

Team Nutrition Training Grants

FISCAL YEAR 2016 HIGHLIGHTS



COVER PAGE CAPTIONS

Captions correspond to images on the cover page in order from left to right.

1. Nutrition education in Nevada encouraged children to eat fruits and vegetables.
2. Children got to touch, smell, feel, and taste new fruits and vegetables as part of the *Grow It, Try It, Like It!* lessons in Colorado.
3. Nebraska worked with the State's Go Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC) coalition to provide in-person trainings for child care providers.
4. School Nutrition Professionals in Missouri provided nutrition education and encouraged students to eat a variety of fruits and vegetables.
5. School Nutrition Professionals in Maryland received technical assistance and culinary training.

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Introduction

Team Nutrition Training Grants

The Food and Nutrition Service (FNS) administers the nutrition assistance programs of the U.S. Department of Agriculture (USDA). Team Nutrition is an FNS initiative that supports the Child Nutrition Programs (CNP), including the National School Lunch Program (NSLP), School Breakfast Program (SBP), and the Child and Adult Care Food Program (CACFP).

To accomplish this work, Team Nutrition utilizes three behavior-focused strategies:

Provide training and technical assistance to child nutrition professionals so they can prepare and serve nutritious meals that appeal to children.

Deliver nutrition education to help children gain the knowledge, skills, and motivation to make healthy food and physical activity choices as part of a healthy lifestyle.

Build support for healthy school and child care environments that encourage nutritious food choices and physically active lifestyles.

As part of these efforts, FNS awards competitive Team Nutrition Training Grants to State agencies who administer the CNP at the State level. These grants offer agencies funding to support their important programming efforts. This publication provides information about the activities and interventions funded by Fiscal Year (FY) 2016 Team Nutrition Training Grants (October 1, 2016 through September 30, 2019), and their notable outcomes.¹

Fiscal Year 2016: Team Nutrition Training Grants

On September 6, 2016, FNS awarded more than \$6 million in Team Nutrition Training Grants² to 13 State agencies that administered the NSLP or CACFP.

State agencies used these grants to implement and evaluate nutrition education, meal service training, and environmental changes in school or child care settings. This booklet showcases only a small portion of the wide array of grantee activities that were conducted.

¹ Information included in this booklet was derived from State-reported data submitted to FNS.

² Team Nutrition Training Grants are authorized under Public Law 111-296, which amended Section 19 of the Child Nutrition Act of 1966.

National School Lunch Program/School Breakfast Program Grantees

Eight State agencies conducted grant activities to assist NSLP operators in providing appealing and nutritious meals, nutrition education, and school environments that are conducive to healthy eating.

Indiana Department
of Education



Iowa Department
of Education



Maryland State
Department of Education



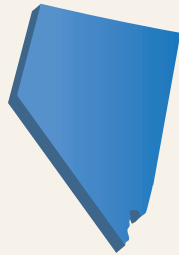
Missouri Department of Health
and Senior Services



Montana Office of
Public Instruction



Nevada Department
of Agriculture



South Dakota
Department of Education



Wisconsin Department
of Public Instruction



Child and Adult Care Food Program Grantees

Five State agencies conducted grant activities to assist CACFP operators in improving the nutritional content of meals and snacks offered in child care centers and family day care homes and to provide nutrition education to children.

Arkansas Department
of Human Services



Colorado Department of Public
Health and Environment



Kansas State
Department of Education



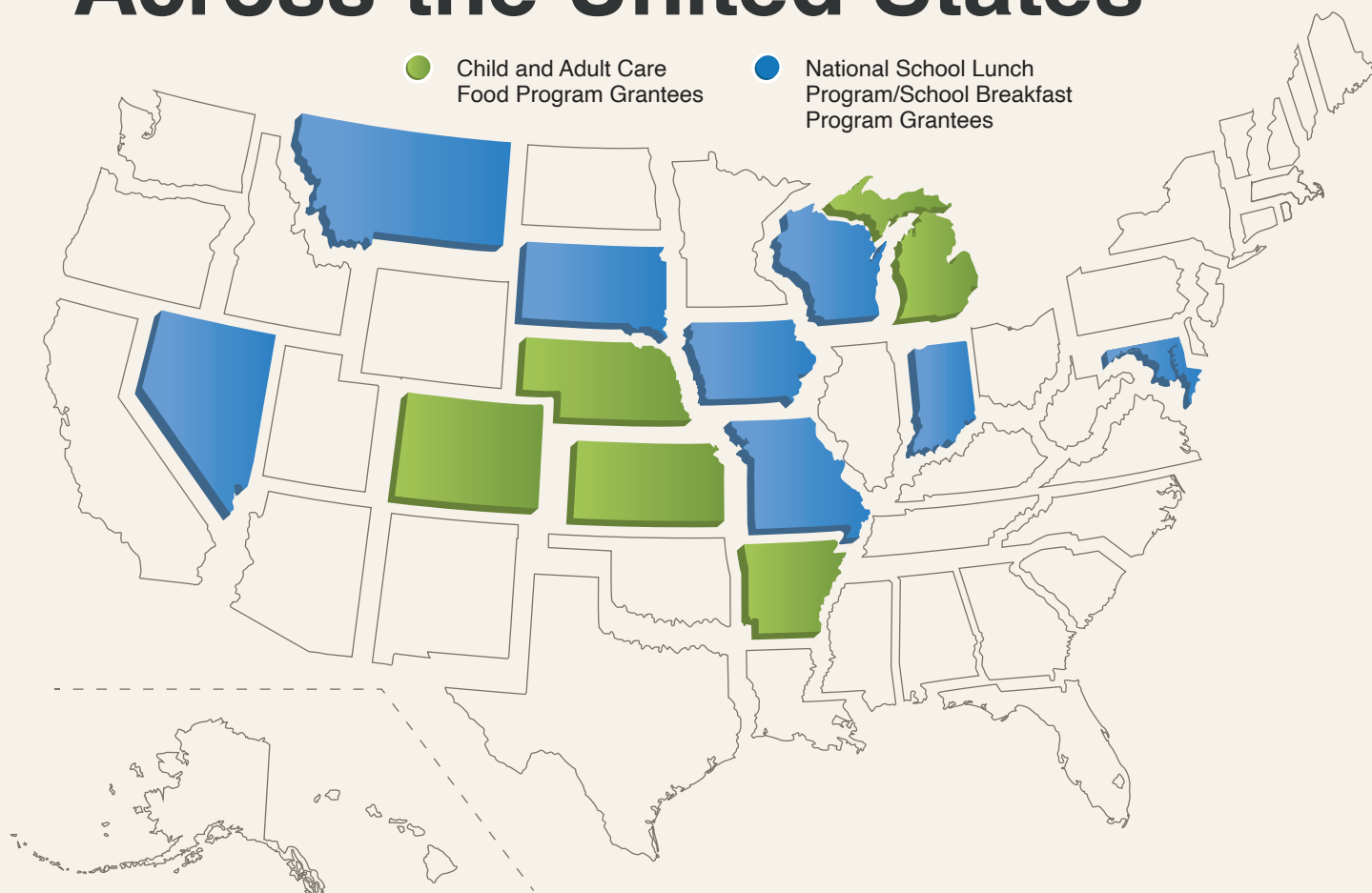
Michigan Department
of Education



Nebraska Department
of Education



Across the United States



AT A GLANCE

\$6,212,084

Total Grant Funds Awarded

≤ \$500,000

Funds Awarded per Grant

13

Number of Grants

3 Years

Length of Grants

REACH OF GRANTS

> 65,000

Children

> 8,500

Child Nutrition
Program Operators

> 2,000

Child Care Sites

> 550

Schools

PROJECT TYPES

23

Training and Technical
Assistance

19

Healthy Food Environment

18

Nutrition Education

Arkansas Department of Human Services

GRANT OBJECTIVE

Improve the nutritional content of meals and snacks offered in child care centers and family day care homes participating in the CACFP to be consistent with healthy eating patterns and to assist young children with meeting the *2015-2020 Dietary Guidelines for Americans*.



