# Food Service Facts
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31. Resources

A wide variety of resources are available to assist in expanding knowledge of Child Nutrition Programs, nutrition and nutrition education. This chapter will explain how to obtain materials for training yourself or your staff; assistance with remodeling and designing a new school kitchen; ideas for nutrition education activities in the classroom and cafeteria; materials to use for a wellness event; steps for establishing or maintaining a healthy school environment and much more.

One of the best sources of information available is the Child Nutrition & Wellness website, www.kn-eat.org. In addition to providing the most current guidance for Kansas Child Nutrition Programs, the site provides a multitude of links to other helpful resources including state agencies, federal agencies, professional associations, health-related organizations, and nutrition education programs.

Eat Smart Play Hard Video News

Learning to make healthy choices is essential to getting the most from life. The Eat Smart Play Hard (ESPH) Video News features videos, recipes, newsletters, photos and other resources about how to eat smart and play hard at school and at home. Helping children grow up healthy takes families, schools and communities working together.

ESPH video news segments feature schools across the state and the many ways they are successful in promoting health and nutrition. The ESPH website also includes resources for educators and families, best practices from schools, and links to other sites with a wide variety of health related information. Sponsors can add a link to the ESPH website on their local websites. Visit the Eat Smart Play Hard website at www.eatsmartplayhard.org.

Team Nutrition

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. The goal of Team Nutrition is improving children’s lifelong eating and physical activity habits.

All program materials encourage students to make food and physical activity choices for a healthy lifestyle. They focus on five behavior outcomes:

- Eat a variety of foods
- Eat more fruits, vegetables and grains
- Eat lower fat foods more often
- Get your calcium-rich foods
- Be physically active
Becoming a Team Nutrition School will help you focus attention on the important role nutritious school meals, nutrition education and a health-promoting school environment play in helping students learn to enjoy healthy eating and physical activity. It will provide the framework for team efforts by school nutrition staff, teachers, parents, the media and other community members. Schools enrolled as Team Nutrition Schools will receive email updates when new resources become available and also are able to request print copies of Team Nutrition materials.

There are no fees or obligations to joining; however, schools are encouraged to (1) adopt and implement school policies that promote healthy eating and physical activity; (2) provide nutrition education in the cafeteria and classroom, preferably with the involvement of community members and organizations; and (3) maximize training and technical assistance opportunities for the school food service staff to enhance the Child Nutrition Program. Supporters of Team Nutrition believe that:

- Children should be empowered to make food choices that reflect the Dietary Guidelines for Americans.
- Good nutrition and physical activity are essential to children’s health and educational success.
- School meals that meet the Dietary Guidelines for Americans should taste good and appeal to children.
- School nutrition programs must build upon the best science, education, communication and technical resources available.
- School, parent and community teamwork is essential to encouraging children to make food and physical activity choices for a healthy lifestyle.
- Messages to children should be age appropriate and delivered in a language they speak, through media they use, in ways that are entertaining and actively involve them in learning.
- Positive messages should be used regarding food and physical activity choices children can make.
- It is critical to stimulate and support action and education at the national, state and local levels to develop healthy eating and physical activity behaviors.

To find out whether or not your school is currently enrolled in Team Nutrition, or who has been designated as your school’s Team Nutrition Coordinator, or to enroll your school in Team Nutrition, visit http://www.fns.usda.gov/tn/join-team.


Kansas Team Nutrition is actively working to promote a number of health education programs in order to help create healthier school and childcare environments. A variety of resources have been developed to support implementation of wellness policies and academic achievement by teaching lifelong healthy eating and physical activity habits.

**Power Panther Pals** – An 8-week health education curriculum for elementary students that explores each of the food groups with Power Panther who teaches students to “Eat Smart and Play Hard”. The Primary level is geared toward students in Kindergarten – 2nd grades, while the Intermediate program was developed for students in 3rd – 5th grade. Materials include a teacher implementation manual, student activity booklet, and corresponding recipes for each lesson.
Power Up — An 8-week health education curriculum for middle school students in grades 6th – 8th that equips students with the knowledge to make healthier choices by encouraging consumption of healthy foods, supporting physical activity, and building healthy self-esteem. Materials include a teacher implementation manual, student activity booklet, and corresponding recipes for each lesson.

Power Panther Professionals — An 8-12 week customizable staff wellness program for school and child care personnel designed to improve employees’ health and well-being while empowering them to serve as healthy role models for young people and adults. There are three programs to choose from including, 1) MyPlate Basics, 2) Wellness Everyday, and 3) Incorporating Nutrition Education and Physical Activity throughout the School Day. Materials include an implementation manual and presentation slides.

Power Panther Preschool — An 8-week health education program for preschool aged children which encourages consumption of fruits and vegetables and increased physical activity. Each week focuses on a new color and the fruits and vegetables that correlate with that color. Materials include an implementation manual.

Family Fun, Food and Fitness Events — A comprehensive event planning guide is available to help plan one or more community events with a focus on fun, food and fitness. Events can help in engaging parents, children, staff and community members to encourage adoption of healthful behaviors. In addition to event ideas and activities, the event planning guide provides checklists, resources, and tips and advice for hosting an event.

