

DOCUMENT RESUME

ED 418 955

SP 037 921

TITLE Team Nutrition School Activity Planner. A How-To Guide for Team Nutrition Schools and Supporters.  
INSTITUTION Food and Consumer Service (USDA), Washington, DC.  
PUB DATE 1997-00-00  
NOTE 51p.; For other "Team Nutrition" publications, see SP 037 920-922.  
PUB TYPE Guides - Non-Classroom (055)  
EDRS PRICE MF01/PC03 Plus Postage.  
DESCRIPTORS Child Health; Comprehensive School Health Education; \*Dietetics; \*Eating Habits; Elementary Secondary Education; Food; \*Foods Instruction; Health Promotion; \*Nutrition Instruction; Parent Participation; Physical Activities; Physical Fitness; Program Development; Teamwork

ABSTRACT

This "how-to" guide for Team Nutrition fairs and tasting activities helps Team Nutrition supporters and schools understand how to work together to improve the health and education of children. Team Nutrition is the implementation tool for the U.S. Department of Agriculture's School Meals Initiative for Healthy Children. Section 1 of the guide offers a Team Nutrition overview. Section 2 provides Team Nutrition school activities. Section 3 discusses how to plan a Team Nutrition Fair (linking Team Nutrition supporters and schools and forming a Team Nutrition fair committee). Section 4 explains how to plan a Team Nutrition tasting activity. Section 5 offers letters and reproducibles. Parent reproducibles include "What You Need to Know About Nutrition and Physical Activity," "Take Out--Bringing the Food and Fitness Message Home," "Nutrition Games," and "Pyramid Snacks." Supporter materials include a sample letter to Team Nutrition schools, a sample media advisory, and a sample news release. Sample student reproducibles include a taste test and a taste champion certificate. Planning materials include a fax back form to identify participating schools and sample calendars. The lists of resources include Team Nutrition supporters and USDA Team Nutrition contacts. (SM)

\*\*\*\*\*  
\* Reproductions supplied by EDRS are the best that can be made \*  
\* from the original document. \*  
\*\*\*\*\*

SP

U.S. DEPARTMENT OF EDUCATION  
Office of Educational Research and Improvement  
EDUCATIONAL RESOURCES INFORMATION  
CENTER (ERIC)

- This document has been reproduced as received from the person or organization originating it.
- Minor changes have been made to improve reproduction quality.

• Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.



ED 418 955

# Team Nutrition School Activity Planner



**A How-to Guide for  
Team Nutrition Schools and Supporters**

BEST COPY AVAILABLE

ERIC  
Full Text Provided by ERIC  
5/10/92

# Table of Contents

INTRODUCTION .....	1
TEAM NUTRITION OVERVIEW .....	2
TEAM NUTRITION SCHOOL ACTIVITIES .....	4
PLANNING A TEAM NUTRITION FAIR .....	7
Linking Team Nutrition Supporters and Schools .....	8
Forming a Team Nutrition Fair Committee .....	8
Building Your Team and Choosing Fair Activities .....	9
Planning the Schedule, Equipments and Handouts .....	12
Coordinating Community, Parent and Media Involvement .....	16
Leadership Forum Sample Agenda .....	18
PLANNING A TEAM NUTRITION TASTING ACTIVITY .....	19
LETTERS AND REPRODUCIBLES .....	23
Parent Reproducibles	
What You Need to Know About Nutrition and Physical Activity .....	25, 26
Take Out—Bringing the Food & Fitness Message Home .....	27, 28
Nutrition Games .....	29
Pyramid Snacks .....	31
Supporter Materials	
Sample Letter to Team Nutrition Schools .....	33
Sample Media Advisory .....	34
Sample News Release .....	35
Student Reproducibles	
Taste Test .....	37, 38
Taste Champion Certificate .....	39
Planning Materials	
Fax Back Form (To identify Team Nutrition Schools) .....	41
Sample Calendars .....	42
RESOURCES .....	47
Team Nutrition Supporters .....	48
USDA Team Nutrition Contacts .....	50

# Introduction

● This how-to guide for Team Nutrition fairs and tasting activities was written to show Team Nutrition supporters and schools how they can work together to help improve the health and education of children.

◀ Community institutions have an important role in creating sustaining environments that influence children's attitudes and behaviors about food. With Team Nutrition schools as a focal point, activities such as fairs and "tastings" bring together diverse segments of the community to support the broad goal of improved child health. By reinforcing nutrition messages learned through programs in Team Nutrition schools and other activities, the program helps schools and community institutions understand why it is important for them to work together as stakeholders in the nutritional status of children.

▶ Team Nutrition fairs and tasting activities are based on Team Nutrition's theme "Making Food Choices for a Healthy Diet" which is supported by three principle messages.

Team Nutrition motivates children to:

- ◀
- Expand the variety of food in their diet;
  - Add more fruits, vegetables, and grains to the foods they already eat; and
  - Construct a diet lower in fat.

Interactive learning activities featured at fairs and tastings are based on the Dietary Guidelines for Americans, the Food Guide Pyramid, and Team Nutrition Educational Themes:

- ◆
- Food appeals to all of our senses and to our creativity
  - Nutrition links agriculture and health
  - We are all empowered to make food choices for a healthy diet
  - Nutrition and physical activity are important for good health.

This guide includes steps Team Nutrition schools and supporters can follow to start working together for improved children's health through Team Nutrition. It also includes planning ideas and activity suggestions for Team Nutrition fairs, and step-by-step instructions for how to create a tasting activity. Additional nutrition education activities with step-by-step instructions can be found in Team Nutrition's Community Nutrition Action Kit. For more information, contact your area USDA Cooperative Extension Agent or Team Nutrition representative (see pages 47-54). Make Team Nutrition come to life in your community!

*Thank you for joining the Team!*

# Team Nutrition Overview

Team Nutrition is the implementation tool for USDA's School Meals Initiative for Healthy Children. This is the plan to continuously improve school meals, and promote the health and education of 50 million children in 94,000 schools nationwide.

By leveraging government resources through public-private partnerships, Team Nutrition promotes food choices for a healthful diet through schools, families, the community, and the media.

## WHAT'S THE GOAL?

Our goal is to empower schools to serve meals that meet the Dietary Guidelines for Americans, and motivate children in grades pre-K through 12 to make food choices for a healthy diet. Based on the best science, education, communication, and technical resources available, Team Nutrition will help children and their families to:

- ◆ Expand the variety of foods in their diet;
- ◆ Add more fruits, vegetables, and grains to the foods they already eat; and
- ◆ Construct a diet lower in fat.

## HOW DOES TEAM NUTRITION WORK?

Team Nutrition's two components are:

*Technical Assistance and Training*, which supports school food service personnel by giving them the tools and skills they need to implement the School Meals Initiative for Healthy Children. New recipes created by teams of food service personnel, dietitians, and chefs, and taste-tested by children, are just one example of the materials USDA provides to help schools serve healthier meals with "kid-appeal."

*Nutrition Education*, a multifaceted educational program delivered in schools, through the media, at home, and in the community to motivate and empower children to make food choices for a healthy diet. This effort brings science-based nutrition messages to children in fun and interesting ways in a language they understand, while

strengthening social support for children's healthful food choices among parents, educators, and food service professionals.

## WHAT IS A TEAM NUTRITION SCHOOL?

Team Nutrition schools participate in an exciting incentive program designed to coordinate activities at the local level and encourage prompt implementation of the new school meals standards. Team Nutrition schools represent the community focal point for individuals and organizations with a shared interest in working for healthier school meals and more nutrition information for children and their families.

USDA will highlight Team Nutrition schools as they enroll to recognize schools and communities that demonstrate their commitment to improving the health and nutrition education of children.

USDA Secretary Dan Glickman invited over 94,000 principals in the country to enroll their school in the Team Nutrition Schools Program. In June 1996, thousands of USDA's Team Nutrition schools from coast to coast celebrated the 50th anniversary of the National School Lunch Program. Urge schools in your area to join the team and be part of the celebration!

## WHO'S ON THE TEAM?

We want every child in the Nation to have the opportunity to learn how to eat for good health. This ambitious goal is made possible by extensive, strategic public-private partnerships and nearly 300 Team Nutrition supporters who represent all of the areas that touch children's lives, including:

- ◆ Nutrition/Health
- ◆ Education
- ◆ Food/Agriculture
- ◆ Consumer
- ◆ Media/Technology
- ◆ Government

Partnerships with Scholastic, Inc. and The Walt Disney Company are examples of Team Nutrition's strategic plan to work with organizations to leverage the Government's investment and to extend the reach of this unique program.

We have worked closely with Scholastic to develop age-specific nutrition curricula, children's magazines, parent guides, posters, and videos that are being offered to schools nationwide.

The Walt Disney Company has provided Team Nutrition "spokestoons" Timon and Pumbaa from *The Lion King* to help deliver positive nutrition messages in ways that capture children's attention. In this innovative public-private partnership, we have leveraged a small government investment into tens of millions of dollars in top-quality media promotion and education materials.

With investments like these, Team Nutrition reaches millions of children in ways they can relate to through multiple, reinforcing channels. Team Nutrition is a great investment for taxpayers. And by being a part of Team Nutrition, partners and supporters have an opportunity to touch children's lives.

#### WHY IS TEAM NUTRITION IMPORTANT?

Team Nutrition is a wise investment in family health.

Today:

- ◆ 35% of elementary school-age children eat no fruit, and 20% eat no vegetables on a given day
- ◆ 27% of children 6-11 are considered obese
- ◆ 90% of children consume fat above the recommended level.

Four of the leading causes of death—heart disease, cancer, stroke, and diabetes—are diet-related. Accounting for more than 1.4 million deaths annually, these conditions cost society an estimated \$250 billion each year in medical costs and lost productivity.

