



School Nutrition Programs Support a Heart Healthy Lifestyle

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School Meal Nutrition Across the Nation



- American Heart Association provides fact sheets showing how each state's schools are meeting the nutrition standards and how the state's childhood obesity rate compares.
- Since nearly 1 in 3 kids or teens in the U.S. are overweight or obese, it's important that kids build a taste for fruits, veggies and other nutrient dense foods at an early age.
- 99% of the nation's schools are meeting nutrition standards for school lunches!



Louisiana

- 99% of school districts are successfully serving healthy meals that meet strong nutrition standardsⁱ
- 34% of 10–17 year olds are overweight or obeseⁱⁱ
- 93% of school districts need at least one piece of equipment to better serve nutritious foodsⁱⁱⁱ
- 87% of districts need kitchen infrastructure changes in at least one school^{iv}
- 550,544 students participated in school lunch program in 2017^v
- 283,969 students participated in school breakfast program in 2017^{vi}
- In 2017 for 9th through 12th grades, 24.5% did not eat breakfast^{vii}
- In 2017 for 9th through 12th grades, 16.5% did not eat vegetables^{viii}
- For school year 2016–2017, 78% of eligible school districts and 72.6% of eligible schools adopted the Community Eligibility Program^{ix}

ⁱ https://fns-prod.azureedge.net/sites/default/files/cn/SFAcert_FY16Q4.pdf

ⁱⁱ <https://stateofobesity.org/states/>

ⁱⁱⁱ <https://www.pewtrusts.org/en/research-and-analysis/reports/2014/03/26/states-need-updated-school-kitchen-equipment-b>

^{iv} Ibid

^v <https://www.fns.usda.gov/pd/child-nutrition-tables>

^{vi} Ibid

^{vii} <https://nccd.cdc.gov/youthonline/App/QuestionsOrLocations.aspx?CategoryId=C05>

^{viii} Ibid

^{ix} http://frac.org/wp-content/uploads/CEP-Report_Final_Links_032317-1.pdf



What's the scoop on home-packed school lunches?

- **Food and beverage types most likely are:**
 - Sandwiches (59%)
 - Snack foods (42%)
 - Fruit (34%)
 - Desserts (28%)
 - Water (28%)
 - Sugar-sweetened beverages (24%)
- **Only 27% of lunches met 3 of 5 National School Lunch Program (NSLP) standards.**
- **Only 4% of snacks met 2 of 4 Child and Adult Care Food Program (CACFP) standards.**
- **Lunches packed at home are generally not as nutritious as school lunches.**





AHA Resources on Website

- Fruit & Veggie Toolkit for Kids
 - A collection of resources to help empower children to develop healthy habits early in life for lifelong benefits
 - A Parents' Zone helps with tips and tools to teach healthy eating essentials
 - Kid-friendly Recipes
 - Other fun activities
 - Available on the www.heart.org website in both English and Spanish



<https://www.heart.org/en/healthy-living/healthy-eating/add-color/fruit-and-veggie-toolkit-for-kids>



5 Tips to Deal with Picky Eaters

- **School Nutrition Staff can work with parents to help picky eaters who miss out on a lot of nutrient rich good food, including:**
 - **Green vegetables and salads**
 - **Fruit**
 - **Skinless poultry, fish**
 - **Beans, legumes and nuts**
 - **Low-fat dairy**
 - **Whole grains**

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/5-tips-to-deal-with-picky-eaters-both-kids-and-adults>



5 Tips to Deal with Picky Eaters

1. **No Short-Order Cooking** – plan meals to include at least one thing that everyone likes.
2. **Remember It Takes 11 Tries to Accept Something** – It's normal for children to be cautious of new things – including food.
3. **No Clean Plate Club** – Help kids focus on eating until they are full rather than finishing every last bite on their plate.
4. **Shop & Cook with the Kids** – Kids are more likely to taste a dish if they helped plan or prepare it.
5. **Serve Smart Snacks** – One of the very best ways to get kids accustomed to eating fruits and veggies is to serve them when they are really hungry at snack time.



And, even as Child Nutrition Professionals, we need to promote physical activity



American Heart Association.
Healthy for Good™

Physical Activity Recommendations for Kids

Active kids have a better chance of a healthy adulthood. How much activity do they need?

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-kids-infographic>



Be Active

Kids should be active throughout the day. Replace sedentary behavior with activity whenever possible.



Learn & Grow

Kids who are active have better bone health, physical fitness, brain function, attention and academic performance. They stay at a healthier weight and have fewer symptoms of depression.



Go Play

Encourage preschool-age children (**ages 3-5**) to engage in active play as well as structured movement. A good goal is about **3 hours per day** of a variety of activities (light, moderate and vigorous).



Fit in 60+

School-age kids and teens (**ages 6-17**) should try to get at least **60 minutes per day** of moderate- to vigorous-intensity activity. It can be broken up into shorter sessions throughout the day.



Live Healthy

Keep kids active at home and at school. Support physical education, walkable communities and safe places to play. Their future health depends on it.



Sit less and move more.

Learn more at heart.org/movemore.



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>



February
is
American
Heart
Month