To access these and other resources visit [www.kansasteamnutrition.org](http://www.kansasteamnutrition.org) to download free materials and to learn more about current Team Nutrition opportunities.

**HealthierUS School Challenge (HUSSC)**

Schools play an important role in helping to reduce childhood obesity. Kids who have healthy eating patterns and get regular physical activity are also more likely to perform better academically. That’s why the U.S. Department of Agriculture (USDA) offers the HealthierUS School Challenge: Smarter Lunchrooms (HUSSC:SL) to support the over 100,000 schools that participate in school meals programs in their efforts to promote nutritious food choices and physical activity.

The HUSSC:SL is a certification initiative that recognizes schools for their efforts in improving food and beverage offerings, teaching kids about nutrition food choices and being physically active, providing opportunities for physical activity, and having supportive school wellness policies. Participation in the HUSSC:SL is voluntary and certifies schools that meet specific criteria at four award levels: Bronze, Silver, Gold, and Gold Award of Distinction.

Schools that apply and receive recognition in the HUSSC:SL receive a monetary incentive award, a banner and award plaque, and recognition on the Team Nutrition website for their efforts. The HUSSC:SL initiative emphasizes developing lifetime health habits. If we can start children off early in making healthy food choices and being physically active, these habits are likely to stay with them into adulthood. Schools that receive the HUSSC:SL award demonstrate to the community a commitment to student and school
health. Many schools find that applying for the HUSSC:SL is a valuable learning process that helps their school wellness team focus on areas needing improvement.

For more information on the HUSSC:SL and to find application materials, visit www.fns.usda.gov/hussc.

**Smarter Lunchrooms**

Meals served as part of the School Breakfast and National School Lunch Programs provide a wide range of nutritious options to feed growing bodies and minds! However, it’s not nutrition until it’s eaten. A Smarter Lunchroom is one which is designed to “nudge” students toward making healthier choices on their own by changing the way options are presented. The Smarter Lunchrooms Movement encourages the use of simple, sustainable, low-cost or no-cost changes to the lunchroom environment to get students to take and eat more healthy foods. These techniques can also simultaneously improve participation in school meal programs while decreasing waste.

Research by Cornell University professors Dr. Brian Wansink and Dr. David Just has shown that simple changes such as relocating fruit, renaming vegetables, and prompting students to enjoy healthy foods increases sales of targeted items, sometimes by more than 100%! To learn more about the Smarter Lunchrooms Movement, visit http://smarterlunchrooms.org.

**MyPlate Resources**

MyPlate serves as a reminder to help consumers and students make healthier food choices. In 2011, MyPlate replaced the MyPyramid icon with the intent to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them do that by going to www.choosemyplate.gov. The website boasts a number of resources including:

- **SuperTracker** – which helps a person plan, analyze, and track daily diet and physical activity. SuperTracker Nutrition Lesson Plans are available for high school students.
- **What’s Cooking? USDA Mixing Bowl** – an interactive tool to help with healthy meal planning, cooking, and grocery shopping. The site features a searchable database of healthy recipes, options to build a cookbook, print recipe cards, and share recipes via social media.
- **Healthy Eating Tips and Information on Physical Activity**
- **Printable Materials:**
  - 10 Tips Nutrition Education Series – includes high quality, easy-to-follow tips in a convenient, printable format on over 35 topics.
  - Dietary Guidelines Consumer Brochure
  - MyPlate in Multiple Languages
Healthy Kansas Schools

The focus of Healthy Kansas Schools (HKS) is to create school environments that emphasize physical activity, support healthy dietary choices, promote tobacco-free lifestyles, and remove barriers that impede progress toward developing healthy students. HKS also partners with school personnel, families, and communities to emphasize health within and outside the school setting. Current HKS initiatives include:

- Kansas Fitness Information Tracking Project – a project to implement fitness testing in approximately 60% of Kansas schools.
- Let's Move Active Kansas Schools – a project to provide trainings for 300 Kansas physical educators to become Certified Physical Activity Leaders in addition to providing in-service trainings and team trainings to educate all school staff on how to increase student physical activity.
- Youth Risk Behavior Survey (YRBS) – Conduct bi-annual high school YRBS to collect data on student behavior related to six health risk behavior areas including nutrition and physical activity.
- School Health Profiles (SHP) – Conduct bi-annual middle and high school SHP to collect data on health related school policies and procedures from building principals and lead health educators.
- HKS is also involved in other projects including work on wellness policies, research on recess in Kansas schools, revising a physical education curriculum resource, and assisting the Kansas Department of Health and Environment on a CDC-funded Healthy Kansas Schools grant program.

Body Venture

Body Venture is a unique Kansas educational program designed to involve kindergarten through fifth grade students in learning skills and choices that develop a healthful lifestyle. Children learn about the importance of healthful food choices and being physically active through entertaining, experiential activities.

