

# USDA Food and Nutrition Service Child Nutrition Programs

Supporting Child Nutrition Programs Through Nutrition Education

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United States Department of Agriculture



# USDA's Team Nutrition

Initiative of the USDA's Food and Nutrition Service to support the Federal Child Nutrition programs



Provides curricula, posters, parent handouts, and other resources free of charge to schools

Aims to improve children's lifelong eating and physical activity habits

# School-Based Programs



- **National School Lunch Program**

- Over 30 million children participate on average each day
- Over \$12.1 billion in reimbursements in FY 2016

- **School Breakfast Program**

- Nearly 15 million children/day
- \$4.3 billion in FY 2016

**Free Meals: 130%**  
**Federal Poverty Level**

**Reduced: 130-185%**

# Other School-Based Programs



- **Fresh Fruit and Vegetable Program**
  - \$162 million in FY 2016
  - Awarded to States
  - Provides free fresh fruits and vegetable snacks to students in participating high-poverty elementary schools during the school day.
- **Special Milk Program**
  - In 2016, nearly 4,000 outlets served 45 million pints of milk
  - \$9.4 million in FY 2016

# Community-Based Programs



- **Child and Adult Care Food Program**
  - 4.2 million children participate on average per day
  - \$3.3 billion in FY 2016
- **Summer Food Service Program**
  - Over 2.7 million children participated in July 2016
  - \$555 million in reimbursements in FY 2016



# Nutrition Standards

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- **School lunch and breakfast meal patterns updated in 2012 and phased in over several years**
  - More fruits and vegetables
  - Whole grain-rich grains
  - Low-fat and non-fat fluid milk
  - Portion sizes based on three grade groups (K-5, 6-8, 9-12)
  - Average weekly requirements for calories, sodium, and fats

## Fruits & Veg in School Meals

- Fruits and vegetables required at lunch (now separate components)
- Fruit required daily at breakfast (increased from ½ cup to 1 cup)
- Weekly requirements for vegetable subgroups
  - Dark green, red/orange, beans/peas, starchy, and other







**As a result of the updated standards:**

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**80% of schools are  
offering 2 or more  
vegetables at lunch**

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**As a result of the updated standards:**

**Vegetable  
consumption  
increased by 16%**



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As a result of the updated standards:

**23% more students  
selected fruits**



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# Resources to Support School Meals



- **USDA offers extensive resources for food service operators, child nutrition professionals, and schools, including:**
  - Recipe analysis and menu planning
  - Operator training
  - Food safety materials
  - Nutrition education
  - Support for healthier school environments







# Nutrition Messages

- Cafeteria
- Classroom
- School-wide events
- Home
- Community
- Media



# Quality Nutrition Education

- Allows children to practice new skills
- Builds self-efficacy ("I can do it!")
- Includes observational learning
- Is interactive and inquiry-based
- Includes positive reinforcement
- Includes taste testing and food preparation





# In the Classroom

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- **Easy to integrate Team Nutrition materials into curriculum**
- **Aligned to national education standards**
- **Core subject areas – English Language Arts, Health, Math, Science**



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# Vegetables

Reggie Veggie



Sight words:  
I, have



I have broccoli.



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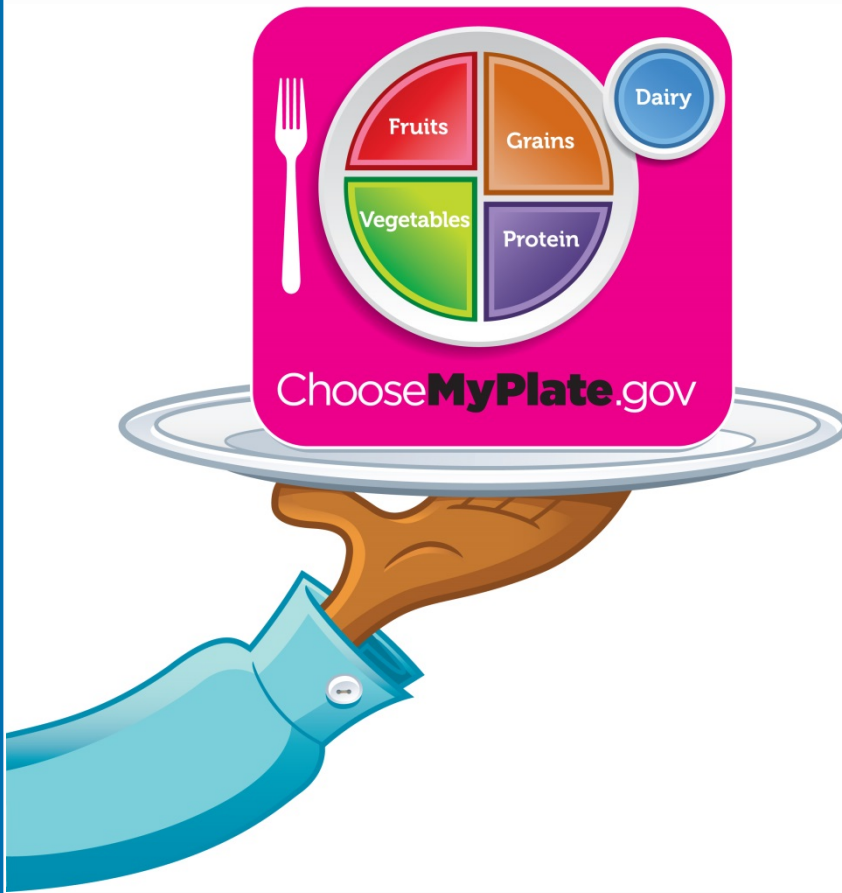
S E R V I N G U P

