

# *Plant A Seed...*

*Terri Soares, RD*

*Co-Chair of Nutrition Standards Committee,*

*California School Nutrition Association*

*California Nutrition Network for Healthy, Active Families*

*Tsoares@fcoe.k12.ca.us*

## Superintendent's Task Force on Childhood Obesity, Type 2 Diabetes, and Cardiovascular Disease



- **Appointed by State Superintendent of Public Instruction, Jack O'Connell**
- **Met seven times between March & December, 2004**

# Task Force Members



**22 members represented parents, students, teachers, health and education organizations, school boards, public health and local education agencies, school food service, advocacy groups, and higher education**

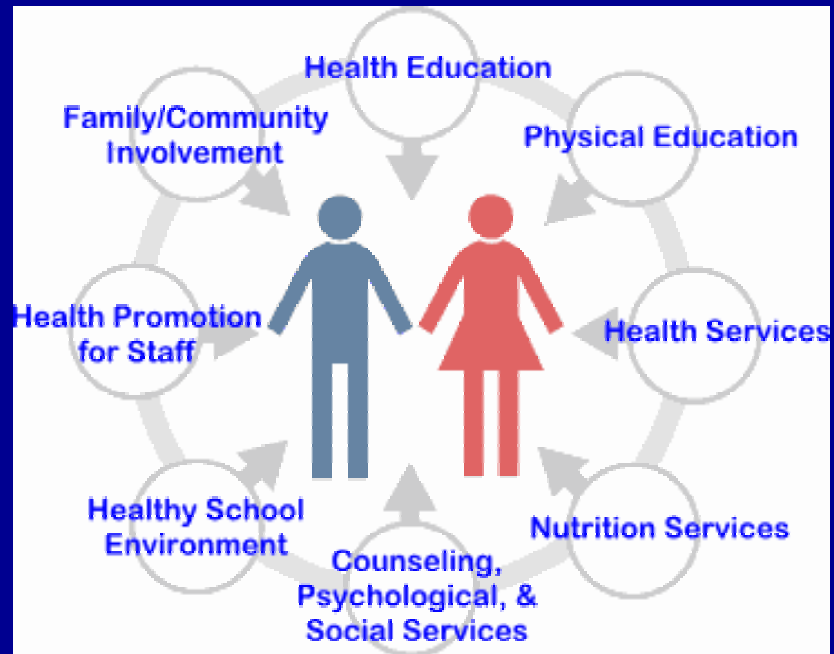
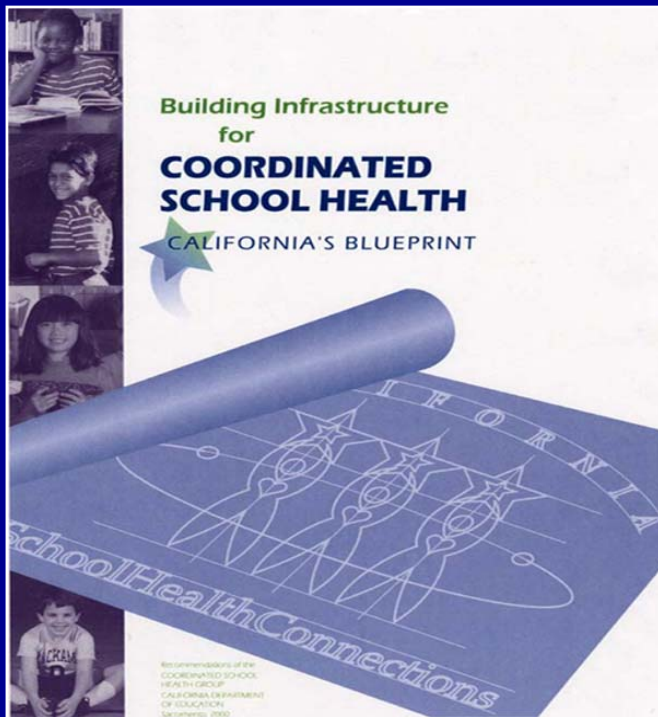
# Task Force Overview

- **Drafted recommendations**
- **Public review**
- **Public comment period:  
September 15 –  
October 6**
- **126 individuals  
submitted comments**



# Preamble

The members of the task force, recognizing...



