



NUTRITION EDUCATION CAMPAIGN

POWERED SCHOOLS & AFTERSCHOOLS



DEAR SCHOOL,

We are committed to working with you to support the health and wellness of the students, staff, and parents. In the work that we do with you, we use a model from the CDC that is student-centered and focuses on the importance of supporting the connections between health and academic achievement. Each quarter we will be sharing toolkits with you on specific health and wellness related topics. These toolkits provide resources, learning tools, and reading materials. We ask that you share the information with your student body, staff, and parents. Hang and post this materials throughout the halls of your school to raise awareness for the topics shared.

This quarter our focus is the topic: Nutrition Education. The toolkit will focus on dietary guidelines, how to choose healthy snacks/beverages, and how to read food labels. Nutrition is the cornerstone of good health and development, particularly in children. It's not just about preventing illness; it's about fostering growth, learning, and a vibrant, energetic childhood. Understanding the importance of nutrition for children is crucial for parents, educators, and communities alike. Schools are in a unique position to provide students with opportunities to learn about and practice healthy eating behaviors.

Since students spend most of their days in school, the school setting is a perfect opportunity to explore this nutrition education. The aim of this campaign is to educate, encourage and support students in managing their stress using mindfulness techniques. Throughout this campaign, there will be opportunities for everyone-- including students, staff, and parents/caretakers--to engage.

Best,

Nutrition Education Team
Community FoodBank of New Jersey





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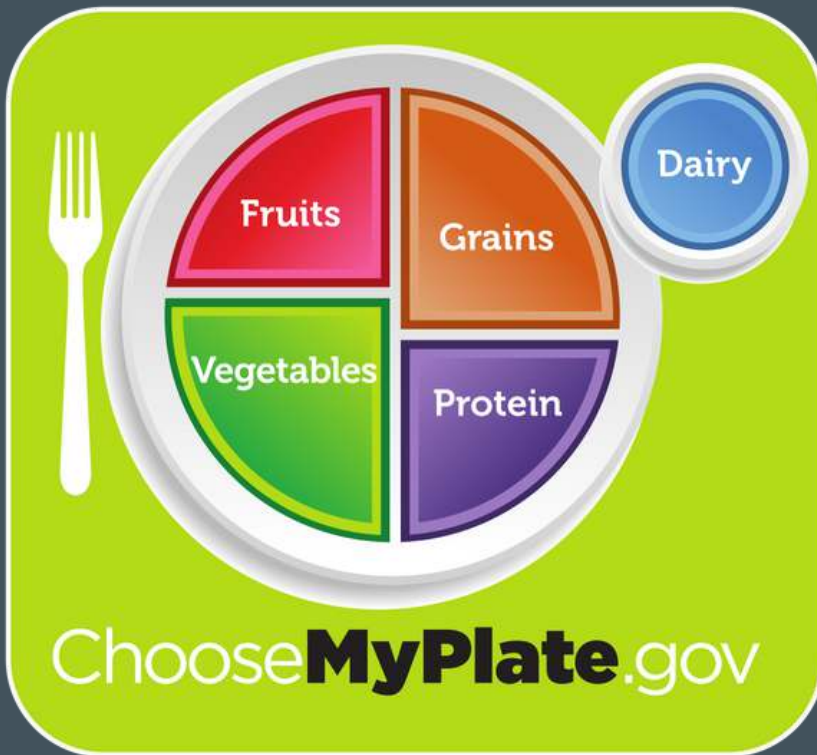
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MYPLATE



My Plate consists of the five food groups: fruits, vegetables, grains, protein, and dairy.

MyPlate replaced the food pyramid in June 2011 because we eat off a plate, not a pyramid!

“This is a quick, simple reminder for all of us to be more mindful of the foods that we’re eating and as a mom, I can already tell how much this is going to help parents across the country,” said First Lady Michelle Obama.

- Half your plate should consist of fruits and vegetables of many colors like a rainbow!
- Half of your grains should come from whole-grain sources with the word “whole” listed as the first ingredient or the name of the grain like oats, corn, barley, etc.
- Meat proteins should come from lean cuts of meat, plant-based sources like nuts and beans, and fish/shellfish.
- Dairy should come from low-fat or 1% sources or plant-based options.

DIETARY GUIDELINES FOR AMERICANS

WHAT ARE DIETARY GUIDELINES FOR AMERICANS?

The Dietary Guidelines for Americans, 2020–2025 provides advice on what to eat and drink to meet nutrient needs, promote health, and help prevent chronic disease.

