

WISCONSIN 2008 TEAM NUTRITION TRAINING GRANT Proposal Summary

The Wisconsin 2008 Team Nutrition Training Grant proposal uses a multifaceted approach to help schools connect the cafeteria to the classroom through nutrition education. Wisconsin produces many varieties for fruits, vegetables, low fat dairy, lean meats and whole grains, and the promotion of this produce is an excellent way to engage students and communities in nutrition education. Through cooperative efforts among several Wisconsin agencies, farm fresh produce, local Wisconsin foods, and life-long activity will be featured in school meals and classroom activities, and will serve as a way to connect the community to the classroom.

Nutrition education is an essential component of any successful farm-to-school program, as it can improve children's knowledge about food, including where food comes from, how food is prepared and the role of a variety of foods in a healthful diet. Increasing the local food options in schools, through farm-to-school efforts and a themed nutrition education curriculum will improve the connections between schools, teachers, students, farmers, and the community. The "Locally Grown Athletes" sessions will expand the curriculum to include life long fitness, and connect local foods with a healthy, active life. In the 2008 TN project, the "Nutritious, Delicious Wisconsin" nutrition education curriculum will be implemented in ten elementary and middle school test sites, and will have a direct connection to the cafeteria.

This project has five main goals. The goals and the objectives to meet each goal are:

Goal #1: Implement the "NDW" nutrition education program.

- A "NDW" curriculum will be written and permission to adapt materials for the curriculum received. The curriculum includes materials for use in the classroom and cafeteria, including a Wisconsin MyPyramid and Food group posters with nutrition/agriculture facts.
- The "NDW" curriculum will be printed for training sessions for food service staff, teachers, and school volunteers.
- At least 100 participants will have attended the pilot site nutrition education trainings. Teachers, food services staff, administration, and volunteers will be invited to the trainings.
- 100 food service professionals will have attended one of the "NDW" training sessions for food service, with specific connections to HUSSC and the 2005 DGAs.
- The "NDW" curriculum will have been provided to all state school districts and food service directors.

Goal #2: Pilot test the "NDW" curriculum in at least ten sites in Wisconsin.

- Ten pilot sites will have been selected from a pool of DATCP AmeriCorps sites, HGL schools and Fresh Fruit and Vegetable snack sites.

- Nutrition education and training will have been provided to all the AmeriCorps nutrition education members or others providing nutrition education at the ten pilot sites.
- At least 250 elementary teachers will have been exposed to the Nutritious, Delicious Wisconsin curriculum.
- At least 1000 elementary students will participate in the “NDW” curriculum and have completed pre- and post-surveys.
- The “NDW” elementary and middle school nutrition education lessons that connect the cafeteria to the classroom will have been tested at 10 sites. These sites will be participating in the WI DATCP AmeriCorps program, be active in the HGL program or will be part of the Wisconsin Fresh Fruit and Vegetable Snack program.

Goal #3: The “NDW” program will be used to promote healthy food choices for students, their families, and the community.

- The 10 pilot sites will have promoted healthy snacks and food choices at school and home, with a focus on local foods, at least three times over the school year. Information will be disseminated through school newsletters, websites, and other school and community communication channels.
- At least one local grocery store in each pilot location will have featured “NDW” signage or materials (designed by students as part of the “NDW” curriculum) to support the school curriculum during the pilot time frame.
- Five pilot sites will have hosted a family food fair night that included a chef presentation using local foods. Whenever possible, two or more pilot sites will jointly host the family food fair night at a convenient community location.
- “NDW” tips will be included in the BLBW buying guide.
- The impact of “NDW” will have been measured by looking at the percentages of food purchased from local outlets by school food services, pre- and post-surveys for nutrition education lessons and school meal participation rates.

Goal #4: Encourage and Support Healthier School Environments.

- Data from the Wisconsin NGA grant studying the Barriers to applying to the Wisconsin governors’ Healthy school award will be used to assess barriers to applying to the HUSSC. The HUSSC award applicants will be credited points on the Wisconsin governor’s school health award application in 2010.
- Students at the pilot sites will have increased their average fruit and/or vegetable intake by 0.5 servings per day on average, per intake surveys.
- At least 25 school districts will have participated in Wellness is Local summit to evaluate and revise school wellness policies
- Students at pilot sites will have been surveyed to assess attitudes about new foods and beverages
- Students will show at least a 50% improved attitudes about trying new foods and at a 75% increased awareness of healthy food choices.

Goal #5: School districts will take an active approach toward evaluating and revising school wellness policies.

- An online survey tool will be used to assess district wellness needs (by surveying wellness committee contacts) and district food service attitudes and needs towards wellness policies, farm-to-school and the HUSSC (by surveying district food service directors).
- Information from the surveys will be used to tailor the “Wellness is Local” Summit.
- A “Wellness is Local” Summit will be held in Fall 2009 to highlight the pilot testing of the “NDW” curriculum, encourage farm-to-school collaborations, and offer technical assistance for upgrading wellness policies.