TOTAL GRANT ACTIVITIES

6,165

Children Reached

1,467

Program Operators Trained

PROJECT HIGHLIGHTS

The Arkansas Department of Human Services (DHS) provided two innovative training programs.

1. Sensible Eating and Educational Development (SEED)

SEED emphasized the Program operator's key role in modeling positive feeding practices. Training focused on increasing Program operators' knowledge of CACFP meal pattern requirements.

In total, 645 CACFP operators participated in the 6-hour, in-person training.



Evaluation data showed that Program operators improved their confidence, feelings of nutritional self-efficacy, and meal pattern knowledge after the training. Post-test assessment scores for meal pattern knowledge increased from an average of 59 percent to 80 percent after the training.



The WISE education effort included hands-on classroom activities.



Grocery store partners placed a large standup display of the Windy WISE Owl at the entrance of the store's produce section to direct families to the fruit or vegetable of the month.

Curriculum Mascot: Windy WISE Owl

Program operators received a nutrition education curriculum that utilized Windy WISE Owl to encourage children to try new fruits and vegetables. Each month, Windy delivered a letter from a farmer along with one of eight new fruits or vegetables for use in classroom food preparation activities.

To complement classroom lessons and engage families, grocery store partners placed a Windy WISE Owl display in the produce section along with signage near the WISE fruit or vegetable of the month.



2. We Inspire Smart Eating (WISE) Agricultural Literacy Program

More than 800 child care providers participated in a 6-hour training on the WISE program.

The program included training and nutrition education activities to increase the number of fruit and vegetable experiences in the classroom and to improve educator role modeling of healthy eating behaviors.

The Arkansas DHS conducted the training at 411 child care sites and 8 grocery stores, reaching more than 6,000 children.

WISE also included parent engagement materials that provided healthy and budget-sensitive recipes, information on community retail partnerships, and a website, windywise.org/Home.

LESSON LEARNED

Sustainability

Arkansas DHS used web-based training to sustain the SEED and WISE interventions after the grant ended.

Colorado Department of Public Health and Environment

GRANT OBJECTIVE

Improve the nutritional content of meals and snacks offered in child care centers and family day care homes participating in the CACFP to be consistent with healthy eating patterns and to assist young children with meeting the *2015-2020 Dietary Guidelines for Americans*.

Colorado

TOTAL GRANT ACTIVITIES

8,427



Children Reached

194



Program Operators Trained

PROJECT HIGHLIGHTS

The Colorado Department of Public Health and Environment implemented two complementary educational initiatives.

1. Cooking up Healthy Options with Plants (CHOP)

The 8-hour CHOP culinary training focused on strategies to increase children's acceptance of healthy foods and reached 194 CACFP operators.

The training also focused on building children's appreciation of local agriculture and increasing consumption of fresh produce through gardening and tasting activities.



Sites that participated in CHOP showed a 20- to 53-percent increase in the number of times child care menus offered seasonal, fresh, and/or garden produce. Program operators were able to sustain gains in knowledge related to effective food service practices 9 months after the training.



The CHOP culinary training aimed to increase CACFP operators' culinary skills.



Children got to touch, smell, feel, and taste new fruits and vegetables as part of the *Grow It, Try It, Like It!* lessons.

2. Team Nutrition's *Grow It, Try It, Like It!* Nutrition Education Lessons

The lessons were implemented in 11 family day care homes and 24 child care centers.

These targeted sites received educational lessons and gardening and culinary training.

In addition, nine of the targeted centers received culinary coaching.



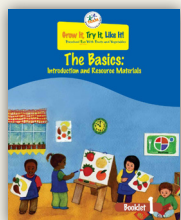
After the training, children at participating homes and centers were able to identify more types of local and seasonal fruits and vegetables. Additionally, participating child care sites offered more healthy food choices.

LESSON LEARNED

Leveraging *Grow It, Try It, Like It!*

Team Nutrition's *Grow It, Try It, Like It!* lessons are designed to help CACFP operators provide garden-based nutrition education for children ages 3 through 5 in child care settings. Through the activities in *Grow It, Try It, Like It!*, children touch, smell, feel, and taste new fruits and vegetables.

Children also learn how fruits and vegetables grow. Planting activities help children connect the delicious food choices at the table with the farm, orchard, or garden. Team Nutrition provides *Grow It, Try It, Like It!* for family day care homes and child care centers.



Grow It, Try It, Like It! is available on the Team Nutrition website at fns.usda.gov/tn/grow-it.

Skilled Chefs and Roasted Veggies!

Employing chefs with experience teaching scratch cooking contributed to the success of the CHOP trainings. These skilled chefs were effective at engaging training participants.

Roasted vegetables were a popular way to introduce new vegetables to young children. Roasting made the vegetables softer and easier for young children to chew. In addition, keeping tasting portions small helped make trying the new food less scary for the children.

Indiana Department of Education

GRANT OBJECTIVE

Assist students participating in the NSLP and SBP with meeting the recommendations set forth in the *2015-2020 Dietary Guidelines for Americans* by providing appealing and nutritious meals, nutrition education, and school environments that are conducive to healthy eating.



TOTAL GRANT ACTIVITIES

7,008

Students Reached

97

School Staff Trained

PROJECT HIGHLIGHTS

The Indiana Department of Education's approach included two training programs: one targeting students and the other targeting teachers.

1. Power Up with Produce

More than 2,400 students from 11 rural elementary schools participated in the Power Up with Produce program, which sought to increase student fruit and vegetable consumption. The program kicked off with a school assembly featuring testimonial videos of Indiana University athletes sharing MyPlate healthy eating messages and modeling fruit and vegetable eating behaviors for students. During the assembly, blindfolded student volunteers participated in fruit and vegetable taste tests.

The program used Public Service Announcement (PSA) videos featuring the college athletes. The videos were broadcast in elementary school classrooms to reinforce key messages.

After 6 months, students had a better understanding of MyPlate food groups. In addition, School Nutrition Professionals collected food production records before and after the program. The school cafeteria served more vegetables from the "dark-green" and the "other" vegetable subgroups after the Power Up with Produce program.



A football player for Indiana University emphasized the importance of eating fruits and vegetables every day during the Power Up with Produce assembly.

2. Forecasting Your Future: Nutrition Matters

Indiana trained 46 Family and Consumer Sciences (FCS) teachers.

FCS teachers learned how to implement the Forecasting Your Future: NUTRITION MATTERS curriculum, which focused on increasing consumption and changing attitudes about fruits and vegetables among high school students.

The program reached 700 students.

Teachers gained better overall knowledge of the *Dietary Guidelines for Americans* and improved confidence in their ability to teach the curriculum.