Check out the [Dietary Guidelines for Children](#) to see how much a student needs varies based on age and sex.

CUSTOMIZING DIETARY GUIDELINES

The Dietary Guidelines for Americans provides a framework –not prescriptive details to ensure the recommendations can meet people where they are culturally, personally and monetarily.



GENERAL RECOMMENDATIONS FOR PEOPLE 2 YEARS OR OLDER INCLUDE:

- A VARIETY OF FRUITS AND VEGETABLES
- WHOLE GRAINS
- FAT-FREE AND LOW-FAT DAIRY PRODUCTS
- A VARIETY OF PROTEIN FOODS
- OILS



HOW TO READ A LABEL

Making informed decisions about what to eat can lead to better health outcomes. Nutrition facts labels can help identify nutrient-dense foods and support personal dietary needs. For example, you can look for foods that contain more of the nutrients you want to get more of and less of the nutrients you want to limit, like saturated fat, sodium, and added sugars.

1. Serving Information → 4 servings per container
Serving size 1 cup (247g)

2. Calories → **280**

3. Nutrients →

	% Daily Value*
Total Fat 10g	12%
Saturated Fat 4.5g	89%
Trans Fat 0g	
Cholesterol 25mg	12%
Sodium 80mg	37%
Total Carbohydrate 30g	12%
Dietary Fiber 4g	14%
Total Sugars 5g	
includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0.5mcg	10%
Calcium 300mg	20%
Iron 1.5mg	30%
Potassium 100mg	10%

4. Quick Guide to percent Daily Value (%DV)
- 5% or less is **low**
- 20% or more is **high**

Step 1:

Read Serving Size/ Servings Per Container on label

Step 2:

Read the Calories: note these are in larger font and bolded

Step 3:

Read the nutritional values, some are more nutritionally beneficial such as Fiber. Some are less beneficial such as added sugars.

Step 4:

Daily % Values, 5% or less is a little bit an 20% or more is a lot, ideally more beneficial nutrients should be closer to 20% value.

STUDENT SNACK SWAP

Children need snacks to keep their busy bodies and minds going. Healthy snacking can help kids get important nutrients, make up for skipped meals and provide necessary fuel for learning, sports and other activities.



ADDED SUGARS

Swap snacks with added sugars for:

- Fruits
- Snacks made from 100% fruit juice
- Keep added sugars to less than 10% calories

LOW SODIUM

Choose low sodium snacks like:

- Low sodium crackers
- Low sodium chips
- Low sodium pretzels

SNACK ALTERNATIVES

Eating small, well-balanced snacks between meals can keep kids from overeating at mealtimes. Making those snacks as nutritious as possible is important for student performance and the development of healthy eating habits.

LOWFAT DAIRY

Choose lowfat dairy snacks like:

- Lowfat string cheese
- Lowfat cream cheese
- Lowfat sour cream

WHOLE GRAINS

Choose whole grain snacks like:

- Whole grain crackers
- Whole grain chips
- Whole grain tortillas/bread



WHAT'S IN YOUR DRINK?

Sugary drinks, beverages with added sugars in them, are okay to have in moderation alongside a glass of water, but always read the nutrition facts label to be mindful! 1 teaspoon of sugar = 4 grams of sugar.

Sugar is typically written in grams but we can visualize a teaspoon easier.



A better option would be choosing water first, especially for hydration and thirst! Make water more fun by adding fruit or herbs, mixing with 100% fruit juice, or by trying sparkling water. Others ways to have a fun and healthy drink would be enjoying homemade tea, smoothies, low fat or fat free milk, or protein shakes.

PSE INTERVENTIONS

Whole School-Whole
Community-Whole Child

Out of School Time

PSE interventions include changes to policies, systems and environments can facilitate healthy habits, physical activity, and promote nutritious options for children and teens.



WSCC

We can enhance nutrition throughout the school by offering healthier snack options for programs,

Nutrition can be enhanced by having vending machines that focus on hydration and healthy snacks

OST

OST includes supervised programs that youth can attend regularly when school's not in session aiming to extend WSCC priorities and incorporate direct education about nutrition and physical activity while simultaneously working to implement PSE activities that build a healthier environment for all.

Programs are located at a physical site or location, like a school or community-based facility, and we help provide structured education or enrichment activities, skill or knowledge-building, recreation, and other activities and youth development experiences for groups of children.



NUTRITION RESOURCES

To interact with links simply double click the boxes!

C

Tools for Schools: Focusing on Smart Snacks



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Let's Make a Snack!



Teens



NUTRITION VIDEO RESOURCES



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