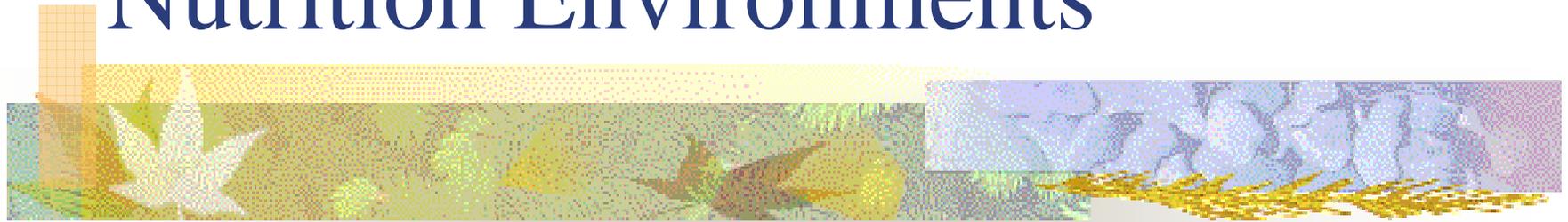


The Maine Guide: Supporting Healthy Changes in School Nutrition Environments



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A Strong partnership among state agencies and organizations



- Maine Dept. of Education, Child Nutrition Services
- Maine Dept. of Health and Human Services, Bureau of Health
- Healthy Maine Partnerships
- Maine Nutrition Network
- Maine School Food Service Association
- Maine Dairy and Nutrition Council





THE MAINE MODEL

The goal of the Team Nutrition Training Grants in Maine was to build and support healthy nutrition environments in schools throughout the state





Objectives

Designed to support the goals of
the *Changing the Scene*
Toolkit



Objectives

- ✓ Motivate Teams with the knowledge, skills, and resources necessary to create healthy nutrition and physical activity environments in Maine schools



Objectives

- ✓ Encourage networking among team members – and with teams from other schools.



Objectives

- ✓ Offer opportunities to learn from national and state speakers and to hear about successful changes in schools across the country.



Objectives

- ✓ Provide time for teams to begin the development of an action plan designed to improve their school's nutrition and physical activity environment.



Objectives

- ✓ Use the summit meals and break times to model and practice healthy nutrition and physical activity behaviors.





What is a healthy school nutrition environment?

1. A commitment to nutrition and physical activity
2. Quality school meals
3. Other healthful food options
4. Pleasant eating experiences
5. Nutrition education
6. Marketing healthful foods and beverages



Who made up the Maine Teams?

- **Two required members – Administrator and School Nutrition Program Director**
- **One to three additional members for a total of 3 to 5 members.**
- **One team member designated as team leader.**





Who attended the Maine *Changing the Scene* summits?

86 teams, representing almost 30 percent of
the School Administrative Units in Maine

386 individuals, including superintendents,
school board members, principals,
educators, foodservice staff, school health
coordinators, nurses, athletic directors,
parents, students, and community members



Components of the Summit

- Team commitment/Team building
- Understanding of the issues, i.e. nutrition, physical activity, obesity
- Changing the Scene kit
- School Nutrition program overview
- Action plans
- Follow-up meetings
- Ongoing technical assistance





How did participants evaluate the summits?

List the “three most important things you learned.”



Evaluation

- ❖ Current trends in childhood obesity and their health implications
- ❖ Regulations and financing of child nutrition programs
- ❖ Relationship of nutrition and physical activity to academic success
- ❖ Components of healthy school nutrition environment
- ❖ Needs to make and celebrate, small gradual changes



Evaluation (cont.)

- ❖ Value of teamwork in making nutrition changes at school
- ❖ Needs, goals, and strengths of team members
- ❖ Availability of resources within Maine and from other states
- ❖ Overall importance of improving nutrition and physical activity



Lessons Learned





Nuts and Bolts of a successful summit

- Choose a desirable site
- Plan for travel time
- Allow for down time
- Provide plenty of team time
- Offer dynamic national experts
- Highlight local success stories
- Provide on-site technical assistance





Lessons Learned at the State level

- Requirements of USDA Child Nutrition Programs are not well understood.
- The need for sustainable, environmental changes must be reinforced.
- Ongoing support is necessary for teams to function effectively.
- Technical assistance is essential for successful change.





Lessons Learned at the Local Level

- Change takes time – patience is essential.
- Aggressive approaches can backfire.
- Communication, communication, communication
- Marketing is necessary to “sell the sizzle.”





Lessons Learned at the Local Level (cont.)

- It's easier to build on existing programs than to start new ones.
- Support from administration is incredibly important.
- School teams need strong and consistent leadership.
- Team diversity is a major asset.





Summit Agenda **Highlights**

Team Building Exercise

What's the Problem, What's the Solution?

Fitting in Physical Activity

Physical Activity Break





Summit Agenda Highlights

School Nutrition Programs: More Than Lunch on a Tray

Walk around shore trail (evening)

Designing an Action Plan

Action Planning with Your Team

**Physical Activity (weight room, walk, pool),
Walk around Eagle Lake (morning)**



Breakfast



Whole Fresh Fruit

Breakfast Burrito with Salsa*

Low-fat and bran muffins

***Stonyfield Farms* Yogurt English Muffins**

Assorted Juices (100% Fruit Juice)





Lunch

Minestrone Soup or Vegetable Soup

Vegetable Chili*

Whole Grain Bread

Baked Potato Bar

Cole Slaw

Fruit Cup with Sherbet

Beverages





Follow-Up Meeting Highlights

Let's Hear From You

Case Study Activity

Physical Activity Break

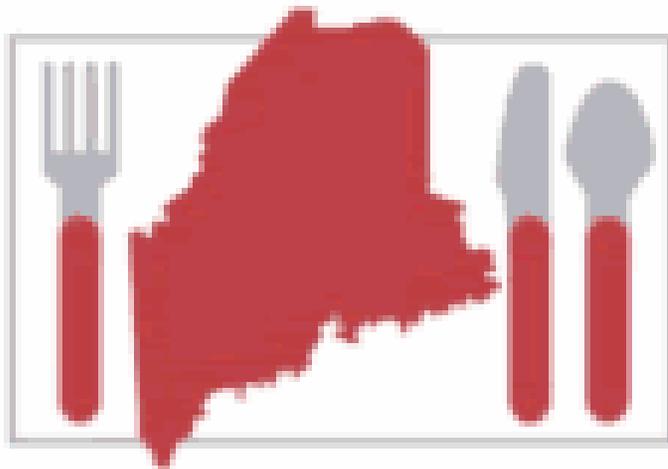
Action Plan Discussion and Sharing











Maine Nutrition Network

- www.maine-nutrition.org/MaineGuide2004.pdf
- www.maine-nutrition.org/MaineGuide2004.doc