct a school or classroom Turn Off the TV Challenge. Have students track and report back on all the fun things they did instead of watching TV. Host a Turn Off the TV Family Physical Activity night at the school and encourage community members to attend.

MAY

- **HEALTHY BONES (OSTEOPOROSIS PREVENTION) MONTH:** School-age and teenage years are critical windows for helping kids develop the strongest, densest bones possible. The Dietary Guidelines recommend 3 cups a day of dairy, which provide calcium and eight other essential nutrients that help build strong bones. Promote lunch-time milk drinking. Research shows that kids who go for a container of milk at lunch are more likely to meet or exceed the recommended calcium intake for both lunch and the entire day compared to kids who drink other beverages at lunch.
- **NATIONAL SALAD MONTH:** Offer a special Salad of The Week that meets the *Michigan Nutrition Standards* on your school lunch or a la carte line. Talk about healthy salads and not-so-healthy salad ingredients with students in health or nutrition class.
- **CINCO DE MAYO:** Celebrate cultural diversity by offering new and healthy remakes of popular Mexican dishes such as enchiladas or tacos. Try a new kind of salsa (May is also National Salsa Month). Share the recipes with parents via the school newsletter or web site.

JUNE

- **NATIONAL FRESH FRUIT AND VEGETABLE MONTH:** Teach students about fruits and vegetables that grow locally in your area. Talk about the health benefits of eating fresh fruits and veggies. In the cafeteria, feature a Fruit or Vegetable of the Day prepared in a new way that meets the Nutrition Standards.
- **NATIONAL DAIRY MONTH:** Decorate a hallway or cafeteria bulletin board with promotional items that encourage consumption of low-fat dairy foods such as fat-free milk, low-fat cheese or yogurt. Offer a smoothie made with fruit and yogurt that meets the *Michigan Nutrition Standards* on the a la carte line.

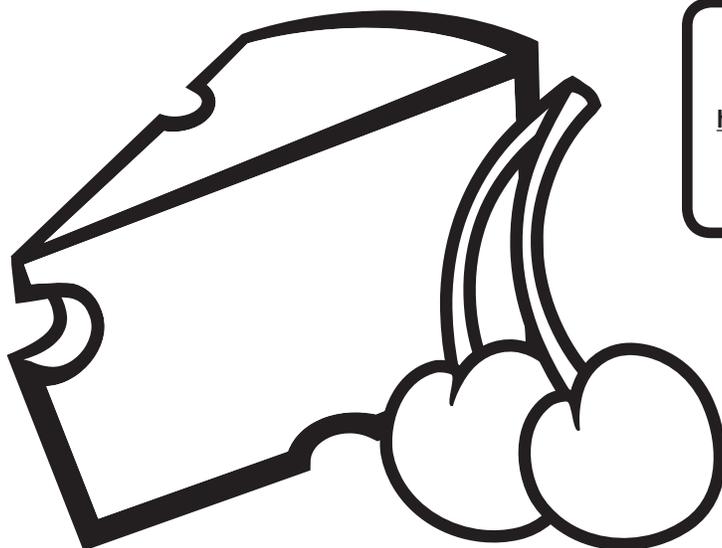


**JULY**

- **NATIONAL BLUEBERRY MONTH:** Take students in summer school or summer programs on a field trip to pick blueberries if they grow in your area. If not, purchase fresh blueberries and let students taste-test different low-sugar cereals topped with blueberries as a snack.
- **NUTRITIOUS SUMMER SNACKS:** Kids need healthy snacks to fuel their growing bodies and to keep them healthy. Together with students, brainstorm a healthy snack list (that meets the Nutrition Standards) and send that snack list home to parents. Be sure to include nutrient-rich foods, like low-fat cheese, yogurt, and low-fat and fat-free milk; fresh, canned and frozen fruits; vegetables, and whole grain foods that can be mixed and matched.
- **WATERMELON MONTH:** At the park or during summer programming, conduct a Watermelon Relay. Have kids race, carefully rolling whole watermelons from a start to finish line. After they're done, wash them, then cut them up and eat them.

**AUGUST**

- **FAMILY MEALS MONTH:** Encourage students and families to plan, prepare, and eat family meals together. Meal times provide the time to talk about food, nutrition and healthy eating. It's easier for children to make healthy food choices when they know the family's nutrition "rules of the road," and they see their parents making healthful choices. Send home or post to the school or summer program web site quick to fix, healthy balanced meals.
- **NATIONAL FARMERS MARKET WEEK:** Encourage shopping for fresh produce at local markets. Serve locally grown fruits and vegetables. Teach kids about where their food comes from and let them sample fruits and vegetables they may have never tried before.
- **SANDWICH MONTH:** Teach students to build a healthy sandwich based on the *Michigan Nutrition Standards*. Include whole grain bread, a lean protein and fruit and or a vegetable or two. Taste-test different kinds of whole grain breads including whole grain pitas, flat bread, tortillas, and bagels.



