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PRACTICES



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Idaho Child Nutrition Programs Best Practices

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Team Nutrition

USDA's Team Nutrition is an integrated, behavior based, comprehensive plan for promoting the nutritional health of the Nation's children. This plan involves schools, parents, and the community in efforts to continuously improve school meals, and to promote the health and education of 50 million school children in more than 96,000 schools nationwide.

The goal of Team Nutrition is to improve children's lifelong eating and physical activity habits through nutrition education based on the principles of the Dietary Guidelines for Americans and My Pyramid.

Schools are the key focal point for Team Nutrition. They are invited to enroll as "Team Nutrition Schools," affirming their commitment to take the lead in making nutritional changes, conducting nutrition education activities and events, and using innovative materials from the USDA Food and Nutrition Service (FNS). Emphasis is placed on working through state agencies to recruit Team Nutrition Schools as well as develop training support systems necessary for local implementation.

Idaho Child Nutrition Programs

Values

We are a professional team guided by the principles of public service, accountability, efficiency, and leadership to child and adult nutrition programs in Idaho.

Mission Statement

Child Nutrition Programs provide education, leadership, technical assistance, training, resources, oversight and guidance on policies and regulations to ensure the nutritional well being of all Idaho citizens.

Vision Statement

To maximize the nutritional well-being of children and adults in Idaho.

Acknowledgements:

The State Department of Education, Child Nutrition Programs wishes to thank the schools and child care sites that shared success stories on the implementation of grant projects that made positive changes in their programs. They have set an example for all Child Nutrition Programs to follow.

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NATIONAL SCHOOL LUNCH PROGRAM TEAM NUTRITION MINI-GRANTS



The National School Lunch Program (NSLP) is a federally assisted meal program operating in public, private, and parochial schools. It provides nutritionally balanced, low-cost or free lunches to children each school day.

Team Nutrition (TN) Mini-Grants were awarded to nine NSLP sites in 2005. The mini-grants were funded by Idaho's 2004-2006 Team Nutrition Grant. These grants focused on improving the overall school nutrition environment. The nine schools implemented a variety of nutrition related projects in their schools. Their projects are described in this section with hopes that other schools in Idaho can use some of the creative projects in their own schools.

ABERDEEN MIDDLE SCHOOL

ABERDEEN
SCHOOL DISTRICT

Grant Coordinator:
Erika Ingersoll,
Health/PE Dept Chair

Grant Amount: \$1,900

Students/Adults Reached: 1800 stu-
dents and community members

Grant Goals:

1. Students will learn the importance of a well balanced, healthy lifestyle through participation in quarterly health days.
2. Provide students with a daily snack break, to help promote healthy snack habits.
3. Bring students, staff, and community together to share in the advocacy of health through the creation of a community health fair.

“H.E.A.L.T.H. Healthy Education Advocating Local Teen Health”

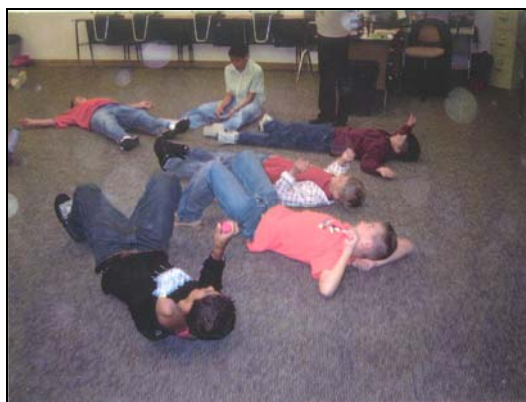
Quarterly Health Days: The Aberdeen Middle School’s Quarterly Health Days were used to supplement the yearly health classes at the school. Three types of health days were offered to the students:

1) Nutrition Health Day: Students chose five out of seven sessions

offered throughout the day. Sessions covered healthy diets, healthy snacking, healthy cooking, and other nutrition related topics. 2) Exercise Health Day: Students went to a local fitness facility



where they participated in climbing, swimming, racquetball, and other activities that encouraged physical activity. 3) Social Health Day: Students spent their time on a ropes course, developed with grant funds, where they focused on how to communicate and



use teamwork strategies to successfully complete the course. This ropes course will be used by students in future years.

During the Aberdeen Middle

School Quarterly Health Days students received 18 nutrition/physical activity classes.

Health Fair: A Health Fair was held in January at Aberdeen Middle School. The Health Fair was made up of 40 booths. Half of the booths were health related businesses and the other half were education booths

operated by the 7th grade health students. The Health Fair was advertised in the following ways: articles in



local newspapers, announcements on the local radio stations, parent letters were sent home, each student made a sign to hang in town marketing the Health Fair, and the 7th

grade health classes called and invited 10 people each to attend the Health Fair. Several community members and all students from Aberdeen School District attended the Health Fair. TN Grant funds were used to buy startup supplies for the event, but the Aberdeen School District plans to continue to have yearly Health Fairs on their own after the grant has ended.

Evaluation: Aberdeen students took a pre and post test to measure their knowledge of healthy lifestyles. Due to the education provided during Health Days and the Health Fair, an overwhelming 91% of the students increased their knowledge of healthy lifestyles!

Future: This project was so successful that the school district has agreed to budget money for Health Days and the Health Fair in the future.



Aberdeen Middle School changed the snack foods available on campus to healthy snack options without losing any profit. There is no soda pop sold in the vending machines, only juice and water. Students from health classes were on taste panels that helped choose the healthy foods to be offered.



Sixteen teachers, 225 students, and 4 PTA officials worked as a team to plan and organize Aberdeen Middle School's Health Days and Health Fair.

FIRTH MIDDLE SCHOOL

FIRTH SCHOOL DISTRICT

Grant Coordinator:
Deanna Kremin,
Kitchen Manager

Grant Amount: \$2,500

Students Reached: 575
Staff Reached: 60
Parents Reached: 550

Grant Goals:

1. Improve the health and fitness of students and staff at Firth Middle School.
2. Increase the fitness level of students and staff through an awareness of daily physical activity.
3. Lower sugar and fat intake of students and staff through education on making appropriate food selections.

“Fit in Firth Middle School”

The staff at Firth Middle School started several new programs to encourage being “Fit in Firth Middle School.” Below are some of the activities they did to encourage better health school wide.

Nutrition Education: Firth Middle School’s curriculum was revised to include more instruction and activities that support good nutrition and physical activity to meet the goals of the Team Nutrition Mini-Grant. Grant funds were used to purchase posters, videos, software, and other instructional items to enhance classroom instruction and support good nutrition and activity. Nutrition was taught in the health, science and PE classes. The classes discussed portion control and healthy eating without dieting. Students charted their food intake before and after the nutrition education so they could compare their results and see if any improvements were made as a result of the education provided.

Tasters Table: A table was set up at parent teacher conferences where parents, students, and teachers could taste test fresh fruits and vegetables. Everyone who participated enjoyed the fresh fruits and vegetables offered. Since the healthy snacks were a big hit, the lunch program has since decided to cut back on desserts in their meals and on their ala carte line and now offer more fresh fruits, vegetables, and other low fat products.

Lunchroom Atmosphere: Improvements were made in the lunchroom by adding posters, charts, pictures and decorations that encouraged making healthy choices. These new decorations brightened up the lunchroom and made the atmosphere much more friendly which encouraged more students and staff to eat the healthy meals offered in the school foodservice program.

Poster Contest: Firth held a school wide poster contest to encourage making healthy choices. The poster contest theme was “Burning Sensible Calories Sensibly.” Seventy-eight students and all staff participated in the contest. The contest was marketed at a school wide assembly which got several students excited about the contest. The superintendent and school board members judged the posters. The students who won the poster contest were given prizes that encouraged physical activity. The winning poster was printed on T-shirts which were given to everyone who entered the contest.

Million Steps Program: To promote awareness of the students’ and staffs’ activity levels, they were asked to track their steps on step charts. Everyone was encouraged to take at least 10,000 steps per day. Some students chose to purchase pedometers, but it was not required to take part in the program. The students were given charts that converted sport activities to steps so they could track all activities on the step chart. Awards were provided for those students who were the most active.

Staff In-Service: Since school staff members are role models for the students, the staff members at the school received a nutrition and physical activity in-service and were encouraged to participate in charting their own nutrition and activity levels along with the students. Staff members with the greatest improvement received recognition.

School Wide Changes: Efforts were made to improve the healthy environment of the entire middle school. All soda pop machines were removed from the school, the school store started selling healthier items as well as non-food items such as pens and pencils, and the ala carte line changed their snack items to healthy choices. Every effort was made to support a healthy lifestyle by Firth Middle School’s staff, parents, and students.

Poster Contest Winner!

BY LESLIE MIELKE
firthnews@juno.com

FIRTH — Firth Middle School sixth grader Tyson Chapman went home from school with a new bike on Monday.

Chapman won the "Iron Horse" bike by entering the poster contest held at the school. The contest promoted proper eating and more exercise. The theme of the poster contest was "Eating Sensible Calories Sensibly."

Chapman's winning design was printed on t-shirts. These t-shirts were then given to every student who participated in the contest. T-shirts were also given to every faculty and staff member.



Sixty-eight students participated in this contest. Money for these awards came from an Idaho Department of Education grant. Middle School Kitchen Manager Deanna Kremin applied for this grant in April 2005. Asked how she found out about the grant, Kremin said, "They sent me a letter. I look into anything that will benefit kids and encourage them to eat better."

“Thank you so much for this grant money to help our kids learn about different foods and how important exercise is in their lives.”

Deanna Kremin,
Kitchen Manager

Because of this contest, Kremin said students are asking for fresh fruit at breakfast. "That's good," she said.

GOODING ELEMENTARY SCHOOL GOODING SCHOOL DISTRICT

Grant Coordinator:
Anji Baumann,
Food Service Director

Grant Amount: \$2,000

Students Reached: 600
Adults Reached: 600 families

Grant Goals:

1. Develop awareness for sound nutritional choices and the importance of daily physical activity.
2. Establish a walking program and implement nutrition education into curriculum at the elementary.
3. Provide students the opportunity to improve their health and promote physically active lifestyles.
4. Recognize students achievement through a six week walk/run program.

