

# School Nutrition Programs Supports a Heart Healthy Lifestyle

February 28, 2019

## School Nutrition **S.T.A.R.** Program

**S**trategies

**T**raining

**A**ction Plans

**R**esources

*Workforce Development and Job Skills Training*



School Nutrition **S.T.A.R.** Program



# S.T.A.R. Webinars

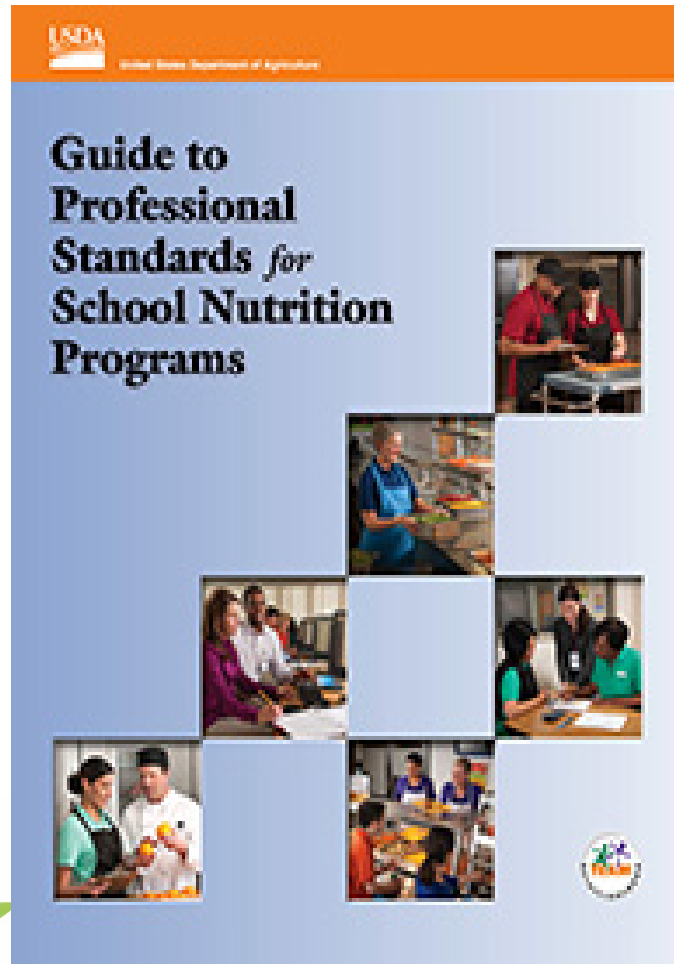
- Monthly webinars
- Communication platform
- Creative strategies
- Best practices



School Nutrition **S.T.A.R.** Program



# USDA Professional Standards



**Key Area: Nutrition**

**USDA Professional Standard**

**Code:**

**General Nutrition**

**1300**

**School Nutrition S.T.A.R. Program**





# Face-to-Face Training Topics from the Institute of Child Nutrition

## Procurement Training Offerings

- *Buy American U.S. Agriculture Supporting Healthy School Meals* (2 Training Hours)
- *Forecasting the Procurement of Foods* (4 Training Hours)
- *Procurement of Foods: Cooperative Purchasing Groups* (6 Training Hours)

## Food Safety

- *Food Allergies for School Nutrition Directors* (12 Training Hours)

## Train the Trainer

- *Training Culturally Diverse Groups* (4 Training Hours)

For a complete list of ICN Face-to-Face Training Topics, visit [theicn.org/training](http://theicn.org/training)

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# Panelists

- **Catherine M. Champagne, PhD, RDN, LDN, FADA, FAND, FTOS, FAHA**  
Professor, Nutritional Epidemiology/Dietary Assessment & Nutrition Counseling Pennington Biomedical Research Center, Louisiana State University
- **Donna S. Martin, EdS, RDN, LD,SNS, FAND**, Burke County School District, Burke, Georgia
- **Theresa Stretch, MS, RDN, CP-FS**, Education and Training Specialist II, Institute of Child Nutrition



# Learning Objective

- **Attendees will be able to:**
  - identify strategies that contribute to a heart-healthy lifestyle.



# American Heart Association Resources

- **School Meal Nutrition Across the Nation** -  
<https://www.heart.org/en/get-involved/advocate/federal-priorities/school-meals/school-meal-nutrition-across-the-nation>
- **Fruit & Veggie Toolkit for Kids** -  
<https://www.heart.org/en/healthy-living/healthy-eating/add-color/fruit-and-veggie-toolkit-for-kids>
- **5 Tips to Deal with Picky Eaters** -  
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/5-tips-to-deal-with-picky-eaters-both-kids-and-adults>
- **Physical Activity Recommendations for Kids** -  
<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-kids-infographic>



# Healthy Snack List Websites

- <http://www.actionforhealthykids.org/assets/recharge-pdfs/healthysnacks.pdf><http://www.opi.mt.gov/pdf/schoolfood/nutritionense/WhatsHealthy.pdf>
- [http://www.cspinet.org/nutritionpolicy/healthy\\_school\\_snacks.pdf](http://www.cspinet.org/nutritionpolicy/healthy_school_snacks.pdf)
- <http://www.healthy-eating-made-easy.com/healthy-snacks-for-kids.html>
- [http://wellnessways.aces.uiuc.edu/pdf/tg\\_HealthySnacks.PDF](http://wellnessways.aces.uiuc.edu/pdf/tg_HealthySnacks.PDF)







I N S T I T U T E O F

*child nutrition*

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