High school students who received the nutrition education tried new fruits and vegetables more often than students in a control group. After participating in nutrition education, the number of times students tried a new vegetable increased by 122 percent and by 97 percent for fruits.

“Partner with your State SNA [School Nutrition Association]. We were able to maximize grant resources, strengthen partnerships, and increase professional development opportunities.”

Elizabeth Foland
Indiana Team Nutrition Specialist



During the Power Up with Produce assembly, students volunteered to participate in fruit and vegetable taste tests.

LESSON LEARNED

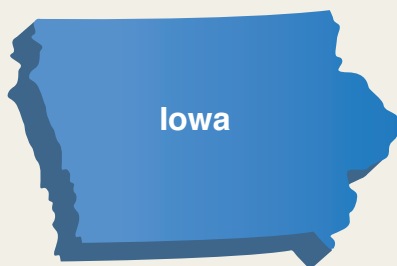
Student Athletes as Role Models

Developing relationships with student athletes at large universities is a cost-effective way to implement interventions. Videos and online resources can extend the reach of interventions in rural communities. It is also important to obtain permission to film the athletes while they are engaging in sports at their universities.

Iowa Department of Education

GRANT OBJECTIVE

Assist students participating in the NSLP and SBP with meeting the recommendations set forth in the *2015-2020 Dietary Guidelines for Americans* by providing appealing and nutritious meals, nutrition education, and school environments that are conducive to healthy eating.



TOTAL GRANT ACTIVITIES

1,057



Students Reached

1,084



School Nutrition
Professionals Trained

PROJECT HIGHLIGHTS

The Iowa Department of Education (DOE) utilized a comprehensive approach that provided nutrition education to students and culinary training to School Nutrition Professionals.

1. Healthy Schools–Healthy Students Project

The Iowa DOE implemented the project in 20 schools, reaching 1,057 fourth grade students.

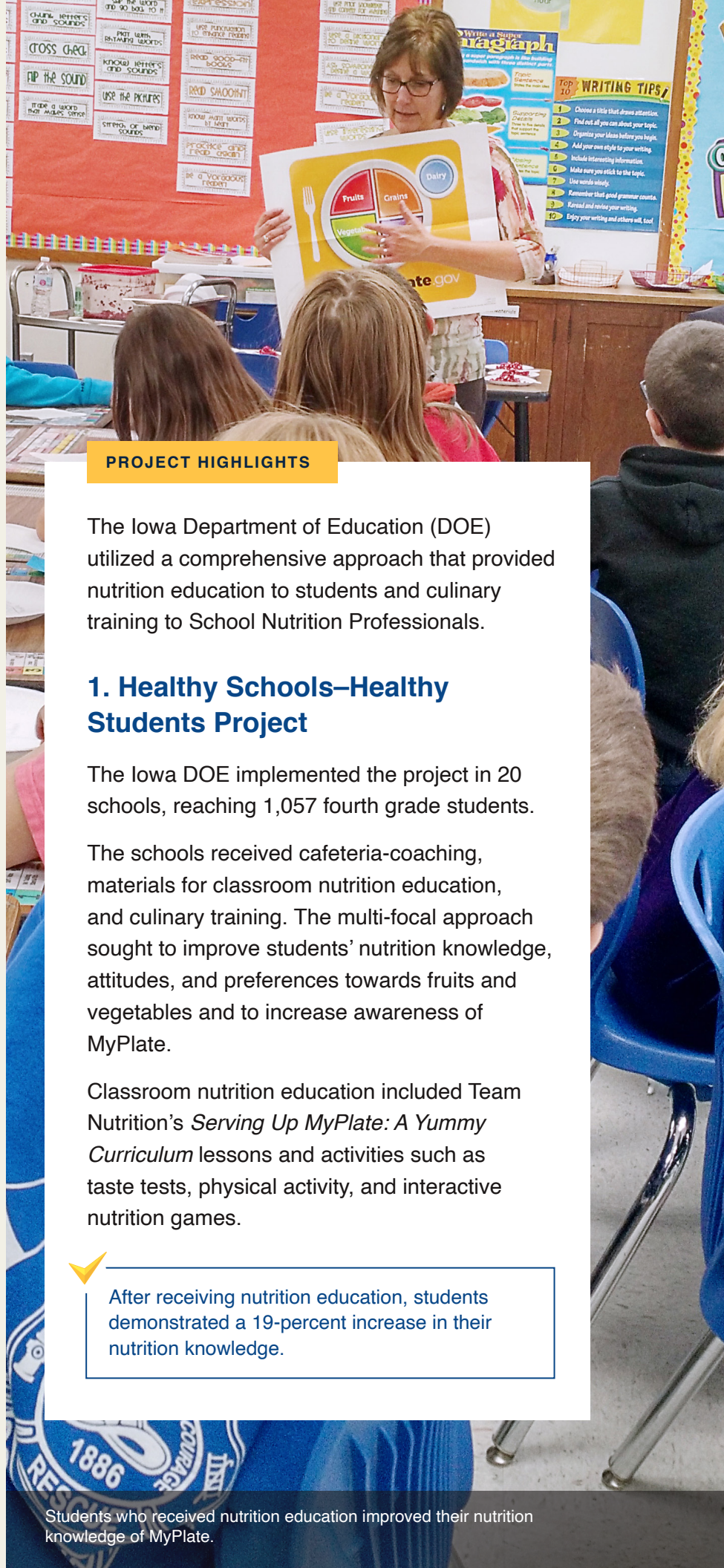
The schools received cafeteria-coaching, materials for classroom nutrition education, and culinary training. The multi-focal approach sought to improve students' nutrition knowledge, attitudes, and preferences towards fruits and vegetables and to increase awareness of MyPlate.

Classroom nutrition education included Team Nutrition's *Serving Up MyPlate: A Yummy Curriculum* lessons and activities such as taste tests, physical activity, and interactive nutrition games.



After receiving nutrition education, students demonstrated a 19-percent increase in their nutrition knowledge.

Students who received nutrition education improved their nutrition knowledge of MyPlate.



2. Practical Skills for Preparing Quality Meals

The Iowa DOE conducted 4-hour culinary skills trainings in partnership with the Institute of Child Nutrition (ICN).

The hands-on training reached 53 School Nutrition Professionals from 20 schools.

School Nutrition Professionals applied the acronym **PROUD** to remember five key steps for preparing appealing and nutritious school meals. These include:

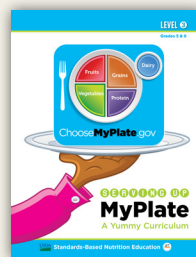
1. **Plan** food production;
2. **Review** the food quality scorecard and standardized recipe;
3. **Organize**;
4. **Use** the right culinary technique; and
5. **Deliver** a quality product.

After the trainings, 5 of the 10 participating schools served more red and orange vegetables at lunch; 4 schools served more dark-green vegetables; and 6 offered more legumes (beans and peas).



School Nutrition Professionals attended culinary workshops where they learned how to prepare nutritious meals.

Serving Up MyPlate: A Yummy Curriculum is a collection of classroom materials that helps elementary school teachers integrate nutrition education into math, science, English language arts, and health. This curriculum introduces the importance of eating from all five food groups, applies the MyPlate icon to school meals, and engages students in a variety of hands-on activities.