“Walk for the Health of It”

Walking Club: Gooding started a walking club where students could walk laps around a designated field and earn points for laps walked. Students’ walking achievements were recognized with tennis shoe signs with their names and mileage displayed in the hallways and the cafeteria. Each grade met at a certain time once a week to walk as a



class for 23 minutes. Parents and younger siblings frequently met with the students to walk during their family member’s grade walk. Each grade had a specific walking goal to meet. If they met their goals they got to go on an activity field trip to celebrate their success. Some of the younger grades went roller skating for their field trip while the older grades went snow skiing. Students liked the walking program so much they continued to walk during their lunch recess! Now the school provides monitors at recess to supervise the walkers.

During National School Lunch Week the school held a community walk where students, teachers, parents, and community members met and walked together. Approximately 160 people showed up from the community and they walked over 227 miles at this event alone. Power Panther was at this event cheering on the community. The walking club has been very successful and Gooding plans to make it an ongoing part of their school’s fitness program.



Nutrition Education: During the Team Nutrition Grant Gooding Elementary students received monthly nutrition lessons. The lessons were 20-30 minutes long and covered topics such as My Pyramid, effects



of drinking soda pop, and benefits of dairy. The nurse, physical education teacher, computer lab teacher, and foodservice director team-taught and/or individually taught the nutrition lessons.

Food Pyramid Fiesta: The Food Pyramid Fiesta was a food show that highlighted each food group. Vendors came from all over to let the students sample healthy foods. A variety of unique fresh fruits were offered to students at the food show including: pluots, Asian pears, plumelos, blueberries, blackberries, and brightly colored cauliflower.



Nutrition Marketing: Dole 5 A Day signage was displayed throughout the elementary school and the cafeteria to encourage intake of fruits and vegetables. Nutrition information was sent home with students for their parents. Nutrition columns were written in the school's monthly newsletters and nutrition articles were sent to the local paper each week.



Yum! Samples from the Idaho Dairy Council!



Students taste testing foods from the grain group.

The students have walked a total of 12,834 miles during the 2005-2006 school year. Since the beginning of the walking club in 2005, a total of 17,834 miles have been walked. The student with the highest number of individual miles walked 169 miles.



HARWOOD & MIDWAY ELEMENTARIES

JEFFERSON SCHOOL DISTRICT

Grant Coordinator:
Kay Woodfield,
Assistant Superintendent

Grant Amount: \$2,700

Students Reached: 1,085
Adults Reached: 180

Grant Goal:

1. To help children establish life-long healthy eating and exercise patterns that will help each child reach his or her full academic potential.

“Climb the Mountain”

Climb the Mountain: The “Climb the Mountain” project was designed to encourage improved nutritional and physical activity choices through the education of students and adults. The schools offered this program to administrators, teachers, parents and the foodservice staff as a means of providing students with role models to follow.



The “Climb the Mountain” activities included:

- Educating staff and the public on healthy eating.
- Utilizing the district’s website, school mailings, and back to school night to let parents know the importance of healthy nutrition and physical activity.
- Establishing a wellness resource library for parents, staff and community members to use.
- Encouraging parental involvement in making healthy choices by inviting family members to join students for lunch.
- Celebrating National School Lunch and Breakfast Weeks to showcase healthy choices.
- Advertising what teachers and staff are doing to improve their health.
- Encouraging students to sign contracts to “Climb the Mountain” and earn points for making healthy nutrition and physical activity choices.
- Providing rewards for points earned in the program to encourage the students to keep making improvements.

During the “Climb the Mountain” program students could earn points by

- Being active for 10 minutes,
- Eating 5 servings of fruits and vegetables, or
- Reading a book about nutrition.

Students tracked their points by moving a sticker with their name up a mountain.

National School Lunch Week: There was a different theme for each day of National School Lunch Week. The events included several giveaways, a coloring contest and a poem contest based on the theme “School Lunch: It’s Instrumental.”

Nutrition Education: A dietetic intern from Utah State taught classes on nutrition at both elementary schools on a regular basis.

Breakfast Program: Prior to the grant, Harwood and Midway Elementary Schools only had a 25% participation in their breakfast programs. The schools sent out announcements to parents marketing their school’s breakfast programs and describing the importance of breakfast in a child’s life in an effort to increase participation in this program. By the end of the grant the schools’ breakfast participation increased.

Lunch Visitor Days: To market their school lunch program and encourage families to eat healthy meals together the schools sent out invitations to families to join the students for lunch. The students were very proud and excited to have their family members join them for lunch.

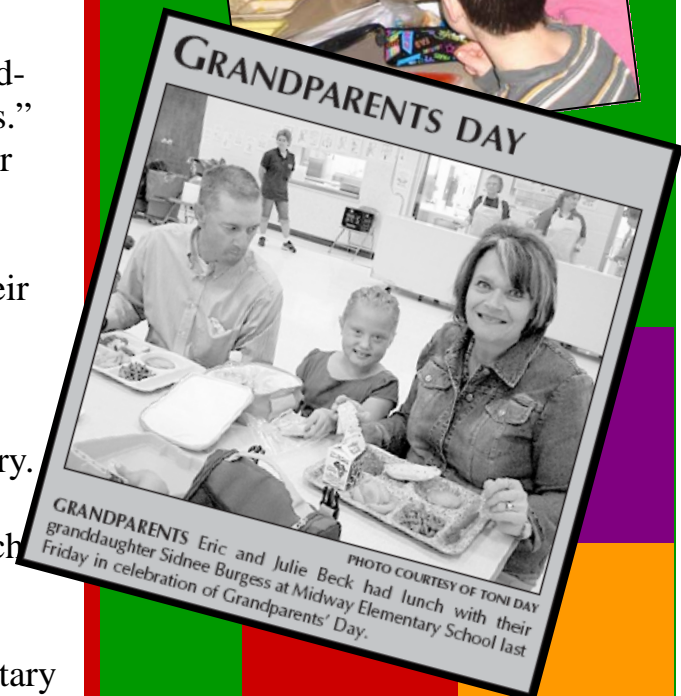
Grandparents Day: Grandparents joined their grandchildren for lunch of “Turkey with all of the fixings.” This has become an event that takes place each year around Grandparents Day.

Moms on Mondays: Moms were invited to join their children for lunch every Monday in October.

Father’s Fridays: Fathers were invited to join their sons and daughters for lunch every Friday in January. This was a big hit with the dads, on some Fridays there were more than 25 dads that attended the lunch.

Due to the success of the grant project, the district plans to replicate the grant projects at other elementary schools in their district over the next few years.

Dads eating lunch with their children.



KENDRICK JR/SR HIGH KENDRICK SCHOOL DISTRICT

Grant Coordinator:
Irene Thornton,
Foodservice Supervisor

Grant Amount: \$1,750

Students Reached: 68
Adults Reached: 45 teachers and staff
and 110 families and community
members

Grant Goals:

1. Increase nutrition education and create better dietary behaviors in Kendrick's youth.
2. Provide students the opportunity to sample and acquaint themselves with alternatives to junk foods.
3. Increase student's knowledge on healthy food choices.

“Healthy Foods for Healthy Children”

Nutrition Education:

The foodservice supervisor regularly visited the health classes to discuss healthy eating. She provided samples of healthy foods to the classes and led a discussion on the foods sampled. Students discussed

whether they had tried the food before, their likes and dislikes, and whether they would like to have the new food offered in their school lunch or breakfast program. Kitchen

tours were conducted as part of the health classes where students learned about food production and safe handling of foods.



Students had the opportunity to put their new nutrition knowledge into action by taking a field trip to the local convenience store to pick out healthy snacks. Each



student was allowed to purchase one snack. When they returned to class the students discussed what they purchased and which snacks were the best choices.

As a follow up to the nutrition classes the foodservice department provided weekly nutrition trivia on the morning announcements. Students who could answer the weekly trivia question were given a healthy snack as a prize.

Fruit Fiesta: The foodservice supervisor purchased and provided a variety of fruits as part of a school wide taste testing. Prior to the taste testing she taught about the fruits and vegetables to be served including their origin and the different varieties they come in. Community members were also invited to attend this school wide taste testing. The foodservice department worked hard to make the fiesta a festive event and attractively displayed the foods to encourage consumption of the fruits. The event was a big hit with the students. They loved having the opportunity to taste test a variety of fresh fruits.



Foodservice Staff Education: To improve the quality of meals served in the breakfast and lunch program the foodservice supervisor trained her staff on receiving, storing, safely handling, and preparing food items for their new fruit and vegetable bar. She used the Team Nutrition book, *Fruits and Vegetables Galore*, which discusses proper care and display of fruits and vegetables. The



staff also did a can cutting so they could experience evaluating and comparing canned fruits and vegetables.



**Fruit fiesta at KHS
September 30**
There will be a fresh fruit presentation at Kendrick High School on September 30, from 7:45-8:30 a.m.
The presentation is part of a grant awarded to Kendrick School District from the State Department of Education. Irene Thornton, School Foods Supervisor, wrote the grant and will be making the presentation. Her goal is to increase healthier food choices by selecting more fruits and vegetables in our diets.
The community is invited to attend as well as students and staff. Come by and sample some fresh fruit.



KUNA SCHOOLS KUNA SCHOOL DISTRICT

Grant Coordinator:
Donna Riggs,
School Foodservice Supervisor

Grant Amount: \$2,496

Students Reached: 2,200
Adults Reached: 340

Grant Goals:

1. Help the High School decrease dependency on profit from pop machines.
2. Encourage the sale of healthier snacks in vending machines and other areas in school.
3. Increase first and second grade student's awareness of the connection between nutrition and physical activity.
4. Ensure Kuna School Foodservice staff has professional development.

“Steps to Promoting a Healthy School Nutrition Environment”

Nutrition Education: Nutrition education resources were purchased for the district including a 3-D food pyramid with food replicas. The first and second grade students had a chance to place an entire day's dietary intake on plates and place them in the proper category in the pyramid. The physical education teacher led them in their endeavors. The teacher also used the food replicas in an outside track activity; mixing nutrition with physical activity. The school nurse has used the food when she taught the students about proper serving sizes.

