



Anaheim, CA

Student Voices for Healthy Choices

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Santa Clarita Valley School Food Services







Student Voices for Healthy Choices

Santa Clarita Valley School Food Services

Champions for Healthy Kids grant recipient

Help youth improve their nutrition and fitness behaviors





Student Voices for Healthy Choices: Goals Empow



Empower students as nutrition leaders

Engage families in physical activity

Encourage family meals



Nutrition Advisory Councils



Education

Sharing Messages

Facilitating Activities



Getting the Program off and Running

- Need NAC Advisor:
 - Coordinate with Nutrition Educator
 - Reserve room for meetings
 - Follow up with recruitment
 - Facilitate follow- up activities
 - NAC Nooks/NAC promotion



Students Selection Process:

- "Help Wanted" fliers sent to 4th grade teachers
- Application form filled out by students, signed by teachers
- Parent permission slip completed



NAC Student Responsibilities

- Become the nutrition experts for your school.
- Learn about healthy food choices, being active, and keeping food safe to eat
- Share enthusiasm with classmates/school
- Commit to being an active participant

Students are introduced to MyPlate



Hands- on activities reinforce the five food groups.

Tasting Trios are a big hit!



Students learn how to measure ingredients and work with a variety of foods.

Spot the Block: Learn to Read the Label





Comparing labels from fruit snacks shows which ones are "real" fruits.



Food Safety/Sanitation Kicks off the Holidays





Healthy Holidays





Healthy, colorful treats are so easy to make!





Taste Testing with Chef Brittany





Advertising Techniques







NAC students judge poster contest





Poster Contest

Showing their creativity!
 Proud NAC artists





Student Voices for Healthy Choices... Students Speak Up



Students practice nutrition messages before doing morning announcements.







Breakfast Fuels Your Day!

Students prepare a simple breakfast

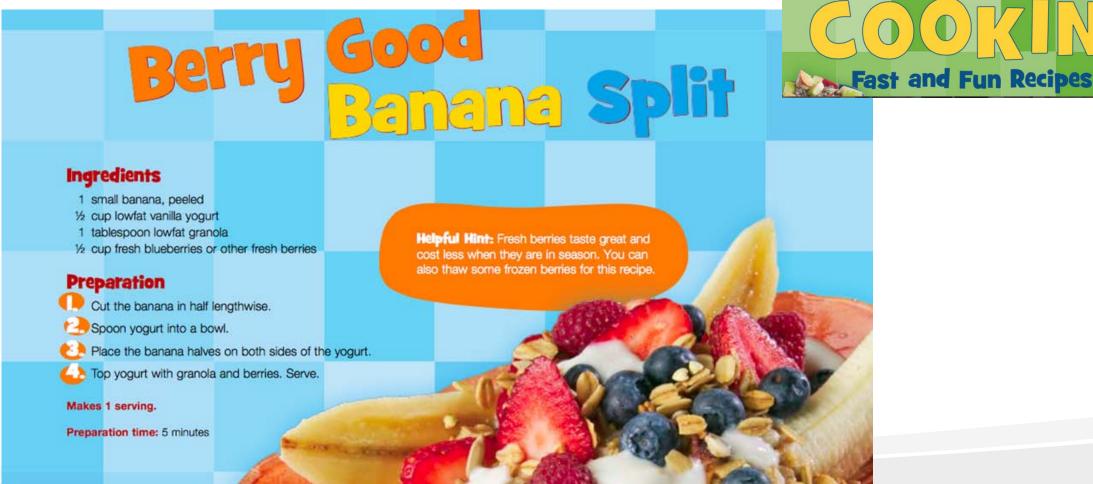


Fresh fruit, yogurt & granola – easy, healthy & tasty!





A favorite recipe





www.cdph.ca.gov/programs/cpns/Documents/Cookbook

Re-Think Your Drink!



Label reading + measuring sugar = A real eye- opener!

Re-Think Your Drink at Family Fitness Night



Do you know how much sugar is in your favorite drink?

Oh, my!!

NAC Olympics: A fun way to wrap up the year



NAC students help run games that link food and physical activity.

Hop, Skip and Jump to MyPlate





NAC Olympics Day!







Our Student Voices for Healthy Choices!



Family
Fitness Event
at Mint
Canyon
Elementary



How the messages get shared

- NAC Advisors are e- mailed a "teacher note" prior to the NAC meeting.
- NAC students present messages to their class.
- Public service announcements (psa's) presented by NAC students.
- Outreach to local media.
- Through family events.

Sharing NAC Messages



Your Voice, Your Stories, Your Photos

The section where we publish stories and photos submitted by residents of the Santa Clarita Valley.

Send material to: ourcommunity@signalscv.com



Contact: Jana Adkins | bol-201 Sunday, April 27, 2014 | www.signalscv.com Contact: Jana Adkins · 661-287-5599 · Kirsten Qu

Education

NAC: Student Voices for Healthy Choices at Peachland Elementary



The Peachland Elementary students' Nutrition Advisory Council group with posters made for National Nutrition Month in March.

By Sue Peak, RDN

Nutrition Educator Santa Clarita Valley School announcements and posters.

The goal is to promote both healthy eating and physical activity habits.

"Re-Think your Drink," the importance of breakfast, grocery shopping and physical activity. Eating out



Kids Cooking

- Brief History
- Goals





Why Kids Cooking?



