

Nutrition Education: Our successful strategy

Carrollton City Schools

Carrollton, Georgia



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Director of School Nutrition

- 18 years at Carrollton City
- Interest in impacting students long term
- Focus on promoting our school nutrition program



Carrollton City Schools

- 5100+ students
- Four schools
- 60 School Nutrition Employees
- 57% Free & Reduced
- 28% Non-residents
- City System



Theme Days/Promotions

- Johnny Appleseed Day
- National School Lunch Week
- Third Grade focus- Winn Dixie
- Dr. Seuss's Birthday
- National School Breakfast Week



Where we began...

- Periodic classroom visits
- Fuel up to Play 60
- Georgia Shape Grants
- Google Doc w/ time slots



Laying the foundation...

Growing support

- Social Media
- USDA Farm to School Grant
- “Taste of Carrollton”
- Inserted ourselves...



A Stronger Foundation...

Growing support

- STEM initiative
- Student Council
- Community Partnerships
- Looked for opportunities



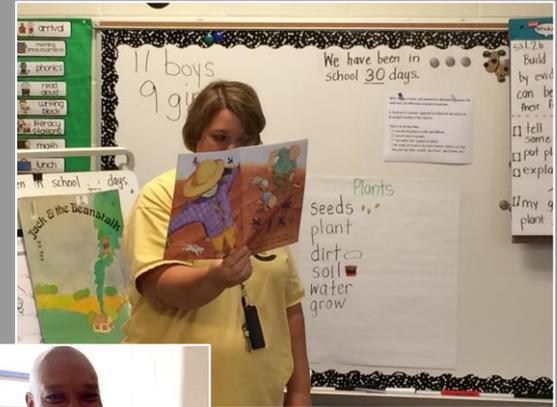
Our Big Leap...

- FoodCorps
- Support from school
- Administrative buy in
- Modeling
- Curriculum support



Moving ahead with Nutrition Ed...

- Continue with STEM
- After School Program
- Pre K program
- Classroom invitations
- Taste tests
- Bulletin boards



Nutrition Ed brings results...

- STEM initiative = school wide
- 2nd year FoodCorps
- Culinary After School Club
- Monthly F2S Newsletter
- Harvest of the Month



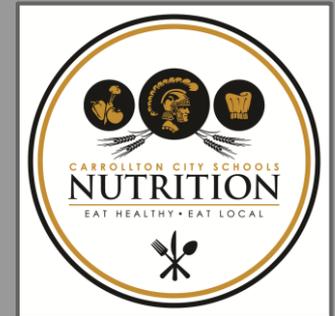
Nutrition Ed brings results...

- Classroom lessons
- School garden expansion
- Full integration
- Event support



Program impact

- Increase in apple 600 to 1000 portions
- Tossed salads 500 to >800
- Lettuce grown to support meal
- Breakfast increase 5%
- Lunch increase 3%
- Summer meal increase 2000+ meals



Program impact (cont'd)

2013
5-10 lessons

2014 -2016
10 -20 lessons

2017
60 lessons

2018
150+ lessons

2014- 20 Taste Tests

2017 – 101 Taste Tests

2018 – 188 Taste Tests



Resources

- Lesson plans
- Newsletter
- Social Media:

Facebook- Eat Healthy Eat Local Eat at Carrollton City Schools

Instagram- @ccs.schoolnutrition

Twitter- @CCSEatHealthy



Social Media



Questions