<http://www.cde.ca.gov/ls/he/cs/documents/blueprintfinal.pdf>

# Task Force Recommendations

1. Increase the quality and quantity of instruction in physical education to provide more physical activity (PA) and enhance student achievement of California's *Physical Education Model Content Standards*.



# Task Force Recommendations



- 2. Increase the quality and quantity of health education to promote healthful eating and physical activity (PA).**

# Task Force Recommendations

- 3. Ensure the availability and quality of healthy foods and beverages served and sold at and by schools.**





# Health Education Recommendations

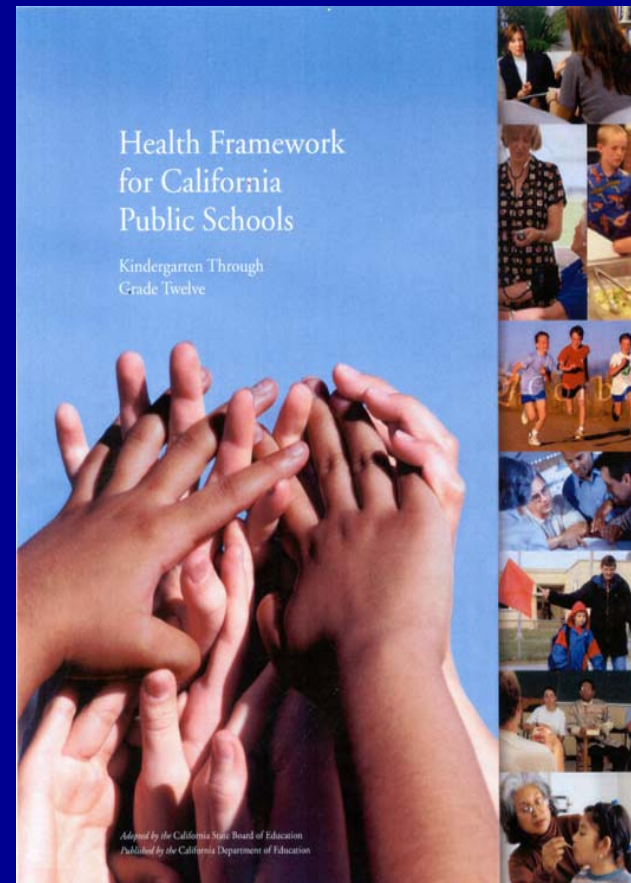
Increase the quality and quantity of health education to promote **healthful eating** and physical activity (PA).

- Build infrastructure
- Build program



# Health Education Recommendations Infrastructure

- Standards by 2007
- Core Curriculum
- Follows Framework
- Provide Funding



# Health Education Recommendations Program

- Fund Staffing
- Provide Training
- Foster Collaboration
- Ensure Consistency
- Provide Opportunities



# Nutrition Recommendations

Ensure the availability and quality of healthy foods and beverages served and sold at and by schools.



