



SOUTH DAKOTA STATE UNIVERSITY

South Dakota Team Nutrition: Increasing Access to Healthier Food Options

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INTRODUCTION

The South Dakota Department of Education, in partnership with SDSU Extension, engages stakeholders to build statewide support. The partnership creates healthy environments that increases access to healthier food options. South Dakota Team Nutrition programs are integrated within schools and communities, especially those with a high percentage of American Indian youth.

MATERIALS AND METHODS

Sub grant funding was awarded to eligible schools in order to increase school district access to financial resources that were needed to implement Team Nutrition related activities. The following activities were implemented by schools and communities throughout South Dakota:

- *Fuel Up to Play 60*: activities to increase school breakfast participation
- *Power Chef Challenge*: lessons to enhance student's food preparation and culinary skills
- *Farm-to-School*: initiatives to increase local food procurement
- *Smarter Lunchrooms*: strategies to help nudge students to voluntarily select the healthiest food option

OUTCOME MEASURES

- ✓ Process Evaluation
- ✓ Student knowledge, attitude, behavior
- ✓ Food environment
- ✓ Wellness policy

IMPLICATIONS

- Continue Farm to School efforts throughout the state of South Dakota
- Utilize nutrition assistants as a means to market, connect, and advertise school nutrition initiatives
- Disseminate research to further study the effects of nutrition education curriculum in school-based settings

OBJECTIVES

Develop Smarter Lunchrooms using environmental cues to increase student choice of healthier food and beverages

Provide culinary and nutrition education training to school nutrition professionals, elementary and middle school students with the Power Chef Challenge

Increase number of schools and students participating in school breakfast programs, especially those schools located on American Indian Reservations, and in StrikeForce and Promise Zones

Provide Farm to School opportunities to increase the school's ability to access healthier food options, such as fruits and vegetables; provide farm to table connections in the classroom and lunchrooms; and help to build healthy environments through an integrated program with schools and communities

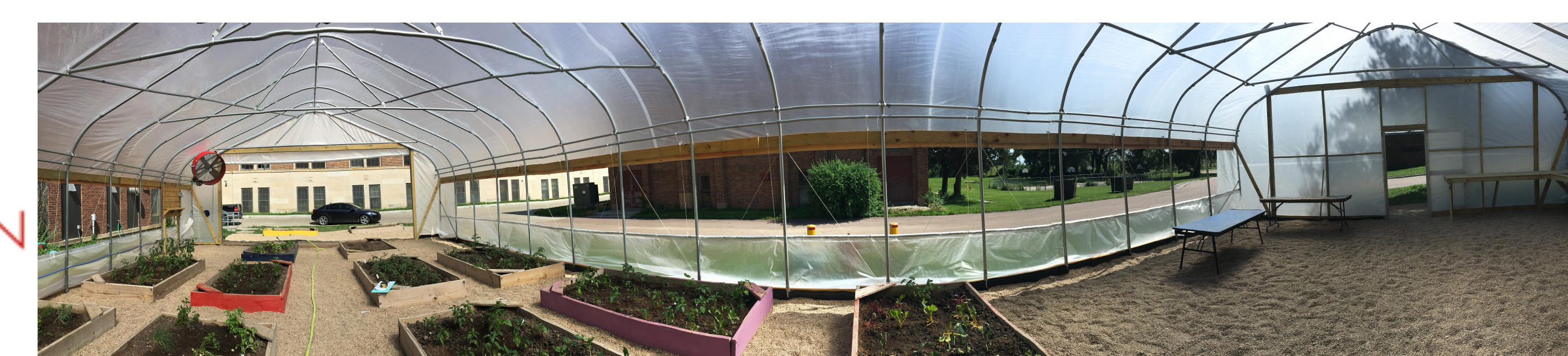
RESULTS

2 schools participated and increased their Smarter Lunchrooms Self-Assessment Score Card post-evaluation

17 schools participated in the Power Chef Challenge and students significantly increased their nutrition knowledge based on pre/post surveys

17 schools participated in Fuel Up to Play 60; 5 schools increased breakfast participation; 11 schools increased lunch participation

6 schools participated in school gardening activities; 4 schools participated in Farm to School activities; The first South Dakota Farm to School Guidebook was released in June 2019



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