Nutrition posters were placed in schools throughout the district. A “Think Your Drink” poster was placed at the high school encouraging students to make wiser choices instead of soda pop. “Eat Breakfast” poster sets were put in all the elementary schools.

A book entitled *How to Teach Nutrition to Kids* was circulated throughout the district. A video entitled *Jancy Junkfood's Fresh Adventure* (for grades K-6) was shown in many elementary classrooms. Teachers have used the follow-up manual to do nutrition activities with the students.

As a follow-up activity to the nutrition education the students had an opportunity to plan their own healthy school lunch menu. The meal they designed was served to the entire school. This gave the students the opportunity to put the information they learned into practice.



Kavemen water bottle label developed under Team Nutrition Grant.

School Snack Improvements: There is no longer soda pop in vending machines in the schools. Once the soda pop and other unhealthy snack items were removed from the school the high school lunch participation increased from 450 to 750 students on average per day.

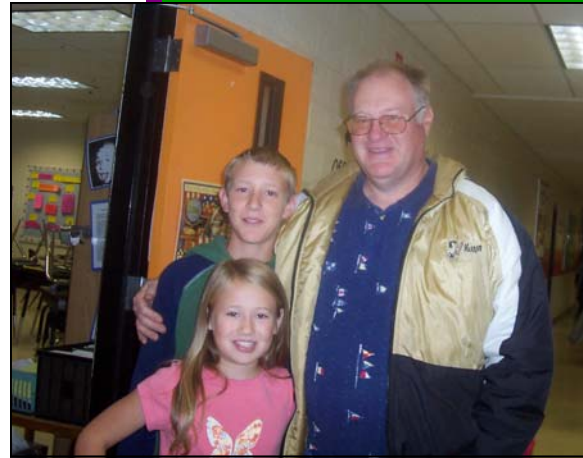
The foodservice department developed personalized bottled water that has the Kuna mascot on the label. The water is sold in the ala carte kiosk, concessions, and fundraising activities.

New vegetables were introduced in the school lunch program in individual serving size packages including sugar snap peas and baby carrots with dip. Also, sliced apples in a bag have been a hit at every grade level.

Foodservice Staff Development: Six food service employees attended the School Nutrition Association (SNA) State Conference in Sun Valley. They attended classes and training including HACCP, Healthy Edge and Blue Ribbon Meals. These employees are now all certified through SNA. The high school physical education teacher attended AAHPERD and shared information with health and physical education teachers concerning nutrition and physical activity.

Community Involvement: In an effort to promote breakfast and as a fundraiser for the school, the school had a Father/Student Breakfast. The district served 690 hungry dads, grandpas, uncles and all their children a healthy breakfast. A Mother/Student Breakfast is planned for the spring.

Fathers eating breakfast with their children at the Father Student Breakfast.



MIDDLETON HEIGHTS ELEMENTARY

MIDDLETON
SCHOOL DISTRICT

Grant Coordinator:
Robin R. Gilbert, Principal

Grant Amount: \$1,046

Students Reached: 360
Adults Reached: 360 families
and 55 staff members

Grant Goals:

1. Increase the number of servings of fruits and/or vegetables consumed by students during the day.
2. Increase awareness of appropriate levels of physical activity to maintain a healthy lifestyle.
3. Increase student knowledge of nutrition principles.
4. Increase nutrition education, physical activity, and professional development opportunities for staff.

“Expanded Options, Education and Activity for Lifetime Health”

Nutrition Education: Merrilyn Jefferies, the district’s nurse, taught nutrition to students in grades first through fifth. Students learned how the body uses and stores calories for energy, the importance of balancing caloric intake and caloric needs, and basic nutrition. The students worked on nutrition and physical activity goal setting and charted their progress on goal charts. Students were given pre and post nutrition questionnaires to measure their nutritional knowledge before and after their lessons.

Nutrition Breaks: To increase the number of students who have access to breakfast, the school decided to switch from serving breakfast at 8:00 each morning to serving a “power snack” mid-morning in the classrooms. Now all students have access to this healthy morning snack after their first period. Teachers were involved in the decision to make this change, as they were responsible for serving the snack in their classrooms.

Lunchroom Improvements: Lunch schedules were adjusted to provide students an adequate amount of time to eat. The fourth and fifth grade students now have recess prior to eating lunch, which eliminates the need for them to hurry to get to the playground. These changes have allowed a greater number of the students to consume more of the healthy lunch that is provided to them during the school day. The school also decided to increase the availability of fruits and vegetables in their lunch program by using self-serve “Heart Smart Carts.” Students are allowed to help themselves to as many serving of fruits and vegetables as they would like from the “Heart Smart Carts.”

Fitness Challenge: Middle Heights Elementary educated their students on healthful levels of vigorous activities that could be done at school and at home. They started a school wide run/walk challenge to encourage their students and staff to become more physically active. The school staff now exercises with students once a week. Pedometer use was discussed with students in their PE classes. The school purchased pedometers with their own funds which supplemented their school wide run/walk challenge. The students and staff were encouraged to take part in the community May Day Fun Run. Students were rewarded for their physical activity with collectible tags. The tags were a huge hit with the students and worked as motivation to get the students to be more active.

Staff Wellness: Since the school staff serves as the primary role models for students in the schools, Middleton Heights decided to implement a staff wellness program at their school. The staff received nutrition and physical activity education during their fall in-service days and they attended a fitness expo in March. All teachers were encouraged to take part in goal setting with their students. Each staff member at the school was encouraged to set nutrition and physical activity goals. They were then partnered with another staff member called an accountability partner. On a monthly basis the accountability partners would check in with each other regarding the progress of their nutrition and fitness goals. This program was well received by staff school wide. Teachers could be found walking laps around the school grounds during their free time and some teachers were losing weight while working toward the goals they had set. This project was so well liked that the school is working on writing additional grants to help improve the staff wellness program that has been implemented.



Parent Newsletters: Nutrition information and updates on school wellness projects were sent home to parents in a parent newsletter. Parents were educated on the importance of breakfast and encouraged to provide a healthy breakfast at home for their students. The newsletters encouraged parents to send healthy options to class parties; this was very effective during Halloween.



MURTAUGH SCHOOLS

MURTAUGH SCHOOL DISTRICT

Grant Coordinator:
Terri Andersen,
Foodservice Supervisor

Grant Amount: \$2,780

Students Reached: 234
Adults Reached: 25 teachers and staff
and 54 parents and grandparents

Grant Goals:

1. Expand breakfast program to accommodate more students and provide more options at breakfast.
2. Ensure professional development for foodservice staff, health, and physical education teachers.
3. Involve the community in the lunch program.
4. Change unhealthy vending machine choices into healthy options.

“Devilish Delights”

Breakfast Program:

As part of the Team Nutrition Mini-Grant Murtaugh School District started a breakfast in the classroom program. At the beginning of the



grant the school had an average daily participation at breakfast of 50%. Now the school is maintaining a participation level at 80%, a huge improvement to make over the course of one year. Not only has this increased student participation in this program, but teachers are also eating the breakfast and are really enjoying it. The Murtaugh School District plans to share the success of their program and act as a mentor to nearby schools who would like to start their own breakfast in the classroom program.

In conjunction with the breakfast program, the middle school and high school began a positive peer group activity day each Friday.



Each student was put into a group with one staff member as their leader. Each group was given an activity or a project that they were responsible for. Some of the projects the groups worked on in-

cluded decorating for the family lunches, a school scavenger hunt, door decorating contest for Red Ribbon Week, nutrition activities, and working outside to help beautify the school grounds. This program was said to be a great experience for all involved. The groups enjoyed having breakfast as a central reason to get together. The staff and administration plan to continue the breakfast groups in future years because it was so well liked by students and staff.

Community/Family Lunch: To encourage healthy role modeling and market the school lunch program to parents the school held three community lunches where they invited family and community members to eat with the students. At some of the lunches over 50 family and community members joined the students for the meal. At one lunch the students learned about etiquette so the tables were set up with fancy tableware and they had a mock formal Thanksgiving meal. The Breakfast Club students decorated tables with healthy foods and information about nutrition for the community lunches.

Taste Testing: The foodservice staff wanted to expand the foods they served in their meal programs so they provided samples of new fruits, vegetables, and whole grain foods for the students to taste test. They found that once they offered the fruit or vegetable to the students as a sample a couple of times then the students were more open to eating those fruits and vegetables during the meals. The feedback the students gave from sampling the foods helped the foodservice staff determine which new foods would be a success in their program.

Training: The foodservice manager attended the Idaho School Nutrition Association statewide meeting where she “learned a lot and enjoyed meeting and learning from the other people that attended the conference.” The foodservice manager had the opportunity to meet with other school foodservice employees from around the state and discuss what new ideas have worked well in other schools. The foodservice manager shared the information she learned at this conference with the other staff members in her kitchen. The foodservice manager also attended a training on the nutrient analysis software used at the school called Nutrikids. She can now use the program more efficiently and has the ability to use some of the extra features in the program.

Tables decorated by the students in the Breakfast Club



WEST MIDDLE SCHOOL

NAMPA
SCHOOL DISTRICT

Grant Coordinator:
Greg Wiles,
Administrator

Grant Amount: \$1,800

Students Reached: 692
Adults Reached: 178

Grant Goals:

1. Supply students with different healthy food samples during Prime Time by conducting several taste tests.
2. Educate students and staff about a healthier lifestyle by showing healthy living videos during Prime Time.

“Operation Healthy Choices”

Nutrition Education: Each month a different health topic was highlighted at Prime Time. Nutrition education videos were shown during Prime Time to students to teach about making healthy choices.

Students had the opportunity to taste test different milk products and rate the samples based on flavor. The students liked the chocolate and strawberry flavored milks the best and rated the soy and rice milks the lowest.



Pedometers were given to students who had perfect attendance in school. They recorded their steps on a daily basis for two weeks. Activity levels were recorded in “Got Milk.”™ notebooks donated by the Idaho Dairy Council. The results showed that the students were more active than the national average. This was thought to be due to the fact that the kids had become more aware of the need to exercise through the education provided on nutrition and physical activity.



