



SCHOOL NUTRITION ACTIVITIES

Dan Kaminsky, Chelsea Community Kitchen

New Intervention

Amount Requested:
\$15,000

Type of intervention:
 Behavior

School Nutrition Activities

Brief Description

Starting in Fall 2015, this intervention is designed to integrate healthier foods into the school lunch program and provide nutrition education to K-8th grade.

1. Monthly tasting with potential to add new food items to lunch menu
2. Nutrition Education to teach how good nutrition is important

Target population:

Students at:

- North Creek, K-2 (~ 500)
- South Meadows Elementary 3-5 (~ 350)
- Beach Middle School 6-8 (~ 350)

Link to Coalition's 1 & 5 year plans

5 year Coalition Plan includes 2 goals addressed by this intervention:

1. *Increasing the number of individuals working toward and maintaining a healthy weight*
3. *Improving the availability and consumption of healthy foods*

Coalition's focus – those engaged in a wellness life style are more likely to stick with it with the support of friends and family.

- *School environment is the friends network for most elementary students.*

Health survey data

- *According to the 2010 HIP data for Western Washtenaw, 39% of youth are overweight or obese.*

List all the goals of the intervention

1. Provide students with the opportunity to taste foods they may not experience at home or in restaurants
2. Teach students how nutritious foods affect their performance both in and out of the classroom. 2 classrooms per school., 3 days a week, 10 weeks
3. Get parents involved with the program.
4. Identify appropriate educational materials and alternative grant funding

For the primary goal provide the following information:

SMART	Goal 1:
Specific Goal	Tastings: 1 per month September – May (note – this was already piloted with Sue Gregg in 2014-15 school year)
How success will be measured	<ul style="list-style-type: none"> • # students who try the sample (count), • # students who vote to have the food item included in the school lunch, • # students who bring in a signed note from parents/guardians that the student convinced them to purchase the food item and include it in a family meal. Monthly party for class/school with most notes
Who will be responsible	<ul style="list-style-type: none"> • School food service will purchase and prepare samples • School nutrition assistant (SNA), Dan Kaminsky and volunteers will: <ol style="list-style-type: none"> 1) be present at all events, do the counts 2) Arrange class parties • Teachers will collect the notes from students and SNA
Why do you think the goal is achievable?	<p>USDA has model programs for this Michigan has a strong Farm to School program Locally – Dexter and Jackson both do these programs in their schools.</p>
Is the timeline achievable	Planning will start in the spring of 2015 so the programs are ready for fall of 2015

Units of Engagement

- Units of engagement will be number of students (1200) X 5 minutes (0.083) X 9 events = 900
- Units of engagement is number of students (150) x minutes per day (.5 hr) x 3 days a week x 10 weeks in Feb, March, April = 1125.
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- Estimated Cost per unit -= \$7.40

Key Evaluation Data

- Units of engagement
- Number of new food items included in school lunch program
- Number of students who eat the food item at home
- Increase in the consumption of fruits and vegetables during March 2016
- Number of parent volunteers
- Number of classroom teachers willing to participate

Responsible Parties & Organizations

Who will do what:

- Coalition members, Chelsea Community Kitchen and Chelsea Food Service Staff and Administrators will be responsible for the hiring of the SNA.
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- SNA will be responsible for tabulating the surveys and the amount of food distributed. Volunteers and SNA will be responsible for tracking the units of engagement.
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- Chelsea School Food Service will be responsible for preparing food samples
- Chelsea Community Hospital – administration (paying SNA and other invoices)
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- SNA and Dan (+ volunteers) will be responsible for scheduling classroom sessions and incorporating the nutrition education into the classroom and curriculum.
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- The SNA will be responsible for finding classroom material that the teachers are interested in using.
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- SNA, will be responsible for recruiting parent volunteers

What organizations are involved:

1. Chelsea School District
 - a) Superintendent and Principals still need to approve this intervention
 - b) Food Service Director will need to agree to the plans for Goal 1
 - c) Teachers will need to agree to sections of Goal 1 and 2.
 - d) NOTE – Principals at all three schools have already begun incorporating some of this programming – so just have to approve the specifics
- a) Organizations who have committed to contribute to the intervention
 - A. Chelsea Community Kitchen – administration of the grant

Marketing Plan

- Be sure to include the 5H logo in marketing material (find it on Wiggio or email Shawn Personke)
- Shawn will help you with “how to” add to the Facebook and Twitter Pages
- Email matt@5healthytowns.org to get events on www.5healthytowns.org
- MARKETING PLAN is:
 - ❑ by posters, etc. to students
 - ❑ by 1-1 interactions with teachers
 - ❑ by hand-outs to parents

Proposed Budget Total Budget = \$ 15,000 100% from Coalition

Budget	Cost	Description
Consultant (School Nutrition Assistant)	\$ 10,368	\$18/h x 16 h/wk x 36 wks
Books, materials, worksheets	\$ 1,932	6 classrooms X \$322 per class)
Tastings	\$ 2,700	9 tastings X \$300 per tasting

Budget Summary	Amount	Percentage
Amount of funds from Coalition	15,000	100%
Total funds from other sources	0	
Marketing/Advertising	\$0	
Compensation – to one or more people	\$10368	69%
Infrastructure (structure that lasts 5 years or more)		
Other expenses	\$4632	31%

What programs did you use as a model for this intervention?

USDA – Tri-Day Friday model

USDA – Serving up MyPlate: A Yummy Curriculum

Elliptical Reviews.com. Has compiled a list of health games for kids.

<http://www.ellipticalreviews.com/health-games-for-kids/>

Has a similar intervention been done in another 5H Community?

Yes, Dexter Farm to School Intervention

There is also a similar program in Jackson at McCullough Academy

Have you communicated with leaders of similar interventions in other 5H towns?

Yes, Caitlin Joseph from Dexter Farm to School Program.

