



THE MICHIGAN NUTRITION STANDARDS FAMILIES AND COMMUNITIES TRAINING

A PowerPoint training has been created to help families and community members better understand the importance of, and how they may be able to help implement, the *Michigan Nutrition Standards*. Creating a healthy school environment where “healthy” is the easy choice requires support from everyone in the community. Students and families will get consistent messages about healthy eating throughout the community if everyone is on the same page. So, no matter where students are in the community—the school, the mall, the park, or the football game—they know they are supported by the community in making healthy choices.

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 families and community members
- A 30-minute training for families and community members

Don't forget to train families and community members that may be affected by the standards. One pilot district educated community groups like the Rotary Club about healthy changes taking place at their concessions stands. This helped set expectations of what food would be available to purchase.

WHERE AND WHEN SHOULD I CONDUCT THE TRAINING?

Consider conducting the *Michigan Nutrition Standards* families and community training for...

- Parent involvement groups (PTA/PTO, boosters, and other volunteers)
- Employees of your local hospital, local doctors, dentists, or dietitians
- Civic groups such as Rotary or Kiwanis
- City government employees and downtown or city development groups

“It helped to communicate the changes to community groups. It helped that we went to people before they came to us.”

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PILOT DISTRICT

TRAINING TIPS

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

- **Invite community members** to attend the training by running an article about the standards and the training in your local newspaper.
- **Make the standards available for review** (ahead of time if desired) by community members on the school web site.
- **Offer food samples or snacks at your training.** Work with your foodservice director to prepare and offer healthy snacks for a taste testing, demonstrate the difference between healthy and less-healthy beverage choices, or model activities for a classroom party that take the focus off of food.
- **As an activity, ask training participants to take a mental tour of the community.** What places (businesses, organizations, public entities, etc.) are available in the community that could help support or promote the *Michigan Nutrition Standards*? How could they help?
- **Keep communicating.** Use school or parent newsletters, the school web site, a school or community TV station, and email to remind attendees about the standards.
- **Allow time for questions.** Have a parent and a school staff member answer the questions to show the unity of making healthy changes.
- **Check back in one month** with people who attended the training. Ask them if they have done anything they identified at the training and if not, ask if they need help getting started.

For links to the underlined resources, visit www.michigan.gov/nutritionstandards

