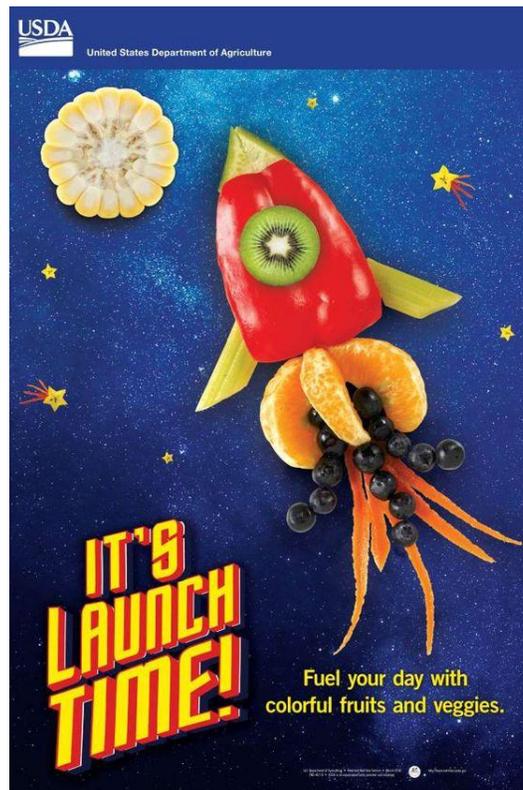


“Get Involved with Team Nutrition!” Toolkit

Quarter 1 Nutrition Message:

“Launch into a new school year with healthy choices & fun activities that fuel your day!”



Overview of Message to Administrators

Dear Administrative Personnel,

Welcome to the 2019-2020 Team Nutrition Toolkit. The goal of this toolkit is to provide easy to implement, nutrition messaging to support the wellness culture in your school. Four quarterly tool kits have been developed to make it easy to incorporate Team Nutrition messaging into your school announcements and social media. Each toolkit has the main **quarterly nutrition message** and “**Weekly Nutrition Announcements**” to build students’ knowledge and improve behavior related to the quarterly message. This toolkit also includes suggested “**Weekly Nutrition Classroom Activities,**” “**Weekly Social Media Nutrition Messages.**” Each component of the toolkit builds on the weekly announcements so that students learn how to incorporate the message into the school day and at home.

For utilizing each component of the toolkit you can claim points on the checklist as follows:

Weekly Nutrition Announcements: *Establishing a Wellness Culture #1- 1 pt*

Weekly Nutrition Classroom Activities: *Nutrition #23- 2 pts*

Weekly Social Media Nutrition Messages: *Establishing a Wellness Culture #20- 1 pt*

Eat Well Be Well parent newsletter: *Establishing a Wellness Culture #24- 3 pts*

To get started, please register to become a USDA Team Nutrition school at

<https://www.fns.usda.gov/tn/node/add/school>. Once you sign up, you will find more free resources to support your wellness initiatives! To learn more about why your school should be a USDA Team Nutrition school, visit <https://www.fns.usda.gov/tn/schools/about>.

The nutrition message for the first quarter of the school year is “Launch into a new school year with healthy choices & fun activities that fuel your day!” The main goal of the first nutrition message is to provide a big picture for students to visualize the importance of nutrition not only each day, but the weeks, months, and years of their adolescent lives. Use the resources below to get points on your wellness checklist and to improve the knowledge and behavior of your students and community. We wish you the best of luck with the toolkit and we look forward to hearing about how this enhances your culture of wellness!

Go Team Nutrition!

LCFB & MUSC Boeing Center for Children’s Wellness

Weekly Nutrition Announcements

For Wellness Checklist points claim: Establishing a Wellness Culture #1- 1 pt

<p>Week 1. Great days start with breakfast! By eating a healthy, well balanced breakfast you will be able to focus in school and you will have more energy for your busy day!</p>
<p>Week 2. Get excited about a colorful lunch! Start thinking of what color fruits and vegetables you will put on half of your tray during lunch.</p>
<p>Week 3. Live life by the seed of your plants! Try two new plant-based proteins this week! Protein sources such as nuts, seeds, and beans are delicious and will pump protein into your body to help you build strong muscles and give you energy to stay active!</p>
<p>Week 4. Aim for healthier choices while you eat out! Choose smaller, non-fried foods. Pick a side salad or fruit instead of French fries. Try drinking water over sugary beverages like soda. Making eating out a healthier sometimes option.</p>
<p>Week 5. Did you start your day with a cup of water? Your body needs water to launch you through the day. Make sure to drink at least 8 cups of water every day!</p>
<p>Week 6. Reach for healthy snacks! While sweets, soda, and chips are snacks that should only be eaten sometimes, colorful fruits and vegetables are everyday snacks! Aim for at least one snack a day to be a fruit or vegetable.</p>
<p>Week 7. We are on the move to do 60 minutes of activity every day. Every little bit counts so take the long way to class or add an extra set of stairs to your route.</p>
<p>Week 8. The calcium and vitamin D in dairy products work together to build healthy bones and teeth. They are especially important during middle school as you continue to grow! If you're not a fan of milk, choose yogurt, soy milk, or cheese instead!</p>
<p>Week 9. Show your parents and friends how much you know about nutrition! Next time you grocery shop or cook with your family, drop some of your nutrition knowledge on them. They need to know how food works for their body too.</p>