Serving Up MyPlate: a Yummy Curriculum is available on the Team Nutrition website at fns.usda.gov/tn/serving-myplate-yummy-curriculum.

"Connections made with nutrition educators in the community have built relationships to support future school wellness committee involvement. The grant activities enhanced school nutrition and wellness activities and training in the State of Iowa."

Carrie Scheidel
Iowa School Nutrition Consultant

LESSON LEARNED

More Time Needed for Nutrition Education

Nutrition educators suggested that more than 30 minutes was needed to deliver each nutrition education lesson.

Kansas State Department of Education

GRANT OBJECTIVE

Improve the nutritional content of meals and snacks offered in child care centers and family day care homes participating in the CACFP to be consistent with healthy eating patterns and to assist young children with meeting the *2015-2020 Dietary Guidelines for Americans*.



Kansas

TOTAL GRANT ACTIVITIES

453



CACFP Organizations
Provided Nutrition Education

1,383



Program Operators Trained

PROJECT HIGHLIGHTS

The Kansas State Department of Education (KSDE) used a combination of training and sub-grant awards to achieve their grant objectives.

1. CACFP Meal Pattern Training and Team Up for CACFP Success

These two initiatives reached 682 Program operators (Meal Pattern Training) and 60 CACFP sponsoring organization staff (Team Up).

The hands-on meal pattern training provided information to increase operator knowledge of CACFP meal pattern requirements.

The train-the-trainer Team Up training consisted of workshops with a focus on food safety and menu planning, sourcing local foods, and improving meal quality with local foods.



On average, training participants improved their knowledge of meal pattern requirements by 27 percent.

At CACFP sites where the Program operator and CACFP sponsoring organization staff both received training, the number of weekly healthy menu options increased.



Preschoolers picking peppers as part of the *Grow It, Try It, Like It!* gardening activities.



Preschoolers participated in *Grow It, Try It, Like It!* gardening activities at child care.

2. CACFP Sponsoring Organization Sub-grants

Sub-grant funding supported implementation of Team Nutrition's *Grow It, Try It, Like It!* lessons.

Grantee centers and homes participated in a webinar that included food safety information, gardening tips, and gardening curriculum instructions.

Activities funded through these sub-grants reached over 9,000 children from 313 child care centers and family day care homes.



After the training, Program operators reported teaching more nutrition education lessons compared to those who did not attend the training. On average, CACFP operators reported a 47-percent increase in the frequency of local foods on their menus.

"The grant allowed us to develop training opportunities for [CACFP] sponsors to attend in-person training and classes on the Kansas State Department of Education Training Portal that can be accessed 24/7."

Karen Seymour
Kansas Team Nutrition Project Director

LESSON LEARNED

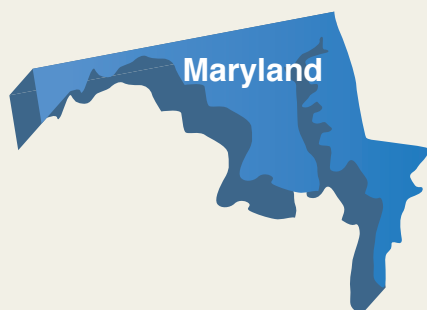
Online Training

When traditional, in-person training was difficult to schedule, KSDE turned to online training, which offered more flexibility.

Maryland State Department of Education

GRANT OBJECTIVE

Assist students participating in the NSLP and SBP with meeting the recommendations set forth in the *2015-2020 Dietary Guidelines for Americans* by providing appealing and nutritious meals, nutrition education, and school environments that are conducive to healthy eating.



TOTAL GRANT ACTIVITIES

9,039

Students Reached

405

School Nutrition Professionals Trained

PROJECT HIGHLIGHTS

The Maryland State Department of Education (MSDE) provided sub-grants to 23 Local Education Agencies (LEAs) that participated in one or both of the following trainings as part of Project SELECT (Student Engagement, Lunchroom Environment, and Culinary Training).

1. School Nutrition Staff Training

Utilizing Specialists

The MSDE contracted with chefs and food service operation specialists to provide culinary training and technical assistance based on the needs of the school.

Topics included:

- Ordering and Handling Produce;
- Assembling Salads;
- Roasting Vegetables;
- Planning and Conducting Tastings;
- Pairing Entrées with Vegetables; and
- Utilizing Spices and Herbs.

In addition, the MSDE hired behavioral economics consultants to provide training and technical assistance to schools in improving their lunchroom environments to help children make healthy choices. While the culinary training focused on the preparation of foods in the kitchen, the behavioral economics consultants worked with school nutrition staff on the marketing and promotion of vegetables and fruits in the cafeteria.

After 1 year, students in participating schools were less likely to select starchy vegetables and more likely to choose vegetables from the “other” vegetable subgroup (cauliflower, green beans, Brussels sprouts, cucumber, avocado, etc.).

After 2 years, students in schools that received school nutrition staff training were still more likely to select vegetables from the “other” subgroup.



School Nutrition Professionals received technical assistance and culinary training on the preparation of foods in the kitchen.

2. Nutrition Education Toolkit and Training

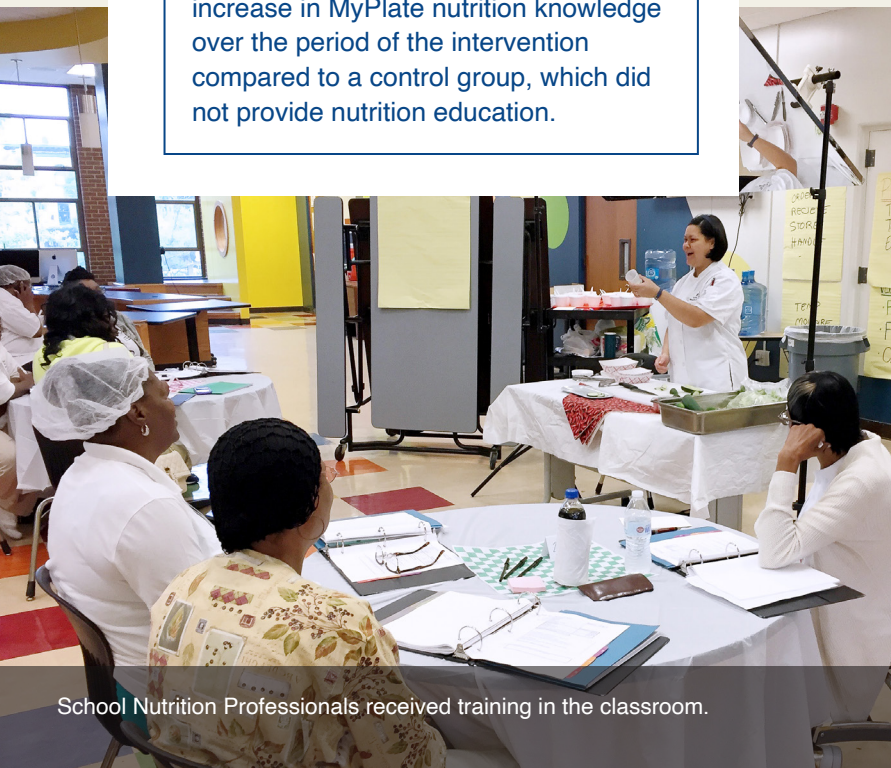
The MSDE developed a nutrition education toolkit and provided hands-on training to 44 health educators from 8 schools.

