

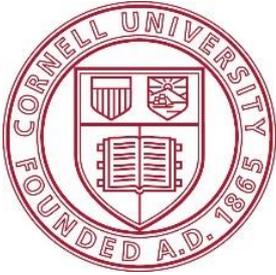
# SNAP-Ed Webinar Series

## Strategies for working in Schools



**Office of Temporary  
and Disability Assistance**





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# Objectives

Review approved resources

Explore best practices for working with schools

Review types of SNAP-Ed work schools

Share two examples programming

- delivered by SNAP-Ed staff
- delivered by teachers

# Approved Resources

In-school

After school

In school:

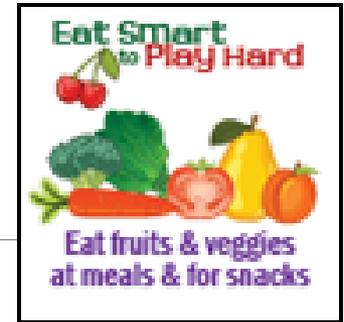
- *Team Nutrition Essentials*
- *Dig In*
- *Eat Fit*
- *Eat Well and Keep Moving*
- *CookShop*
- *CATCH*

◦ After School:

- *The Power of Choice*
- *Media Smart Youth*
- *CATCH Kids Club*

# TEAM Nutrition

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## We agree to:

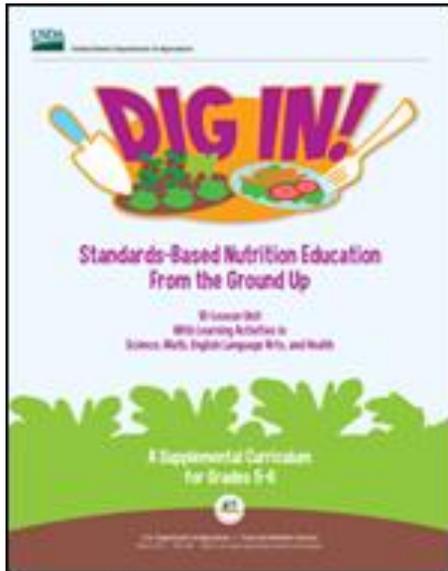
- Support USDA's Team Nutrition goal and values. • Involve teachers, students, parents, foodservice
- Demonstrate a commitment to help students meet the personnel, and the community in interactive and Dietary Guidelines for Americans. entertaining nutrition education activities.
- Designate a Team Nutrition School Leader who will • Participate in the National School Lunch Program. Establish a school team. • Demonstrate a well-run Child Nutrition Program.
- Distribute Team Nutrition materials to teachers, • Share successful strategies and programs with students and parents. other schools.

# Recognizing Excellence in Nutrition and Physical Activity

The HealthierUS School Challenge: Smarter Lunchrooms (HUSSC: SL) is a voluntary certification initiative recognizing those schools enrolled in [Team Nutrition](#) that have created healthier school environments through promotion of nutrition and physical activity.

# Dig In

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Ten inquiry-based lessons that engage 5th and 6th graders in growing, harvesting, tasting, and learning about fruits and vegetables.

Each lesson meets education standards in one or more of the following subjects:

- Science (National Academy of Sciences)
- English Language Arts (Common Core State Standards Initiative)
- Math (Common Core State Standards Initiative)
- Health (American Cancer Society)

# Eat Well and Keep Moving

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## 4<sup>th</sup> and 5<sup>th</sup> graders

...help children learn physically active and nutritionally healthy lifestyles that significantly reduce the risk of obesity, heart disease, high blood pressure, type 2 diabetes, and other diseases

48 multidisciplinary lessons that supply students with the knowledge and skills they need when choosing healthy eating and activity behaviors.

Lessons can be integrated across multiple subject areas, such as math, language arts, social studies, and visual arts

Core messages on water consumption, sleep and screen time.



# CookShop

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**CookShop Elementary School** offers distinct curricula for kindergarten through fifth grade students.

Classroom experiences, food experiences, involvement of administration, staff, parents and children.

# CATCH

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## **Why it Works**

CATCH is based on the CDC Whole School, Whole Community, Whole Child model in which health education, school environment, and family/community involvement work together to support youth in a healthy lifestyle

## Afterschool

### CATCH Kids Club

- Grades 6 – 8
- Kindergarten to Grade 5
- Pre-K

## In school

Comprehensive approach includes classroom, lunchroom, physical education involvement and opportunities for parents

# Media Smart Youth

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An interactive after-school education program for young people ages 11–13. It is designed to help teach them about the complex media world around them and how it can affect their health--especially in the areas of nutrition and physical activity.