Parent Newsletters:

Monthly newsletters were sent to parents. Each month a different health topic was covered. Topics ranged from body image to the benefits of dairy foods.

Health Fair: A health fair was held for all sixth grade students. During the health fair students had their heights and weights taken and Body Mass Index (BMI) calculated. Due to the sensitive nature of BMI screening, the results were kept confidential and the school required a parental release prior to measuring BMI. Vision, pulse, and blood pressure were also taken. Education was provided on the importance of regular exercise, healthy food choices, tobacco prevention, and dental care. Nursing students from Northwest Nazarene University were present and assisted the Nampa School District nurses with the screenings.

546 students were screened at the health fair and the results were as follows:

Less than 5th percentile: 2% (underweight)

5th to 85th percentile: 60% (normal range)

85th to 95th percentile: 17% (at risk for overweight)

Above 95th percentile: 21% (overweight)

Those in the underweight and overweight groups were referred to their health professional.

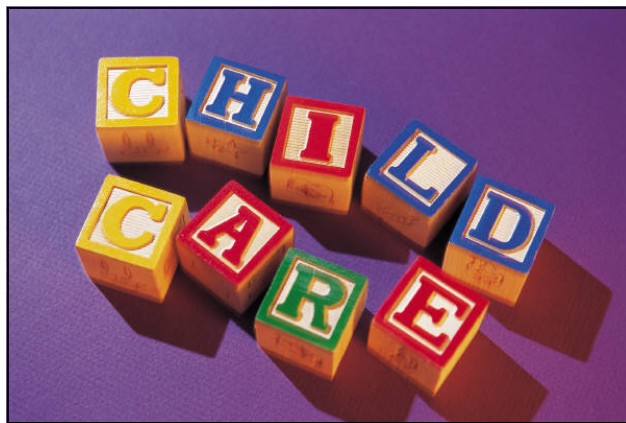
Student Survey: Each middle school surveyed sixth grade students after the health fairs. Thirty-two percent of the students said they drank one or more soda pops per day; 39% said they watch three or more hours of TV per day, and 40% said that they had exercised less than four days in the previous week. After seeing the results of the surveys the district worked toward making improvements in their schools. The district nutrition program began a fresh fruit and vegetable bar during lunch where students could have unlimited servings of these foods. West Middle School now has a milk machine with low fat milk, cheese and yogurt selections. The soda pop in the vending machines has been replaced with water, juice and sports drink choices. The school is no longer doing fundraisers that sell candy or food products. The school also has a wellness incentive program for staff with rewards for increasing physical activity, making healthier eating choices, and enhancing healthy lifestyles.

Students participating at the Health Fair.





CHILD AND ADULT CARE FOOD PROGRAM MINI-GRANTS



USDA's Child and Adult Care Food Program (CACFP) plays a vital role in improving the quality of daycare and making it more affordable for many low-income families. Each day, 2.9 million children receive nutritious meals and snacks through CACFP. This program reaches even further to provide meals to children residing in emergency shelters, and snacks and suppers to youths participating in eligible after school care programs.

Team Nutrition Mini-Grants were awarded to five CACFP sites in 2006. The mini-grants were funded by Idaho's 2004-2006 Team Nutrition Grant. The CACFP mini-grants titled "Food is Good, Moving is Fun" focused on encouraging young children and their families to eat more fruits and vegetables and become more physically active. Their projects are described in this section with hopes that other CACFP sites can implement some of these ideas at their own sites.

COLLEGE OF
SOUTHERN IDAHO
CHILD CARE CENTER
TWIN FALLS

Grant Coordinator:

Mary Hopkins,
Child Care Coordinator

Grant Amount: \$1,500

Grant Goals:

1. Extend classroom learning and reinforce the nutrition education in the home and in family life.
2. Include parents in their child's nutritional education and learning activities.
3. Reinforce the importance of eating fruits and vegetables.
4. Incorporate fun physical exercise into the children's day.

The College of Southern Idaho Child Care Center developed a set of nutrition and physical activity lesson plans for teachers to use in their center. Workshops were also developed for parents of the children at the site to encourage good nutrition and healthy activities at home.

Nutrition Education:

To assure that the planned nutrition education was consistent in each classroom a "Food is Good, Moving is Fun" Nutrition Lesson & Physical Activity Plan was developed for teachers to utilize as a guideline in planning the classroom nutrition education, lessons and activities. The lesson plan included: food lesson and activity, resources utilized, theme book, song, music, video, nutritional concepts to be reinforced, objective of the activity, fine motor skills and gross motor skills for physical exercise, sensory experiences involved, recipe foods and spices needed, materials and equipment needed, pre-lesson preparation, safety precautions needed, evaluation, and comments.



Children as young as 18 months participated in the nutrition activities, lessons, reading, music and physical exercise. Take home literacy kits, which were developed with grants funds, contained a theme book, one small object representing the theme of the book, and nutrition information for the parents to read. The take home packets were checked out by the children and the parents for the week.

Nutrition lessons and activities focused on fruits and vegetables. To encourage literacy each lesson was reinforced with reading of a theme book. Each nutrition lesson/activity included hands on learning about fruits and vegetables, food safety, use of supplies, proper procedures of handling the foods, and preparation of a recipe which included following the recipe, measuring, stirring and cooking, tasting and eating new foods, and enjoying the foods prepared by their small group or classroom.

Emphasis was placed on the importance of taking care of our bodies, with physical activity incorporated by using a theme song, music, dance or exercise. The children looked forward to the nutrition lessons, the fun exercise and took pride in sharing their new food experience with their parents.

Parent Education:

Parents took part in a “Food is Good, Moving is Fun” Parent Nutrition Education Mini-Workshop training. The mini-workshops consisted of:

Nutrition Story Books & Literacy Packets: Review of literacy packets, story books, story theme objects and nutrition education were covered. Each parent received a take home nutrition literacy packet. The workshop was provided by the CSI Child Care Center Lead Teachers.

Moving is Fun: Parents were introduced to the importance of incorporating daily physical exercise in the life of young children. A list of activities that parents could do at home with their children was provided. The workshop included hands on experience of physical exercise, music, dance and relaxation. The workshop was provided by the College of Southern Idaho, Physical Exercise Instructor and Fitness Facilitator.

Food is Good - “Fruits & Vegetables” with Mr. Chef Comb: Review of the Food Pyramid, importance of eating fruits and vegetables, simple meal planning and menus were covered. Each parent received a small bag of “new” fruits and vegetables to take home to reinforce the “*tasting and trying*” of new foods. The workshop was provided by the CSI Child Care Coordinator, with Chef Comb as the Assistant Instructor.

Feeding Infants: Topics covered included feeding solid foods, types of vegetables and fruits to serve, commercial or home-prepared, choking hazards, hands on experience with home-prepared infant foods. The workshop was provided by the South Central Health District Women, Infant’s & Children Instructor.

Nutrition education activities at the center.



COLLEGE OF SOUTHERN IDAHO SOUTH CENTRAL HEAD START TWIN FALLS

Grant Coordinator:

Ronda Stouder,
Administrative Assistant

Grant Amount: \$1,500

CACFP Children Reached: 582

Families Reached: 582

Other Adults Reached: 125

Grant Goals:

1. To increase the nutritional knowledge of families enrolled at CSI Head Start.
2. To increase the understanding of the importance of physical activity and its impact on overall wellness.

The College of Southern Idaho South Central Head Start implemented a variety of creative projects during their mini-grant. Each project provided families from the center with the information and tools needed to improve the nutrition and physical activity levels of their children.

Newsletter: The site created and disseminated a six page *5 A Day the Active Way* newsletter to all of the families at their site. The newsletter covered topics such as increasing fruit and vegetable consumption and ideas for increasing physical activities into the families' lives.

Staff Wellness: Taking into consideration that the staff at their center are role models to the children this Head Start encouraged their staff to get more active. Staff members started tracking their steps on the *America on the Move* website and pedometers were purchased for each staff member.

Physical Activity: The site purchased parachute kits. These kits contained a large parachute, balls, and a book of parachute activities to do



with children. The children played several games that encouraged physical activity while using the parachutes and balls from the kits.

Active Start for Healthy Kids: The book, *Active Start for Healthy Kids*, was purchased for each classroom to provide teachers with tips on physical activity and nutrition for kids. The teachers created lesson plans from the information out of these books to teach about healthy eating and provide more physical activity in their classrooms.

Menu Improvements: After researching nutrition information for their newsletter, CSI Head Start realized they could make some improvements to their menus. They stopped serving fruit juice and now serve whole fruit to add fiber to their menus.

Friends of Children and Families Head Start implemented two major projects from their Team Nutrition Mini-Grant that helped educate parents and children about nutrition and physical activity.



Gardening Project: Individual pots, soil, herb seeds, and instructions were provided to each classroom so that each child could water and watch their own herbs grow. After the herbs began growing, the children

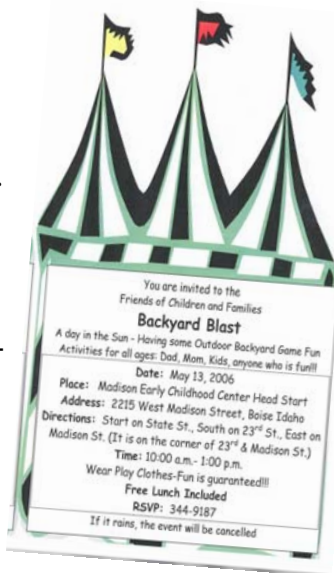


got to take their mini-garden home to enjoy over the summer with their family.



Physical Fitness Backyard Blast: Children and their families rotated through five stations at the Backyard Blast. The stations were as follows:

1. It's a Bugs Life: Musical movement to "Flight of the Bumble Bee" by Beethoven.
2. Circus Fun: Music and tight rope beams, round circles to hop in, and hula hoop games.
3. Going Bananas: Healthy snacks and a presentation on healthy eating by a dietitian.
4. Ball Bonanza: Taught a variety of activities that could be done with a ball.
5. Jumping for Joy: Children learned different jump rope games or learned to jump rope for the first time.