Trainees received nutrition education toolkits for use with students.

Lessons in the toolkit included topics such as the *Dietary Guidelines for Americans*, MyPlate, and the importance of consuming fruits and vegetables.



Students at schools that provided nutrition education lessons had a student body that demonstrated a greater increase in MyPlate nutrition knowledge over the period of the intervention compared to a control group, which did not provide nutrition education.



School Nutrition Professionals received training in the classroom.

LESSON LEARNED

Coaching and Longer Interventions

School Nutrition Professionals identified on-site technical assistance and coaching as being beneficial when applying classroom training information at their schools.

Schools that committed to Project SELECT for 2 years had stronger involvement and sustained outcomes longer than schools that participated for 1 year. The extra year provided time to work through challenges and establish relationships before implementing the program.

Michigan Department of Education

GRANT OBJECTIVE

Improve the nutritional content of meals and snacks offered in child care centers and family day care homes participating in the CACFP to be consistent with healthy eating patterns and to assist young children with meeting the *2015-2020 Dietary Guidelines for Americans*.



TOTAL GRANT ACTIVITIES

824 

Children Reached

390 

Program Operators Trained

PROJECT HIGHLIGHTS

The Michigan Department of Education (MDE) engaged Michigan State University Extension educators and CACFP operators to reach children across the State.

1. Healthier Child Care Environment Program

The MDE delivered training to 37 Michigan State University Extension educators, using a train-the-trainer model. After the training, Extension educators provided meal pattern coaching and facilitated the implementation of Team Nutrition's *Grow It, Try It, Like It!* lessons for 90 child care sites.

In total, 824 children in 24 counties were reached through the program.



A 5-day menu comparison before and after the coaching program showed that the number of participating child care sites meeting the meal pattern requirements for breakfast increased from about 66 percent to over 80 percent. Child care sites reported that Program operators improved their knowledge of CACFP meal pattern requirements and believed that changes to meals were easy to implement.



“The grant enabled us to provide a nutrition education intervention to family child care provider homes, that are often not a target of educational opportunities in Michigan.”

Whitney Vance
Education Consultant Manager

2. CACFP Meal Pattern Training

Reach included 300 Program operators.

The MDE conducted four in-person trainings to increase operator knowledge of CACFP meal pattern requirements and build skills to foster healthier child care environments.

Topics included:

- “Working with Parents: Healthy Habits at Home and in Care”
- “Resources Galore: Healthy Eating and Physical Activity for Young Children”
- “Keeping Foods Appealing and Fun While Following the New Meal Pattern”



After training, Program operators demonstrated improvements in knowledge of CACFP meal pattern requirements and available resources to support nutrition and physical activity in child care.

LESSON LEARNED

Video Assets

The MDE developed 15 videos highlighting best practices from child care providers who participated in the Healthier Child Care Environment Program. These videos are available on the Michigan Team Nutrition YouTube channel at youtube.com/user/miteamnutrition1/videos.

Missouri Department of Health and Senior Services

GRANT OBJECTIVE

Assist students participating in the NSLP and SBP with meeting the recommendations set forth in the *2015-2020 Dietary Guidelines for Americans* by providing appealing and nutritious meals, nutrition education, and school environments that are conducive to healthy eating.



TOTAL GRANT ACTIVITIES

1,618



Students Reached

272



School Nutrition
Professionals Trained

PROJECT HIGHLIGHTS

The Missouri Department of Health and Senior Services (DHSS) implemented two innovative, hands-on programs.

1. Salad Bar Educational Events

Ninety-two elementary schools hosted Rainbow Days salad bar events, reaching 1,398 students. Sixteen middle and high schools hosted the FreshLIFE: Enjoy a Salad Today! initiative, reaching 220 students.

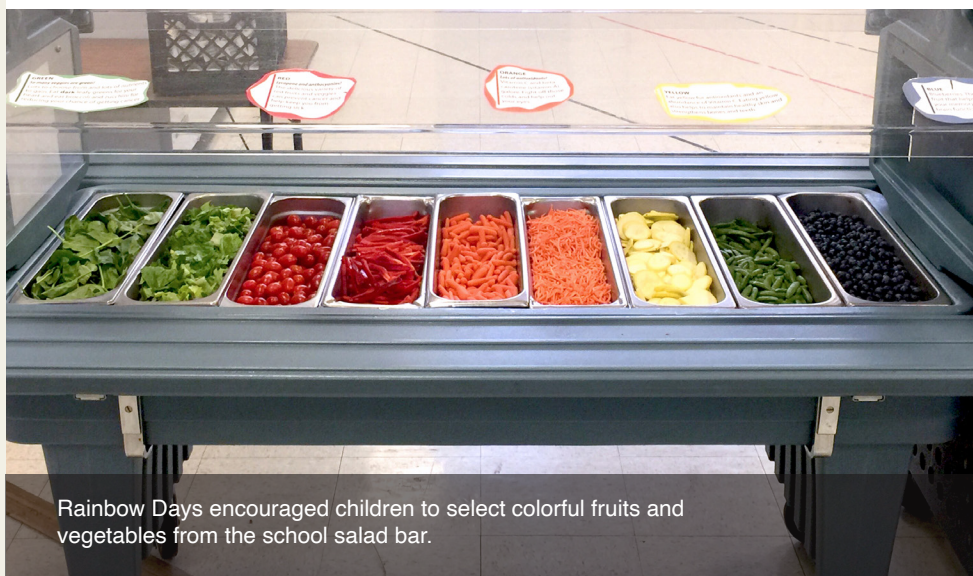
The Missouri DHSS supplied toolkits to assist schools with implementation of the Rainbow Days initiative. Each toolkit included the following components:

- Promotional flyer template;
- Parent and community volunteer to-do list;
- Sample press release; and
- List of classroom teaching ideas.



After the Rainbow Days salad bar events, more students said they liked to eat fruits and were willing to try new vegetables. Participating schools also reported a 13-percent increase in salad bar sales on Rainbow Days.

The FreshLIFE: Enjoy a Salad Today! initiative was associated with a 26-percent increase in the number of salads purchased by students on the day of the event.



Rainbow Days encouraged children to select colorful fruits and vegetables from the school salad bar.

2. Culinary Skills Institute Workshops

The Missouri DHSS provided 9 workshops to 116 School Nutrition Professionals.

A nutritionist and a chef led each 2½-day workshop.

Classroom instruction and culinary demonstrations covered topics such as kitchen organization and knife skills, reducing sodium in school meals, and meal planning.

Survey results showed that after participating in the workshop, knowledge, attitudes, and self-efficacy of School Nutrition Professionals increased. Specifically, participants reported increased knowledge of cooking terminology, kitchen safety, and how to use fresh herbs and spices as well as improved knife skills.

"The grant gave us the opportunity to increase student fruit and vegetable intake through increased availability of a variety of produce on school salad bars."

Cindy DeBlauw

Missouri Physical Activity and Nutrition Program Manager



School Nutrition Professionals provided nutrition education and encouraged students to eat a variety of fruits and vegetables.

