School Nutrition Programs Supports a Heart Healthy Lifestyle

February 28, 2019

School Nutrition S.T.A.R. Program

Strategies
Training
Action Plans
Resources

Workforce Development and Job Skills Training
S.T.A.R. Webinars

- Monthly webinars
- Communication platform
- Creative strategies
- Best practices
USDA Professional Standards

Key Area: Nutrition

USDA Professional Standard Code:
General Nutrition 1300
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
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 -

• Fruit & Veggie Toolkit for Kids -

• 5 Tips to Deal with Picky Eaters -

• 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://wellnessways.aces.uiuc.edu/pdf/tg_HealthySnacks.PDF
The University of Mississippi
School of Applied Sciences
www.theicn.org • 800-321-3054

Come follow ICN on Social Media!

facebook.com/ichildnutrition  @ichildnutrition  instagram.com/theicn  pinterest.com/theicn