FRIENDS OF CHILDREN AND FAMILIES HEAD START BOISE

Grant Coordinator:

Sandy Buffington,
Food Service Coordinator

Grant Amount: \$1,500

CACFP Children Reached: 468
Families Reached: 468

Grant Goals:

1. Establish good nutrition through nutrition clinics that will address food components, shopping and their role in establishing lifelong eating habits.
2. Increase parent and family knowledge of good nutrition.
3. Encourage physical activity in the daily lives of children and their families.

GIRAFFE LAUGH EARLY LEARNING CENTER BOISE

Grant Coordinator:

Lori Fascilla,
Executive Director

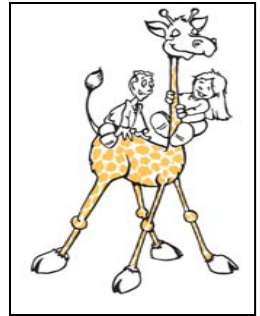
Grant Amount: \$1,500

Children and Parents Reached:
120 families + 21 teachers

Grant Goals:

1. Increase the amount of time children spend being physically active at home and in school.
2. Incorporate nutrition education and increase fruit and vegetable consumption in the meals of families.

Giraffe Laugh Early Learning Center implemented several imaginative projects under their Team Nutrition Mini-Grant that encouraged families to make healthy choices.



A Night in the Jungle at Giraffe

Laugh: “A Night in the Jungle with Giraffe Laugh” was an event where all of the parents and children from both sites gathered for a potluck. Each family brought either a fruit or vegetable dish to the gathering with a recipe card describing the ingredients and how it was made. Hamburgers and hotdogs were provided by the center. Everyone sampled the different fruit and vegetable dishes.

The site compiled all of the fruit and vegetable recipes from the potluck into a Giraffe Laugh Cookbook that was provided to every family.



This cookbook was also translated into Spanish for the Spanish speaking families.

Giraffe Laugh turned the “Night in the Jungle” into a teaching opportunity by labeling some of the foods as “Good Choice” and “Best Choice.”



*Good Choice: Regular Tortilla Chips
Best Choice: Whole Grain Tortilla Chips*

Exercise DVD:

Giraffe Laugh practiced exercising to fun songs with the children at their site and then video taped each class exercising to these fun songs. Each family received the DVD from the site with the hope that the children would play the video at home, see themselves on the video, and want to exercise more.



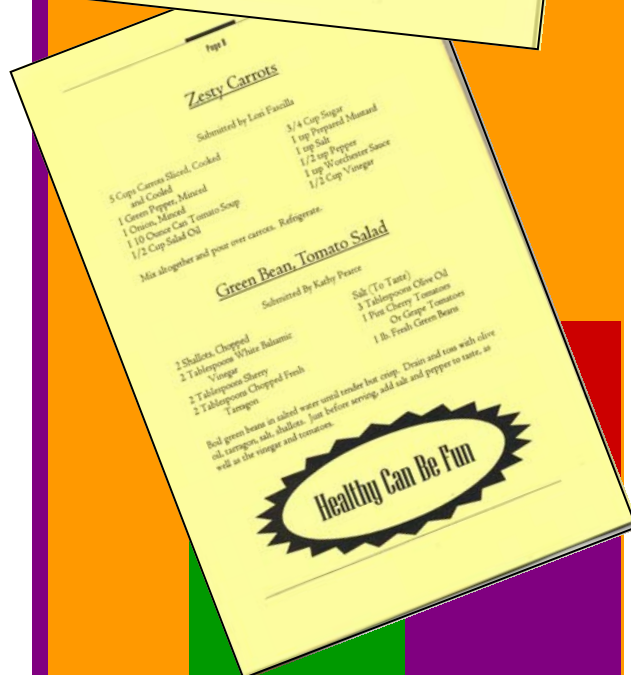
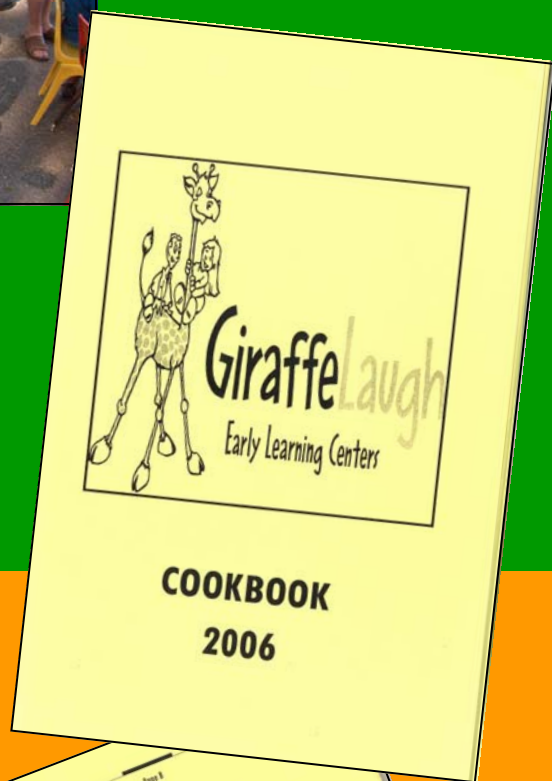
Families eating their fruit and vegetable dishes together.

Garden Project: Children and staff planted gardens at both Giraffe Laugh sites. The children participated in the growing process of the foods in the garden. The foods grown in the gardens were used in daily snacks at each site. The children benefited in many ways from this gardening project. During the growing process they learned about science, discovery, language, and had a lot of fun along the way.

Evaluation: Giraffe Laugh measured their achievements by giving the parents a pre and post survey that asked questions about their nutrition knowledge, the amount of fruits and vegetables their families are eating, and if they found the resources they were provided useful.



Rows of healthy side dishes!



ST. VINCENT DE PAUL COEUR D'ALENE

Grant Coordinator:
Deanna Jeffres, CACFP Director
A.K.A. Deanna Banana

Grant Amount: \$1,500

Children Reached: 300
Parents/Adults Reached: 118
Plus approximately 139 children and
numerous adults at the Kids Day at the
Park.

Grant Goals:

1. Increase awareness of nutrition, especially eating fruits and vegetables.
2. Increase awareness of healthy activities for children that promote movement.
3. Show parents ways they can initiate healthy behaviors with their children.

Through creative techniques the CACFP Director at St Vincent dePaul, Deanna Jeffres, focused the Team Nutrition Mini-Grant on community outreach and participation promotions.

CACFP Activities:

Parents and children learned through interactive presentations that nutrition and physical activity are fun and can be a family affair. Healthy activities that parents and children can do together were demonstrated. All of the young children had the chance to try new fruits and vegetables and were given an "I Tried It" worksheet to use at home.

Music and dance were incorporated in all classes to get everyone excited about nutrition and up and moving.

The presenter dressed up as Deanna Banana and sang several fruit and vegetable songs that encouraged the children to eat fruits and vegetables and get moving. Parents were given the USDA's My Pyramid for Kids and other nutrition information. At the end of the classes the parents and children worked together to make a healthy snack. The favorite healthy snack was Fruit Kabobs, which were skewers with a variety of fruits on them.



At the end of the class each child received a nutrition DVD called *Max's Magical Delivery* or a toy that encouraged physical activity.

Community Activities:

Art on the Edge, a five day community camp, had children participate in “Food Is Good, Moving Is Fun” activities for an hour each day. The activities included watching *Max’s Magical Delivery*, sampling fruits and vegetables, discussing the My Pyramid for Kids, participating in exercise stations, a food pyramid relay, and test driving a replica of Max’s Food Mobile. On the last day of camp there was a parent presentation where the children chanted “Food is Good, Moving is Fun!,” sang songs, and showed their parents the physical activities that they learned. At the end of the camp the campers reported that the “Food Is Good, Moving is Fun” activities were their favorite part of the camp!



Coeur d’Alene’s community *Kids Day at the Park* started out with a parade, where Deanna Banana and her helpers drove the Food Mobile.

After the parade hundreds of children went to the park and visited a variety of booths set up by members of the community. The “Food is Good, Moving is Fun” booth was a huge hit. Children who visited this booth went through several stations ranging from tasting vegetables to hula hooping to playing ball. The “Food is Good, Moving is Fun” booth was by far one of the most popular booths at the event.



During the grant period, St. Vincent dePaul participated in two parades with their Food Mobile.



“I loved this project! The kids were very receptive and interested in what we were teaching!”

Deanna Jefferes St.
Vincent dePaul Director

VALLEY CRISIS CENTER NAMPA

Grant Coordinator:

Kim Middleton,
Kitchen Manager

Grant Amount: \$1,500

Grant Goals:

1. Encourage healthy eating and happy play using themes that are fun and age appropriate.
2. To provide food and nutrition activities with each season of the year.

Valley Crisis Center is an emergency shelter for women and children of domestic violence. They provide a place to live while women and children are in transition from leaving a hostile home environment.

Nutrition and Physical Activity:

Valley Crisis Center did a variety of small activities that involved both children and their mothers during their Team Nutrition Mini-Grant. The center staff taught their residents about nutrition and physical activity in a assortment of ways. They also provided an opportunity for their residents to learn healthy activities that require little or no cost that they can do as a family once they move into their own home. Children and mothers were encouraged to work together during all grant activities to help foster a positive relationship.

The center used several Team Nutrition resources to teach nutrition at their site. Two times a month they taught a lesson and did an activity from *Food and Me* or *Tickle Your Appetite*. They covered topics ranging from the benefits of eating fruits and vegetables, to trying new foods, to cooking together, to gardening.

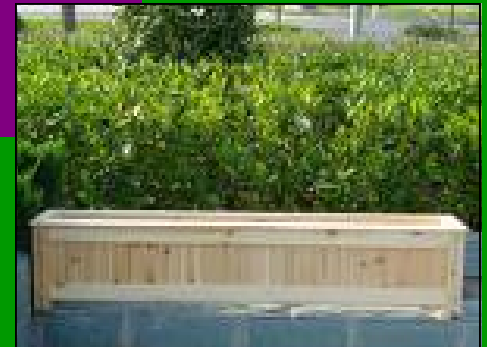
The site held a “Tickle Your Appetite Play and Picnic” day where children and their mothers had the opportunity to try unique fruits and vegetables and to take part in activities that encouraged physical activity.