LESSON LEARNED

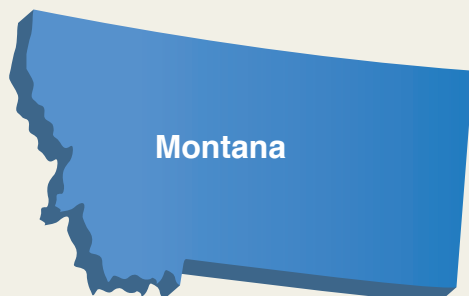
Greater Success with Younger Grades

The Missouri DHSS found that salad bar events in elementary schools showed more positive results and a longer lasting impact on salad bar sales than events at middle and high schools.

Montana Office of Public Instruction

GRANT OBJECTIVE

Assist students participating in the NSLP and SBP with meeting the recommendations set forth in the *2015-2020 Dietary Guidelines for Americans* by providing appealing and nutritious meals, nutrition education, and school environments that are conducive to healthy eating.



TOTAL GRANT ACTIVITIES

8,001

Students Reached

419

School Nutrition
Professionals Trained

PROJECT HIGHLIGHTS

The Montana Office of Public Instruction (OPI) programming focused on Montana-grown foods and nutritious cafeteria choices.

1. Montana Harvest of the Month Program

The Montana Harvest of the Month Program reached 144 schools and 47 afterschool programs.

Schools and afterschool sites used a monthly resource kit to promote a Montana-grown “food-of-the-month.”

The kits included:

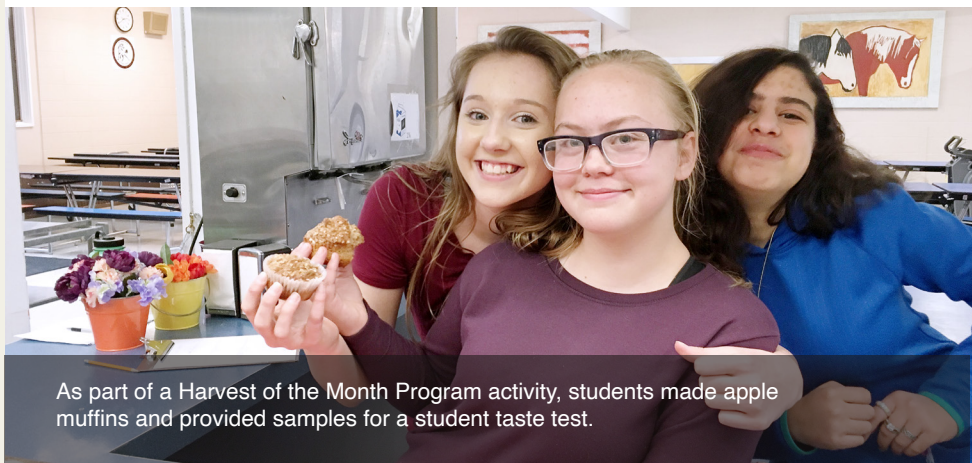
- Posters;
- Newsletters for specific audiences (School Nutrition Professionals, educators, students, and parents); and
- Menu template.

Participating sites received handouts with fun facts, cooking tips, and recipes sized for school food service, classroom, and family/home use. Each month, participating sites served the featured food as part of a school meal or afterschool snack. Additionally, school and afterschool sites offered taste tests and conducted nutrition education lessons and activities.



After the Harvest of the the Month Program, students reported a greater preference for lentils, lettuce, whole-grain bread, and winter squash.

In the final year of the grant period, sites showed an increased frequency of serving many foods grown in Montana; specifically, apples (16%), summer squash (18%), winter squash (18%), carrots (21%), kale (21%), beef (23%), beets (23%), grains (23%), and lentils (24%).



As part of a Harvest of the Month Program activity, students made apple muffins and provided samples for a student taste test.



2. Behavioral Economics Training

Technical assistance and training activities included behavioral economics training for 40 schools and 26 workshops for School Nutrition Professionals.

Montana OPI:

- implemented behavioral economics strategies to assist schools in promoting nutritious choices in the cafeteria.
- encouraged schools to form school lunch advisory councils to develop strategies for increasing students' selection of red and orange vegetables, dark-green vegetables, legumes (beans and peas), and fruits.

Ten schools collected data on the effect behavioral economics activities had on students' selections of fruits and vegetables in the cafeteria.



After the behavioral economics activities, students were more likely to select red and orange vegetables, dark-green vegetables, and legumes (beans and peas) at lunch.

Behavioral economics strategies also helped improve student selections of healthy foods at school breakfast. Participating schools encouraged the selection of fruit at breakfast by offering two fruit choices daily, including at least one fresh fruit, and displaying fruits in an attractive serving bowl.

"Incorporating evaluation helped to strengthen our capacity to analyze the impacts of our work. Two evaluation tools (A Smarter Breakfast Scorecard; Eat the Rainbow Salad Bar Checklist), continue to be utilized within Montana Team Nutrition today. The grant also contributed funding toward the development of sustainable materials."

Katie Bark

Montana Team Nutrition Project Director

LESSON LEARNED

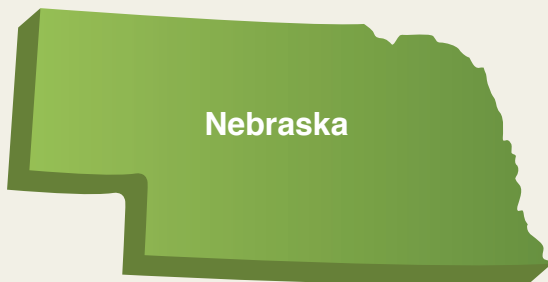
School Lunch Advisory Councils

School Lunch Advisory Council members consisted of three to five students, a school staff member/teacher, and the School Food Service Director. Schools with a school lunch advisory council reported receiving important feedback from the students and had increased student involvement in school meal service.

Nebraska Department of Education

GRANT OBJECTIVE

Improve the nutritional content of meals and snacks offered in child care centers and family day care homes participating in the CACFP to be consistent with healthy eating patterns and to assist young children with meeting the *2015-2020 Dietary Guidelines for Americans*.



TOTAL GRANT ACTIVITIES

798



Day Care Homes and
Child Care Centers Reached

2,314



Program Operators Trained

PROJECT HIGHLIGHTS

The Nebraska Department of Education (NDE) provided traditional CACFP meal pattern training along with the Nutrition and Physical Activity Self-Assessment for Child Care (Go NAPSACC) State coalition programming.

1. CACFP Meal Pattern Training

Over 500 CACFP family day care home and child care center providers participated in the trainings. The NDE developed and implemented nine online training modules. Topics included CACFP meal pattern requirements and meal service.



After the training, participating CACFP operators showed increased meal pattern knowledge (post-test scores increased from 68 to 74 percent). Notably, 1 year after the training, the operators' overall knowledge of meal pattern components remained higher than before the training.



Nebraska promoted their work with the State's Go Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC) coalition.

2. Go Nutrition and Physical Activity Self-Assessment for Child Care (Go NAPSACC)

A State coalition provided 68 trainings for more than 720 CACFP operators.

Each 6-hour training included a self-assessment focused on healthy eating practices and physical activity, goal setting and action planning, skill building activities to increase confidence in making healthy changes, technical assistance and resources, and follow-up reinforcement.

The NDE expanded the Go NAPSACC to locations without a Go NAPSACC trainer through online training and one-on-one virtual coaching.

The State coalition awarded 60 mini-grants to CACFP sites participating in the training. The mini-grants allowed sites to purchase nutrition education materials and provide family-based nutrition events.

