

# Successes and Challenges in Child Nutrition and Opportunities for Nutrition Educators

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# KIDS' SAFE & HEALTHFUL FOODS PROJECT

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As nutrition educators, you know that the school nutrition environment powerfully influences students' **attitudes, preferences, and behaviors** related to food.

## Why do we care about school nutrition?

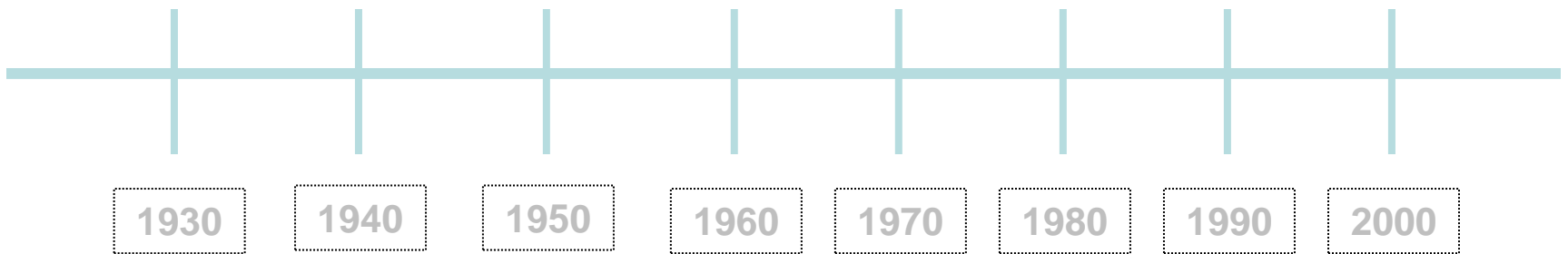
- Students consume nearly  $\frac{1}{2}$  their calories in school.
- 31 million children eat school lunches, nearly 15 million eat school breakfast.
- Twenty percent of children live in poverty.
- Research shows that healthier school nutrition is associated with better academic and health outcomes.



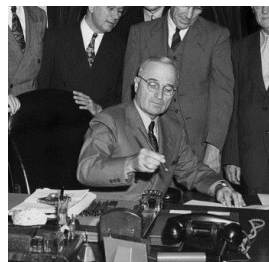
# A short history lesson...



1966



1946



# WHERE ARE WE NOW?

# The Current Environment

- USDA updated nutrition standards for meals and snacks over the past several years.
- These standards build on a lot of work already done in local districts to improve school nutrition over the past 10 years.

## Updated nutrition standards for meals 2012

- Portion ranges
- More fruits and vegetables
- More variety of fruits and vegetables
- More whole grains
- Less sodium, sugar, and saturated fat.





## And the rest of the school?



- “Smart Snacks” 2014
- Required for all foods sold on campus during the school day
- Fruit, vegetable, whole grain, protein or low fat dairy
- Limited calories, fat, sugar, and sodium
- States have authority to set occasional exemptions for fundraisers.

## Quick Poll!

Who has eaten in a school café  
within the past year?

## How's it going?

- Amount and variety of healthy foods is increasing (Turner et al, Bridging the Gap Program, 2015)
- Disparity gaps are closing (Terry-McElrath et al, *Preventive Medicine* 2015)
- Middle schoolers ate more, wasted less (Schwartz et al, *Childhood Obesity* 2015)
  - Greater variety led to healthier choices
- Elementary students ate more fruit, made more varied vegetable choices and did not waste more. (Cullen et al, *Preventive Medicine*, 2015)
- Elementary and middle school children ate more of their entrees and vegetables (Cohen et al, *American Journal of Preventative Medicine*, 2014)
  - Increased meal time led to increased consumption.

