

# Food Wars 2:

Join the conversation on creating healthy students, healthy meals, healthy communities

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DAIRY COUNCIL  
of CALIFORNIA®  
Healthy Eating Made Easier®

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cal fresh Nutrition Education



# Objectives:

- Explore the nutrition landscape in schools
- Participate in the discussion





<http://www.takepart.com/article/2015/07/15/s ee-farm-where-pizza-and-taquitos-grow-trees>

# School Meals getting lots of attention

- Child Nutrition Reauthorization underway
- Focus is on obesity prevention, equity
- Sodium and whole grain flexibility major topics
- Food waste concerns, with focus on F/V
- School Breakfast and Summer Foodservice Programs support for increasing participation
- Nutrition education vs. behavioral economics



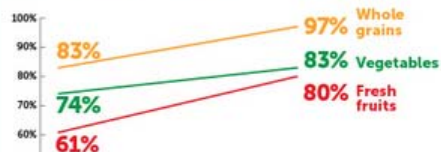
## HEALTHIER SCHOOL MEALS

### SCHOOL LUNCHES ARE HEALTHIER AND PARENTS ARE ON BOARD

95%

95% of schools nationwide meet the healthier meal standards rolled out by

Percent of U.S. elementary schools offering for lunch



There is bipartisan support<sup>1</sup> for healthier standards:



<sup>1</sup> Registered voters with kids in public schools surveyed by

## HOW YOU CAN REDUCE SODIUM *in* SCHOOL MEALS



### 1 USE HERBS & SPICES

Feature "Flavor Stations" in your cafeteria where students can add seasonings (without added sodium) that



### 2 EXPLORE NEW RECIPES

Find large quantity recipes for school food service on the new recipe Web site, <http://www.WhatsCooking>.



### 3 ORDER USDA FOODS

Stretch your budget and serve nutritious foods by planning your school meals around no-salt-added or