✓ The Go NAPSACC program helped family day care home and child care center providers increase their use of best practices across all assessment areas (nutrition, physical activity, screen time, etc.). Scores on the child nutrition assessment increased by 17 and 20 percent for family day care homes and child care centers, respectively.



Nebraska provided in-person meal pattern trainings for child care providers.

“With the update to the CACFP Meal Patterns in 2016, Nebraska needed to rethink its training delivery methods. The grant allowed us to create online training modules to offer alongside in-person annual CACFP update training. The online modules enabled more staff members to be trained and provided an ongoing resource for participating facilities across the State.”

NDE Nutrition Services Staff

LESSON LEARNED

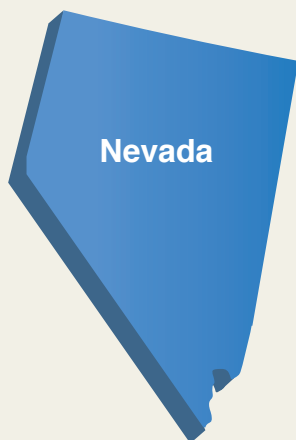
Online Modules for Rural Areas

The development of online modules helped to expand the reach of programming for rural CACFP operators. The State found that an integrated model of online training with virtual coaching was an effective approach to providing training.

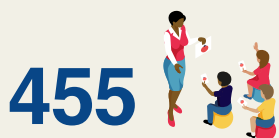
Nevada Department of Agriculture

GRANT OBJECTIVE

Assist students participating in the NSLP and SBP with meeting the recommendations set forth in the *2015-2020 Dietary Guidelines for Americans* by providing appealing and nutritious meals, nutrition education, and school environments that are conducive to healthy eating.



TOTAL GRANT ACTIVITIES



455

Students Reached



159

School Nutrition
Professionals Trained

PROJECT HIGHLIGHTS

The Nevada Department of Agriculture (NDA) provided a combination of professional training, classroom lessons, and wellness policy reviews.

1. Culinary Skills Trainings

The skills-based culinary trainings engaged 95 School Nutrition Professionals from 40 schools.

Training covered creative topics including student taste test events and recipe standardization.

Culinary skills training also provided lessons in related areas such as cooking vegetables, garnishing foods, and knife skills.



After the training, 73 percent of participants conducted student taste tests four or more times to introduce new foods to kids in a friendly way. After the culinary training, all participants identified that they were more confident in their knife skills and over 71 percent of participants intended to use the skills at least weekly.



School Nutrition Professionals received training on how to hold student taste tests and use standardized recipes.

Nutrition education lessons encouraged children to eat fruits and vegetables.



2. *Pick a Better Snack* Nutrition Education Lessons

The Nevada Department of Agriculture partnered with the University of Nevada Cooperative Extension to provide nutrition education for 455 second and third grade students at 4 schools.

Extension instructors provided eight monthly lessons for in-class engagement.

The materials included a take-home packet of fruit and vegetable fact sheets, parent newsletters in English and Spanish, and bingo game cards to reinforce the lessons.

Students who participated in the lessons had more favorable attitudes towards fruits and vegetables and higher MyPlate knowledge scores than students who did not receive the lessons.

3. School Wellness Policy Reviews

The NDA reviewed the wellness policies of 16 school districts, 11 Residential Child Care Institutions, and 3 charter schools.

Additionally, half-day trainings for School Nutrition Professionals and school wellness coordinators were offered in three regions of the State to help participants assess their school's wellness policy implementation.

At the completion of School Year 2018-2019, all Nevada School Food Authorities (SFAs) had local school wellness policies that were compliant with State and Federal regulations.

After training, participants reported greater confidence in their ability to improve implementation of the district's wellness policy at their school.

LESSON LEARNED

Using the Kitchen

Holding NDA's culinary trainings at a school kitchen in the region helped training participants apply the newly acquired skills and knowledge in their own schools, since equipment and kitchen designs were similar and familiar.

South Dakota Department of Education

GRANT OBJECTIVE

Assist students participating in the NSLP and SBP with meeting the recommendations set forth in the *2015-2020 Dietary Guidelines for Americans* by providing appealing and nutritious meals, nutrition education, and school environments that are conducive to healthy eating.



TOTAL GRANT ACTIVITIES

5,006

Students Reached

256

School Nutrition
Professionals Trained

PROJECT HIGHLIGHTS

The South Dakota Department of Education (SD DOE) awarded sub-grants to schools to implement innovative programming.

1. Power Chef Challenge

Sub-grants supported 17 school sites, reaching 4,000 students.

The Power Chef Challenge nutrition education program used a competitive food preparation experience to teach elementary and middle school students about the MyPlate food groups and basic food preparation skills.



The Power Chef Challenge was associated with improved student understanding of kitchen safety, Nutrition Facts labels, MyPlate, and the health benefits of fruits and vegetables.



A behavioral economics program helped school nutrition staff promote nutritious lunchroom choices using simple, low-cost solutions.

2. Healthy School Advisor

The SD DOE Healthy School Advisor provided technical assistance to two schools located on American Indian Reservations with the completion of their Fuel Up to Play 60 grant applications.

The grant applications supported participation in the SBP, by leveraging additional funding that together with Team Nutrition Training Grant funds, improved the schools' food environment, and increased physical activity.

Both schools received Fuel Up to Play 60 grant funds, in the amount of \$3,000, which enabled them to purchase smoothie machines. Additionally, the grantee used some funds to purchase carts to transport food to classrooms for the breakfast program and recycling bins to prevent food waste.

Schools implemented nutrition and physical activity events. They also improved the school food environment to help increase consumption of fruits and vegetables and provided healthy meal and snack options in the cafeteria.

3. Behavioral Economics

Sub-grants enabled two schools to assist School Nutrition Professionals with the implementation of behavioral economics strategies that promoted nutritious choices in the lunchroom.

Students and staff from each school worked together to improve the lunchroom environment using signs and menu boards to promote healthy food items and implement new fruit and vegetable displays.

Some of the positive lunchroom changes observed by School Nutrition Professionals included an increase in the number of vegetables offered, promoting a "vegetable of the day," and displaying a variety of fruits in the lunchroom.

LESSON LEARNED

Technical Assistance

A Healthy School Advisor with the ability to provide technical assistance at the local level was instrumental in helping schools apply for sub-grant funds and implement sub-grant activities.

Wisconsin Department of Public Instruction

GRANT OBJECTIVE

Assist students participating in the NSLP and SBP with meeting the recommendations set forth in the *2015-2020 Dietary Guidelines for Americans* by providing appealing and nutritious meals, nutrition education, and school environments that are conducive to healthy eating.



TOTAL GRANT ACTIVITIES

2,845

Students Reached

191



School Nutrition
Professionals Trained

PROJECT HIGHLIGHTS

The Wisconsin Department of Public Instruction (DPI) initiative included trainings and events. They also awarded sub-grants for implementation of behavioral economics strategies.