Valley Crisis Center plans to continue to do grant related activities even with the grant being completed. They have a high participant turnover at their site and therefore many of their lessons can be taught repeatedly. There are several more grant related activities that they plan to accomplish over the next year including:



Gardening Project: The center is going to have a local farmer come to their site and teach the participants about planting and harvesting crops. The site has built some small planter boxes with funds from their grant. They want to teach their participants that healthy foods can be grown even if they do not have their own yard. Each participant will get to plant and take care of their own section of the plant box. Once the foods are ripe the children and their mothers will get to taste the foods they have grown.



Other Planned Activities:

- Develop an exercise course around the facility with stations the children and their mothers can participate in.
- Have the participants take part in planning a Thanksgiving meal. During this time they will teach about Thanksgiving foods that are good for you and teach the participants how to cook Thanksgiving foods.
- Celebrate New Year's with music, dance, and food. They will eat healthy snacks and talk about making healthy New Year's resolutions.
- Teach physical activity ideas that families can do together at minimal or no cost.





FRESH FRUIT AND VEGETABLE PROGRAM



The Fresh Fruit and Vegetable Program (FFVP) was included in the Child Nutrition reauthorization in July 2004 in four states and three Indian reservations. Idaho was added to the list of states in January 2006. This program authorizes the distribution of free fresh fruits and vegetables to schools throughout the state of Idaho, with at least half of the schools having over 50% of their students eligible for free and reduced priced meals. Idaho has 25 schools throughout the state that have had the opportunity to participate in this program. Some of the best practices from the schools that are currently participating in this wonderful program have been compiled in this section.

DOWNEY ELEMENTARY SCHOOL MARSH VALLEY SCHOOL DISTRICT

“We’ve had a great time trying new snacks like baby kiwi. We look forward to seeing what kind of fruits and vegetables we’ll have each day. It’s a great ‘pick me up’ to carry us through the longer days this year!”
Jan, 3rd Grade Teacher



“I have three children in elementary school. They enjoy the healthy snacks. I am glad to know they are eating healthy food at school, especially with the long school days. My girls love the tomatoes and my son loves the celery.”

Angie Taylor, Mother

Some of the students in rural Downey had never tasted a pear or cucumber before the Fresh **Fruit** and **Vegetable** program was offered in their school. This program is trying to improve the eating habits of children in rural areas



where the availability of fresh **fruits** and **vegetables** may not be as abundant.

The cooks cut the **fruits** and **vegetables** up and bag them. Pans are filled by grade with enough for each student to have one

bag of **fruit** and one bag of **vegetables**. The principal picks up a cart full of the **fruits** and **vegetables** from the kitchen and rolls the cart down the hallway.

When the students come in from recess, they have time to eat the **fruits** and **vegetables**.

Healthy snacks introduced to students

Downey school welcomes program to improve eating habits of children

By Elizabeth Zapier

DOWNEY — Right around the Christmas holidays, a group of students had a special treat. They had a chance to try some new fruits and vegetables. And it was all thanks to a special program at Downey Elementary School.

At the beginning of the year, the school's students and staff got a free cart of fresh fruits and vegetables. The cart was filled with a variety of fresh fruits and vegetables, including apples, grapes, kiwi, and celery.

Downey Elementary School principal, Jill Green, said she was excited to see the program. She said that she had never seen a cart like this before. She said that she had never seen a cart like this before.



Ann Taylor, a second-grader in Margie Hansen's class, snacks on an orange during a mid-afternoon fruit and vegetable break at Downey Elementary School Thursday afternoon.

“Things like grapes or cucumbers, a lot of kids don’t get these every day. A lot of students don’t have the opportunity to get the full daily requirement of fruits and vegetables.”

— Jill Green, Downey Elementary principal



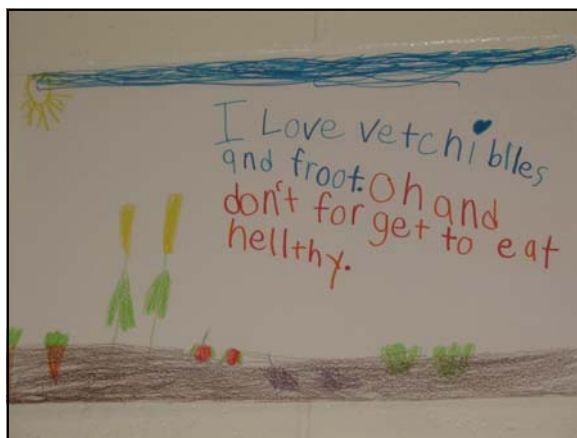
“I have never seen a real pear, this is the first time I have tasted a pear!”

Downey Student

Have you heard of a Grapple? Blood Orange? Kumquat? Or Kiwi Berries? These are some of the unique **fruits** and **vegetables** that the children are trying at Gooding Elementary and Middle School. Anji Baumann, Food Service Director, has included fun fact sheets and activity sheets with her baskets of **fruits** and **vegetables** to go to the classroom so the teachers can use the snack time as a “teaching moment” to inform the children about what they are being offered. The unusual **fruits** and **vegetables** are being offered school-wide, including in the nurse’s, principal’s and school offices.



Baskets of pluots being delivered to the classrooms with a pluot fact sheet for the teacher to read to the class.



“It has been a great adventure to find unusual fruit for our students to try. Children ask each day what the next fruit or vegetable will be.”

Anji Baumann, Gooding Foodservice Director

GOODING ELEMENTARY / MIDDLE SCHOOL GOODING SCHOOL DISTRICT



New fruits and vegetables being offered at the Food Pyramid Fiesta.

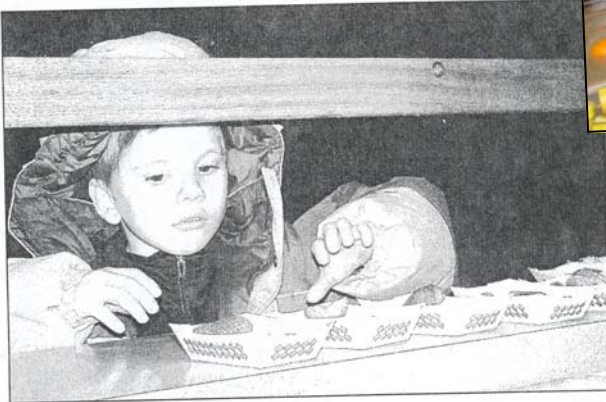
IDAHO HILL ELEMENTARY

WEST BONNER COUNTY
SCHOOL DISTRICT

Students are given **fruit** and **vegetables** twice a day at Idaho Hill Elementary. According to Kitchen Manager Kathy Hansen the program requires a lot of prep work, but it is worth it. The children eat the offerings in the classroom, the hallway, and the cafeteria. You can find them munching on this healthy fare throughout the day. Teachers are also encouraged to take part in the Fresh **Fruits** and **Vegetable** Program.

By cutting up the **fruit** and **vegetables** and offering a variety in each serving container, Idaho Hill Elementary is giving the children a wide range of **fruits** and **vegetables** to try. By exposing the children to these different **fruits** and **vegetables**, they are shaping their eating habits for a lifetime.

IHE gets healthy with food grant



—Photo by TERRI IVIE

Idaho Hill Elementary first-grader Jonathan Miller looks over the fruit selection at the morning break.

OLDTOWN — Fruits and vegetables are at the top of the list for helping children be more healthy. Idaho Hill Elementary received a federal free Fresh Fruits and Vegetables Program grant for \$14,247. It was one of 25 schools selected in the state.

According to West Bonner County School District Food Service Director, Sue Van Natter, she applied for the grant for Idaho Hill Elementary and Priest River Lamanna High because of the high number of free and reduced meals.

"We feel honored that IHE was chosen for the grant. It will help finish out this year and the 2006-2007 school year. I have to submit paperwork to the state every month but it's worth it.

"We've really tried to get the best items for the money," Van Natter said. "We are being fully reimbursed for produce, promotional and educational materials, and time through the state," she added.

According to IHE kitchen Manager, Kathy Hansen, she serves the students twice a day. Fruit in the mornings and fruit and vegetables in the afternoon. There's a lot of prep work involved and the teachers are also encouraged to take part.

The federal government started this program in 2002-2003 as a pilot to increase the consumption of fresh fruits and veggies to children to help combat childhood obesity by learning more healthful eating habits. Idaho was included in last year's expansion.



Kamiah delivers their fresh **fruit** and **vegetables** daily. Students line up to get healthy food snacks which are different each week. The snacks offered range from mixed **fruits** and **vegetables**, jicama and lime slices, pineapple slices, miniature fruit salads, kiwi, strawberries, carrots, snap peas and celery sticks. The students have said that the **snacks** make them feel better.

According to Karen Moffett, the Kitchen Manger, the elementary students are so excited that they start asking the day before “What will the **snacks** be?”



Letters From First Grade Students:

“The snacks were very very good. My favorite was strawberries and grapes. I think they are all good. You should try them. We would like them on Friday and Monday and Tuesday.”

“I love the kiwi. I love the grapes too. Can you bring them again? The fruit is healthy for your body.”

“I like kiwis and jicama and I love the fruit because they are the best you can have. That’s why I love the fruit. They help me learn.”

“I like the snacks. I like the kiwi the best. Thank you for the snacks lunch ladies. I like them all. They are good. They were all good. They were healthy.”

“I like the plums and the bananas and the pears. Thank you for those things. Mrs. Moffett and lunch ladies. I love them because they are good.”

KAMIAH SCHOOL KAMIAH SCHOOL DISTRICT

Students in 25 schools will get free fruits, vegetables

Kamiah schools among recipients

concerned about the health of their children and this program is one way schools can help students.”

BOISE — Students in 25 Idaho schools will enjoy free fresh fruits and vegetables as part of a national and state effort to improve the eating habits of children.

Idaho’s grant will provide funds for selected schools to buy and make available fruits and vegetables through June 2007.

Idaho was one of 14 states chosen to participate in the new U.S. Department of Agriculture’s Free Fresh Fruit and Vegetable pilot program.

