

On the Plate: National Nutrition Month Ideas

Plus 2012 Brains and Bodies Awards Program



Today's Agenda

- Introduction to AHA
- What is National Nutrition Month®?
- How to celebrate?
 - Ideas from AHA and St. Mary Magdalene Catholic School
 - Q&A
- AHA Brains and Bodies Award
 - Information
 - Q&A



www.AdvocatesForHealthInAction.org



Our Mission

Advocates for Health in Action (AHA) fosters and supports community efforts to make healthy eating and physical activity the way of life in Wake County.

More than 50 diverse organizations and community members partners are part of the AHA collaborative shaping the environment throughout Wake County.

*Lets make the healthy choice
the easy choice!*



www.AdvocatesForHealthInAction.org



AHA Communication

- **Health in Action newsletter**

- Sign up today!
- Share with friends, neighbors, school and co-workers!
- Post a link on your school website or newsletter!



- **Facebook & Twitter**

- AHA friends and tweets. Join our social networks!
- Timely updates



www.AdvocatesForHealthInAction.org



Brains and Bodies Workshop Series

- **For Sale:**
Healthy Fundraisers, Concessions & School Stores
 - March 29, 2012, 10 am-12 pm
Bond Park Community Center, Cary
 - Online registration coming soon...



www.AdvocatesForHealthInAction.org



Why do schools need to be a healthier place?

- Obesity rates are high!!!
- For the first time in 2 centuries, the current generation of children in America may have shorter life spans than their parents due to the rapid rise in childhood obesity.

--New England Journal of Medicine, 2005



www.AdvocatesForHealthInAction.org



North Carolina

- 14th most obese state (adults)
- 11th most obese state (children)

--F as in Fat: How Obesity Threatens America's Future 2011, July 7, 2011

- NC Adult obesity rate: 29.4%--
more than 80 percent increase over the last 15
years!
- NC Child obesity rate: 18.6%



www.AdvocatesForHealthInAction.org



Overweight & Obese in Wake County

- 43.2% of children ages 5-11
- 49.5% of children ages 12-18

--NC Nutrition and Physical Activity Surveillance System (NC-PASS) 2009



www.AdvocatesForHealthInAction.org



Local Wellness Policy

- **Federal requirement**
 - Every Local Education Agency (LEA) that participates in the School Meals Program was required to establish a local wellness policy no later than the first day of school beginning after June 30, 2006
- **North Carolina requirement**
 - Each LEA submitted its local wellness policy to the Child Nutrition Services Section at N.C. Department of Public Instruction



www.AdvocatesForHealthInAction.org



On the Plate



National Nutrition Month[®]

- nutrition education & information campaign created annually in March by the American Dietetic Association
- 2012 Theme:
Get Your Plate in Shape
- *“Before you eat, think about what and how much food goes on your plate or in your bowl. Over the day, include food from all food groups: vegetables, fruits, whole grains, low-fat dairy products and lean protein foods.”*



ADA Resources:

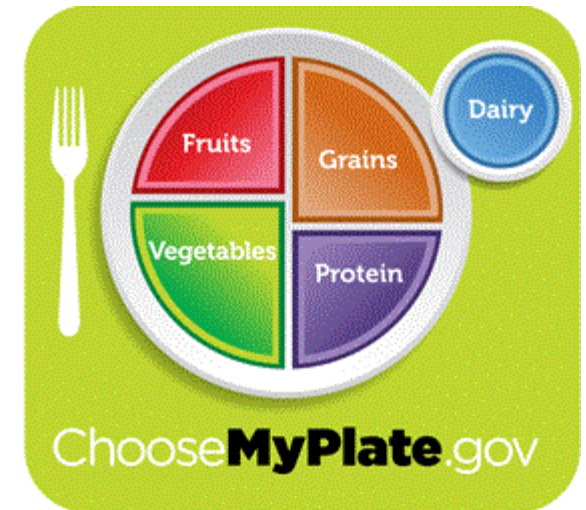
<http://www.eatright.org>

- Online games for kids (and adults) such as Rate Your Plate and Nutrition Sudoku
- Blog with ideas as the month draws nearer
- Classroom guide
- Recipes & other resources



My Plate

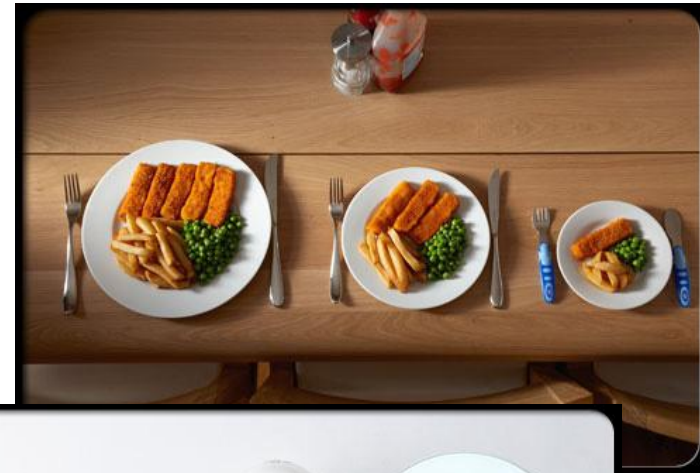
- Additional Resources
- Free color and black & white printables to download
- 10 tips series of handouts



www.choosemyplate.gov

Plate Size and Portion Control

- How big is the plate?
 - use salad plate
- Portions
 - baked potato—size of a computer mouse is an appropriate serving
 - 1/2 cup whole grain pasta—size of a baseball
 - 1 portion of pancake or waffle—size of a CD = 1 serving of whole grains



A few ideas...

- My Plate videos: <http://fruitsandveggies.challenge.gov/submissions>
 - [Wrap Rap](#)
 - [Fruit & Veggie Swag](#)
- Create your own school video about what's good on the plate!
- Fruit and Veggie Show and Tell
- Healthy Plate Coloring contest
- Healthy Snack Recipe Contest
- One short article per week about NNM on web site or newsletter



www.AdvocatesForHealthInAction.org



More ideas....

- Hold a “Take your parents to lunch day”
- Food Diary for a week—incorporate in writing classwork time
- Assembly on Healthy Foods: Food Play Productions
- Host an in-house field trip or assembly:
 - The Produce Box
 - a farmer
 - dietitian or pediatrician parent from your school
 - local farmers market manager



www.AdvocatesForHealthInAction.org



And more...

- Food Samples/Education
 - Cafeteria manager—food sampling in the hallway?
 - Invite WCHS Health Promotion--host a table
- School garden? Use it!
- Encourage visits to local farmers markets
 - some open year-round
 - many opening early April
- **What's On Your Plate? Film**
April 17 in downtown Cary



www.AdvocatesForHealthInAction.org



What will your school or group do?

- Tailor activities to your needs and resources
- Mini-celebration
- Go Big!
- Celebrate any month--or all year long!



Sarah Martin

Wake PTA Council Past President

- Creating a Guest Reader Program
- Parent-led Activities for Elementary Classrooms
- Staff Appreciation



www.AdvocatesForHealthInAction.org