Weekly Nutrition Classroom Activities
For Wellness Checklist points claim: Nutrition #23- 2 pts

Classroom Activity Week 1.

Video (0:41): <https://youtu.be/cKeuCuBQjcU>

Resource: https://www.fns.usda.gov/sites/default/files/tn/SB_Infographic_81216a.pdf

Discussion: Have students share what they had for breakfast. Open up the floor for discussion about how important it is to eat breakfast before coming to school. Any breakfast is better than no breakfast but talk about how they can get more nutrients by adding fruits, vegetables, or whole grains.

Classroom Activity Week 2.

Video (3:32): <https://www.youtube.com/watch?v=5g20u8EfMdg>

Resources: <https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/get-fruits-and-veggies-to-the-plate>

Discussion: Discuss how many servings a day the student should eat of fruits and vegetables. Go through the menu being served that week at school and discuss what options could be made to make half their tray/plate vegetables and fruits.

Classroom Activity Week 3.

Video (4:20): <https://ed.ted.com/lessons/what-makes-muscles-grow-jeffrey-siegel>

Resources: <http://healthy-kids.com.au/food-nutrition/5-food-groups/meat-alternatives/>

Discussion: Discuss different foods that have protein in them. Discuss why the body needs protein (satiety, build strong muscles and bones, fuel to stay active). Discuss proteins they would eat for breakfast, lunch, dinner. Challenge them to come up with non-meat protein sources (i.e. beans, eggs, peanut butter, tofu, dairy products).

Classroom Activity Week 4.

Video (4:33): <https://ed.ted.com/lessons/how-does-your-body-know-you-re-full-hilary-coller>

Resources: <https://choosemyplate->

<prod.azureedge.net/sites/default/files/tentips/DGTipsheet41EatingFoodsAwayFromHome.pdf>

Discussion: Discuss with the class what they could do to choose a healthier option when eating out. Encourage them to come up with suggestions like eating smaller portions, choosing water instead of sugary drinks with their meals, eating a leaner protein, skipping on fried items, and selecting options that have fruit, vegetables, protein, and whole grains.

Activity: Challenge them to look at menus from their favorite restaurants and make a list of healthy options.

Classroom Activity Week 5.

Video (4:51): <https://ed.ted.com/lessons/what-would-happen-if-you-didn-t-drink-water-mia-nacamulli>

Resource: <https://www.eatright.org/fitness/sports-and-performance/hydrate-right/water-go-with-the-flow>

Discussion: Share with the students that their bodies are nearly 75% water and they need to make sure to drink at least 8 cups a day to replenish their body's water. Encourage them to choose water over soda and other sugary drinks to meet their daily water needs.

Classroom Activity Week 6.

Video (0:44): <https://youtu.be/srJXLmrm7s>

Resources: <https://choosemyplate->

prod.azureedge.net/sites/default/files/tentips/MPMW_tipsheet_11_Hackingyoursnacks.pdf

Discussion: Reach for healthy snacks! Share with the students that snacks that include protein, fiber, and healthy fats will keep them full longer. Brainstorm snacks with the students that provide all three.

Activity: Put together a taste test to show your students new healthy snacks. For example, apple slices with peanut butter, cheese and whole grain crackers, or carrot sticks and hummus. Discuss the value of eating snacks that have protein to help them stay full.

Classroom Activity Week 7.

Video (5:03): <https://ed.ted.com/lessons/why-sitting-is-bad-for-you-murat-dalkilinc>

Resources: <https://www.actionforhealthykids.org/activity/classroom-physical-activity-breaks/>

Discussion: Discuss ways to get in at least 60 minutes of exercise daily. Talk about different ways to be active throughout the day. Remind students they don't have to play sports in order to be active!

Classroom Activity Week 8.

Video (4:45): https://www.youtube.com/watch?v=G5tG4anvc_g

Resources: <https://www.nationaldairycouncil.org/content/2015/whats-in-your-glass-infographic>

Discussion: Discuss ways to get calcium besides drinking milk i.e yogurt, cheese, dark leafy greens such as collards or kale, soy products. Encourage students to try having yogurt with berries or trying alternative milks like soy, coconut, or almond milk!

Classroom Activity Week 9.