For more ideas visit USDA's Resource Library for Features of the Month:
http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1&tax_subject=526



NOTES:

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GO! SCHOOL STAFF RESOURCES

WHAT IS GO!?

54321GO! is an everyday plan for students to follow for a healthy lifestyle. It is a prevention message and marketing tool that has been adopted by *Healthy Kids, Healthy Michigan*, a coalition focused on fighting childhood obesity through policy change. The pilot districts utilized 54321GO! resources to implement the *Michigan Nutrition Standards*.



WHAT ARE GO! SCHOOL STAFF RESOURCES?

GO! School Staff Resources are a group of handouts that provide ideas to school staff on how to meet the *Michigan Nutrition Standards*.

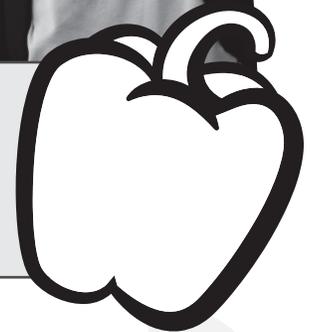
WHAT GO! SCHOOL STAFF RESOURCES ARE AVAILABLE?

- [GO! for Healthy Snacks](#)
- [GO! for Birthday Celebrations](#)
- [GO! for Parties](#)
- [GO! for Rewards](#)



HOW CAN THE GO! SCHOOL STAFF RESOURCES BE USED?

- Provided to staff during training on the standards
- Reviewed at staff meetings
- Hung in the break rooms
- Provided to substitutes and volunteers in the building to keep the message to students consistent



ARE THERE GO! RESOURCES AVAILABLE FOR FAMILIES?

Yes! There are a set of GO! resources that can be used to provide to families and to include them in the implementation of the standards in the school. The following are available for families:

- [GO! for Healthy Snacks with Grandparents](#)
- [GO! for School Birthday Celebrations](#)
- [GO! for School Parties](#)
- [GO! for Rewards](#)
- [GO! for Healthy Fundraising](#)
- [GO! for Concessions](#)

For links to the underlined resources, go to the online toolkit at www.michigan.gov/nutritionstandards



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THE MICHIGAN NUTRITION STANDARDS SCHOOL STAFF TRAINING

A PowerPoint training has been created to help all school district employees better understand the importance of, and how to implement, the *Michigan Nutrition Standards*. Creating a healthy school environment where “healthy” is the easy choice requires support from everyone. Students will get consistent messages about healthy eating throughout the district if all school staff are on the same page. So, no matter where students are in the district—the classroom, the cafeteria, the gymnasium, the main office, the bus or the hallways—students know they are supported by school staff in making healthy choices.

School districts that piloted the Michigan Nutrition Standards reported that when the standards were brought up regularly at meetings it offered staff the support needed and kept the standards “on everyone’s radar.”

WHERE CAN I FIND THE TRAINING?

At the *Michigan Nutrition Standards* Toolkit website (www.michigan.gov/nutritionstandards) you will find in PDF format:

- [A one-hour training for staff](#)
- [A 30-minute training for staff](#)

WHERE AND WHEN SHOULD I CONDUCT THE TRAINING?

Consider conducting the *Michigan Nutrition Standards* school staff training...

- At an all-staff meeting as a kick off to the beginning of the school year;
- On professional development days;
- During weekly or monthly staff meetings (you can break the training into sections);
- For volunteers or substitutes. Have an abbreviated version of the standards and the training available so they can support the message as well.

TRAINING TIPS

There are many things you can do to make your training more successful and fun. Try these suggestions:

- Make the standards available for review before the meeting so people are familiar with what they are and are ready to ask questions about their implementation.
- Incorporate an activity where participants develop a rough draft of how to implement the standards. (You can fine-tune this plan later.)
- Discuss and brainstorm ways that school staff can incorporate the standards into daily practice.
- Make the standards a standing agenda item to include at staff meetings. Update staff members with quick facts about the standards or other health-related issues.
- Serve food or beverages that meet the nutrition standards at the meeting. Talk about the importance of being a good role model.
- Conduct a virtual *Michigan Nutrition Standards* scavenger hunt after the training. Ask participants to go on-line to find items from the tool kit. Give small prizes to the first five staff members that complete the scavenger hunt.