# Nutrition Recommendations

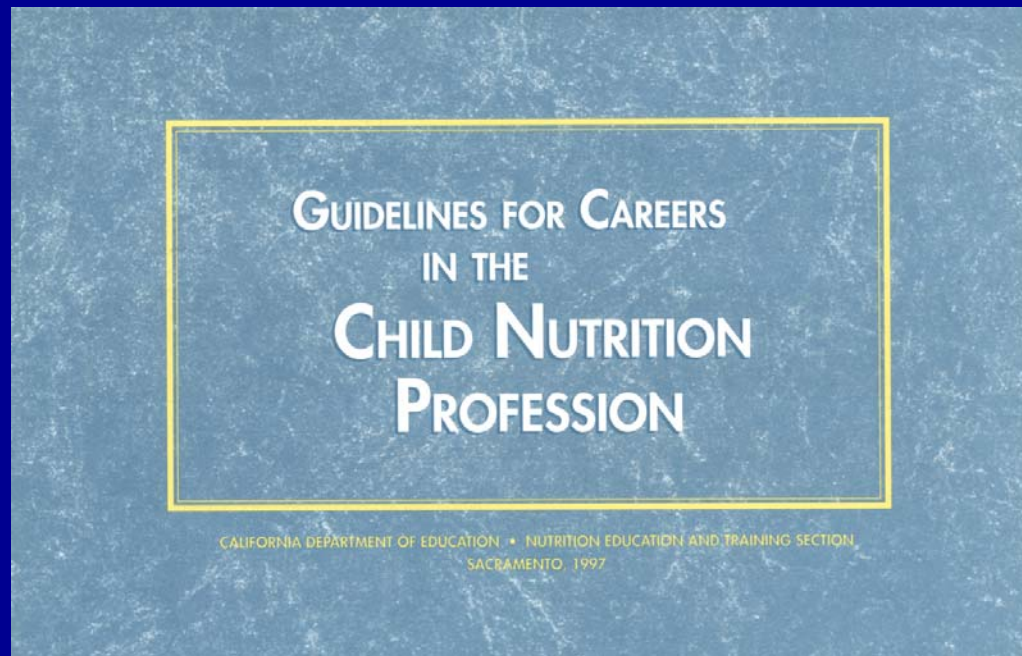


- Provide funding to increase the availability and ensure the quality of school meals



# Nutrition Recommendations

- Require professional education standards for food service directors and managers



[www.cde.ca.gov/pd/fs/ne/cnpguide.asp](http://www.cde.ca.gov/pd/fs/ne/cnpguide.asp)

# Nutrition Recommendations

- Provide funding and staffing for CDE to provide training and technical assistance



# Nutrition Recommendations

- Eliminate (over time) marketing of foods and beverages that do not meet standards





# Nutrition Recommendations



- **Work with the Legislature and State Allocation Board to make funds available for facilities**



# Nutrition Recommendations

- Prohibit high fat, high sugar foods and beverages from:
  - Being sold/served outside the school meal program
  - Being sold as fundraisers



# Nutrition Recommendations

- Nutrition standards shall:
  - Be developmentally appropriate
  - Review of current federal and state regulations
  - Be established and enforced
  - Not apply to items brought from home for personal consumption

# Healthy Children Ready to Learn

Health Education

Nutrition Standards

Increase Participation

School Environment



# Healthy Children Ready to Learn

Health Education

Nutrition Standards

Increase Participation

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“But there isn’t  
any time...”



