



Meet TEAM Nutrition and HealthierUS School Challenge!

Three Behavior-Based Strategies:

- ★ **Provide fun and interactive nutrition education that works.** Use FOODPLAY programs to educate and motivate children, teachers, parents, and caregivers to make healthy eating and physical activity choices. They promote the new Dietary Guidelines and MyPlate and have been shown to dramatically improve children's nutrition knowledge, attitudes, and behaviors, according to USDA-sponsored evaluations.
- ★ **Build school and community support.** FoodPlay's school-wide nutrition assemblies use the power of live theater to get the whole school community excited and on board – students, teachers, parents, foodservice, administrators and community members – to work together to create healthy school environments. Use the program to get more schools signed on to take the HealthierUS School Challenge, and put the spotlight on foodservice staff as the leaders in school wellness.
- ★ **Train school foodservice staff to make good eating great fun.** Dynamic, interactive trainings help foodservice take the lead on school wellness. They'll learn how to serve and market nutritious foods that appeal to kids, creatively implement the new Dietary Guidelines, disseminate TEAM Nutrition messages and materials, and create buy-in from all stakeholders to create healthy schools.

More ways to use our programs:

- ✓ **Get more schools to take the HealthierUS School Challenge.** Schools LOVE FoodPlay! Use the program as a reward or incentive to encourage more schools to take the Challenge. Programs help fulfill HUSSC nutrition education requirements and get everyone focused to succeed!
- ✓ **Increase school breakfast, lunch, and summer feeding participation.** FoodPlay helps make eating at school "cool" and significantly increases student participation in school meals.
- ✓ **Get TEAM Nutrition resources off the shelf.** Evaluations show that FoodPlay motivates teachers and foodservice to conduct ongoing nutrition education in class and cafeteria using materials provided.
- ✓ **Increase fruit and vegetable consumption.** As a result of FoodPlay, a majority of students dramatically increased their intake of fruits and vegetables...and decreased their intake of soda and sweetened beverages, according to USDA-sponsored evaluations. Plus, kids took the messages home!
- ✓ **Provide exciting options for Mini-Grants.** Schools consistently rate FoodPlay as one of the best assemblies, if not the best assembly, they've ever had! Offer the program as a way to assist teachers and staff in making nutrition come alive.
- ✓ **Impact Assessment.** Use our validated evaluation tools to assess the impact of your TEAM Nutrition initiatives.