More than 70 schools applied to participate in the program. Those selected were able to demonstrate strong community partnerships connections to the academic program, a plan to implement the program, and a need. The

“The State Department of Education is pleased...”

...ring the month. Schools selected to participate in the program will receive a grant to purchase fresh fruits and vegetables for their students.

B-R-E-A-K
By Chelsea Schaff

N - R - G

Students get an extra boost of energy during the morning recess time, especially on Tuesdays and Thursdays. No junk food here. Actually students are lining up to get healthy food snacks which have been provided by our school lunch program. The snacks are different every week from mixed fruit and vegetables, jicama and lime slices, pineapple slices, miniature fruit salads, kiwi, and other fruits. Students say the snacks are tasty, give us energy to play and help us concentrate on classroom work. All the people who work in the school lunch program package up the snacks for us. Mrs. Moffett understands that kids eating good snack foods will feel better during the school day and the students agree.

KELLOGG MIDDLE SCHOOL

KELLOGG
SCHOOL DISTRICT

Kellogg's Foodservice Director, Arlene Hendrix, reported that on the first day of the Fresh **Fruit** and **Vegetable** Program "We had to fill the cart three times between seven and eight in the morning. Not only did we have students eating all of the **fruits** and **vegetables**, our breakfast count went up. The cafeteria was just buzzing with students. We are happily snacking!!!"

Kellogg Middle School offers the fresh **fruit** and **vegetables** throughout the entire day. The **fruits** and **vegetables** are offered in the classroom, the cafeteria and on the bus when traveling to away games. Peggy Figueroa, Kitchen Manager, takes suggestions from the children on the selection of **fruits** and **vegetables**. The cafeteria has a "**Veggies Galore**" stand where the children can take **veggies** when they want.



— Photo by LEILA SUMMERS

Fresh fruits and vegetables will be offered to Kellogg Middle School students and faculty free of charge starting Wednesday. Pictured are district food director Arlene Hendrix and Kellogg Middle School kitchen staff: Peggy Figueroa, kitchen manager; Myra Caldwell, technical assistant; and Margo Maple, assistant kitchen manager.

A galore of greens

Two Silver Valley schools receive grant to supply more fresh foods

by LEILA SUMMERS
staff writer

KELLOGG — A cart filled with baskets sits in the Kellogg Middle School cafeteria ready to be filled with fruits and vegetables starting today.

Peggy Figueroa, kitchen manager at Kellogg Middle School, said the display of fresh fruits and vegetables is part of a program aimed at changing the eating habits of students by providing healthy alternatives to salty, sugary and fattening snacks.

tional program, according to the Idaho Department of Education.

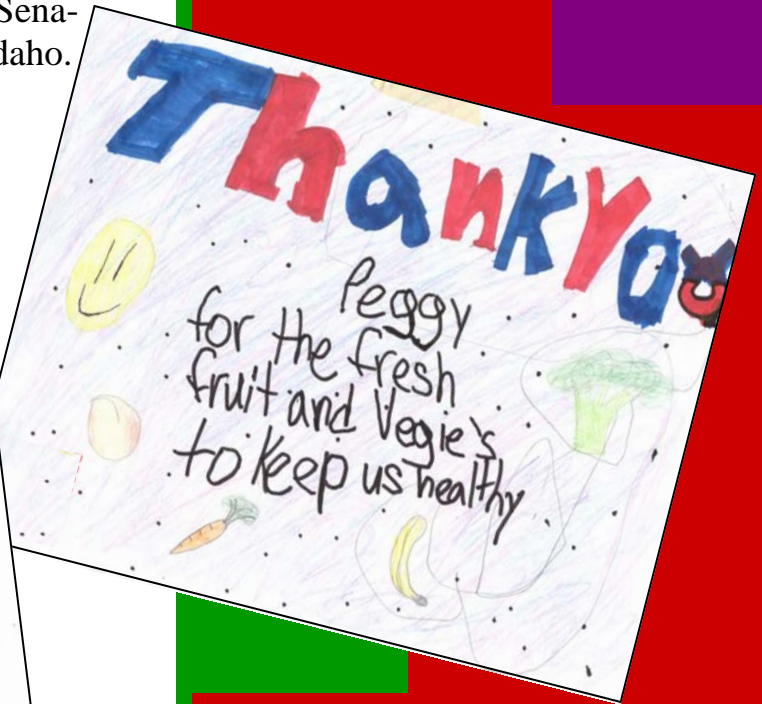
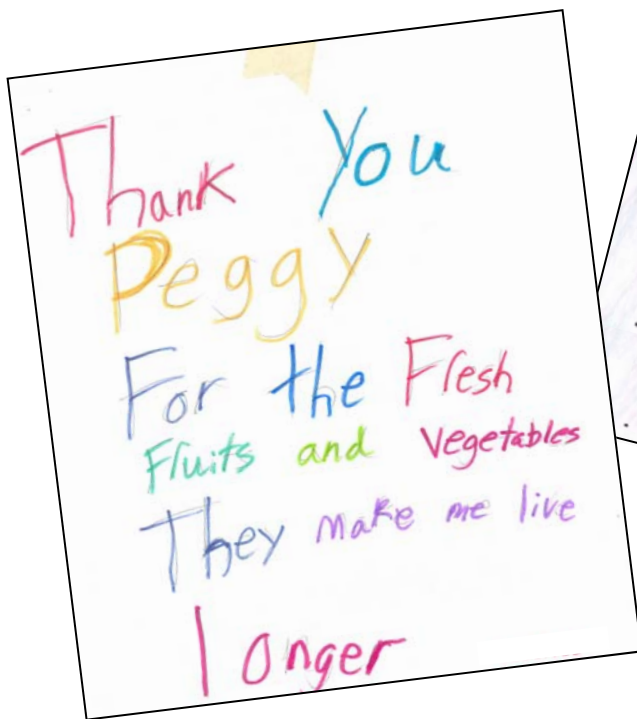
Figueroa said she hopes the program will curb childhood obesity and help students adapt healthy foods into their lives.

"I would like to see them get a variety of foods and eat right," she said. "I hope it helps them make wise choices."

Teachers also are invited to nibble the nutritional snacks. Arlene Hendrix, Kellogg School District director for food services, said teachers are encouraged to serve as role models by incorporating nutrition into various academic lessons and by being seen eating their greens.

Salad dressing will be available for individuals at the "veggies galore" cafeteria stand, Figueroa said.

The children wrote thank you letters to Peggy with colorful drawings. These were shared with Senator Crapo when he toured some schools in Idaho.



Kellogg Middle School Staff Comments:

Since we have started fruit in our classrooms, I have been amazed at how quickly the students snarf it up! The basket comes in the morning, and by the end of my first period class it is all gone. I could use the basket filled for every class I have and it would still be gone by the end of the class. The kids really enjoy it in the room.

Sincerely,

Joan Dawson, Math Teacher

The fruits and vegetables grant made available to Kellogg Middle School is one of the best that I have seen in 15 years of teaching. A skeptic at first, I am amazed at how the kids are eating the food made available to them (along with the staff!!) and how they are enjoying it.

Scott White, Language Arts Teacher

I was visiting with a middle school mother, and she was excited that her son loves the salads at school and is now eating them at home as well. Many of our students do not get the fruits and vegetables required at home and it is fun to watch their excitement when a basket of fruit is brought to the classroom. Thank you for the opportunity to expose our students to a healthy way of eating. I have purchased more fruits and vegetables lately for home, so even the teachers are getting hooked. We love the program and our cooks are wonderful for applying for this grant.

Sincerely, Mary Cobb, Media Specialist

LAKES MIDDLE SCHOOL

COEUR D'ALENE
SCHOOL DISTRICT

At Lakes Middle School **fruits** and **vegetables** are offered during announcements and when students get individual reading time. The Principal, Chris Hammons, says that is “when (the students) definitely have the munchies.”

Lakes Middle School offers a wide variety **fruits** and **vegetables** on large trays in the hallways. The students have the opportunity to try **fruits** and **vegetables** from an assortment of colors. The Kitchen Manager, Lois Sauberan, is a strong believer in introducing new foods to children. Lois worried on the night before they were to start that the kids would not take to the new treats. Fortunately, on the first day, it was an overwhelming success. Their most successful **fruits** and **vegetables** are **kiwi**, **oranges**, **tangerines**, **broccoli**, **pea pods** and **yams**!

Julie Brown, a teacher at Lakes Middle School, noticed a change in her students after the **Fresh Fruit** and **Vegetable** Program started. “I have seen the students change their food choices. I don’t see the candy wrappers left in desks like I used to. Students are much more alert during 4th period.”



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Dear Lois,
Thank for the snack break. I enjoy having the fruit because I am not as hungry and can work better. I really hope we can have it next year. I have never had a school do anything like this before. Thanks alot. Lakes is the Best School every !!!

Your friend,
Christopher Robert Combs

P.S. We should have mango & pineapple more often 😊

Good grub, with

CdA school doling out healthier eats to students thanks to federal program

BY RASHA MADKOUR
Staff writer

Kitchen manager Lois Sauberan spent the night worrying that the kids at her school wouldn't take the new treats. As it turned out, she shouldn't have given it a thought.

On Monday, the first day Lakes Middle School distributed free fruit and vegetables, students walked the hallways while munching on yellow apples, read while snacking on oranges, and lined up for cups of fruit and vegetables. Meanwhile, a nearby vending machine stood unused.

"It's awesome for something to eat

in the morning," sixth-grader Christian Smania said of his snack, a cup of sliced orange. "It wakes you up a bit."

Haily Bisher, another sixth-grader, was one of the few to pick a vegetable cup. She opted for pea pods and olive "It's good because we g love food."

Added sixth-grader who picked kiwi: "We eating nutritious snack"

That's precisely why adopted the fruit and program in 2004. In

program was wildly getting children to e foods. Students ate servings offered, a

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The program i new states annu



Cheers to the first day of the Fresh Fruit and Vegetable Program!