Nutrition promotion efforts like Team Nutrition have had a proven impact; they can change behaviors, improve health, and lower these huge costs. Between 1972 and 1992, deaths from heart disease decreased by 50 percent and from stroke by 60 percent as the result of social marketing campaigns to change behavior to reduce high blood pressure, lower cholesterol, and reduce smoking.

#### WHAT ROLE CAN SUPPORTERS PLAY?

- ◆ Enroll schools in Team Nutrition. Work with USDA's Team Nutrition Regional Coordinators to enroll schools from pre-K and up as part of "the team." Contact: USDA Regional Offices (see back cover).
- ◆ Participate in Team Nutrition school activities. Team Nutrition schools across the Nation will be presenting nutrition and health fairs, tasting events, The Great Nutrition Adventure, and other nutrition education activities throughout the year. Support local Team Nutrition schools by participating in any or all of these activities.
- ◆ Write about Team Nutrition in your upcoming newsletter. Let your members know about the great changes taking place in schools and communities across the Nation. Updated newsletter information pieces are available through USDA. Contact: USDA Regional Office or headquarters (see back cover).
- ◆ Reinforce Team Nutrition messages in the community. Personalize and reproduce Team Nutrition materials for your employees, members, and community organizations to reinforce the program's messages. Reproducible materials are available through the Team Nutrition headquarters, as listed below.

#### HOW CAN I GET MORE INFORMATION?

USDA Regional Offices:

Call or write your Regional USDA Team Nutrition Coordinator (see back cover).

Team Nutrition Headquarters Office:

USDA Team Nutrition  
3101 Park Center Drive, Room 802  
Alexandria, VA 22302

Phone: (703) 305-1624

Fax: (703) 305-2148

HTTP://www.usda.gov/fcs/team.htm

State Extension, Child Nutrition, and NET Coordinators:

For a listing of these Team Nutrition Contacts, refer to pages 47-55.

# Team Nutrition School Activities

Each Team Nutrition school will designate a Team Nutrition school leader who will involve teachers, students, parents, food service personnel, and the community in interactive and entertaining nutrition education activities with classroom and cafeteria components including Team Nutrition fairs and tasting activities.

## WHAT ARE THE ELEMENTS OF A TEAM NUTRITION FAIR?

Team Nutrition fairs include specific elements: supporter and community volunteer involvement, interactive nutrition education activities, a cafeteria link, teacher involvement, parent involvement, and a public information/leadership roundtable. Following are descriptions of each element, followed by an example of how supporters were involved in a recent Team Nutrition fair:

### Supporter and Community Volunteer Involvement

Team Nutrition fairs should include community representatives that touch all aspects of children's lives such as PTA chapters, farmers, small businesses and corporations, health and nutrition experts, volunteer chefs, and athletes to name a few. School events are a great opportunity to bring the community together to present and participate in nutrition education activities and to share ideas for working with schools in the future.

### Interactive Learning Activities

A wide range of Team Nutrition fair activities can be planned for indoors or outside, including lessons on where food comes from, how food works in the body, and other things about foods, health, and nutrition. An activity might include learning how to plant or harvest a garden, or the geographical origins of our food. It could also include a physical fitness game or test. More ideas are listed on page 10-11.

### Cafeteria Link

Food service staff are the direct link to year-round nutrition in the cafeteria. Their menus should reflect healthy, tasty, and nutritious meals for children. Parents and community members can help demonstrate the cafeteria link by eating a healthy school lunch with the children, participating in a taste test, or coordinating a Team Nutrition fair. Local volunteer chefs can participate in a meal preparation with food service staff, provide new recipes to schools, speak to classes about their careers, and involve children in hands-on meal preparation.

### Teacher Involvement

Teachers reinforce the important link between nutrition and good health with their students. Team Nutrition classroom materials from Scholastic, Inc. are valuable tools in helping teachers integrate health and nutrition messages into regular coursework. Other classroom materials featuring Timon and Pumbaa from Disney's *The Lion King* reinforce these messages throughout the day.

### Parent Involvement

Parents reinforce Team Nutrition's messages at home and should be included in Team Nutrition fairs. Parents can help in the classroom, eat a school lunch with the children, participate in nutrition education activities, and be active in leadership forums.

### Community Leadership Forum

Community Leadership forums bring involved and concerned parties to the table to share ideas and develop an action plan to support Team Nutrition Schools following the mission and principles of Team Nutrition.

## Team Nutrition Fair— Phantom Lake Elementary, Bellevue, Washington

### ✦ Supporter and Community Volunteer Involvement

- The Phantom Lake Elementary school in Bellevue, Washington, brought together more than 24 organizations during the Team Nutrition Schools national roll-out. Educators, food service staff, parent organizations, farmers, small businesses and corporations, health and nutrition experts, and volunteer chefs provided interactive nutrition and health activities, as well as in-class and take-home resource materials, and shared ideas on how they could continue to work together to support the mission of Team Nutrition in their local schools. Examples of their involvement are highlighted below.

### ✦ Interactive Learning Activities

- Washington State University created a vegetable guessing game where children were asked to put their hands into a mystery food box, to feel and identify the vegetable.
- Using a pyramid filled with models of grains, breads, and pastas, The Wheat Commission asked children to identify which foods were grains and where in Washington grains were grown.

### ✦ Cafeteria Link

- The Bellevue District's dietitian shared nutrition tips:
  - find lower-fat versions of popular foods such as chicken nuggets and pizza;
  - make sure that there's a produce bar (salads, vegetables, and fruits) in your schools.
- The Apple Commission, Beef Commission, Wheat Commission, Dairy Council, and Potato Commission covered the cafeteria walls with colorful posters of foods and a map of Washington that displayed the various agricultural products raised in the state.

- The Washington Beef Commission provided "taco-making and tasting" for the children.
- Volunteer chef "Fruity" talked about fruits, how to select them, and how they function in the body.

### ✦ Teacher Involvement

- Teachers organized an all-school assembly for all the children to be a part of the Team Nutrition school banner presentation.
- A first-grade class arranged pictures of food on a food pyramid.
- Some teachers used Scholastic, Inc., lesson plan suggestions for various courses: math teachers asked students to count calories; social-studies classes explored the role of farming in American life; and English teachers assigned students to write about the best meal they had ever eaten. In addition, Walt Disney materials featuring Pumbaa and Timon from *The Lion King* reinforced messages in the cafeteria and classrooms throughout the day.

### ✦ Parent Involvement

- Parents were involved in the event and children were given take-home tasting samples, educational resource materials, and fun activities to share at home.
- The Bellevue PTSA Council provided activity support and participated in the Public Information Roundtable.

#### Community Leadership Forum & School Activity Participants

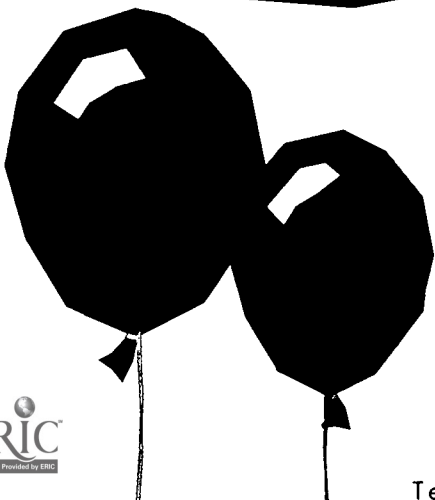
Bargreen Ellington	Seattle Times
Bellevue Journal American	Share Our Strength
Bellevue PTSA Council	Sysco Food Service
Bellevue Nutrition Service	Tony's Food Service
Coastal Marketing	TreeTop
Coyote Grill	Washington Agriculture in the Classroom
Encore Brokers	Washington Apple Education Foundation
Evans Food Group	Washington Dept. of Health and Human Services
Food Service Specialists	Washington Food Policy Action Center
Kenco Food Service	Washington OSPI
King County WIC Program	Washington State Beef Commission
KOMO, KKOZ and KASB Radio	Washington State Dairy Council
National Frozen Foods Corporation	Washington State University
Neighborhood House	
Office of US Rep. Jennifer Dunn	
Public Health Nutrition Service, Washington Dept. of Health	

BEST COPY AVAILABLE





# Planning A Team Nutrition Fair



# Linking Team Nutrition Supporters and Schools

## TIMELINE

6-8 Weeks

### LINK SUPPORTERS TO SCHOOLS

- TN supporters identify area TN Schools/school leaders. (Schools see "Build Your Team" to identify area supporters.)
- Plan a meeting.
- Send an introductory letter.

Team Nutrition supporters can locate Team Nutrition schools in their area through the Team Nutrition schools resource list on the internet, by contacting USDA Food and Consumer Service (FCS), FCS Regional Offices, or by filling out and sending in the enclosed fax-back form to USDA Headquarters (see page 41). A complete list of FCS contacts is listed on the back page of this guide for easy reference.

When Team Nutrition supporters learn the name of the Team Nutrition school(s) and designated school leader(s) they are ready to make an important connection — letting them know they would like to be a new member of the Team. A sample letter of introduction is on page 33. It's a good idea to plan a meeting to discuss mutual interests in planning your Team Nutrition fair or activity.

# Forming a Team Nutrition Fair Planning Committee

## TIMELINE

5-6 Weeks

### PLAN

- Establish a committee.
- Identify Activity, Logistics, and Promotion Coordinators.
- Develop a plan, with principal's approval.
- Use Team Nutrition themes.
- Determine size of activity.
- Establish dates and times.

Team Nutrition school leaders can work with community supporters and volunteers to form a planning committee that will work together to plan the school fair. Include at least one representative from the following groups: school food service personnel, teachers, parents, students (if appropriate), and community Team Nutrition supporters. USDA's Cooperative Extension Agents, State Child Nutrition Directors and Nutrition Education Training (NET) Coordinators in your area can also be

**BUDGET**

- Develop budget using estimates from others who have conducted similar activities.
- Solicit in-kind contributions from local businesses, civic groups, agencies (if needed.)

**INSURANCE**

- Check with the school principal to see if special liability insurance is needed.