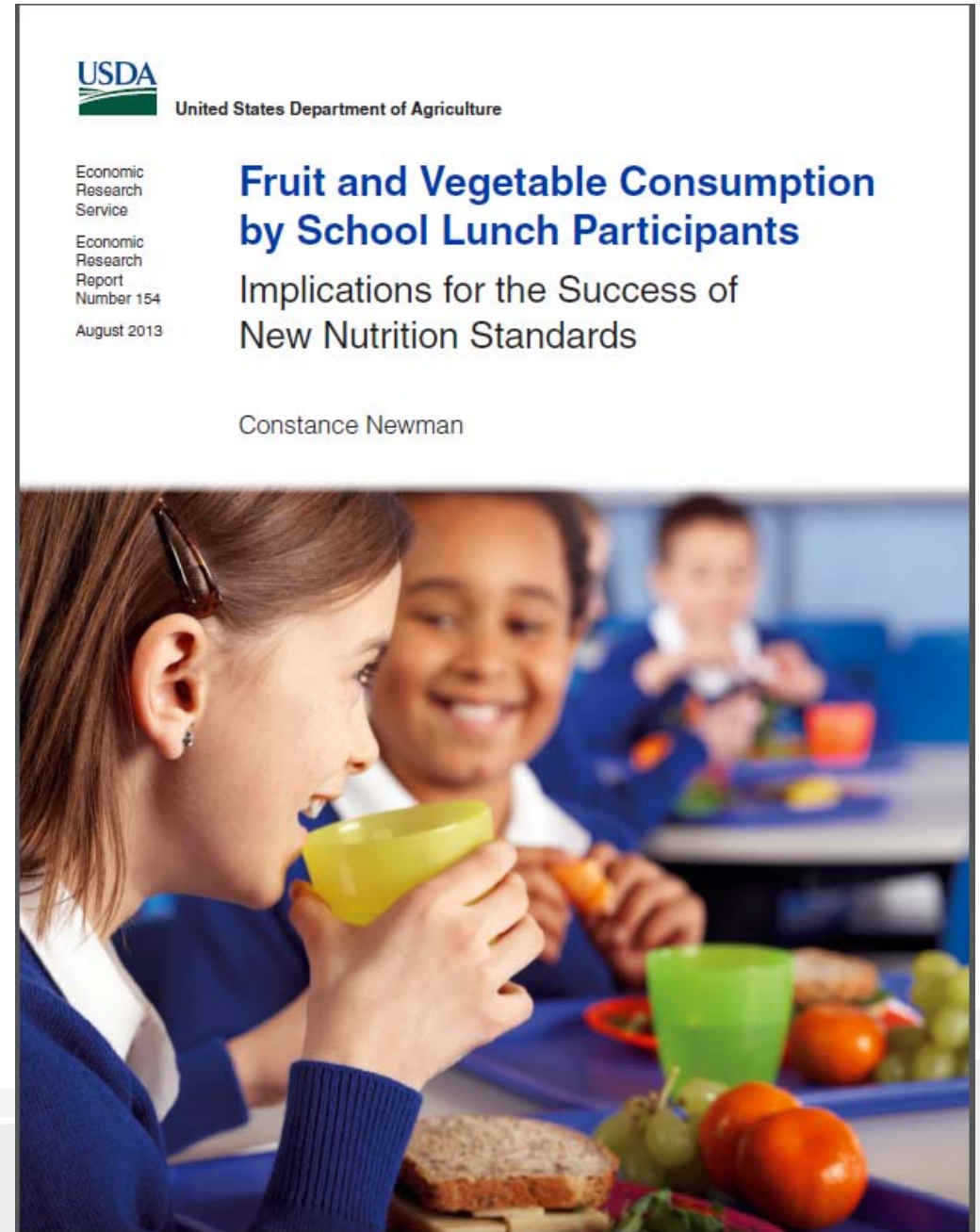
### 4 CONTACT VENDORS

Write bid specs that request lower sodium options. Depending on the brand, a food item may have different

# Report Conclusion:

“...Other efforts will be needed to encourage more students to try the new fruit and vegetable offerings.

**Multiple strategies for encouraging consumption—such as in-class educational efforts and altering the food environment...are probably needed.”**



# Local School Wellness Collaborative Survey

An Assessment of Local School Wellness Policy Implementation and Practice  
in California Public Elementary, Middle, and High Schools



## Key Findings Summary August 2015



Approximately half of respondents reported having a fully active wellness committee.



50%

Nearly half of all respondents reported having active school gardens.

Mental Health was listed as the top priority for school health and wellness.

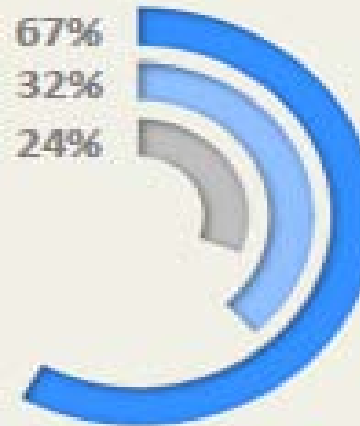
Mental Health

Nutrition

Bullying

PE/PA

Interest 67%  
w/ Funding 32%  
w/o Funding 24%



67% reported interest in including wellness in LCAP; 32% did so with funding and 24% without funding.

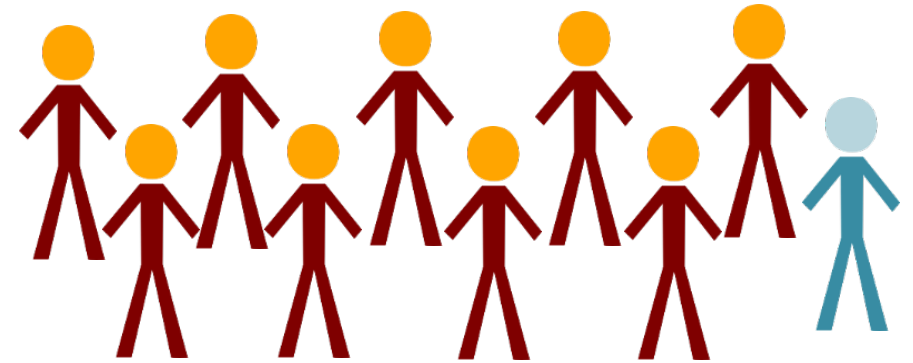
# Schools Role in Obesity Prevention: CA Results

Survey by Field Research Corporation on behalf of Kaiser Permanente

89%  
adults favor the  
new USDA  
school nutrition  
standards

78%  
adults endorse  
extending new  
standards  
beyond  
mealtime

90%  
parents feel  
nutrition  
education is  
highly  
important



9 out of 10 parents say K-12 schools should play a role in reducing obesity in their community

# Teachers see connection of good nutrition + health with Common Core and school meals.

**73%**

observe **students making healthier food choices** in the school cafeteria after nutrition lessons.

They (students) love making healthy choices when they have the knowledge!




Teacher, EGUSD  
SHAPE Program

Nearly **75%** state they are **more likely to encourage students to eat school breakfast or lunch** because of their participation in the district's nutrition education program (SHAPE).

Students are making connections between the food in the school cafeteria and in their (nutrition) lessons.

Teacher, EGUSD  
SHAPE Program

## Why do educators teach nutrition? They care about student health.

"It's an important topic."	82.7%	
"I am personally interested in nutrition."	68.7%	
"I want students to make better food choices."	94.1%	







## What teachers have to say!

- “They are choosing to try more fruits and vegetables than in the past.”
- “I have observed them bringing to school healthier snacks.”
- “My kids are WAY more aware of the food groups and why they need a balanced diet!”
- “My students are more willing to try new foods and/or willing to try foods that they didn’t like before.”