# MyPlate

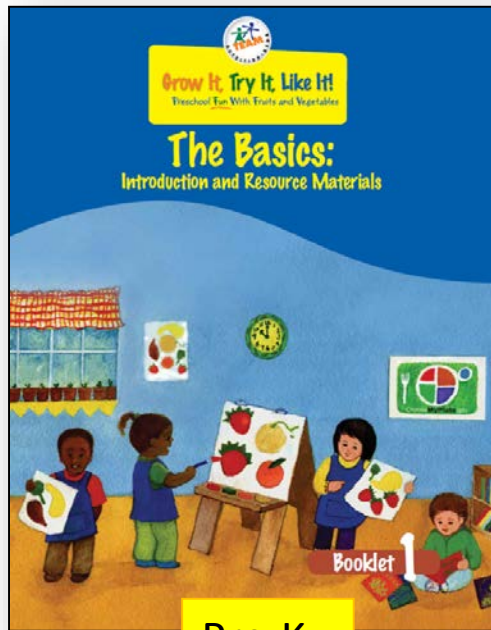
A Yummy Curriculum

Grades 1-6

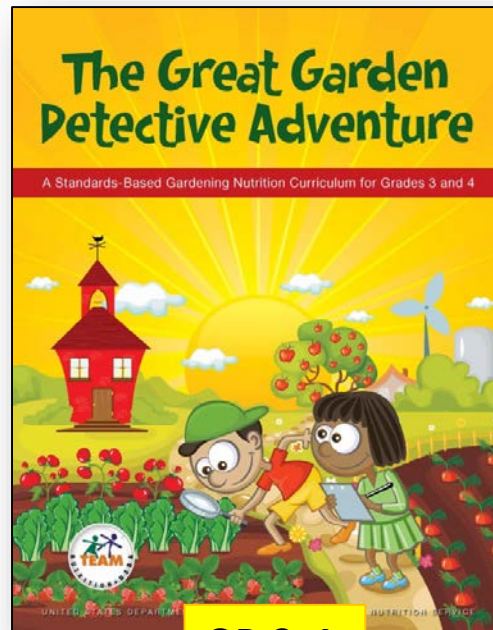
- Teacher's Guides
- Original Songs
- Parent Handout (English, French, Chinese, and Spanish)
- Poster
- Mini-Poster



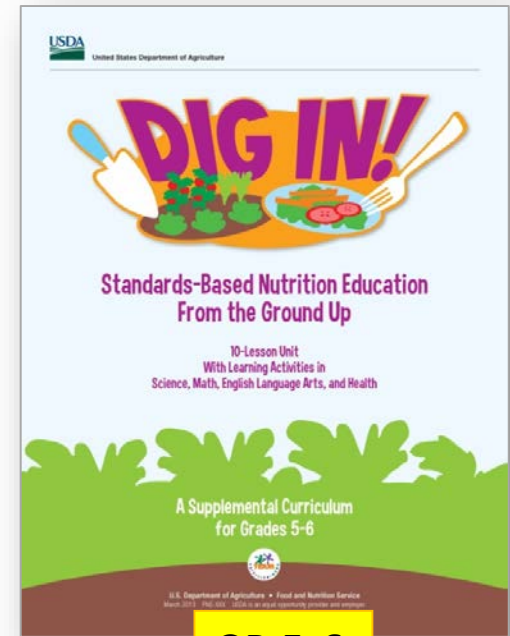
# Garden-Based Nutrition Education



Pre-K



GR 3-4



GR 5-6

# Cafeteria: Posters





# Cafeteria: Food Waste

- Tips for school staff, parents, and students
- Schools:
  - Taste tests
  - Cut fruit into smaller pieces
  - Salad bars
- Administrators:
  - Extend lunch period
  - Recess before lunch



What You Can Do To

## Help Prevent Wasted Food

In the United States, food loss and waste is about 30 percent of the food supply at retail and consumer levels. While the amount of food wasted at schools has not increased during recent years, there are many ways that everyone on a school campus can help reduce, recover, and recycle food before it goes to waste.

INSIDE: TIPS FOR SCHOOL STAFF, PARENTS, AND STUDENTS.



 <http://teammnutrition.usda.gov>

# Family Engagement



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## Welcome to S

Eating with friends and trying new foods c  
There are many choices from each of the f  
**Draw a line from each lunch food to the**  
(Answers on back.)



**Farrah Fruit**  
**reggie Veggie**



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## Snack Time!