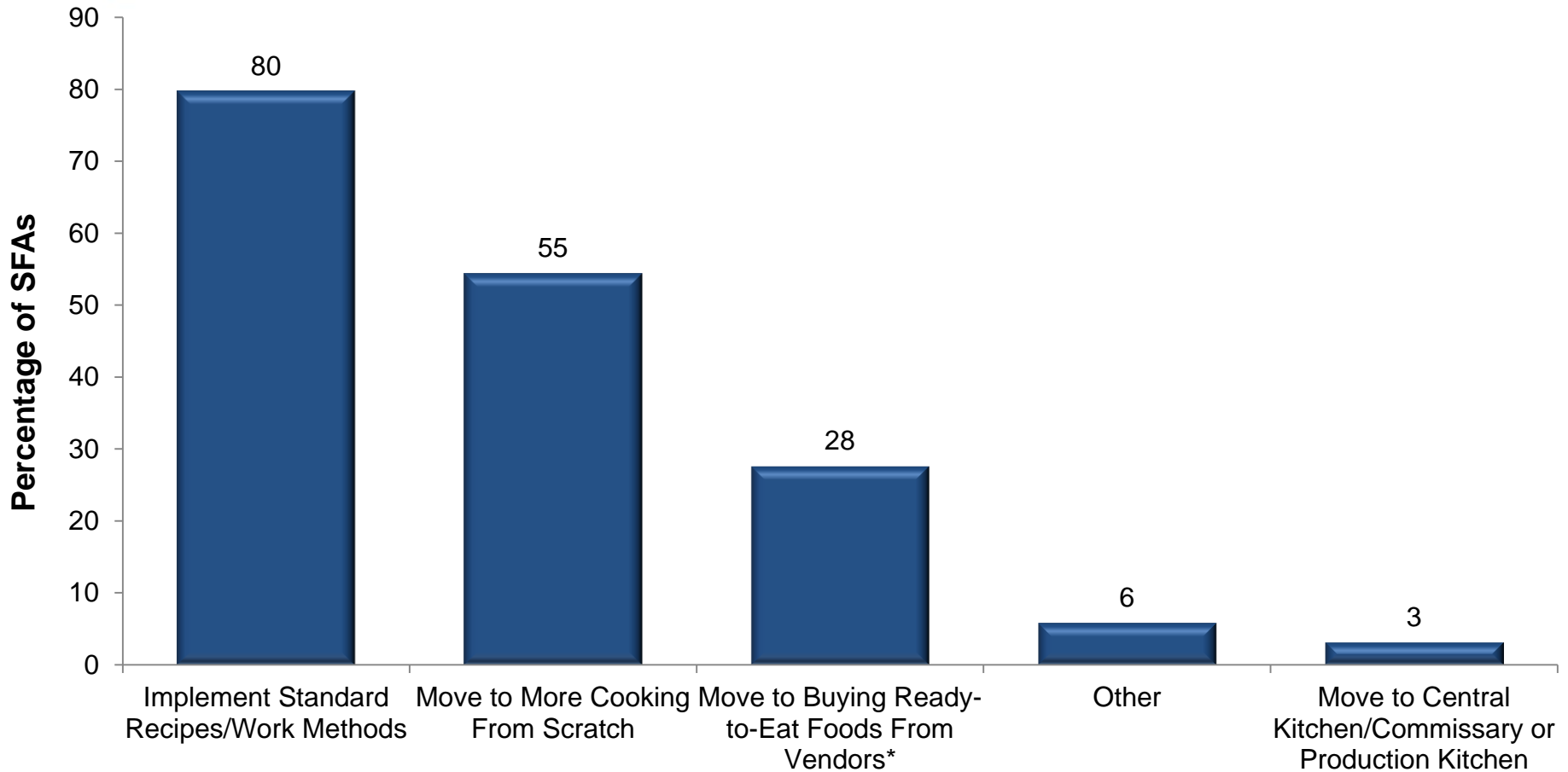
## BUT IT HASN'T ALWAYS BEEN EASY – KITS STUDY

- First-ever nationally representative, quantitative study assessing equipment, infrastructure, and training needs of school food authorities (SFAs)
- Data is representative at both the national and state level for all 50 states and the District of Columbia
- National reports on SFAs' readiness to meet USDA's updated meal standards and on kitchen equipment and infrastructure needs
- >90% indicated they would be able to meet the standards within a year, but most anticipated challenges and workarounds.