**CONTINGENCY PLANS**

- Select an alternative location or date in case of bad weather.

contacted to participate and assist with fair planning ideas. See pages 50-54. Divide fair responsibilities among three coordinators or planning groups, or create your own system to involve volunteers in the planning process.

- Activity coordinator - Coordinates organizations and volunteers who will present activities that support Team Nutrition themes.
- Logistics coordinator - Coordinates the day's schedule, equipment, and set-up.
- Promotion coordinator - Involves the media, parents, and the community and coordinates the leadership forum.

A sample Team Nutrition fair planning calendar is shown on pages 42-43. You can use this as a reference to create your own timeline and planning calendar on pages 44-45.

## Building Your Team and Choosing Fair Activities

(Activity Coordinator)

**TIMELINE****4 Weeks****DEVELOP PARTNERSHIPS**

- Contact USDA Team Nutrition Coordinators (see back cover).
- Contact local chapters of Team Nutrition supporters listed in this guide.
- Contact local nutrition coalitions or organizations.
- Contact local community-minded businesses.
- Identify each group's fair activity and handouts for parents and children. Relay information to logistics coordinator.

**RECRUIT VOLUNTEERS**

- Recruit volunteers from local parent and civic organizations.
- Make a record of names, addresses, and telephone numbers of volunteers.
- Make reminder calls.

Bringing the school together with community supporters is vital to Team Nutrition's success. Many organizations have nutrition education activities they can present at Team Nutrition fairs and stand ready to assist school efforts.

Contact a variety of groups and organizations who can present activities that support the educational themes of Team Nutrition. On page 48 is a list of supporting organizations. Use this list to identify and encourage local supporters and other organizations to present fair activities and attend the leadership forum.

Talk to registered dietitians and nutritionists at your health department, hospital, or local university to identify more potential fair participants. Ask about nutrition education efforts related to Healthy People 2000 and 5-A-Day.

Several ideas for fair activities are listed below and on the following pages. You and your participating organizations can choose these activities, or create your own.

## ACTIVITIES THAT SUPPORT TEAM NUTRITION THEMES

Following are some ideas that have been presented at Team Nutrition fairs across the Nation that support Team Nutrition educational themes. Additional nutrition education activities with step-by-step instructions can be found in Team Nutrition's Community Nutrition Action Kit. For more information, contact your area USDA Cooperative Extension Agent or Team Nutrition representative (see pages 50-54).



### Food appeals to our senses and creativity:

- Plan a tasting activity as one station at the fair (see page 19).
- Have volunteer chefs lead students in an activity that shows them how the five senses help to enjoy food.
- Enjoy a story from around the world and learn about the foods and customs of other countries and cultures (see page 21).
- Help students start a pen pal program with children in other parts of the U.S. and learn about the foods they eat.

### Nutrition links agriculture and health:

- Plan a produce display: Create a hands-on display where children can touch, taste, and smell new and different types of fresh fruits and vegetables. Have classes identify when and where each fruit is grown and how they can tell when food is "in season" and ripe.
- Create a continuous poster display of "in season" fruits and vegetables for the cafeteria.
- Plant, grow, and harvest a fruit, vegetable and/or herb garden. Help students list foods that are grown on a farm and can grow in the school's garden.
- Discuss the benefits of a healthy diet and where foods come from.

### We are all empowered to make food choices for a healthful diet:

- Teach a class how to use the food label and nutrient analysis to measure the healthfulness of a recipe or meal prepared by food service staff.
- Students can arrange school lunch foods in the Food Guide Pyramid groupings.

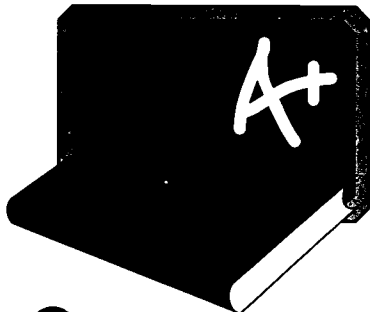




- Create a snack building booth: Have children learn about and create fun, healthy snacks. See page 31 for recipe ideas.
- Provide the new healthy recipes with nutrient analyses for children to take home to their parents.

Good nutrition and physical activity are important for good health:

- Discuss the value of physical activity in relation to overall health and in accordance with the Dietary Guidelines. See pages 25-31 for handouts.
- Invite the physical education teacher to conduct a physical activity station, such as a pyramid relay race to sort pictures into food groups.
- Help students pick out foods on the Food Guide Pyramid that promote energy for favorite sports or recreational activities.
- Play the Pyramid Toss: Construct a model pyramid using the Nutrition Games student reproducible on page 29. Form teams. Children toss bags through the pyramid holes. The first team to reach the recommended number of servings in each section of the pyramid wins.



#### In-class nutrition lessons

During the day, teachers can use Scholastic, Inc. in-class lesson plans for various courses or try the suggestions below:

- Math: create weekly bar graphs of who's eating specific fruits and vegetables; compare lunchroom menus to the Food Guide Pyramid.
- Social Studies: explore the role of farming in American life; highlight cultural origins of foods in the lunchroom.
- English: assign students to write about the best meal they have eaten; have students write food reviews of the day's lunch.
- Science: have students explore their place in the ecosystem by conducting experiments with growing plants and by investigating the food chain; start planning for an indoor garden.

CHALLENGE students to communicate to their peers how to make food choices for a healthy diet through art, English, or science and technology. (Later, display their efforts throughout the school and community.)

# Planning the Schedule, Equipment, and Handouts

(Logistics Coordinator)

## TIMELINE

### 3-4 Weeks

#### SCHEDULE

- Create a fair schedule.
- Circulate schedule to participants, media, parents, community members and school staff.

#### EQUIPMENT

- Identify and make a list of all materials and equipment needed. See each participant for specific items.
- Solicit items from local businesses and other community groups, if needed.
- Plan a guest check-in station.

#### PARKING

- Determine parking needs.
- Mark space available for parking.

#### SIGNS

- Determine type and number of signs needed and prepare.
- Post signs.

#### REFRESHMENTS

- Determine refreshment needs.
- Identify providers and arrange for delivery.
- Obtain paper goods (napkins, plates, cups, plastic utensils).

#### ACTIVITY SET UP

- Set up check-in station at school's main entrance.
- Set up refreshment, collection and loading areas at site, etc.
- Set out handouts.
- Decorate.
- Clean up.

## Schedule

Work with the school immediately to reserve general information including the date and times for the fair. Include plans for a rain alternative. Disseminate this information right away (at least 3 weeks before the fair) so everyone can save the date well in advance. Your committee will also use this information to invite guests and recruit volunteers for the fair.

Then create a more detailed fair schedule to show how students will rotate through the day's activities. Include specific times, location/room number, and activity title; and when appropriate, include class name, teacher, and additional assigned group leaders such as food service staff, parents, or volunteers. You may also want to include a map of the school as an easy reference for guests to find their way to the various activities. Share this plan with the school staff and the Team Nutrition committee at least 1 week before the fair. This will be used to send to the media and to coordinate specific times and places for volunteers, etc. Make enough copies to give one to everyone as they sign in at the fair.

## Equipment and Materials

Meet with your activity coordinator to find out which organizations will be presenting activities at the fair. Talk to each organization to identify and make a complete list of all of the materials and equipment needed. Consider things like copies of activity handouts, recipes, and other health information for parents or children. Make sure that anyone providing a food, snack, or recipe includes a nutrient analysis as a handout or a sign. If some items are needed, be prepared to ask local businesses and organizations to donate them for your school's activity. Always plan to have a few extras in case you run out!

### Set Up

In advance of the fair, coordinate with school personnel to make arrangements for transportation of all supplies and equipment to the fair site and for storage, if needed. Be present the day of delivery to make sure everything arrives and is put in its proper place. (Allowing time between the delivery and set up gives you time to make alternate arrangements for anything that was not delivered.) Make a list of items that were borrowed or rented and where they need to be returned to for your reference. Set up supplies the day before or morning of the activity. Make arrangements to return supplies that were borrowed or rented.

### Parking

Meet with the promotion coordinator to estimate the number of people who will be attending the fair including parents, community members, and volunteers. Determine your parking needs and work with the school to identify an area of the parking lot you can reserve for the fair. Determine the number of signs you may need and plan to post them the morning of the fair. If you expect rain, consider laminating the sign for protection.

### Signs

Having plenty of signs marking where activities will be held will facilitate your job of being "host" for the day. Discuss whether the art teacher could involve children in creating signs for the following: parking, guest check-in, school assembly, fair activity stations, refreshments, cafeteria, leadership forum, guest rest rooms, and telephone.

### Lunch and Refreshments

Determine whether you would like to have refreshments for your guests or invite them to purchase and eat a school lunch with the children. Coordinate with the school food service staff in advance to make sure they are prepared to serve extra meals. If you choose to serve other refreshments, identify providers and arrange for delivery and paper goods (napkins, plates, cups, plastic utensils).

### Activity Set Up and Decorations

#### *Before Activity:*

Make arrangements to have volunteers help set up the fair and activities. Plan to do as much of the work as possible the day before. Add last minute touches in the morning. Be sure to place a check-in table at the school's main entrance to welcome guests and provide schedules and name tags. Have all areas well marked with signs for each activity station and refreshments (if provided). Set up multiple garbage collection sites to keep the area clean. Coordinate with the promotion coordinator to decorate the walls of the fair with the children's art work and Team Nutrition posters.

#### *Day of Activity:*

Plan to do any last-minute set up needed. Set out all handouts, schedules, maps, name tags, refreshments (if needed) and utensils. Make sure all of your signs are posted.

#### *Clean Up:*

Make plans for volunteers to help clean up after the activity and to help return all borrowed equipment and materials.



