

Be On The Winning Team

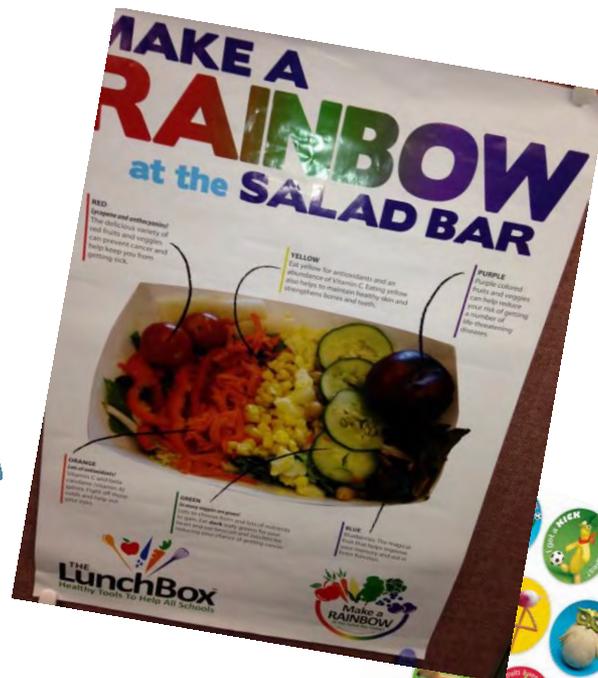


Register for a **Rainbow Day Event!**



<http://health.mo.gov/living/wellness/nutrition/rainbowdayprojects/index.php>

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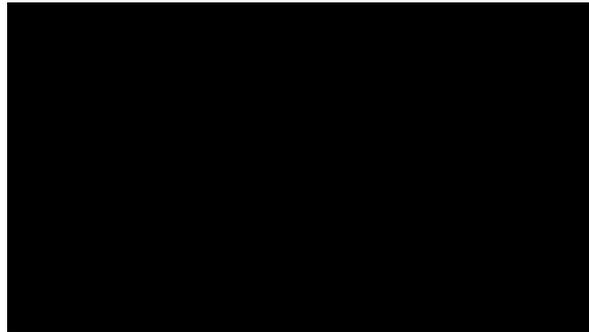
**\$ 200
Stipend**



Rainbow Days
A Food Services Student
Activity to Engage Kids
with Salad Bars



Promote Elementary
School Salad Bars
Rainbow Day Event!



- ▶ <http://health.mo.gov/living/wellness/nutrition/rainbowdayprojects/index.php>



Coming Spring 2015: *FreshLife!*

Salad bar promotional events in middle or high schools!



**\$ 200
Stipend**



Team Nutrition featuring
FreshLife! @ your school?!



Obesity Grant Aug. 2014 & Team Nutrition:

Salad Bars in Schools!

www.dhss.mo.gov – search “salad bars”

Equip 46 schools with salad bars

Up to 2 hour online education:
best practices – set up, food
safety, menu ideas

Project Specialist – Lisa Farmer



School Wellness Project: School Health Index (SHI) Self-Assessment



Form a Partnership:
County Health
Departments +
School s

Attend Training:
Centers for
Disease
Control's
School Health
Index

Solidify Team:
based on
Coordinated
School Health
Model

Conduct Self-
assessment: learn
strength and
opportunities on
school's health
policies and
programs

School Wellness Project: School Health Index (SHI) Self-Assessment



Assessment

Action Plan to
address
priorities

Presentation to
School Board

Helps meet
School Wellness
Mandate +
\$1500 stipend
upon

completi

Engaging Parents in School Wellness Resource Webpage

School Wellness - Parents

Home » Healthy Living » Wellness & Prevention » Nutrition » schoolwellness

Parents

Schools

Healthy Schools. Healthy Kids. Healthy Future.

It is the school's policies, practices, the environment and programs that come together and affect the health and academics of our children while in school. Parents, also, can be a great resource to promote wellness. Parents and guardians can and do bring hours of volunteer work, skills and know-how that compliment the school's efforts in a mutually agreeable way. Missouri Team Nutrition wants to help by providing resources on school wellness for parents and guardians of school-age children.

Publications



Missouri School Nutrition Fact Sheet



Healthy Snacks



Healthy Families



School Wellness 101



Project Report



Coming in 2015:
PTA/PTO Mini Grants

<http://www.dhss.mo.gov/living/wellness/nutrition/schoolwellness/>



Engaging
Parents in
School
Wellness
Resource
Webpage



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Team Nutrition - Missouri Culinary Skills Institute

Home » Healthy Living » Healthy Families » School Health



The nearly 94 million school lunches served yearly in Missouri schools today present 94 million opportunities to build healthy lifelong eating habits and support our students' well-being. Healthy students learn better and achieve more and Missouri school meal programs are a part of that process.

The Missouri Culinary Skills Institute's mission is to support nutrition environments in schools by advancing the culinary skills and abilities of food service staff. It sponsors the Healthy Cuisine for Kids Program offering hands-on culinary lab experiences, practicing healthy cooking methods and preparing healthy kid-tested recipes. The institute is a partnership between the Department of Health and Senior Services, Department of Elementary and Secondary Education and the Missouri Chapter of School Nutrition Association.

Culinary Skills Institute Event – August 2014
Information past trainees have found MOST useful:

"Healthy eating with whole grains doesn't have to be a challenge, you can eat healthy and it can taste awesome, also I gained more knowledge cooking with fresh products." -Site-level manager

Note: This would be a rotating box with several quotes from trainees.



Resources



Application 

Upcoming Trainings
2015

March 16-18, 2015
[Northland Career Center](#)
[Platte City, MO](#)

August 3-5, 2015
[Columbia Career Center](#)
[Columbia, MO](#)

4 SIMPLE
STEPS
TO FOOD
SAFETY

- Applies Healthy Cuisine for Kids Curricula
 - Working as a team
 - Culinary basics
 - Knife skills
 - Mise en place
 - Preparing, taste testing & evaluating recipes
 - Fruits and vegetables
 - Whole grain-rich foods
 - Meat and meat alternates
 - Developing new techniques for presenting and garnishing

**Culinary
Skills
Institute**



- Who should attend?
 - Staff responsible for hands on training within the district
 - Food Service Directors, Managers, Head Cooks
 - **Young at “Heart!” a must**
 - Up to 20 attendees
 - One for Nutrition Project Specialist of DESE, FNS
 - **CEU’s will be offered**
 - Scholarships courtesy of Missouri School Nutrition Association (MSNA)

Culinary Skills Institute



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