Preservation of the family meal

Teach life skills: nutrition, cooking, safety & sanitation

PR opportunity:

- Parents
- Community
- Creates positive memories

Who & When



5 events each year Teachers apply in fall

~2-3 events per month in February- March



Schedule 2- 3 class visits, ~60 minutes each

- Pre- participation Survey
- Nutrition Education
- Select curriculumbased theme
- Menu Planning



Safety & Sanitation Emphasized



Note the hat, gloves and apron while slicing delicious strawberries

Prior to Event

Class artwork for placemats & centerpieces

Class presentation practice

Invitations to parents & community VIP's



Day of Event

- ❖ Kids arrive ~9:30am
- ❖ Begin food prep ~ 10 am
- ❖Tours of central kitchen as groups finish cooking ~11:30 am
- ♦ Guests arrive ~11:45
- Class presentation & Eat!



Sample Program

Kids Cooking Preserving the Family Meal

Today's busy families are not likely to mimic the days of old when families often sat down together for meals. However, the family meal is a tradition worth preserving, at least a few times a week. Studies show that sharing meals with others is an important social and family event with benefits far beyond good nutrition. Sharing meals provides a setting for communicating that can strengthen family ties and reinforce relationships.

The goal of Kids Cooking is to help elementary school children experience the positive social, nutritional and psychological values of eating together with family and friends; and to make meal preparation an enjoyable and satisfying experience by teaching children safe, simple food preparation skills and cooking techniques they can use to help prepare meals for themselves and their families.

Thank you for coming this afternoon.

The students have learned about making healthy food choices, planning a balanced menu, food safety and hosting family and friends.







Fruit Kabobs!







Gold Rush or Bust!



Fire Fighters are the favorite guests





Meeting our own local heroes

Expenses

5 events: \$6,200 (~\$1,200/event)

Includes:

Food (48%)

Non-food supplies, table & chair rental (36%)

Transportation (16%)







Students as Peer Educators

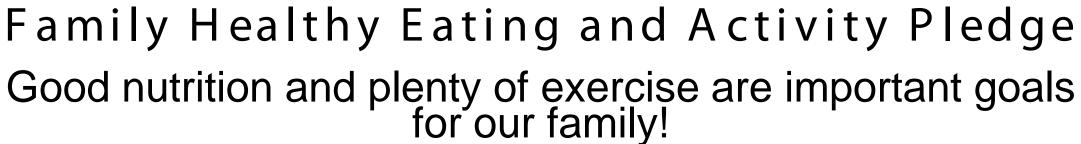
"Nac is a great way to transform a couch potato into an active, sporty person"





Students identify an activity they can do daily

Soccer, Walking & Hiking top their lists



	ioi oai iaiiiiyi	
We, the		_ family, pledge to:
Eat Fruits & Vegetable	es every day: Our favori	ite is
Eat together as a family me		_ times each week.
Get up and move 60 r An activity we can do t	•	—· Smorting
Signed	grade	<u>Choice</u>



Objectives & Outcomes



Families eat together more often

21 year Kids Cooking Campaign a success!



Objectives & Outcomes



Meal participation increases

Ranged from 0-11% increase for lunch participation



Challenges



Time
Staff Changes
Schedules
Funding



Successes

Relationship Marketing

Partnerships

Customer Loyalty

Positive Local Media

KIDS LOVE IT!



Santa Clarita Valley School Food Services Agency Hosts 21st Annual Kids' Cooking Campaign

Posted by: Enzo Marino In Education, Santa Clarita Latest News March 3, 2016 - 2:41 pm 0 273 Views

The Santa Clarita Valley School Food Services Agency held the first of five luncheons for the 21st Annual Kids' Cooking Campaign on Tuesday in the agency's Central Kitchen.

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Sustaining the Project



Team Nutrition



USDA Team Nutrition www.fns.usda.gov/tn/team-nutrition



MyPlate Kids Place



Dairy Council of California



Kids Cooking



Dairy Council of California www.healthyeating.org/

California Project Lean





Learning Zone Express



Scrub Club



Scrub Club www.scrubclub.org/home.aspx





Kids World- Food Safety www.ncagr.gov/CYBER/kidswrld/foodsafe/index.htm







Read the Label



Nutrition Facts Label: Read the Label Youth Outreach Campaign



NOTE: FDA has issued final changes to update the Nutrition Facts label for packaged foods. For more information, see Changes to the Nutrition Facts Label.

Welcome to **Read the Label**, the "next generation" of FDA's award-winning Spot the Block outreach campaign! Originally launched in 2007, this comprehensive program from the FDA has evolved into a nationwide grassroots initiative. Through this hands-on campaign, kids, families and community outreach leaders unite with the goal of using the **Nutrition Fact Label** as their everyday tool for making smart and healthful food choices.

The Read the Label Youth Outreach Campaign is an exciting initiative that challenges kids (ages 9 to 13) to look for and use the Nutrition Facts Label on food and beverage packages. The campaign includes fun, easy tips and targeted education to help make label reading a key component through which today's young people are equipped to achieve a healthy childhood weight. With engaging content plus hands-on parent information and community outreach, kids and families across the U.S. can use the label to compare foods today and every day!



American Cancer Society-SCV Unit