## SAMPLE PLAN FOR A TEAM NUTRITION FAIR

Design a plan along with your Team Nutrition school leader and committee that shows how the children will rotate through the day's activities. It is important to examine the school's schedule and the amount of time available. Include the following in your schedule:

### DAY BEFORE THE FAIR:

- Students help decorate the lunchroom to celebrate the day.
- Prepare the gym, classrooms and/or cafeteria for activities and booths.
- Plan to have name tags for guests and school staff.

### MORNING:

*Time: 8:30 am*

*Location: Gymnasium*

*List of Classes: All*

Start off the school day with an assembly to get students, teachers, food service staff, community leaders, parents, volunteer chefs, and guests excited!

- School's spokesperson introduces Team Nutrition to the school and announces the special lessons and activities that will take place throughout the day.
- Unveil the Team Nutrition certificate and unfurl the Team Nutrition school banner.
- Announce the school's Team Nutrition art (or other) contest winner and present an incentive prize or certificate.
- Thank special guests/supporters for their contributions and efforts.

### THROUGHOUT THE DAY:

#### IN THE CLASSROOM

- Teachers can incorporate nutrition education into their lesson plans: refer to the many suggested classroom activities described throughout this planning guide or in the Team Nutrition Scholastic curriculum. Call 1-800-SCHOLASTIC for order information.

#### IN THE CAFETERIA

- Schedule question/answer sessions for students and food service personnel and highlight the day's healthful meal by displaying the meal's nutrient analysis.

### AFTERNOON:

*Time: 11 am-2 pm*

*Location: Gymnasium*

*List of Classes: Grades K-1, 11-12 pm;*

*Grades 2-3, 12-1 pm; Grades 4-5, 1-2 pm*

Arrange exhibits and activities in the cafeteria or gym so that everyone has room to move easily from one area to another. It's a good idea to plan sessions where one or two classes rotate through the fair at a time. Allow time at the end of each session for students, teachers, and guests to return to exhibits and activities that are of particular interest to them.

### COMMUNITY LEADERSHIP FORUM

*Time: 2-3 pm*

*Location: Library*

At the end of the day, bring together the community supporters and leaders in the library or classroom for a meeting to discuss Team Nutrition and create a year-long action plan. Discuss how all can continue to work together to support the goals and objectives of Team Nutrition, efforts to meet the Dietary Guidelines for Americans, and ways to motivate children to make food choices for a healthy diet. (See attached sample agenda on page 18.)

# Coordinating Community, Parent, and Media Involvement

(Promotion Coordinator)

## TIMELINE

3 Weeks

### PROMOTION MATERIALS

- Identify and list the informational and promotional materials needed, such as flyers, maps, directions, public service announcements, press releases, etc.
- Prepare and photocopy materials.
- Distribute materials.
- Decorate.

### PROMOTION

- Create guest list and name tags.
- Contact local editors/columnists, popular disc jockeys, radio/TV announcers and talk show hosts, community leaders.
- Schedule interviews for the week leading up to the activity.
- Make presentations at local civic clubs or community meetings.
- Develop/distribute information.

### INVITATIONS

- Invite guests to fair and leadership forum.
- Place follow-up calls.
- Identify a special room for the meeting.
- Create an agenda to distribute at the meeting.

### COLLECT INFORMATION

- Collect basic information on who's who in the media including local radio; daily, weekly and monthly newspapers; and local and regional magazines.
- Make your targeted media list.

### DESIGNATE A SPOKESPERSON(S)

- Designate a specific spokesperson(s) to talk to the media at the activity.
- Identify a student, supporter, volunteer, and parent for interviews at the activity.

## IN THE COMMUNITY:

Coordinate plans to inform the community of your Team Nutrition school activity through various channels such as:

- in-house communications: flyers, newsletters, e-mail
- employee meetings
- local media: a sample media advisory and news releases inviting news coverage of your activity can be found on pages 34-35. Also invite your local media representatives to participate in the afternoon leadership forum.

## IN SCHOOL:

Generate excitement and engage children in nutrition education before the fair by holding a nutrition art or coloring contest with a Team Nutrition theme. Display all the art work in classrooms and in the cafeteria, on bulletin boards and in other areas throughout the school. Ask local supporters to display art work throughout the community to showcase the steps taken to make healthier food choices a priority. Award the winner a prize at a morning assembly to kick off the fair.

Use Team Nutrition's Walt Disney materials featuring Pumbaa and Timon from *The Lion King* to reinforce messages in the cafeteria and classrooms throughout the day. (Distributed to schools in the Team Nutrition Schools Resource Kit.)

## IN THE MEDIA:

Involving your local media helps extend Team Nutrition into the community and highlight the positive changes taking place in school meals. Media coverage raises awareness of community involvement and can help schools recruit more businesses, organizations, parents, and volunteers for future activities.

Get started by collecting basic information on who's who in the media including local radio; daily, weekly and monthly newspapers; and local and regional magazines. Then identify who covers what "beat" – education, schools, food, health, nutrition, and community events. Make a list of these contacts for your reference.

**DEVELOP A PRESS RELEASE AND MEDIA KIT**

- Create a press release.
- Assemble a media kit.

**ESTABLISH A RELATIONSHIP**

- Find out who is the right person to fax, mail, or e-mail press releases, background information and media kits to. Faxing is usually best.
- In follow up, ask to speak to that person to establish a personal contact and to get them interested in the upcoming activity.

**OUT REACH**

- Send media kit as soon as possible.
- Contact reporters to remind them of the activity 2 to 3 days in advance.
- Encourage a photographer or camera crew to accompany the reporter.

**LAST MINUTE**

- Telephone the media contacts to remind them of the activity the day before.
- Be sure to have all attendees sign in, give them a map of the activity, and guide them to activities.

**FOLLOW UP**

- Collect all newspaper articles written; ask media outlets for copies of their story.
- Evaluate the activity.
- Send thank-you notes.
- Send copies of your evaluation and media clips to your USDA representative (optional).



Create information that will catch a reporter's interest. Start by writing a news release (see sample on page 35). Including who, what, where, when, how, and why clearly and concisely. Also include the title, date, time, and location as well as a contact person and phone number for further information. Next, assemble an information kit including your news release, background information, biographies, photos, activity descriptions, student contests, recipes, etc. Ask your participants if they can provide some of this information for you.

Send the information kit and press release to your media contacts to arrive about a week in advance and then make contact to introduce yourself and tell reporters about the activity. Let them know you will be following up later in the week to give them any additional information they may need prior to the fair. Follow up again 2 to 3 days before the fair, and place a brief reminder call the day before.

Be sure to have all invited guests sign in; give them a map of the activity and assign a guide to direct media to activities. After the fair, send a thank-you note to everyone who attended, collect all newspaper articles written, and ask media outlets for copies of their story.

**INVITE GUESTS TO ATTEND AND PARTICIPATE IN THE FAIR AND COMMUNITY LEADERSHIP FORUM:**

Involve as many community members and parents in the fair activities as possible; adults serve as positive role models and help build social support for children's healthful food choices. Send letters of invitation and encourage parents, teachers, school food service staff, Team Nutrition supporters and community leaders to attend the fair and leadership forum.

Community leaders will see the positive changes taking place in school and will have the opportunity to be involved.

At the end of the day, bring together the community participants in the library or classroom for a meeting to discuss creating a Team Nutrition action plan.

Discuss how all can continue to work together to support the goals and objectives of Team Nutrition, efforts to meet the Dietary Guidelines for Americans, and ways to motivate children to make food choices for a healthy diet. (See sample agenda on page 18.)

## TEAM NUTRITION LEADERSHIP FORUM: Sample Agenda

**Purpose:** Community institutions have an important role in creating sustaining environments that influence children's attitudes and behaviors about food. Team Nutrition leadership forums bring together diverse segments of the community to encourage their support of the broad goals of improved child health through the Team Nutrition program.

**Facilitators:** Principal, Food Service Director/Manager and Team Nutrition School leader.

**Participants:** Parents, Team Nutrition supporters, community leaders, volunteers.

### I. Introduction

- A. Principal, Food Service Director and Team Nutrition School leader introduce themselves and their roles in Team Nutrition.
  1. Establish Team Nutrition School leader as main contact for Team Nutrition activities.
  2. Give an overview of Team Nutrition (See Page 2) and discuss how it addresses the needs of the school.
- B. Ask forum participants to introduce themselves to give everyone a chance to get to know each other.

### II. Discussion

- A. Discuss ways to support the school's nutrition policy and efforts to meet the Dietary Guidelines.
- B. Discuss ways to assist the school in motivating children to make healthful food choices both in and out of

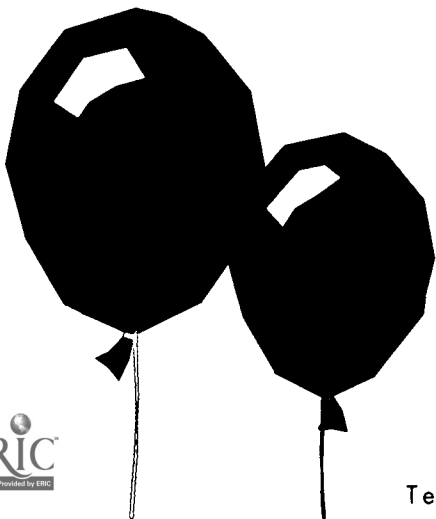
school. (i.e. in-class presentations, tasting activities, material distribution for parents and children, community activities, field trips.)

- C. Brainstorm ideas to support this school and perhaps all area Team Nutrition Schools in nutrition education efforts.

### III. Create a Team Nutrition School Action Plan

- A. Make plans to meet on a regular basis.
- B. Plan a calendar of guest educational presentations and field trips that support Team Nutrition on a regular basis. Set a goal of one activity per month or consider highlighting key dates throughout the school year:
  - September - Back to School; October - National School Lunch Week; December - Healthy Holidays; March - National Nutrition Month; May - National Sport and Physical Activity Month.
- C. Create a Community Action Plan
  1. Discuss how local businesses can reinforce good nutrition messages in their offices (copy and distribute "reproducibles" in grocery bags, etc.).
  2. Discuss how organizations can reinforce messages through their communications (newsletters, etc.).
- D. Exchange Contact Information for follow up with the Team Nutrition School leader and leadership forum participants.