# Changes SFA Made/Planned to Make in Production Approach to Meet Lunch Requirements



Robert Wood Johnson Foundation

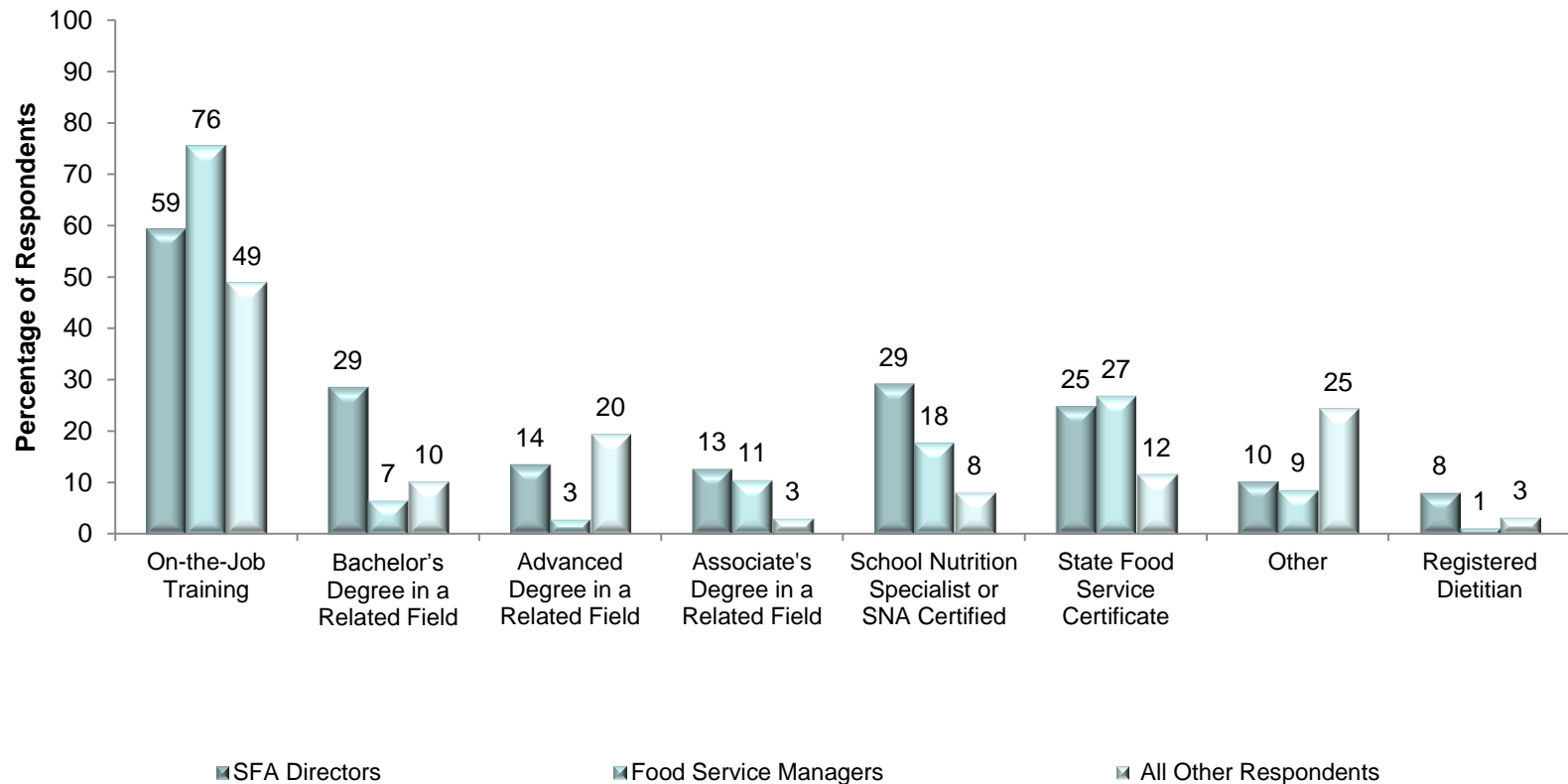


Source: Kitchen Infrastructure and Training for Schools Survey, 2012.

Note: Multiple responses were allowed.

\*This questionnaire item had a nonresponse rate of 6 percent.

## Education, Credentials, and Experience of Respondents, by Position



Note: Multiple responses were allowed.