Following Directions

READING

poetry

DRAMATIC ARTS

Fiction

Sequencing

# Language Arts

Non-fiction

Phonetic analysis

research

ORAL LANGUAGE

spelling

COMPOSITION

Vocabulary Development

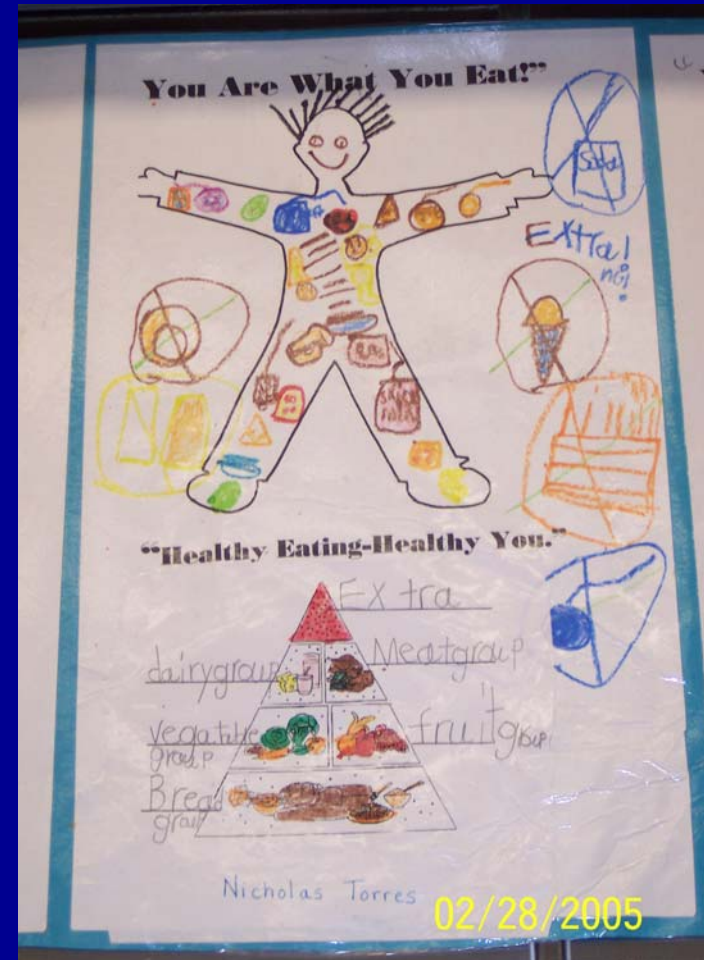
# Nutrition Education

## Apple

The shine of an apple's skin  
Is like a sparkling crystal cave.

So tender, luscious,  
Oh, so good!