# Planning A Team Nutrition Tasting Activity



## TEAM NUTRITION TASTING ACTIVITIES

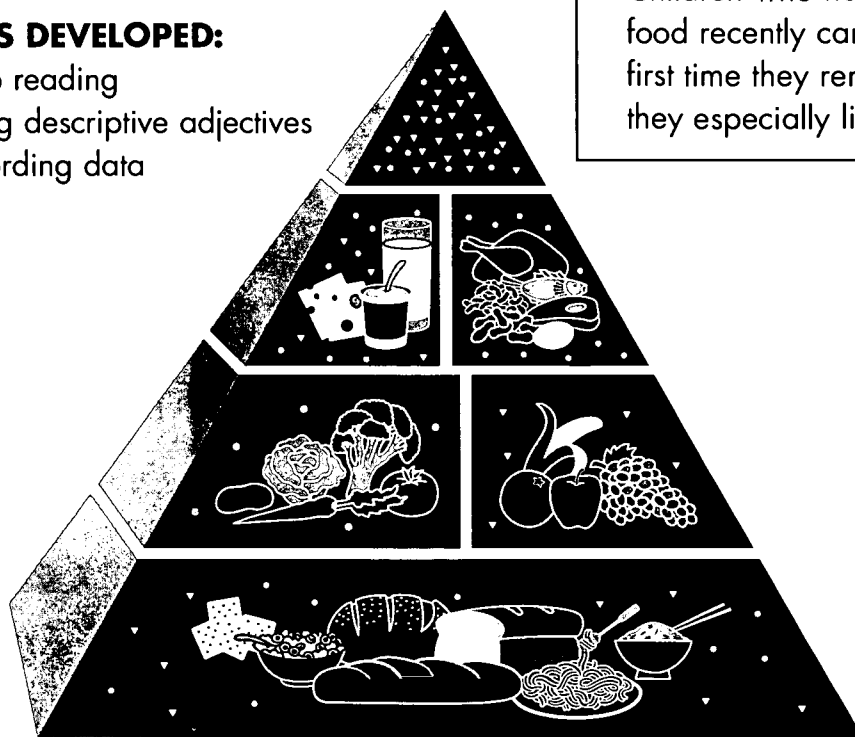
Tasting Activities encourage children to add variety to their diets through engaging opportunities to taste new foods and to learn about their senses. Tasting activities should be accompanied with a lesson about where foods come from and how food relates to health and well-being. They can be presented by Team Nutrition supporters, volunteer chefs, school food service staff, a local volunteer, or a teacher as part of a Team Nutrition fair or any time of the year.

### WHAT STUDENTS CAN DO:

- try new foods
- use senses to evaluate foods
- share taste stories
- identify foods that come from different states or countries and locate those places on a map/globe

### SKILLS DEVELOPED:

- map reading
- using descriptive adjectives
- recording data



### MATERIALS AND REFERENCES:

- Pyramid Snacks parent reproducible on page 31
- Taste Test and Taste Champion Certificate student reproducibles on pages 37-39
- globe or map of the world
- material for making blindfolds
- markers or crayons

### GETTING STARTED:

- Ask children to name any foods they recently tried for the first time. List them on the board.
- Encourage students to share the stories of these new food experiences. What made them try the new foods? What did they like about them?
- Children who have not tasted a new food recently can share stories of the first time they remember trying a food they especially like to eat.

*The following Tasting Activities were adapted from Scholastic Inc. and can be found in Scholastic's "Food Time" and "Food Works" teachers' resource kits.*

## A WORLD OF TASTES

### Where Does Food Come From?

Tell children that the foods they know came from many different countries. For example, pasta, including spaghetti, came from Italy and may have been brought to Italy from China by Marco Polo.

- Ask children if they know of any foods or recipes that come from other countries and list these on the board.
- Ask them to name a favorite dish from another country and look for that country on the globe or map.

Encourage children to try a food from another country. They can make up a story about going there on a taste trip and explain why they like the food.

Children can ask family members and food service staff to help them take taste trips to other countries by preparing foods from different places. The class can keep track of the countries "visited" over a period of time. Children can share stories about their taste trips and encourage others to "visit" their favorite countries.

### ACTIVITY MODIFICATIONS

Present different foods and their stories of origin. Ask children to use the map to show the class where the food originated and where the food is grown in their country, state, or community.

## BLINDFOLDED TASTE-TESTING

### A World of Senses

When Marco Polo first tried noodles, he had no idea how they would taste. He had to use his five senses to decide if he liked the new food. Review the five senses and ask children how they might use each to decide whether they like a food. They may need help associating certain senses with their food choices.

- Ask children if they can hear a difference in the sounds of crunchy foods and soft foods. Can they feel (touch) a difference?
- Ask children to compare the taste of a hot slice of pizza with a cold one.
- Have children recall the last time they had a cold. Ask them to describe changes in the way they could smell things, or taste their favorite foods.

Students can brainstorm words that describe food for each of the five senses. For example: hearing, crunchy, slurpy, popping, etc.

**PREPARING THE TASTE TEST**

Supporters, parents, or food service staff can prepare foods in either or both of the following ways:

- Using different forms of a single food. For example, carrots can be eaten raw, in coleslaw (using low-fat mayonnaise), steamed, or as carrot juice; peanuts can be eaten raw, roasted, or as peanut butter; apples can be juiced, diced, or baked in pies.
- Using different varieties of a food. For example, Macintosh, Granny Smith, or Golden Delicious apples might be compared, or many varieties of bread could be sampled.

Distribute the Taste Test student reproducible on pages 37-38. In this test, children are blindfolded and supporters, parents, or food service staff lead them to sample different foods.

**SAMPLING**

- The first time they taste a food, children should hold their noses so they can't smell. Volunteers record the adjectives children use to describe the foods on the survey.
- After the test, the class should discuss how foods taste different when we don't know what they are, and how much fun it is to try new foods when we don't know anything about them.

**CHALLENGE** children to try a new food!

Have them share their experiences with the class and see who has been the most adventurous "taster." Present a "Taste Champion" certificate (see page 39) to encourage more new taste sampling.

**HOME CONNECTION:**

Tasting activities for the whole family. Discuss healthy choices for snacks, then distribute the Pyramid Snacks parent reproducible (see page 31). Encourage children to try the snack suggestions with their parents.

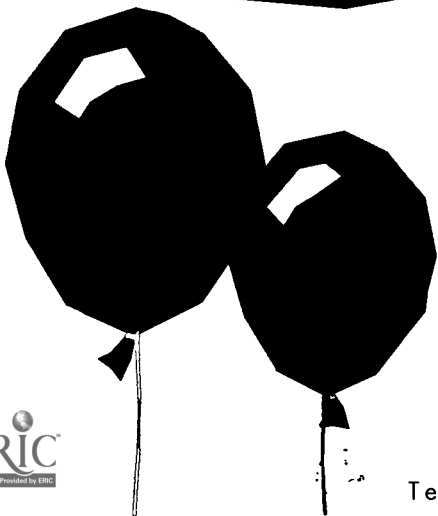
**LUNCHROOM LINK:**

- Children often have favorite "foreign" or "ethnic" foods, from pizza to egg rolls. They can tell the food service staff about the foods they like that originated in other countries.
- Children and food service staff can work together to identify what foods on the lunch or breakfast menu come from other countries and they can label the food with the name of that country.
- Food from a different country can be featured each month. Everyone can have a role in this geography lesson; staff can prepare the food and students can research information about the country to include on the menu.





# Letters and Reproducibles





# What You Need to Know About Nutrition and Physical Activity

*Dear Parents,*

Welcome to Team Nutrition, a nutrition education program brought to you by the USDA, Scholastic Inc., and your child's school. The goals of Team Nutrition are simple — to improve the health and education of children by empowering them to:

- Choose a variety of foods;
- Eat more fruits, vegetables, and grains; and
- Construct a diet lower in fat.

You are your child's most important role model and your help is needed for this program to succeed. That's why we've created parent pages full of fun and informative activities you and your child can do together. Help us help kids make food choices for a healthy diet!

## What Are Children Eating Today?

- 35% of elementary school-age children eat no fruit, and 20% eat no vegetables on a given day.
- 27% of children 6–11 are considered obese.
- 12% of school-age children report skipping breakfast.

## **Q** WHY IS NUTRITION EDUCATION IMPORTANT?

**A** Research has shown that classroom nutrition education can improve elementary school children's eating behaviors. This is particularly important if you consider the following facts:

- Most kids don't eat well.
- What you eat affects your health, cognitive ability, and physical performance. Students who eat well perform better in school.
- Some chronic diseases have roots in childhood.
- Good eating habits are easier to develop than trying to change poor ones.

## **Q** WHAT IS A HEALTHY DIET?

**A** The Dietary Guidelines for Americans, published by the U.S. Departments of Agriculture and Health and Human Services, are designed to help healthy Americans aged 2 and over stay healthy. These Guidelines encourage you to:

### ▲ **Eat a variety of foods:**

We need more than 40 different nutrients to maintain good health. These include the essential nutrients like vitamins, minerals, amino acids from proteins, essential fatty acids from fat, and protein, carbohydrates, and fat.

### ▲ **Balance the food you eat with physical activity; maintain or improve your weight:**

The possibility of developing health problems increases when we weigh substantially above or below our recommended weight. Approximately one-third of American children and adults are overweight. Excess body weight is linked to high blood pressure, cardiovascular disease, adult-onset diabetes, and certain cancers.

### ▲ **Choose a diet with plenty of grain products, vegetables, and fruits:**

Vegetables, fruits, and grain products are important sources of complex carbohydrates, dietary fiber, and other food components linked to the prevention of chronic diseases. Many of the foods are also high in nutrients and lower in calories.