**MyPlate Nate and Kate** like healthy snack  
five food groups. They choose snacks that  
salt. They only have cookies, cakes, and ca  
much. This helps them get the foods they  
**Draw your favorite healthy snack in the**




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## Move, Play, Hi

Try these fun activities below. Cross them  
Make up your own! How many can you do?

 Ride bikes or scooters.	Play "Simon Says"
Play hopscotch.	Blow bubbles, chase, and pop them.
Play "Catch 1-2-3" Count aloud how many times the ball is caught.	Play sock basketball (toss rolled socks into a laundry basket).
Take a walk after dinner and look for a specific shape, like circles or triangles.	Hop! Place a broomstick on the floor. Stand on one side with both feet together. Jump over it stick and back 10 times
Say the days of the week as you touch your toes.	Go on a bug (or leaf, or different-colored cars) hunt.
Play on a playground.	Take the dolls (or dog or action figures) for a walk.
Walk through the mall on a rainy day.	Choose your own activity:



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## Be Your Best V

Eating breakfast helps you have the energy  
Does your school serve breakfast? Check o  
breakfast with friends!



What food the Grains C are Nate and eating

**Parents**  
Start every day the whole-grain way. Serve whole-grain versions of cereal, bread, tortillas, or pancakes at breakfast. Whole grains give your kids B vitamins, minerals, and fiber to help them feel full longer so they stay alert to concentrate at school.

**Choc**  
Take a few from whole before the whole-gra  
• whole wi  
• brown ri  
• oatmeal  
• quinoa  
• whole-g  
• buckwh



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## Meet MyPlate

The **MyPlate** icon reminds us that we need to eat and drink foods from the five food groups. **Fruits, Vegetables, Dairy, Grains, and Protein Foods** are important for good health. **MyPlate** shows the food groups in different sections of the plate. Does this mean that foods need to be separate on your plate? No way! Some of our favorite healthy foods are a mix of food groups. What food groups are in your sandwich or taco?

### MyPlate Matching Game

Draw a line from each section of **MyPlate** to the correct foods below.



**Did You Know?**  
Beans belong to both the Vegetable and Protein Food Groups. Some favorite ways kids like to eat beans are in burritos, tacos, chili, dips, and quesadillas.

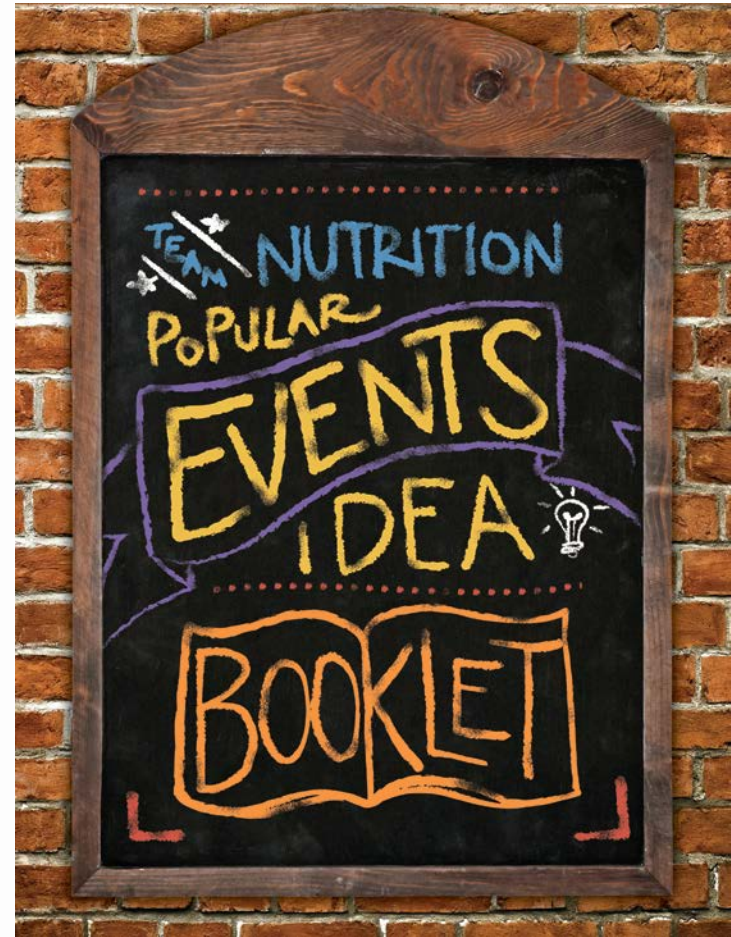
**Parents**  
Make half your plate fruits and vegetables. It is an easy way to make sure you (and your family) are getting enough. More information on MyPlate can be found at <http://www.choosemyplate.gov>.




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# School-Wide Events

- Fun ways to promote nutrition and physical activity at elementary or middle school
- Ideas for 20 themed events, large and small
- Spotlights on real-life events at Team Nutrition Schools





# Community: Local Wellness Policies



- Sample parent letters, newsletter articles, presentations, social media posts, letter to the principal, and more!

# Parents Have Power to Make Schools Healthier

#schoolwellness



## Help Us Make the Healthy Choice the Easy Choice at School!

#schoolwellness





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