Video (5:09): <https://ed.ted.com/lessons/how-the-food-you-eat-affects-your-gut-shilpa-ravella>

Resources: <https://choosemyplate->

<prod.azureedge.net/sites/default/files/tentips/DGTipsheet36EatSmartAndBeActiveAsYouGrow.pdf>

<https://choosemyplate->

<prod.azureedge.net/sites/default/files/tentips/DGTipsheet34ChooseTheFoodsYouNeedToGrow.pdf>

Discussion: At the end of the quarter, revisit all of the weekly nutrition messages and applaud the new concepts they learned. Encourage students to practice what they learned at home and relay the nutrition education to their parents.

Weekly Social Media Nutrition Messaging

For Wellness Checklist points claim: Establishing a Wellness Culture #20- 1 pt

Social Media Message Week 1. Great days start with breakfast! By eating a healthy, well-balanced breakfast, your kids will be able to focus in school and will have more energy for a fun filled after school activity! [Try these delicious breakfast ideas to start the day off right!](#)

Social Media Message Week 2. Get your kids excited about a colorful lunch! Discuss with your kid what color fruits and vegetables they will choose to fill up half of their tray! [Eat more color!](#)

Social Media Message Week 3. Dinner is for winners! Try two new proteins this week! Chicken, fish, beans, and peas are delicious protein filled foods that will power you up to play and learn! [Try these helpful tips to vary your protein routine.](#)

Social Media Message Week 4. Let your kid be the dessert chef tonight! Help them build desserts with protein, dairy, and fruit that will launch your family through your healthy day! [Try this healthy, easy-to-make banana pudding in a bag!](#)

Social Media Message Week 5. Did you start your day with a cup of water? Your body needs water to launch you through the day. Make sure you and your family drinks at least 8 cups of water every day! [10 tips to help your family make better beverages choices!](#)

Social Media Message Week 6. Reach for healthy snacks! While sweets, soda, and chips are “sometimes” snacks, colorful fruits and vegetables are “everyday” snacks! Have your family share what their favorite color fruit or vegetable is to snack on. [Helpful snack hacks to keep your family healthy!](#)

Social Media Message Week 7. We are on the move to do 60 minutes of activity every day. Every little bit counts so today we are doing 10 jumping jacks at the beginning of each class! Keep it up at home by doing 10 jumping jacks before making dinner, 10 before eating dinner, and 10 before getting ready for bed. [Be active as a family so everyone gets at least 60 minutes of physical activity every day!](#)

Social Media Message Week 8. Your child’s bones need calcium, feed them with dairy! We encouraged the kids to choose milk at breakfast and lunch to get their two servings of dairy in for the day! Ask them if they met the challenge. If they didn’t, enjoy yogurt with some mini chocolate chips for and after dinner treat. [10 tips to get your two servings of dairy!](#)

Social Media Message Week 9. Ask your child what they remember from the nutrition tips at school. [Invite them to use these tips to prepare a meal this week.](#) They will be very proud to share all that they’ve learned!

Eat Well. Be Well.

TEAM NUTRITION FEATURE OF THE QUARTER:

Launch into a new school year with a fueled-up day!

Your child's presence and performance at school are critical for a fun and successful school year. To ensure that they are ready to learn and participate with their fellow classmates we need to make sure they are fueled up properly. Our wellness team and cafeteria staff has been working hard to make sure we have a fun year planned with a balanced menu of delicious food and nourishing information ready for the school day. We wanted to share a few tips and tricks for how you can fuel up at home as a family.

Start every day with breakfast. Hard boiled eggs are an easy to make ahead and grab on the go breakfast with some whole wheat bread or crackers.

Fill half of your plate and snacks with fruits and vegetables.

As a family, count the number of fruits and vegetables you eat throughout the day.

Work together in the kitchen to create delicious meals. Plan your meals for the week as a family. This will help you stick to your budget. Challenge yourself each week to get whole grains, low fat dairy, a variety of lean meats, and lots of fruits and vegetables on your menu to build meals that launch you into each day.

Get moving for at least 60 minutes every day. Every little bit counts. Incorporate physical activity into your after school, night, and weekend plans to make sure you are building up to 60 minutes of activity throughout the day.



Meal and Snack Tips

Make ahead breakfast: In a 9x13 baking dish, mix together a bag of thawed frozen vegetables, a dozen raw, scrambled eggs, herbs and spices, cheese, and leftover meat. Bake at 350 for 50 minutes.

Grab and go snack: Cut up vegetables at the beginning of the week. Keep a yogurt-based dip on hand for a quick snack.

Last minute dinner: Buy fresh, whole grain pizza dough near the deli or in the freezer section. Top with pizza sauce, cut up vegetables, and turkey pepperoni. Bake on 25 for 15-20 minutes. Enjoy with a salad.