

Promoting School Breakfast With Team Nutrition

Team Nutrition offers many resources to help you establish a healthy school environment that supports healthy eating and physical activity. Promote your school meal programs across the curriculum and maximize participation by integrating nutrition messages in the classroom, school cafeteria, and home. Check out these free resources!

Take the HealthierUS School Challenge

The **HealthierUS School Challenge** is a voluntary certification initiative that recognizes schools for their efforts in improving food and beverage offerings, teaching students about nutritious food choices and being physically active, providing opportunities for physical activity, and having supportive school wellness policies. Learn more at <http://teamnutrition.usda.gov/HealthierUS/index.html>



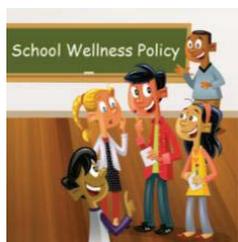
Use Free Nutrition and Physical Activity Materials

Healthier Middle Schools: Everyone Can Help is a series of communication tools designed to help engage teachers, principals, parents, food service managers, and students in school wellness efforts. Show the short videos at Back-to-School nights, parent meetings, and other events and provide attendees with free color handouts on ways they can support healthy food choices and physical activity at school. <http://teamnutrition.usda.gov/Resources/healthiermiddleschools.htm>



Nutrition Voyage: The Quest to Be Our Best takes 7th and 8th grade classes on an exploratory journey into school wellness. Teachers can use these mini-lessons to teach their middle school students about nutrition and physical activity while meeting standards for Math, Science, and English Language Arts. Trek on! <http://teamnutrition.usda.gov/Resources/nutritionvoyage.htm>

Serving Up MyPlate: A Yummy Curriculum provides fun, colorful nutrition materials for 1st through 6th graders to explore the importance of eating from all five food groups using the MyPlate icon and a variety of hands-on activities. Materials include posters, songs/music, lessons and learning activities, a **Blast Off!** computer game, and parent handouts in four languages. Schools can use these materials to engage parents and students in wellness activities at Family Nights, Field Days, Wellness Fairs, and more. <http://teamnutrition.usda.gov/Resources/servingupmyplate.htm>



Districts participating in the Federal child nutrition programs are required by federal law to establish a **local school wellness policy (LWP)** for all of its schools—school health professionals, PE teachers, parents, students, representatives of the school food authority, the school board, school administrators, and the general public must be permitted to participate in the development, implementation, and review and update of the policy. LWPs are an important tool in promoting student wellness. <http://teamnutrition.usda.gov/healthy/wellnesspolicy.html>

Browse through all of Team Nutrition's materials at <http://teamnutrition.usda.gov/library.html>

Ordering Information

Schools participating in the National School Lunch or Breakfast Programs can request free copies of print materials at <http://tn.ntis.gov/>. All Team Nutrition materials are available online and may be printed and reproduced.



teamnutrition.usda.gov



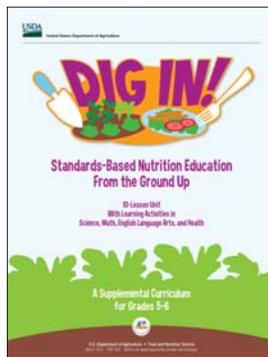
Follow Us On Twitter
[@TeamNutrition](https://twitter.com/TeamNutrition)

Help Healthy Habits Take Root

Team Nutrition's Garden Resources

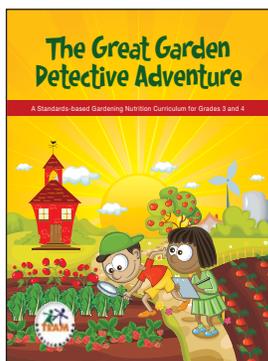
The United States Department of Agriculture is offering these interactive and exploratory lessons as a creative way to connect school gardens with nutrition messages in the classroom, school cafeteria, and at home. Whether your garden is large or small and your growing season is long or short, these materials can help you:

- ▶ Meet English Language Arts, Math, Science, and Health standards in fun new ways.
- ▶ Change how kids think and feel about fruits and vegetables.
- ▶ Foster an awareness of where foods come from.
- ▶ Get students' attention with colorful visuals, games, and activities that are kid-relevant.



Dig In!

Explore a world of possibilities in the garden and on your plate using ten inquiry-based lessons that engage **5th and 6th graders** in growing, harvesting, tasting, and learning about fruits and vegetables. *Dig In!* also includes a gardening guide, *Dig In! at Home* booklets for parents/caregivers, and six dynamic posters encouraging fruit and vegetable choices using themes that appeal to older elementary school children.



The Great Garden Detective Adventure

Discover what fruits and vegetables are sweetest, crunchiest, and juiciest through a series of investigations and fun experiences connecting the school garden to the classroom, school cafeteria, and home. This eleven-lesson curriculum for **3rd and 4th grades** includes bulletin board materials, veggie dice, fruit and vegetable flash cards, and ten issues of *Garden Detective News* for parents/caregivers.



<http://teammnutrition.usda.gov>