Source: Kitchen Infrastructure and Training for Schools Survey, 2012

## Staff Training Needs

- Survey respondents were asked to:
  - Report training needs for three groups of staff
    - SFA directors and food management teams
    - Kitchen and cafeteria managers
    - Cooks and frontline servers
  - Identify areas of training most needed to “successfully operate your school nutrition program, including implementing the new meal requirements”
- The questionnaire asked about 13 different types of training areas

## Training Needs of SFA Directors and Food Service Management Teams

Training Type	Percentage of SFAs
Completing applications/paperwork for additional reimbursement and Coordinated Review Effort (CRE) reviews	68.9
Developing or modifying menus	68.2
Understanding compliance with meal pattern and nutrient requirements	62.5
Marketing and promoting the new meal requirements	61.3
Revising food purchasing specifications	58.8
Modifying and/or standardizing recipes	57.1

Source: Kitchen Infrastructure and Training for Schools Survey, 2012.



## Training Needs of Kitchen and Cafeteria Managers

Training Type	Percentage of SFAs
Understanding compliance with meal pattern and nutrient requirements	67.2
Completing production records	65.1
Basic nutrition training	54.8
Modifying and/or standardizing recipes	53.8
Basic cooking skills	51.7

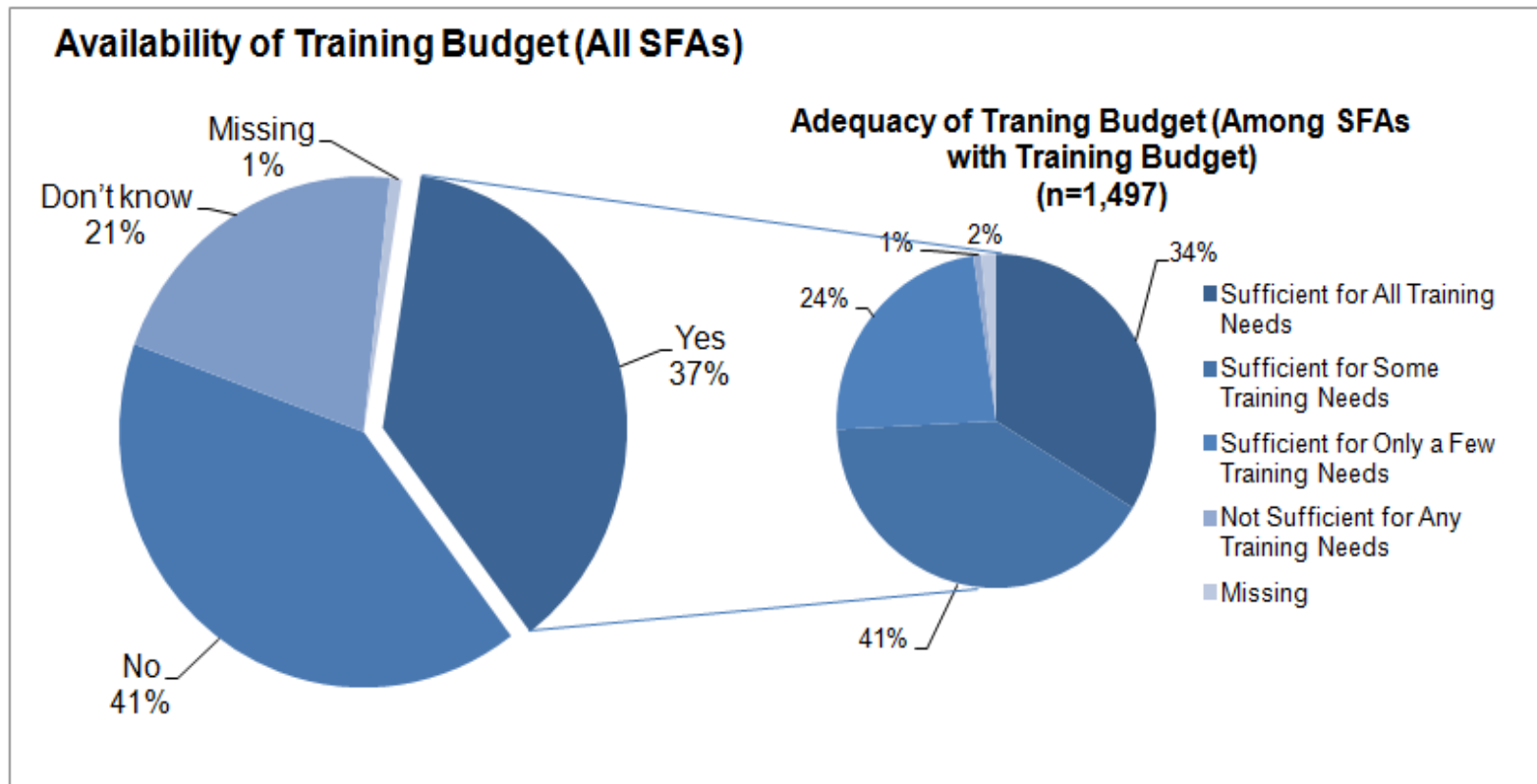
Source: Kitchen Infrastructure and Training for Schools Survey, 2012.