## Teachers are more likely to use nutrition concepts to teach Common Core.

- 75% feel confident they can include nutrition education for their students
- 63% state they will use the subject of nutrition to teach Common Core
- 79% feel prepared to tie nutrition to ELA Common Core
- 65% feel prepared to tie nutrition to Math Common Core



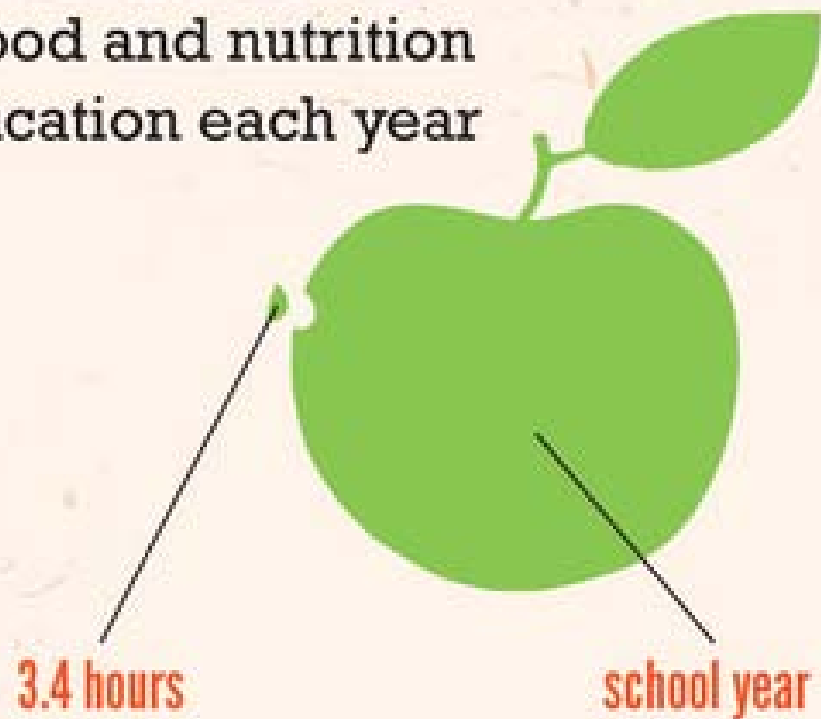
Teachers were recently surveyed to identify their perceptions of how nutrition education impacts students' food choices and relates to Common Core State Standards. Of 500 teachers, the survey completion rate was 38% (190 teachers).

–Elk Grove Unified School District, CA. Survey May 2015.

Elementary students  
receive an average of just

**3.4 hours**

of food and nutrition  
education each year



## NIFA-FUNDED EXTENSION HELPS SHAPE HEALTHY CHOICES IN CALIFORNIA

The Shaping Healthy Choices Program (SHCP), administered by University of California-Davis and University of California Cooperative Extension, used these five school-based intervention components to target childhood obesity:

1

nutrition  
education &  
promotion

2

family &  
community  
partnerships

3

integration  
of regional  
agriculture

4

foods  
available  
on campus

5

school  
wellness  
policies

After nine months, rates of obesity  
dropped from **56%** to **38%**  
for the children participating  
in the program.



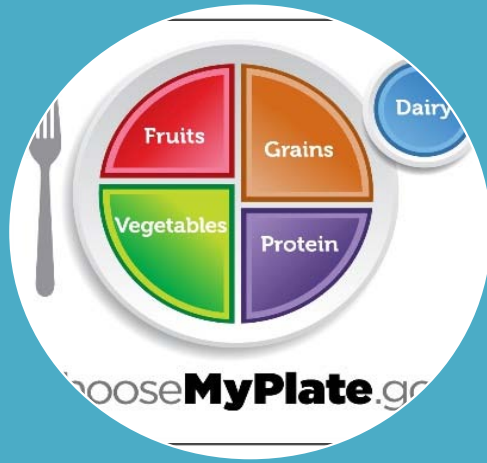
# Goal: Nutrition Education moves from Intervention to Institutionalization



Intervention to Institutionalization

Johns Hopkins researchers also found that children were more likely to finish their food if a teacher ate in the cafeteria with them, when the noise level was low, if food was cut into smaller pieces and when lunchtime was longer.

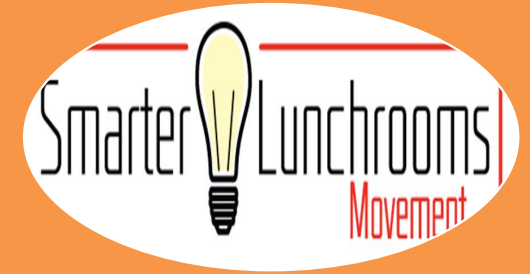
# Strategy for Systems Behavior Change



**Nutrition Education**  
Classroom Curriculum  
Teacher & School Food  
Service Trainings  
Parent Education



**Local School Wellness  
Policy**  
Committee Involvement  
Tools & Resources



**Cafeteria**  
Smarter Lunchrooms  
Nutrition Posters  
Farm to School

Community Partnerships

# FOOD WARS 2

## Discussion