Ariel, Gr. 3





**Calculus**

**PROBABILITY**

**MEASUREMENT**

**COMPUTATION**

**Ratios**

**MATH**

**Volume**

**MULTIPLICATION**

**GEOMETRY**

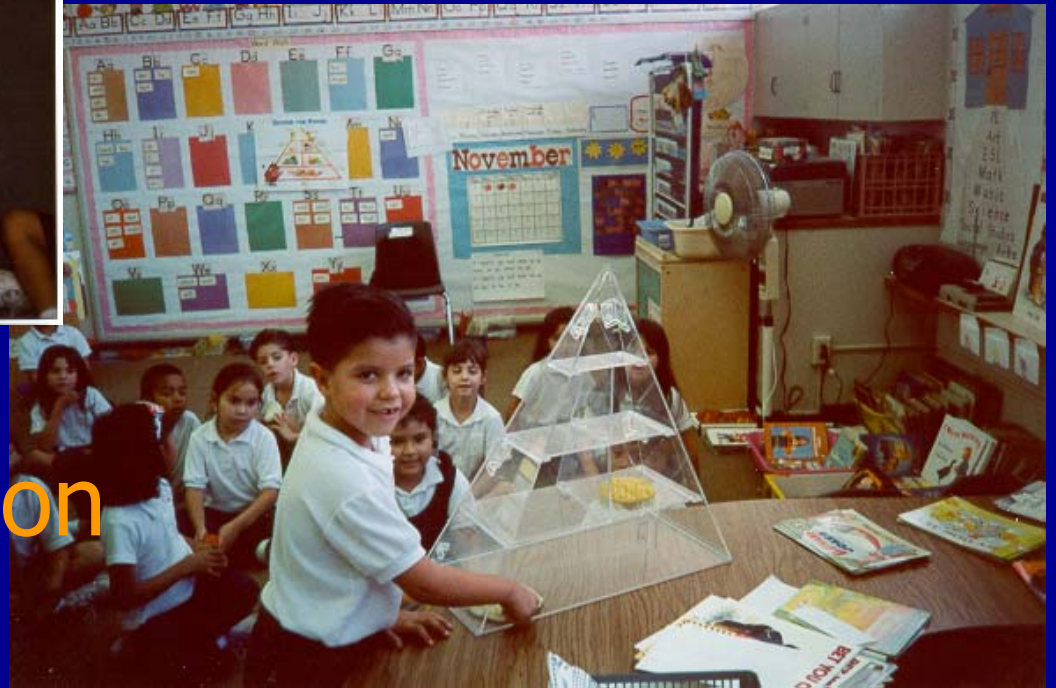
**WORD PROBLEMS**

**Fractions**

# Fun with Fractions



## Classification



Listening

Reading

Following  
Directions

Sequencing

Comprehension

Vocabulary

ESL



Addition

Subtraction

Multiplication

Division

Fractions

Measurement

Volume

“Oh no! This recipe makes too much! We'll have to cut it in half!” - Chef Dina Altieri

# Nutrition Education Resources

- [www.californiahealthykids.org](http://www.californiahealthykids.org)
- [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)
- [www.nutrition.gov](http://www.nutrition.gov)



# Increase Meal Participation

## *Breakfast Carts*



## *Salad Bars*

# Increase Meal Participation



***Serve entrees with meals ONLY***

# Meal Participation Resources



*Participate in local  
School Nutrition  
Association*  
**[www.csfsa.org](http://www.csfsa.org)**

*Join SHAPE*  
**[Jlewis@cde.ca.gov](mailto:Jlewis@cde.ca.gov)**



# Nutrition Standards

- Local Control
- Start with Foods of Minimal Nutritional Value
- Stages of Implementation
- Adults must agree
- Across the campus