### ▲ **Choose a diet low in fat, saturated fat, and cholesterol:**

Higher levels of fat, saturated fat, and cholesterol in the diet are linked to increased risk for cardiovascular disease. Since fat provides more than twice the calories of an equal amount of carbohydrates or protein, a diet low in fat makes it easier to include the variety of foods you need for nutrients without exceeding your food energy needs.

BEST COPY AVAILABLE

## Bread, Cereal, Rice, and Pasta Group (6–11 servings)

- 1 slice of bread
- 1 ounce ready-to-eat cereal
- 1/2 cup cooked cereal, rice, or pasta

## Vegetable Group (3–5 servings)

- 1 cup raw leafy vegetables
- 1/2 cup of other vegetables, cooked or raw
- 3/4 cup vegetable juice

## Fruit Group (2–4)

- 1 medium apple, banana, orange
- 1/2 cup chopped, cooked, or canned fruit
- 3/4 cup fruit juice

## Milk, Yogurt, and Cheese Group (2–3 servings)

- 1 cup milk or yogurt
- 1 1/2 ounces of natural cheese
- 2 ounces of processed cheese

## Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group (2–3 servings)

- 2–3 ounces cooked lean meat, poultry, or fish
- 1/2 cup cooked dry beans, 1 egg, or 2 tablespoons peanut butter count as 1 ounce of lean meat.

### ▲ Choose a diet moderate in sugars:

The only health problem that has been directly linked with the excessive consumption of sugar is the increased risk of tooth decay. However, the problem with sugars is that many foods that contain them in large amounts supply calories yet few nutrients. Diets low in simple sugars (like white sugar) and high in complex carbohydrates are usually lower in fat and calories and higher in fiber than are diets that contain a large percent of refined sugars or sweets.

### ▲ Choose a diet moderate in salt and sodium:

Most Americans eat more salt and sodium than the small amounts their bodies need. In addition to table salt, many fast foods and processed foods are sources of large amounts of sodium. About one in four Americans has hypertension (high blood pressure), which can be intensified with obesity and too much sodium in the diet. Since hypertension can be hereditary, it is wise to make moderate consumption of salt and sodium a habit.

*The following guideline on alcohol does not apply to children and adolescents. Children and adolescents should not drink alcoholic beverages.*

### ▲ If you drink alcoholic beverages, do so in moderation:

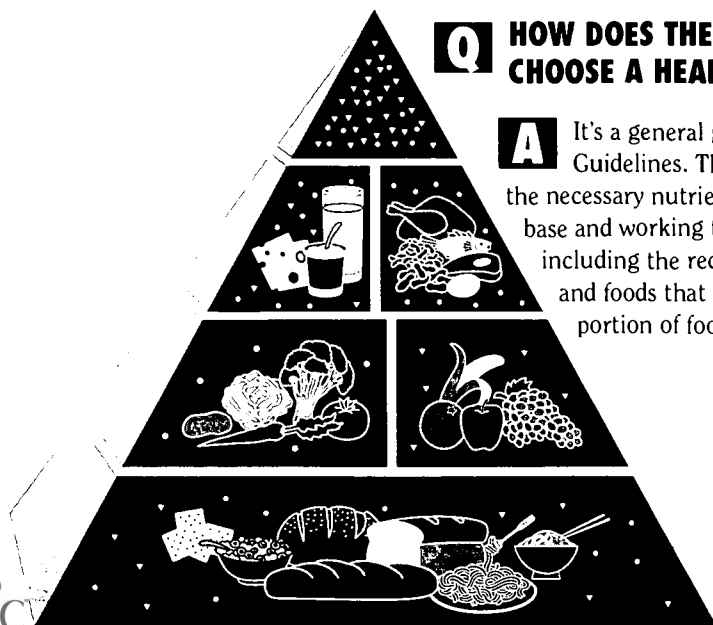
Alcohol contains almost as many calories as fat and provides few nutrients. Excess consumption of alcoholic beverages is related to liver disease, malnutrition, and some forms of cancer. Their consumption during a pregnancy can damage the fetus. Of course, it is illegal for children to consume any alcohol. Use the Food Guide Pyramid as a tool to help you reach the goals outlined by the Dietary Guidelines.

## Q WHY IS PHYSICAL ACTIVITY IMPORTANT?

**A** Although food is an important component of healthy living, smart eating should be accompanied by regular exercise. Your body needs activity as much as it needs food, and long-term health usually depends on both healthy eating and regular physical activity. Regular activity can strengthen the heart, lungs, and muscles and increase flexibility. Exercise also burns excess calories and can help to improve your shape by reducing body fat. In addition, exercise can help you to relieve stress and generally feel better about yourself. Active children tend to become active adults, and thus it is important for children to get into the habit of exercising regularly.

## Q HOW DOES THE FOOD GUIDE PYRAMID HELP YOU CHOOSE A HEALTHY DIET?

**A** It's a general guide of what to eat each day based on the Dietary Guidelines. The Pyramid recommends eating a variety of foods to get the necessary nutrients and maintain a healthy weight. Starting from the base and working toward the top, here's how the Food Pyramid is "built," including the recommended number of servings per day for each group and foods that represent one serving—the amount that counts as one portion of food.



BEST COPY AVAILABLE



# Take Out

## Bringing the Food & Fitness Message Home

### Tasty Tips to Lower Fat

Cut the fat in your family's diet with these simple tips:

- Most fruits, vegetables, and grains are naturally low in fat. Eat lots of them.
- Prepare foods in ways that don't add fat. Steaming, baking, broiling, and boiling can all be fat-free.
- Look for low-fat, skim, or nonfat dairy products.
- Select low-fat desserts, but remember —low-fat does not necessarily mean low-calorie!
- Choose lean cuts of meat, and serve poultry without the skin. White meat is lower in fat than dark.
- Choose low-fat dressings, spreads, and toppings. Spread fruit jams on toast instead of butter or margarine.
- Use food labels to identify which foods are high in fat.

Your child is learning about the importance of choosing foods for a healthy diet. You can get involved, too! Here are three simple steps for a healthier family:

**1** Construct a Diet Low in Fat  
See sidebar at left, "Tasty Tips to Lower Fat."

**2** Try New Foods  
Familiarity is key to enjoying foods. Kids often take more than one try before they learn to appreciate a food. So don't take "I don't like it!" as the final word — keep offering a new food to your kids even if they have turned it down. Here are ways you can persuade the most finicky eater to try a new taste.

- Be a role model. Kids are more likely to eat a food if you try it with them — especially when you let them know how good it is!
- Picky eaters? So let 'em pick! Allow your children to help select the foods the family will eat from a variety of foods.
- Prepare meals together. Involving kids in the preparation of new dishes will increase their willingness to taste new foods.

*Remember:* children eat smaller servings than adults — generally about two-thirds of an adult portion. When you introduce kids to a new food, you may want to start off with a small portion.

**3** Eat More Grains, Fruits, and Vegetables  
Everyone can benefit from being a bottom-feeder — that is, by eating more of the foods found near the bottom of the Food Guide Pyramid! (See the reverse side to learn more about the pyramid.) Here are ways to eat more grains, fruits, and vegetables:

- Get in the habit. Include a fruit and/or a vegetable in every meal.
- Put produce on show. Store washed and ready-to-eat fruits and vegetables where they can easily be seen.
- Spruce up old favorites. Include fruits or vegetables in recipes that may not call for them. Add diced carrots to rice, add fruits to meat dishes, or try cereals and shredded carrots on sandwiches.
- Put grains front and center. Plan your daily menus around large servings of grains, such as bread, rice, noodles, or tortillas.
- Be a big dipper. Kids enjoy dipping fruits and vegetables into low-fat salad dressings or other dips.
- Make eating fun. Present foods in interesting shapes, place cubed fruits or vegetables on toothpicks or skewers, or use food to make a design on your child's plate.
- Don't skip breakfast. Start your day on the right foot with a healthy meal.

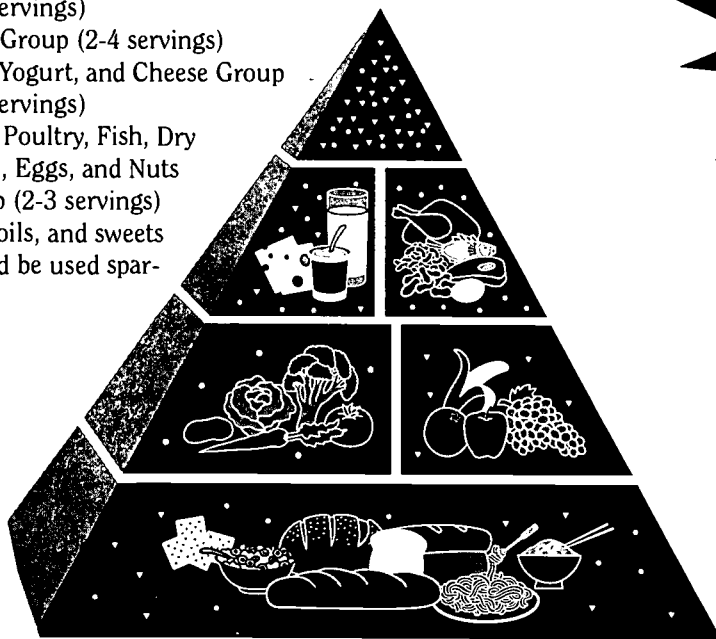
BEST COPY AVAILABLE

## Pyramid Power

You can't turn on the television or pick up a newspaper without seeing an ad for a miracle diet or new food product that "guarantees" health. But no single product or strict diet will provide lifelong health. So what is the proper combination of foods we should eat to remain strong and healthy?