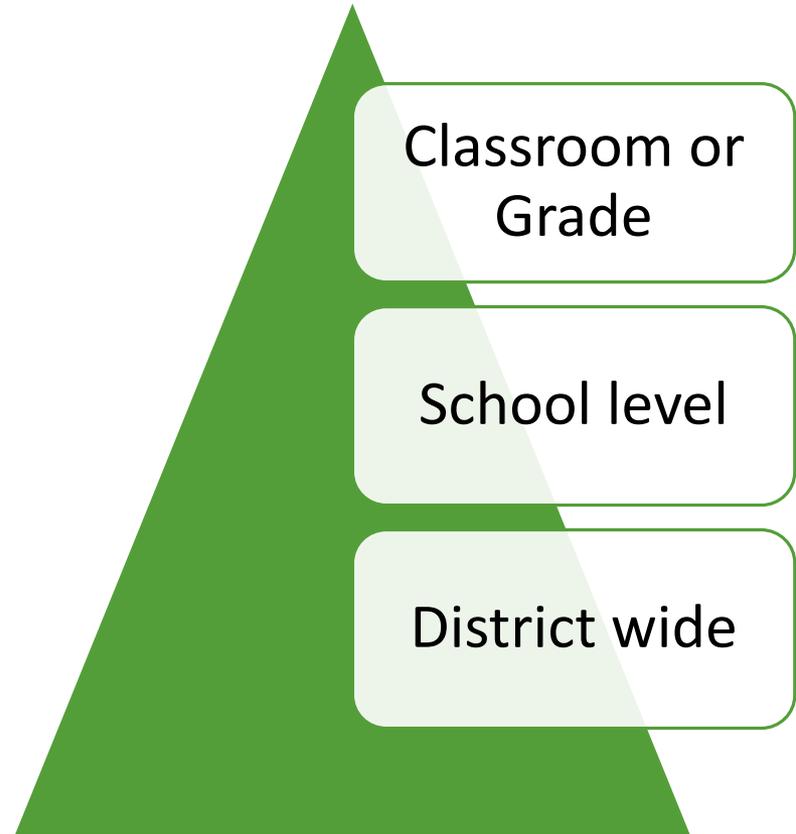
# Approaches to school work

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Individual behaviors, teacher or program driven

Classroom & lunchroom, physical activity, norms, choices, wellness policies or councils, PTA/PTO

System changes, district environment: food purchasing, vending, fund raising



Policy,  
Systems,  
Environmental  
Work

PSE work could  
occur at any or  
all levels

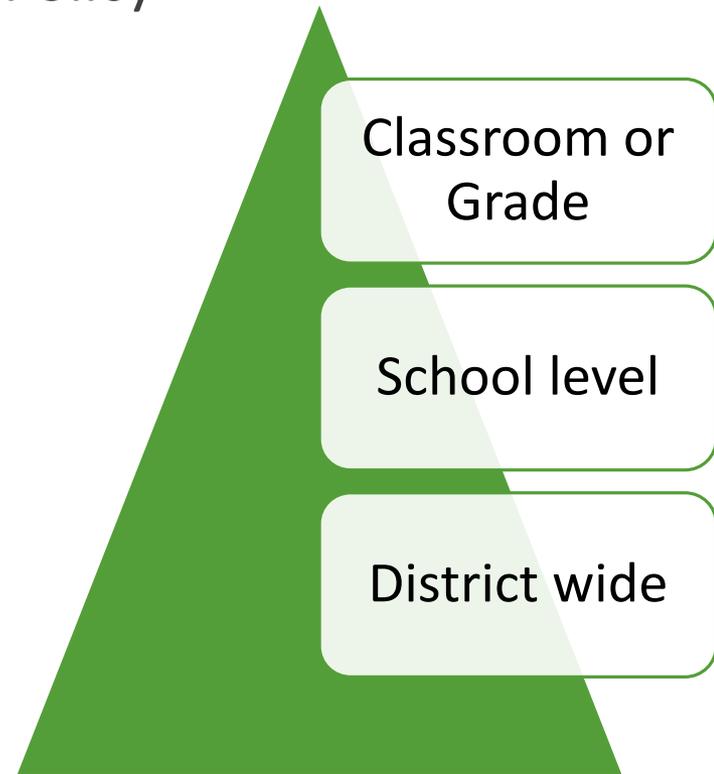
TEAM Nutrition

CATCH

CookShop

School Wellness Policy

Farm to School



# Planning/ Communication

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Schools systems make decisions about activities, assemblies, and events, typically a year in advance. While the amount of lead times may vary radically by school district, anticipating time for necessary communication and planning is critical.