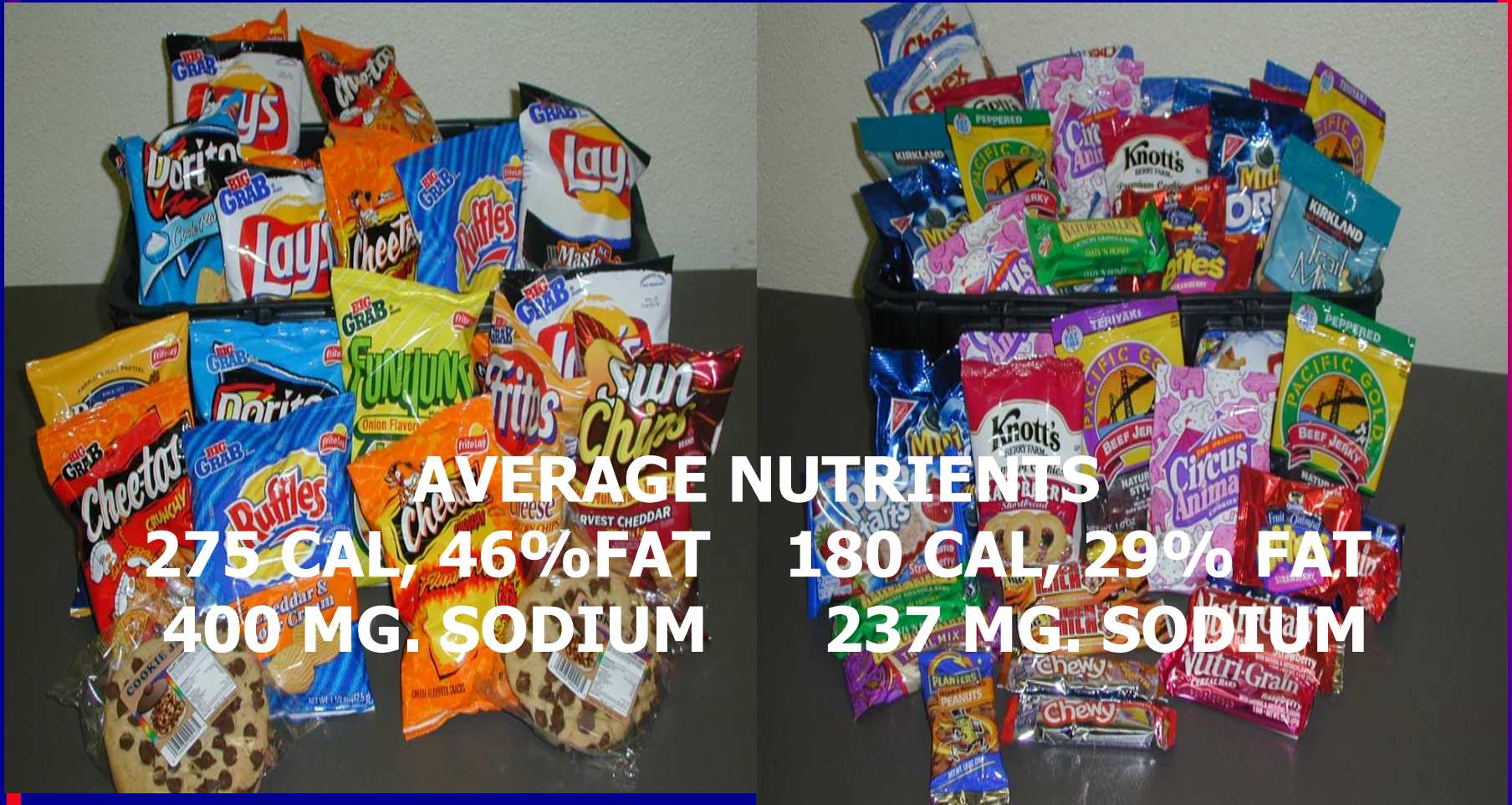




# Nutrition Standards



# Nutrition Standards



## AVERAGE NUTRIENTS

275 CAL, 46% FAT  
400 MG. SODIUM

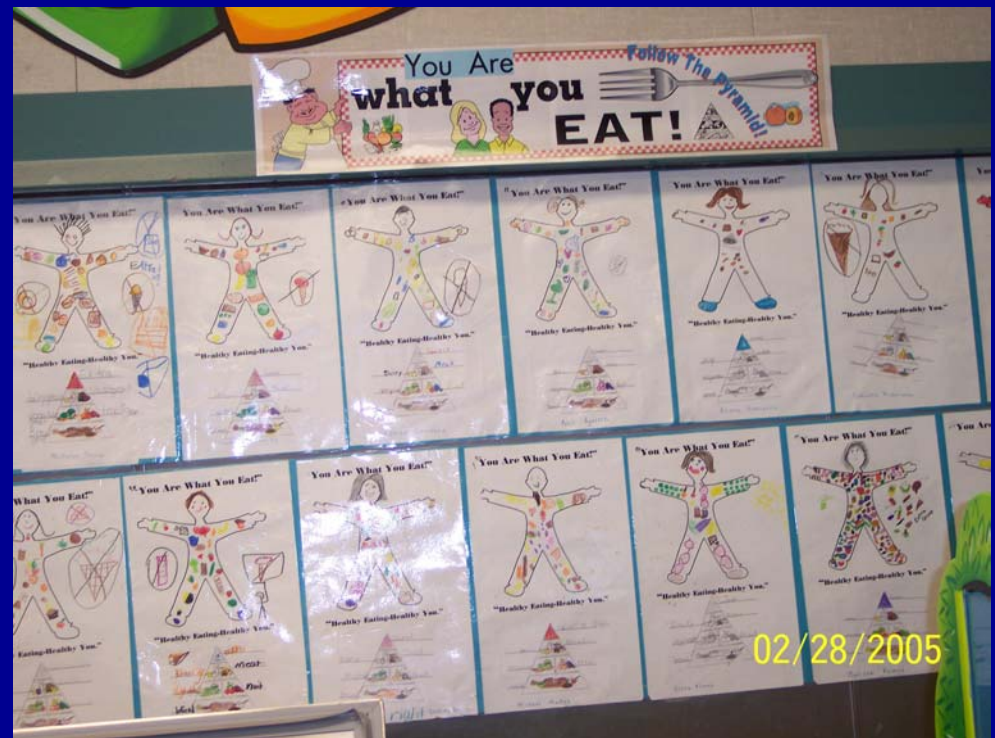
180 CAL, 29% FAT  
237 MG. SODIUM

# Nutrition Standards Resources

- [www.asfsa.org](http://www.asfsa.org)
- [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)
- [www.actionforhealthykids.org](http://www.actionforhealthykids.org)