## Training Needs of Cooks and Frontline Servers

Training Type	Percentage of SFAs
Understanding compliance with meal pattern and nutrient requirements	62.8
Basic cooking skills	58.4
Basic nutrition training	54.8
Basic food safety/ServSafe training	51.9
Completing production records	41.2

Source: Kitchen Infrastructure and Training for Schools Survey, 2012.

## Budget Availability and Adequacy for Staff Training and Development





HOME TEAM UP TEMPLATES WEBINAR ARCHIVE RESOURCES EVENTS ALLIED ORGANIZATIONS ICN WEBSITE

## WELCOME FROM SECRETARY OF AGRICULTURE TOM VILSACK



## LATEST TEAM UP RESOURCES

### Team Up Thursday - Integrating Local Foods into Child Nutrition Programs, June 30, 2016

[http://www.instituteofchildnutrition.org/teaccontent/uploads/sites/2/2016/06/2016-0514.15-Team-Up-Thursday-\\_Team-Up-with-Summer-Meals\\_.mp4](http://www.instituteofchildnutrition.org/teaccontent/uploads/sites/2/2016/06/2016-0514.15-Team-Up-Thursday-_Team-Up-with-Summer-Meals_.mp4) Watch the June 2016 Team Up Thursday Webinar. The download package includes the archived webinar video and slides from the presentation. ...

[Read More](#)

# Lessons learned and progress still needed...



the  
**School Day**  
just got  
**Healthier**

## School Meal Approaches, Resources, and Trends (SMART) Study

- Online survey of school nutrition directors
- Conducted toward the end of 2014-2015 SY
- Nationally representative of all public SFAs
- SMART Study Expert Panel



## 1. Nutrition education is crucial for stakeholder buy-in

- Explain to **administrators** and **staff** why changes to the school meals program are happening and how they play an important role in the health and well-being of students.
- Develop ways to assist customers – **students** and **parents** – in understanding the updated nutrition standards and solutions being implemented.
- Promote the school meals program in the **community** and celebrate successes through social media, news outlets, or in-person events.



## Parents would support (If they only knew it was happening)

- 3 out of 4 of parents indicate support for strong nutrition standards in schools
- Only 1 in 3 has actually been in the school cafeteria in the past year!





## 2. Active strategies promote healthy eating

- **Taste tests and cooking demonstrations** with students and working with administrators to **change lunch or recess schedules** were among the effective ways to get kids to eat more of their meals and waste less.
- However, few programs used these strategies.



### 3. The right tools make a difference

- Programs that shifted to preparing more or different foods from **scratch** or increased the use of **salad bars** were more likely to report that student meal participation rose or was unchanged in 2014-15 compared to 2011-12.



## 4. Minimize unhealthy competition

“Getting the school administrators and staff to understand that lunchtime is educational is huge. Yes, these kids are going to use math and science, but they’re going to eat food every day. I’m making sure the cafeteria is really a learning lab, and the lessons are reinforced throughout the school day.”