Consider channels of communication.

Many building decisions are made by the building principal. However, the school district administration may be the place to start in some situations.

If communication starts with the principal, know that communication at higher and lower levels may be necessary. Communicate clearly with all personnel about your programming plans.

# Initial Contacts

## Possible first steps

- Send a letter introducing the program, with an explanation of how the program could benefit the school. Request a meeting with interested school staff to explain the program, provide a demonstration of an approved school curriculum/lesson.
- Follow the letter with a phone call to schedule a meeting.
- Present the proposed activities for the ESNY program with that school. Bring examples of some curricula and be prepared to demonstrate one of the lessons. Bring supporting materials from team nutrition for students, teachers and parents.
- Share success stories, pictures of events, reactions of parents, youth, others that have previously participated in ESNY events.
- Emphasize the support that your organization will provide to the school.

# Communication

## Best Practices

- Present a clear vision or plan of action that can be discussed, amended and agreed upon. Having a written plan ensures that everyone is aware of and endorses a specific plan of action
- Follow up the meeting with a phone call or letter outlining what was discussed, or any next steps that were formulated.
- Additional meetings may be advised to secure additional support.
- Key contacts or champions could be any staff member: grade level classroom teachers, district administrators, building specific administrators, principals, parent advocates, school food service administrators

# Key Contacts

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## School Based

Principal

Food Service Director

Physical Education Director

School Nurse, Health Teacher

Science Teacher

Other Teachers

## Community Based

Parent Teacher Organizations

School Board

Parents

Students

Farmers

# Key Elements for Successful After-School Programming

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- Market ESNY and build collaborative relationships
- Educators who are prepared and enjoy working with youth

- Curricula that engage youth



- Parent connections



- Address challenges with afterschool leadership and staff
- Share highlights and successes
- You know your program is successful when....





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# About CookShop



Food Bank For New York City's CookShop program provides SNAP-eligible participants with the tools and information needed to make healthy food choices for themselves and their families.

Through hands-on educational lessons right in the classroom, participants learn food preparation and cooking skills, nutrition and physical activity information, fostering enthusiasm for and consumption of fresh, affordable foods – such as fruits and vegetables! – and living a healthy lifestyle.

All CookShop teachers and instructors receive comprehensive, interactive training and support from Food Bank staff, as well as all of the curriculum materials, food, supplies and equipment needed to implement the program successfully.

# Component Overview

Food Bank provides each participating school and classroom with the necessary materials to implement programming – from a complete curriculum and accompanying materials (print and equipment) to relationships with local grocery stores, eliminating the burden of program logistics.

**CookShop Classroom** uses hands-on exploration and cooking and physical activities, students learn where food comes from and how it grows, what goes into a nutritious diet and active lifestyle, and how to transform whole foods such as carrots, wheat, apples and lettuce into simple, tasty, affordable meals and snacks.

- **CookShop Classroom for Elementary School** reaches students in grades K–5 in the elementary school setting
- **CookShop Classroom for After-School** reaches students ages 6–12 in the after-school setting

**CookShop for Families** extends the learning beyond the elementary classroom by offering complementary workshops for parents and guardians of students in schools participating in CookShop Classroom. Through simple, healthy recipes using fresh, affordable and commonly available ingredients, the workshops offer the skills and knowledge needed to make CookShop part of their families' daily lives.



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# In school teacher delivered programming

1. Communicate with appropriate school district administrators or superintendent.
2. Provide superintendent with application for ESNY participation
3. Superintendent returns application to CCE by date [Spring]
  - a. Application includes school eligibility identification
  - b. Agreement by teacher to implement 'curriculum name'
  - c. Agreement by school that they understand that CCE support of implementation dependent upon federal funding
  - d. Agreement that teacher hourly time will be reimbursed [up to maximum] per USDA directive for training and implementation only
4. Teachers attend training August or fall date
5. Program start date December or January –with goal of ending May
  - a. CCE provides calendar of lesson implementation
  - b. CCE has liaison for school questions
  - c. CCE collects data either web based or paper based
  - d. CCE provides social marketing materials to school
  - e. CCE may provide wrap around activity such as end of program assembly
6. Schools receive the curricula and materials to operate
7. CCE operates summer program with families
8. Program ends August

Any  
remaining  
concerns?



# Contact information

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