Let the pyramid be your guide. The USDA developed the Food Guide Pyramid to help all Americans choose a healthy diet based on the latest scientific data. The pyramid shows the relative amounts of food to eat from each of the five major food groups. No one of these groups is more important than another — for good health, you need them all. The pyramid recommends the following number of servings each day:

- ▲ Bread, Cereal, Rice, and Pasta Group (6-11 servings)
- ▲ Vegetable Group (3-5 servings)
- ▲ Fruit Group (2-4 servings)
- ▲ Milk, Yogurt, and Cheese Group (2-3 servings)
- ▲ Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group (2-3 servings)
- ▲ Fats, oils, and sweets should be used sparingly.



## Fast Track to Family Fitness

Kids need regular activity just as much as a healthy diet. Yet according to the American Heart Association, at least half of U.S. children do not get the physical activity they need for long-term health.

Regular activity strengthens the heart, lungs, and muscles. It increases flexibility and helps reduce body fat and cholesterol levels. It will also help your child become more confident, as well as channel energy in a positive way. Here are some ways to get your child up and moving:

- Let your child pick a favorite activity, such as dancing, swimming, soccer, or baseball. Then sign him/her up for a class or a youth league, and show your support by attending games, meets, and practices.
- Put on a favorite tape or CD and dance! Add a twist by staging a contest to choose the craziest, fastest, or most original dancers.
- Make walks with your child a regular part of your routine.
- Teach your child some of your favorite childhood games, such as hopscotch, jump rope, or stickball.
- Make a family fitness wheel. Cut a wheel out of cardboard and divide it into areas, such as five minutes of stretching, 20 jumping jacks, etc. Make a spinner, using two paper clips: Straighten one out and poke it through the center of the wheel. Use the other as a spinner. Take turns spinning a daily activity.

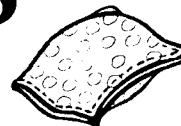
One in four children does not eat even one serving of vegetables a day, according to a National Cancer Institute study.

*“At least half of today’s kids do not engage in physical activity...”*

— American Heart Association



# Nutrition Games

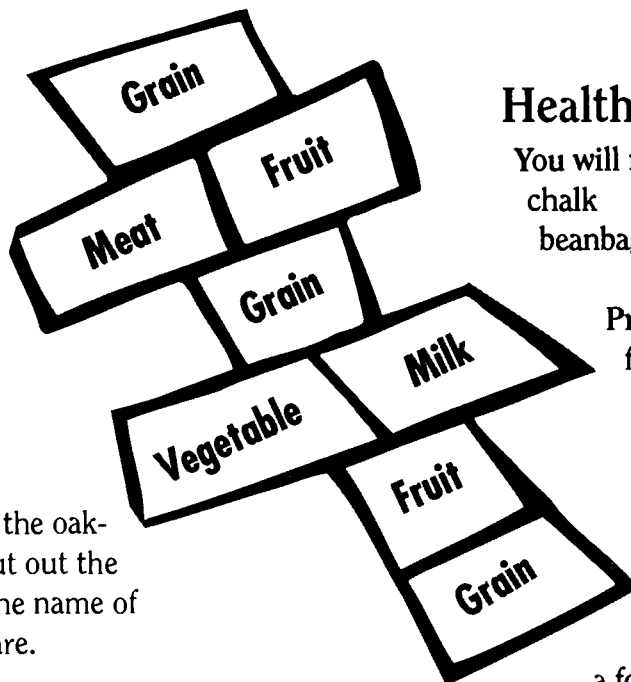


## Pyramid Pictionary

You will need:  
 a large easel with paper  
 a large marker  
 oaktag or poster-board  
 a stopwatch

Preparations: Fold the oaktag into squares. Cut out the squares and write the name of a food on each square.

To play: Divide players into two teams. A player from the first team picks a card without showing it to anyone else. The player has two minutes to draw pictures on the paper to help his or her team guess what the food is and where it should be placed in the Food Guide Pyramid. They cannot draw the food itself. If the team guesses correctly, they get 3 points, and 1 bonus point if they can name the food group it comes from. If they don't guess correctly the other team is allowed 3 guesses to win the points.



## Healthy Hopscotch

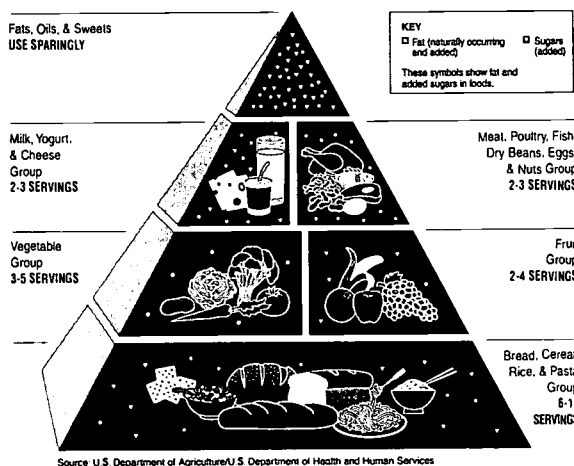
You will need:  
 chalk  
 beanbags or hopscotch markers

Preparations: Draw your favorite hopscotch outline and write in the different food groups instead of numbers.

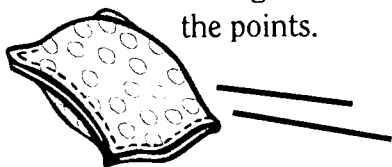
To play: Players throw the beanbag or marker onto the first square. Before they hop, they have to name a food from that food group.

Players continue from square to square with each successful round until they have completed the course.

## Food Guide Pyramid A Guide to Daily Food Choices



BEST COPY AVAILABLE



This material was reproduced by an official Team Nutrition supporter. Scholastic Inc. contributed to the development of this material. Team Nutrition is a program of the Food and Consumer Service of the U.S. Department of Agriculture (USDA). USDA does not endorse any products, services, or organizations. © 1995 Scholastic Inc. Permission granted to reproduce for educational use.





# Pyramid Snacks

Children often cannot consume the amount of food in regular meals that will meet all their dietary needs, so snacks are an important part of their diet. Just as when you plan meals, when you select snack foods, you need to keep an eye on your main goal—a balanced diet. Here are some ideas for healthy snacks that you and your child can try out together:

## MEXICAN SNACK PIZZAS

A low-fat, low-calorie pizza with a Mexican flavor. The beans and whole wheat muffins give a fiber boost.

- whole wheat English muffins
- 1/4 cup tomato puree
- 1/4 cup canned kidney beans, drained, and chopped
- 1 tablespoon onion, chopped
- 1 tablespoon green pepper, chopped
- 1/2 teaspoon oregano leaves
- 1/4 cup mozzarella cheese, part skim milk, shredded
- 1/4 cup lettuce, shredded

### 4 servings

Per pizza (1/2 English muffin):  
Calories 95  
Total fat 2 grams

1. Split muffins; toast lightly.
2. Mix puree, beans, onion, green pepper, and oregano. Spread on muffin halves. Sprinkle with cheese.
3. Broil until cheese is bubbly (about 2 minutes).
4. Garnish with shredded lettuce.

## FRUIT JUICE CUBES

Are you looking for an afternoon snack that is cool, refreshing, and different? Both children and adults will enjoy these bite-size fruit juice cubes. They are a good replacement for sweet sugary drinks that supply almost no vitamins and minerals.

- 1-1/2 tablespoons (1-1/2 envelopes) unflavored gelatin
- 3/4 cup water
- 6-ounce can frozen grape or apple juice concentrate

### 45 cubes

Per cube:  
Calories 10  
Total fat Trace

1. Very lightly grease 9- by 5-inch loaf pan or plastic ice cube trays.
2. Soften gelatin in water in a saucepan for 5 minutes.
3. Heat over low heat, stirring constantly, until gelatin dissolves. Remove from heat.
4. Add fruit juice concentrate; mix well. Pour into pan.
5. Cover and refrigerate. Chill until set.
6. Cut into 1-inch cubes and serve.



## CHILI POPCORN

Prepare the popcorn in a microwave oven or hot air popper. The small amount of fat added to the popcorn is just enough to make the other seasonings stick to the popped kernels.

- 1 quart popcorn, popped
- 1 tablespoon margarine, melted
- 1-1/4 teaspoons chili powder
- 1/4 teaspoon ground cumin
- dash garlic powder

### 4 servings, 1 cup each

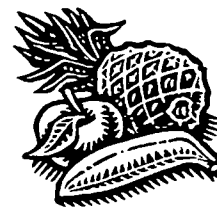
Per serving:  
Calories 50  
Total fat 3 grams

1. Mix hot popcorn and margarine.
2. Mix seasonings thoroughly; sprinkle over popcorn. Mix well.
3. Serve immediately.

## OTHER SNACK IDEAS

When your child wants something:

- Juicy: fruits.
- Crispy: pumpkin seeds, carrot sticks, cucumber strips, toast, cereal mixed with nuts.
- For warmth: soups, cider, or herbal tea.
- For thirst: vegetable juices or fruit and yogurt shakes.



BEST COPY AVAILABLE

This material was reproduced by an official Team Nutrition supporter. Scholastic Inc. contributed to the development of this material. Team Nutrition is a program of the Food and Consumer Service of the U.S. Department of Agriculture (USDA). USDA does not endorse any products, services, or organizations. © 1995 Scholastic Inc. Permission granted to reproduce for educational use.

# Sample Letter

---

PLACE YOUR LOGO OR PLACE ON YOUR LETTERHEAD.

---

Dear (TEAM NUTRITION SCHOOL LEADER):

I am pleased to inform you that (NAME OF TEAM NUTRITION SUPPORTER) has become an official supporter of USDA's Team Nutrition. We've joined the team because we share the common values found in Team Nutrition's guiding principles, and we look forward to working with you to carry out the program's important mission — to improve the health and education of our children by promoting food choices for a healthful diet.

(TEAM NUTRITION SUPPORTER) believes that an effective way to help motivate children to make healthful food choices is by supporting your efforts to educate children about nutrition and showcase the healthy changes being made in school meals. I'd like to arrange a meeting with you at your earliest convenience to begin to share ideas about how we can work together and plan an exciting Team Nutrition activity for students — and our community. I'll call you next week to see when an appointment can be arranged.