Body Venture includes:
- A 45 foot by 50 foot enclosed venture-through exhibit representing the human body
- Classroom activities for use prior to and following the students’ trip through the exhibit
- A take-home activity book for each student to share with their families
- An extensive list of additional health education resources
- Information to help publicize the event and communicate with the media

Students tour the human body with Power Panther, the USDA Food and Nutrition Service mascot, as their guide. Throughout the exhibit, they learn how to apply Power Panther’s slogan: EAT SMART. PLAY HARD. At each of Body Venture’s eleven stations, a volunteer presenter engages the students in a five-minute activity focused on healthy lifestyle choices.
The tour begins when students, in groups of eight to ten, Venture through a giant ear into the brain. Inside the brain dome, students experience “brain waves” and learn about brain function and the brain’s role in making healthy choices. In the second station, students receive food tags designating them as a different food item such as a carrot, lean beef or piece of cheese. After being transformed into a piece of food, they begin the digestive process when they enter into the huge mouth. They then continue to the stomach dome. From the stomach they travel to the small intestines where they are “absorbed” into the blood. Once in the blood, they follow the path of nutrients to the heart, lungs, bones, muscles and skin stations. After exiting the “body” through a cut in the skin, students proceed to Power Panther’s Pathway for Life, which recaps the key concepts from each of the previous stations. Throughout the exhibit, students learn how to practice Power Panther’s message: EAT SMART. PLAY HARD.

Body Venture Outcomes

- Schools will use the Body Venture exhibit and its related materials to give children repeated opportunities to practice healthy behavior skills.
- Children will learn about the digestive system by venturing through the exhibit.
- Children will remember the exhibit because of the active learning.
- Children will link nutrition and physical activity to health, thus reinforcing positive health behaviors and raising the value placed on them.
- Children’s eating and health behaviors will improve through learning skills needed to practice lifelong healthful behaviors.
- There will be a greater awareness among parents, school personnel and community members of the importance of teaching children to practice healthful behaviors.

Scheduling Body Venture

- Body Venture travels in its own specially equipped truck throughout the state. It visits over 90 Kansas schools each school year.
- Schools that host Body Venture are required to designate a school coordinator. Among other duties, this individual is responsible for recruiting 12-15 volunteers to set up and to take down the exhibit and 12-24 volunteers to present information and conduct activities using scripts and graphics provided in each station.
- A maximum of 500 students can participate in Body Venture on a school day. A group of students can start through every five minutes. It takes each group approximately one hour to experience the Body Venture exhibit.
- Each participating school pays $1.50 per participating student (minimum of $100 and maximum of $500) to help defray the cost of Body Venture operation. Community groups and members often contribute towards this fee or even pay it entirely.
- Scheduling information for the entire school year is available at www.bodyventure.org and www.kn-eat.org. Requests are due in April and schools are notified of the schedule in mid May. Submitting a request does not guarantee a visit from Body Venture.
Producer and Consumer Groups

The following producer and consumer groups in Kansas have training materials, sample products, informational and promotional brochures, flyers and posters and presenters available to help you with a wide variety of projects.

Kansas Beef Council
Phone: 785-273-5225
Address: 6031 S.W. 37th St., Topeka, KS 66614-5129
Website: www.kansasbeef.org

Kansas Cattleman’s Association
Phone: 785-238-1483
Address: 606 N Washington St, Junction City, KS 66441
Website: www.ksdairy.com

Kansas Corn Commission
Phone: 785-448-6922
Website: www.kscorn.com

Kansas Dairy Commission
Phone: 785-623-9566
Address: 729 Pfeifer, Victoria, KS 67671
Website: www.ksdairy.com

Kansas Farm Bureau
Phone: 785-587-6000
Address: 2627 KFB Plaza, Manhattan, KS 66503
Website: www.kfb.org

Kansas Grain Sorghum Commission
Phone: 785-477-9474
Address: 795 22nd Rd NW, Lebo, KS 66856
Website: www.ksgrainsorghum.org

Kansas Livestock Association
Phone: 785-273-5115
Address: 6031 SW 37th St, Topeka, KS 66614
Website: www.kla.org

Kansas Pork Association
Phone: 785-776-0442
Address: 2601 Farm Bureau Rd., Manhattan, KS 66502
Website: www.kspork.org

Kansas Soybean Commission and Association
Phone: 785-271-1030
Address: 1000 SW Red Oaks Place, Topeka, KS 66615-1241
Website: www.kansassoybeans.com
Kansas Sunflower Commission
Phone: 785-565-3908
Address: 5840 Northwest Carlson Rd, Rossville, KS 66533
Website: www.kssunflower.com

Kansas Vegetable Growers Association
Address: 2021 Throckmorton Hall, KSU, Manhattan, KS 66506
Website: www.kvga.org

Kansas Wheat Commission
Phone: 785-539-0255
Address: 1990 Kimball Avenue, Manhattan, KS 66502
Website: www.kswheat.com

Midwest Dairy Association
Phone: 913-345-2225
Address: 8645 College Boulevard, Suite 250, Overland Park, KS 66210
Website: www.midwestdairy.com