

Team Nutrition Grant Tip Sheet

Potential Team Nutrition Grant Areas	Possible Activities	Resources
<p style="text-align: center;">Needs Assessment, School Nutrition Environment</p>	<ul style="list-style-type: none"> • School Staff Survey • Teacher Survey • Parent Survey • Student Survey • Focus groups (students, parents) 	<ul style="list-style-type: none"> • <u>Changing the Scene</u> (see Improvement Checklist inside the kit) Score-based improvement checklist (available soon on DPI website) Pre-profile survey (available soon on DPI website) • <u>School Health Index</u> • Grand Forks Public Schools • Valley City Public Schools • Universities • Consultants (focus groups, other work)
<p style="text-align: center;">Nutrition Policy Development</p>	<ul style="list-style-type: none"> • Work toward the development of a school nutrition policy • Coalition building within communities 	<ul style="list-style-type: none"> • <u>Fit, Healthy and Ready to Learn</u> • <u>Changing the Scene</u> • Grand Forks Public Schools • Consultants • Grant Opportunities – Midwest Dairy Council • <i>Children & Weight: What Communities Can Do.</i> University of California. Berkeley, 2002 <u>http://www.cnr.berkeley.edu/cwh/activities/trends.shtml</u>
<p>School foodservice ala carte offerings and/or concession stands and/or vending machines</p> <p>After School Snacks</p>	<ul style="list-style-type: none"> • Assess current offerings for nutritional quality • Conduct customer surveys • Make business decisions about ala carte or concession stand changes • Market and price ala carte items • Promotion Activities 	<ul style="list-style-type: none"> • <u>Minnesota's Changing the Scene</u> • NDSU Extension Agents • Local dietitians and nutritionists • Foodservice directors • Students • Foodservice industry • Deb Egeland, DPI • Other school districts • Grants from Midwest Dairy Council • Vending info packet from Midwest Dairy Council

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<p align="center">Parent Awareness, Education, and Involvement in School Nutrition Environment</p>	<ul style="list-style-type: none"> • Newsletters • Web site • Parent forums • Displays/exhibits • Surveys 	<ul style="list-style-type: none"> • Science/Parenting Resource Centers: Cass County: snorby@ndsuxext.nodak.edu Grand Forks: dnilles@ndsuxext.nodak.edu Morton: kschmalt@ndsuxext.nodak.edu Stark: dtheurer@ndsuxext.nodak.edu • NDSU Extension Agents • <i>Changing the Scene</i> • <i>Minnesota's Changing the Scene</i> • School Administrators • Midwest Dairy Council • Local dietitians and nutritionists
<p align="center">Breakfast and Snack Programs</p>	<ul style="list-style-type: none"> • Determine need for programs • Begin program • Market and promote program 	<ul style="list-style-type: none"> • <i>“Discover School Breakfast” campaign</i> - Linda Glaser, DPI • Grant opportunities from Midwest Dairy Council – Cathrene Voelzke, (800)406-6455, cvoelzke@midwestdairy.com • Breakfast Boosts Brain Power – MDC • Fast Break to Learning – Minnesota Children, Families & Learning
<p align="center">Increase physical activity and movement</p>		<ul style="list-style-type: none"> • Public Health • <i>President’s Council on Physical Fitness & Sports</i> http://www.fitness.gov • <i>CDC’s Walk to School Program</i> http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm • <i>Physical Education Teachers Sports, Play, and Active Recreation for Kids (SPARK) curriculum:</i> http://www.foundation.sdsu.edu/projects/spark

<p>Classroom snacks</p>	<ul style="list-style-type: none"> • Work with teachers, parents, administrators • Develop an Advisory Council • Develop guidelines 	<ul style="list-style-type: none"> • <i>Minnesota's Changing the Scene</i> <i>Lists of recommended snacks</i> • Local dietitians and nutritionists • NDSU Extension Agents • Sample Fruit and Veggie Snack Parent Letter. Adapted from projects of Grand Forks Public Health and Bismarck Burleigh Public Health • Fun with Fruits and Vegetables Kids Cookbook free from Dole
<p>Nutrition Education for Teachers</p>	<ul style="list-style-type: none"> • Encourage the use of available curriculums • Attend teacher in-service training (summer, 2003) 	<ul style="list-style-type: none"> • DPI teacher in-service (summer, 2003) • National Food Service Management Institute (NFSMI) • Young People's Healthy Heart (701) 845-6456 • Know Your Body (School Health-DPI) • Roughrider Health Promotion Conference
<p>Nutrition Education for Parents</p>	<ul style="list-style-type: none"> • Flyers • Brochures • Other 	<ul style="list-style-type: none"> • NDSU Extension • Parent take-home piece in Dairy Council Pyramid Café (2nd grade & Pyramid Explorations (4th grade)
<p>Foodservice Program – Quality School Meals</p>	<ul style="list-style-type: none"> • Foodservice training • Surveys and assessments • Customer involvement • Nutrient Analysis 	<ul style="list-style-type: none"> • Pathways to a Quality School Foodservice-DPI • National Food Service Management Institute • <i>Georgia Department of Education – Marketing Management (Child Nutrition-DPI)</i> • Nutrition Advisory Councils asfsa.org • Local dietitians and nutritionists • Midwest Dairy Council <ul style="list-style-type: none"> • “Cold is Cool” training kit • Milk Quality Check List

Other Resources

[Team Nutrition](#)

[Action for Healthy Kids](#)

[American School Food Service Association](#)