1. Behavioral Economics Trainings

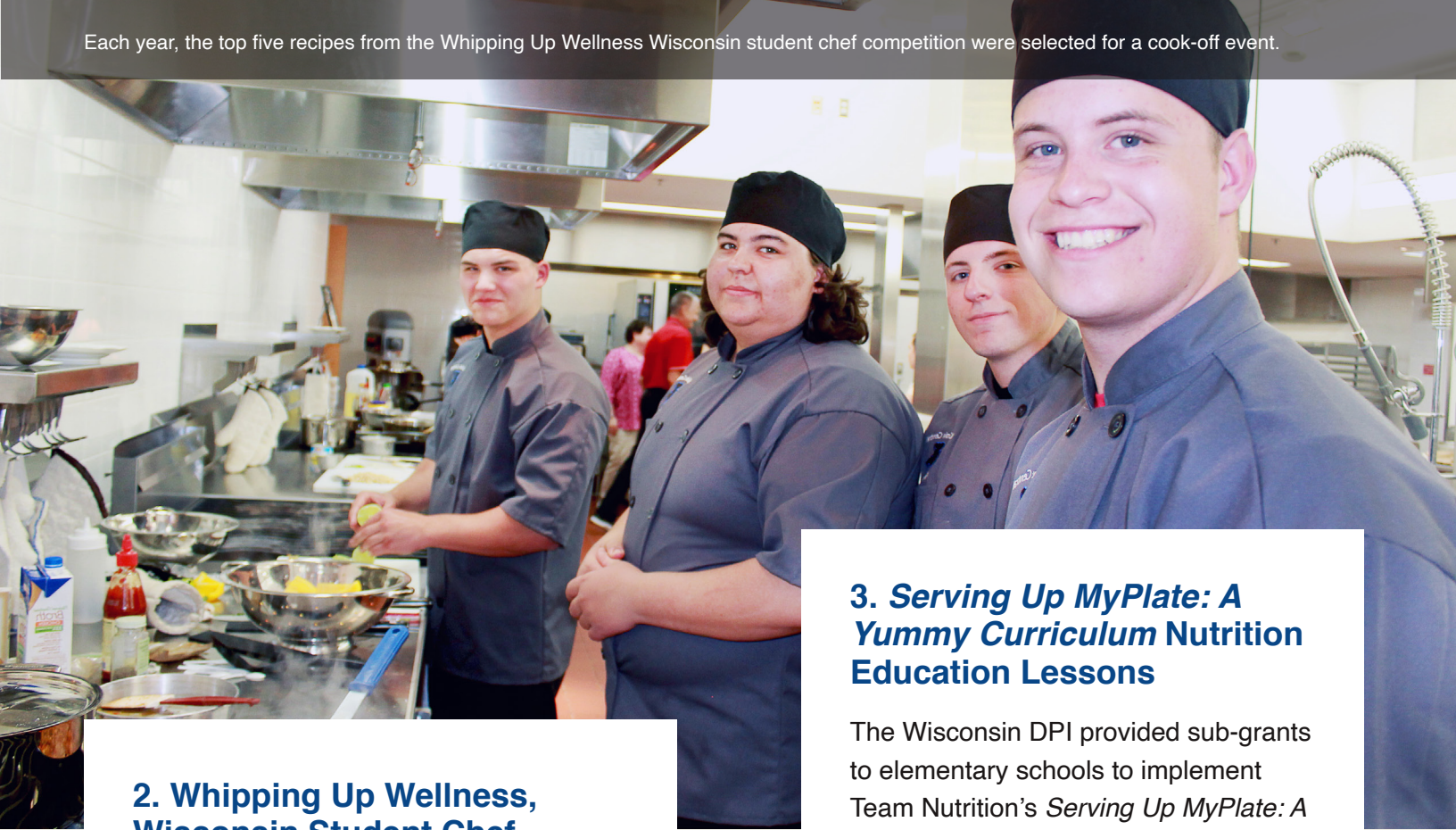
The Wisconsin DPI hosted 6 training events that provided training on behavioral economics strategies for 151 School Nutrition Professionals.

Wisconsin DPI also awarded 55 sub-grants to School Food Authorities (SFA) whose School Nutrition Professionals attended the training to support implementation of behavioral economics strategies to improve students' food choices in the cafeteria.

After the behavioral economics trainings, students from participating schools were more likely to select fruit.



Third and fourth grade students participated in vegetable taste tests in the classroom as part of the *Serving Up MyPlate: A Yummy Curriculum* lesson.

A photograph of three student chefs in a kitchen. They are wearing dark blue chef coats and black hats. The chef on the left is looking at a bowl of yellow food. The chef in the middle is looking towards the camera. The chef on the right is smiling and looking towards the camera. They are standing in front of a stainless steel counter with various kitchen items like a bowl, a bottle of hot sauce, and a carton of milk.

2. Whipping Up Wellness, Wisconsin Student Chef Competitions

The Wisconsin Student Chef Competitions involved teams of middle and high school students competing to develop nutritious, student-friendly recipes.

More than 900 students participated in the annual competitions with the goal of producing winning recipes for addition to the school meal menus.

As part of the challenge, student teams developed recipes using vegetables from a select vegetable sub-group, such as dark-green vegetables or legumes (beans and peas). Each year, the competition focused on a different vegetable subgroup.

After participating in the challenge focused on legumes (beans and peas), 62 percent of students reported being more likely to eat them. After participating in the challenge focused on dark-green vegetables, 56 percent of the students reported being more likely to eat dark-green vegetables.

3. Serving Up MyPlate: A Yummy Curriculum Nutrition Education Lessons

The Wisconsin DPI provided sub-grants to elementary schools to implement Team Nutrition's *Serving Up MyPlate: A Yummy Curriculum* nutrition education lessons, reaching 472 students.

This sub-grant offered third and fourth grade teachers the opportunity to implement nutrition education.

Programming included vegetable taste testing activities in the classroom.

After the *Serving Up MyPlate: A Yummy Curriculum* lessons, students demonstrated increased MyPlate nutrition knowledge and were more likely to eat dark-green vegetables.

LESSON LEARNED

Taste Testing

Nutrition education and taste testing can successfully take place inside and outside of the classroom, such as in the school cafeteria.



After taste testing activities in child care homes in Colorado, children were willing to try more fruits and vegetables. They also reported liking more fruits and vegetables.

Training and Nutrition Education Resources Mentioned in This Booklet

Team Nutrition resources, including *Serving Up MyPlate* and *Grow It, Try It, Like It!*, are available through the Team Nutrition website at TeamNutrition@USDA.gov.

State-developed resources are available through the Institute of Child Nutrition's Child Nutrition Sharing Site at theicn.org/cnss.

Past issues of the *Dietary Guidelines for Americans* are available at dietaryguidelines.gov.

More Information About Team Nutrition Training Grants

Information about Team Nutrition Training Grants is available at fns.usda.gov/tn/team-nutrition-training-grants. Requests for Applications for Team Nutrition Training Grants are posted through [Grants.gov](https://www.grants.gov). For questions regarding Team Nutrition Training Grants, please contact TeamNutrition@USDA.gov.

For more information about the evaluation, see the report titled *“Evaluation of the FY 2016 Team Nutrition Training Grants: Final Report”*. This report provides an in-depth summary of the characteristics of the grantees and their interventions, the results from the grantees’ evaluations, and the lessons learned from implementing those interventions and evaluations.

For more information, please visit:

fns.usda.gov/cn/evaluation-fy-2016-team-nutrition-training-grants.

To the FY 2016 Team Nutrition Training Grantees: Thank you for your dedication to building healthy school and child care environments, and for giving children the tools they need to make healthy lifestyle choices.