*-Sal Valenza, Food Service Director, West New York School District, (West New York, NJ)*

# Indian Taco Sale

## TODAY DURING BOTH LUNCHES

# \$7



NNHS SPUD week @spud2016 · 26 Oct 2015  
Head to the commons right now to get some sweet treats and support SPUD!!



SPUD SWEETS SALE  
TOMORROW  
DURING LUNCH  
AND OT

8 1 1 ...

**Doughy Delights**  
April 3, 2015 · 🌐

Well it has been a while but Doughy Delights has a lot brewing. We just finished our most successful fundraiser yet for the Carl Sandburg High School Girls' Track Team who sold 24 gallons of doughlicious edible cookie dough in one week during lunch time at the high school. Doughy Delights was the talk of the school.

👍 Like    💬 Comment    ➦ Share

👍 8    Top Comments ▾

Write a comment... 📷 😊

**Catherine Fenner** Congratulations  
Like · Reply · April 3, 2015 at 6:48pm



**Arizona Cultural Academy & College Prep**  
Like This Page · October 23, 2013 · 🌐

PTA Dippin' Dots Fundraiser to help purchase new game tables for the gym! Help us raise money for this. Parents are also welcome to sponsor any amount of money they would like to towards these tables. Thank you!

The slips were sent home with your children yesterday. Please fill out the bottom portion of the slip, attach \$4, and bring to school by Friday. Have your children give the slips and money to their homeroom teachers.

Orders will be placed Friday evening so no orders will be accepted after Friday. The students will be given their order of Dippin' Dots on Monday during their lunch time.

Many thanks to Ms. Hilorie for arranging this for us!

Thank you!

Write a comment... 📷 😊

**Seabreeze Elementary PTA**  
Like This Page · April 3 · 🌐

👍 Like    💬 Comment    ➦ Share

Write a comment... 📷 🌐





# What role can nutrition educators play?

## Locally:

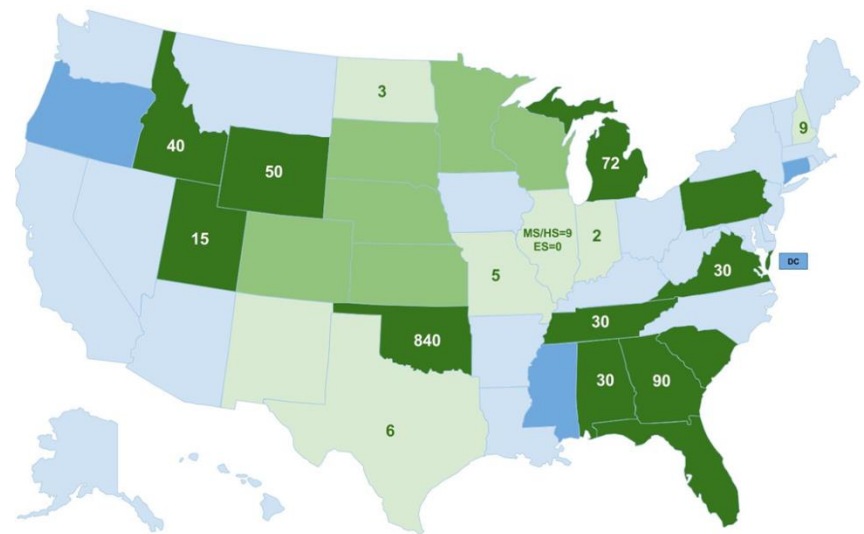
- Get to know your school nutrition program!
- Collaborate with food service directors to educate stakeholders
- Offer training or technical assistance
- Consider shared use of school kitchens
- Join the district or school wellness council or school health advisory board.



# What role can nutrition educators play?

## In your state:

- Keep your ears (and affiliate's ears) open for damaging fundraising policy decisions.
- Reach out to the state agency to learn more about the opportunities and challenges in the state and whether the affiliate can play a role in addressing them.



## What role can nutrition educators play?

### **Federally:**

**Child Nutrition is up for reauthorization!**

Stay informed at  
[www.healthyschoolfoodsnow.org](http://www.healthyschoolfoodsnow.org)

### **Take Action!**

- Respond to action alerts.
- Reach out to your policy makers.
- Share success stories.

# Questions and Discussion!

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