# Classroom Environment



# School Environment



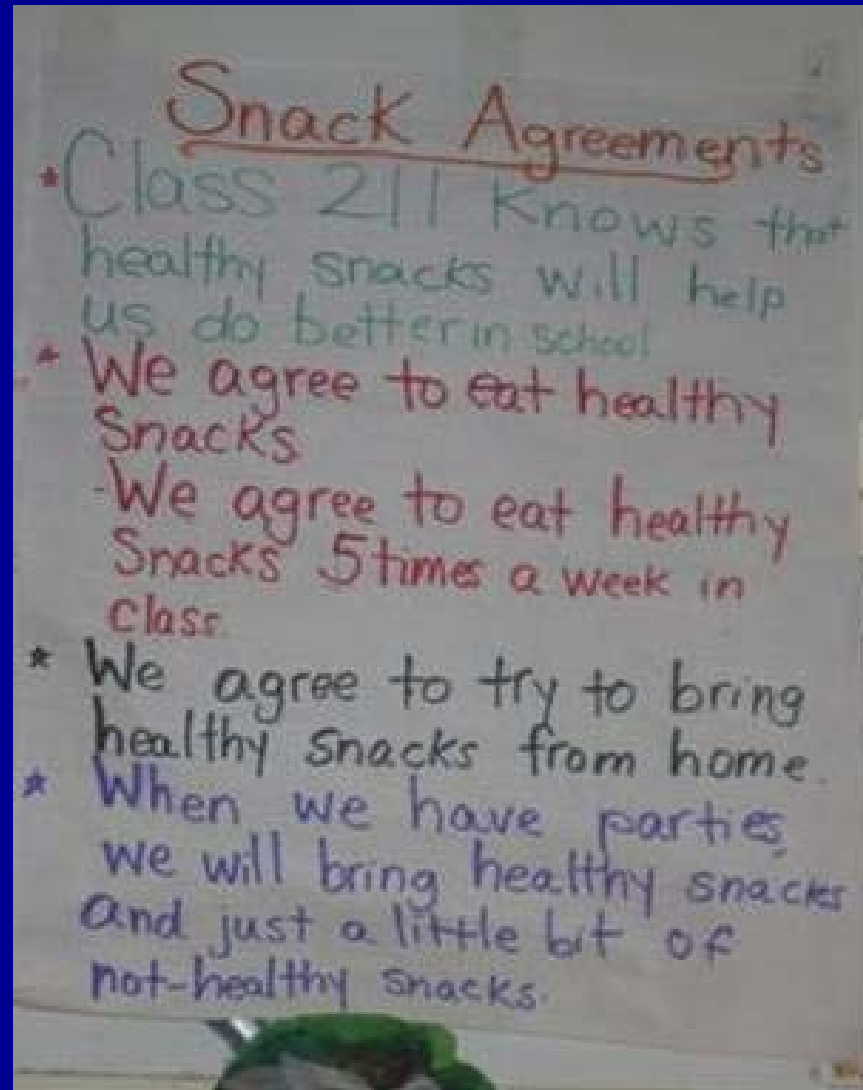
# Community



*Start Small*

*Work Together*

*Be Successful*



# Thank You

- Cajon Valley Union School District
- Del Rio Elementary School
- Joy of Sports
- Moreno Valley Unified School District
- National School District
- Olivewood Elementary
- San Diego School District
- Vista Unified School District

