



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?

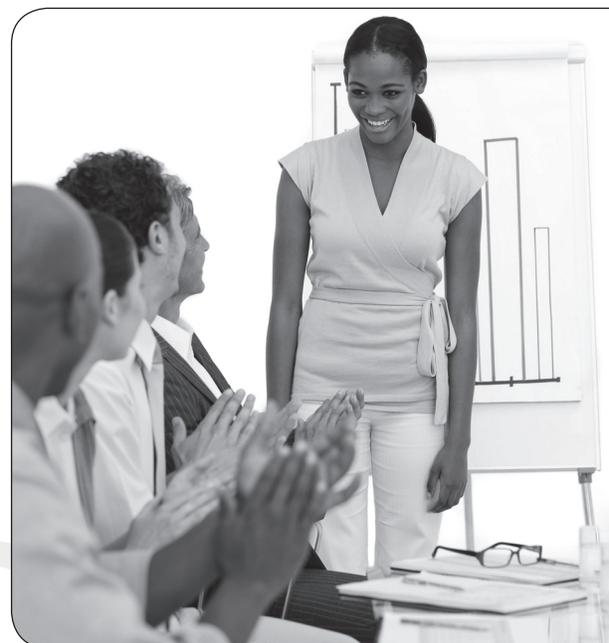
Consider conducting the *Michigan Nutrition Standards* school staff training...

- 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.





NOTES:

A series of 25 horizontal lines for taking notes.