To Whom It May Concern,

I would love to personally thank all of the personnel that were involved in designing and implementing this program. As the principal in the middle school that has over 50% free and reduced lunch students, I was thrilled when I found out about the fact that we have been chosen to pilot this program. What is amazing about the program is that it has exceeded my wildest imagination with its impact on our students. Our children are eating a healthy snack everyday and they are learning to try new foods. It is a common occurrence to see students share and encourage classmates to try something new on a daily basis. Many children don't have fresh fruit or vegetables in the home over the weekend. This program provides them with not only great food five days a week, but promotes a healthy lifestyle. It makes me smile everyday when I walk into the classroom and see all of our students quietly reading while eating an apple, an orange, a banana, or some type of veggie each morning. I have never seen so much produce consumed as I have this year. Thank you very much. Our children are healthier because of you.

Sincerely,
Chris Hammons
Principal



LAPWAI ELEMENTARY SCHOOL LAPWAI SCHOOL DISTRICT

Student's artistic fruit and vegetable thank you notes hang on the walls of the school.



The delivery of fresh **fruits** and **vegetables** in Lapwai is innovative, using small coolers to keep the cold **fruit** cold. First thing in the morning, each day of the week, the coolers are filled with fresh **fruit** to go to the assigned classrooms. The students got into the habit of asking what the **fruit** of the day was going to be. Knowing that grapes and strawberries are their favorites, a great variety of **fruits** are offered.

Each afternoon the coolers are re-loaded with fresh **vegetables**. The **vegetables** provided include sugar snap peas, carrots, celery sticks, jicama, the fresh **vegetable** list goes on and on. Peanut butter cups are given with some of the **vegetables** to add a boost of protein.

Rolling carts are available in the lunchroom where children return the empty coolers from their morning classroom. The carts are also available in the afternoon in a neutral location for the students to return the afternoon coolers. Volunteer students then return the rolling cart to the lunchroom to get ready for the next day.



The children love the opportunity to be the designated person to return the cooler each day.



The staff at Marsing High School know that the students sometimes roll out of bed and rush to their class without having time to eat. That is why they have made the Fresh **Fruit** and **Vegetable** Program available to students in the morning so they can grab a healthy snack and get to their class on time. The attractive display of **fruits** and **vegetables** entice the children to eat a healthy snack instead of junk food!



Even students who are on the run to class have a chance to grab something healthy.

Outreach was made in a variety of different avenues. Announcements were made in the district newsletter, parents received monthly education workshops around the fresh **fruits** and **vegetables** from ISU Extension program staff, the Consumer Science Class and the Agriculture Class had a chapter on nutrition, and they contacted the local newspaper to highlight this wonderful program.

“A great way to launch the day taking very little time.”

Charlotte Villarreal-Natale,
Foodservice Director

MARSING HIGH SCHOOL

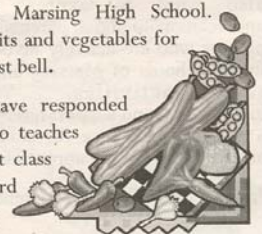
MARSING SCHOOL DISTRICT



Marsing High School Pilot Fruit & Vegetable Program

As a result of grant award from the Idaho Department of Education, our District is participating in a Pilot Fruit and Vegetable Program at the Marsing High School. Students are provided fresh fruits and vegetables for Breakfast each morning prior to the first bell.

Participation is very good and the kids have responded positively to the program. This program also teaches good nutrition to our students in a way that class time could never achieve. Our grant award continues through the 2006-2007 school year.



Students and teachers enjoy the fresh fruits and vegetables offered!

**WALLACE
JR/SR
HIGH SCHOOL
WALLACE
SCHOOL DISTRICT**

Wallace Jr/Sr High School teachers Used the Fresh **Fruit** and **Vegetable** Program, as a way to teach the students about healthy snacks. Allowing the students to research the benefits of the fresh **fruits** and **vegetables** will make this a lesson they will not soon forget.

By having the students write letters in their class, they have seen, heard, said and done something with the message of eating healthy. These letters all were sent to the State Agency then given to Senator Crapo when he came to visit FFVP sites in Idaho.

Student Letters:

To whom it may concern:

Thank you for the fruits and veggies. It helps me concentrate and think clearly. It also helps people who don't eat breakfast. Healthy snacks keep you healthy for sports. It keeps me from starving in the middle of a school day.

To Whom It May Concern:

Thank you for accepting our grant proposal of free fruits and vegetables. I think that our school is a great place for health and nutrition. In this school anybody is allowed to have fruits and vegetables between 2nd and 3rd period, thanks to your grant. It is the best time to fill ourselves with nourishment. During the time we have these snacks we aren't as hungry as we normally would be. Once again thanks the food.

To Whom It May Concern:

Thank you for allowing us to have fruit and vegetables after 2nd period. Some of my classmates say that, "They can't think on a empty stomache." It also keeps us very healthy, instead of buying junk out of the vending machine. It is a fact that today's youth are at a great risk for having things like Obesity, heart disease, and dental problems by not eating fruit, vegetables, and and other healthy food.

Thank you again for allowing us to have fruit and vegetables free, so that it keeps us healthy and ready to learn!

To Whom It May Concern:

I think the fruit is great because it helps me think. I am not thinking about my empty stomach. It is always better to have free fruit than buy something out of the vending machine. I like most of the fruit that gets put out. It is also good to have all different kinds of fruit.



The week of April 18, 2006, Senator Mike Crapo visited two schools to kick off the USDA Fresh **Fruit** and **Vegetable** Program in the state of Idaho. Having a dignitary come to talk about the program and answer many questions from the children makes a lasting impression on all, including the Senator. Some of the questions the children asked were “Do apples have seeds?,” “Where do the seeds come from?” “How did they get there?” “Do you like your job?”.

Idaho was the first state to have a Senator highlight the program in the state. This will come in handy when the program comes up for reauthorization. Keep those newspaper articles, pictures and letters from children and parents coming. The State Agency will forward them to the Senator periodically and keep the program in the public eye.



SENATOR CRAPO VISITS MERIDIAN ELEMENTARY & DORA ERICKSON ELEMENTARY

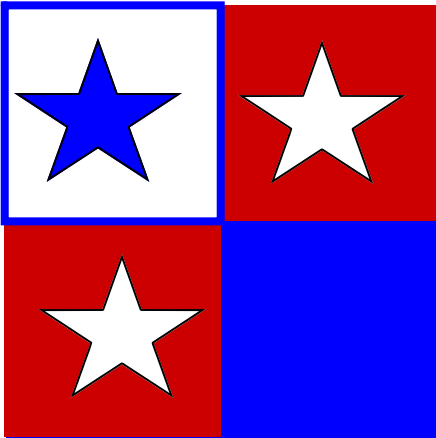
Senator Crapo spearheaded funding in Congress to establish a new Healthy Fruit and Vegetable program funded through the U.S. Department of Agriculture which establishes healthy snack alternatives in the classroom and other locations throughout the school environment.



HEALTHIERUS SCHOOL CHALLENGE



Obesity is a growing concern for school children in the United States. The United States Department of Agriculture (USDA) believes that schools should be taking a leadership role in helping students learn to make healthy eating and active lifestyle choices. Many schools have already made changes to their school nutrition environments, improved the quality of the foods served, and now provide students with more nutritious, healthy choices. USDA's Food and Nutrition Service (FNS) wants to encourage schools to achieve such results, and has established the **HealthierUS** School Challenge to encourage schools to go further and to recognize those who chose to do so. **HealthierUS** Schools can be certified as either Silver or Gold Schools, according to standards established by FNS. The objective is to recognize schools that take specific steps to improve their programs and address obesity and to encourage other schools to follow their lead.



GOODING ELEMENTARY RECEIVES GOLD AWARD



HEALTHIERUS SCHOOL CHALLENGE



Gooding Elementary School has won a top award from the US Department of Agriculture (USDA) for steering students toward healthier food and exercise. The school was the first in the western United States (Guam to Alaska) to win the USDA's **HealthierUS** Challenge Gold Award. **Idaho is only one of five states nationwide to have a school meet all of the requirements of the Gold Award.** This is a huge honor for the state of Idaho Child Nutrition Programs and Gooding School District.

How They Did It:

Anji Baumann, Gooding School District's Foodservice Director, started working on the **HealthierUS** Challenge in the summer of 2005; almost a year later she achieved her victory by meeting all of the requirements for the Gold Award. She was very determined and willing to try new things in order to achieve the standards set by the award. Gooding Elementary started offering unlimited fruits and vegetables on their Healthy Choice Bars three years ago. The bars helped the school meet the fruit and vegetable requirement of the award. Anji and her staff at Gooding Elementary worked hard testing new recipes to meet the daily whole grain requirement. The majority of their whole grain products are made from scratch and all are well liked by the students. The foodservice department teamed up with the physical education department to develop the school's walking program. Much of Gooding's success with the **HealthierUS** Challenge is due to Anji's determination to make the positive changes and because the school has a team of people who work well together at achieving wellness school wide.





The Great Things that Gooding Elementary Does to Meet the Gold Criteria:

- Offer a whole grain with every meal
- Offer a low-fat milk with every meal
- Provide Healthy Choice Bars with fresh fruits and vegetables every day
- Provides nutrition education to students through the nutrient of the month, taste tests, and as part of the classroom science curriculum
- Provides students the opportunity for physical activity with a mandatory weekly walking club and 150 minutes of recess per week for grades one through five
- Does not have any ala carte or vending machines in the elementary school.

The Celebration:

Several dignitaries attended the presentation of Gooding's HealthierUS Challenge Gold Award. Eric Bost, formerly the Undersecretary for USDA's Food, Nutrition, and Consumer Services presented the award to Gooding School District's Superintendent, Robert

Stearns. Allen Ng, the FNS Western Regional Administrator, presented a plaque to Anji Baumann. The Chief Deputy Superintendent of Public Instruction, Dr. Jana Jones, congratulated the school on being the

first school in Idaho to achieve such a high honor. Other attendees included FNS staff from Washington DC and the Western Regional Office, State Child Nutrition staff members, and representatives from the Governor's office, Senator's office, and the Idaho Dairy Council, and the USDA's mascot, Power Panther!



Mr. Bost, formerly the Undersecretary for USDA's FNS, spoke to students at a school wide assembly and ate lunch with the students later in the day.







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IDAHO