(TEAM NUTRITION SUPPORTER) looks forward to becoming an important Team Nutrition player, and I look forward to meeting you and helping you create some exciting, entertaining and educational Team Nutrition activities.

Cordially,



# Sample Media Advisory

FOR IMMEDIATE RELEASE

For more information contact:  
Contact name & phone number

## MEDIA ADVISORY

**WHO:** Your organization

**WHAT:** Team Nutrition activity and brief description

**WHEN:** Date and time

**WHY:** (Team Nutrition supporter) and (Team Nutrition school) will kick off its participation in USDA's Team Nutrition with a day filled with exciting nutrition education activities.

Team Nutrition is a National nutrition education program with the mission of improving the health and education of 50 million children in 94,000 schools. Team Nutrition carries out its mission by creating innovative public/private partnerships that extend resources to the local level; actively involving children and their families in nutrition education activities in the classroom, cafeteria, community, and at home; and providing school food service staff with training, recipes, and resource materials to help them serve healthier meals.

Scientific evidence indicates that a diet high in total fat, saturated fat and cholesterol causes increased incidence of cardiovascular disease. Lack of fruits, vegetables and grains increases the risk for some forms of cancer.

*\*\*add additional information about your local activity, participants and local school information to generate local media interest.*

# Sample News Release

---

(TN SUPPORTER OR SCHOOL LETTERHEAD)

---

FOR IMMEDIATE RELEASE  
CONTACT NAME  
TELEPHONE NUMBER

## NEWS RELEASE

(NAME OF SCHOOL) AND (SUPPORTER) CELEBRATE TEAM NUTRITION (DATE)

(TEAM NUTRITION SUPPORTER) will help (TEAM NUTRITION SCHOOL, CITY) kick off its participation in USDA's Team Nutrition with a day filled with exciting nutrition education activities on (DAY, DATE, TIME, LOCATION.)

(TEAM NUTRITION SUPPORTER) representatives will be joined by (SCHOOL NAME) students, teachers, food service workers, and parents along with community health and nutrition leaders, and other volunteer organizations for this unique nutrition education activity. The day's activities will feature (BRIEF DESCRIPTION OF ACTIVITY AND MAJOR ELEMENTS).

(Sample description – The day's activities will feature a nutrition fair where students will move through a series of stations sampling new foods, creating healthy snacks, and identifying where their favorite foods fit on the Food Guide Pyramid. A community forum with members of (INSERT NUMBER OR NAMES) organizations meeting to share ideas and develop a Team Nutrition Action Plan will conclude the day).

(Insert quote from supporter – sample) “(TEAM NUTRITION SUPPORTER) has a strong interest in children's improved health and education. We are pleased to be a part of today's activities and will continue to reinforce good nutrition messages through our channels in the community.”

(TEAM NUTRITION SUPPORTER) is a supporter of Team Nutrition the nationwide program developed by USDA to help schools implement the School Meals Initiative for Healthy Children. As a Team Nutrition supporter, (TEAM NUTRITION SUPPORTER) works with Team Nutrition Schools such as (NAME OF SCHOOL) which represents the community focal point to bring together individuals and organizations with a shared interest in working for healthier school meals and more nutrition information for children and their families.

(Insert quote from school spokesperson – sample) “Participating in Team Nutrition is a great way to teach children about the importance of nutrition in a fun, engaging way. With schools, parents and the community all working together, we can certainly make an impact on children's health.” said (TEAM NUTRITION SCHOOL PRINCIPAL).



# Taste Test

Name \_\_\_\_\_

*We use our  
different senses  
when we eat food.*

*We think some-  
thing is sour  
because it tastes  
that way; our sight  
let's us see colors.*

*Here are some  
words that  
describe foods.*

*Match each word  
with the sense you  
use to identify it.*

warm

hearing

flowery

taste

sweet

sight

crunchy

touch

yellow

smell

Now taste some foods. Write down the words you use to describe them.

<b>Food 1</b>	<b>Food 2</b>	<b>Food 3</b>
<hr/> <p>With my nose covered.</p>	<hr/> <p>With my nose covered.</p>	<hr/> <p>With my nose covered.</p>
<p>Without my nose covered.</p>	<p>Without my nose covered.</p>	<p>Without my nose covered.</p>
<p>Blindfolded.</p>	<p>Blindfolded.</p>	<p>Blindfolded.</p>
<p>Without the blindfold.</p>	<p>Without the blindfold.</p>	<p>Without the blindfold.</p>



# Taste Champion



This certificate is awarded to

---

for tasting 3 new foods.

Awarded on

---

by

---

Team Nutrition Supporter/Team Nutrition School

and

USDA Team Nutrition

# Team Nutrition School Fax-Back Form

To: Team Nutrition Schools Coordinator  
 USDA  
 3101 Park Center Drive, Room 802  
 Alexandria, VA 22302  
 (703) 305-1624-telephone  
 (703) 305-2148-Fax

From:

_____	( )	-
(Contact name)	(Telephone)	
_____	( )	-
(Organization)	(Fax)	
_____		
(Street address)		
_____		
(City, state, zip code)		

Please send me a list of Team Nutrition Schools in the following area(s):

_____	_____
City	State
_____	_____
City	State
_____	_____
City	State
_____	_____
City	State
_____	_____
City	State
_____	_____
City	State

Please send me a list of Team Nutrition schools in the following state(s) or counties:

_____	_____
_____	_____
_____	_____

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## Team Nutrition Fair Sample Timeline (March)

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1	2
	3	4	5	6	7	8	9
Week 8	Weeks 6-8 • Make contact w/possible fair participants including all area TN supporters.						
	10	11	12	13	14	15	16
Week 7							
	17	18	19	20	21	22	23
Week 6	This week- • Hold a TN fair meeting. • Establish a committee. • Set a fair date. • Create & evaluate a schedule.						
	24	25	26	27	28	29	30
Week 5	This week- • Line up supporters and organizations to present fair activities.						

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## Team Nutrition Fair Sample Timeline (April)

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 4	1 This week- • Recruit volunteers. • Identify and solicit equipment & materials needed. • create promotion materials.	2	3	4	5	6 • Confirm all fair activity (8 stations.)	7
Week 3	8 This week- • Begin promotion. • Create & send invitations & info kits. • Line up media interviews.	9	10 • Mail/send invitations to parents & guests. • Mail media kit.	11	12	13 • Media kit arrives- place follow-up calls and arrange interviews.	14
Week 2	15 This week- • Place follow-up calls. • Continue promotion. • Determine sign and parking needs.	16	17 • Post coloring contest in a grocery store or business.	18 • Follow-up on invitations and finalize guest list over next 2-3 days.	19	20	21
Week 1	22	23 Place follow-up calls to all participants, volunteers, media.	24	25	26 • Set-up activities, materials, equipment. • Decorate. • Post signs. • Phone media.	27 Team Nutrition Fair 11-2pm • Set up refreshments. • Clean-up.	28 • Look for & clip newspaper articles.
	29	30 Send thank-you notes.	31				





S M T W T F S

# Team Nutrition Fair

S M T W T F S

Sun	Mon	Tue	Wed	Thu	Fri	Sat

S M T W T F S

# Team Nutrition Fair

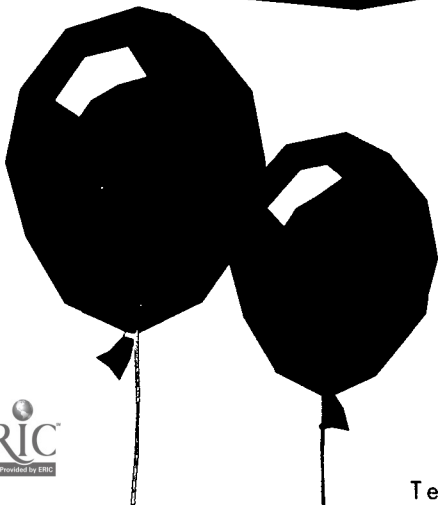
S M T W T F S

Sun	Mon	Tue	Wed	Thu	Fri	Sat





# Resources



# USDA's Team Nutrition Supporters

To date, nearly 300 organizations, including nutrition, health, education, entertainment, and food industry groups support Team Nutrition's Mission and Principles.

## THESE ORGANIZATIONS SUPPORT THE MISSION AND PRINCIPLES OF TEAM NUTRITION

ADVOCAP, Inc.

Agricultural Women's Leadership Network

Agenda for Children

Alivio Medical Center

American Academy of Pediatrics

American Alliance for Health, PE. Rec. & Dance

American Association of Family & Consumer Sciences

American Bakers Association

American Cancer Society

American College of Physicians

American College of Preventive Medicine

American Culinary Federation

American Dietetic Association

American Farm Bureau Federation

American Federation of School Administrators

American Federation of Teachers

American Fine Foods

American Health Foundation

American Heart Association

American Heart Association, MD Affiliate

American Institute for Cancer Research

American Institute of Wine & Food

American Meat Institute

American Medical Association

American Medical Student Association

American National CattleWomen, Inc.

American Nurses Association

American Oat Association

American Psychological Association

American Public Health Association

American School Food Service Association

American Society for Clinical Nutrition, Inc.

Archer Daniels Midland Company

Chewy Cookies

Association for Children of New Jersey  
Association for the Advancement of Health Education

Association of Maternal & Child Health Programs

Association of State and Territorial Public Health Nutrition Directors, ASTPHND

Aurora Project., Inc.

Beef Products

Bennington-Rutland Opportunity Council (BROC)

Better Baked Pizza

Big Brothers/Big Sisters of America

Blue Diamond Growers

Boy Scouts of America

Bread for the World

Brooks Foods

Bumble Bee Seafoods

California Apricot Advisory Board

California Beef Council

California Department of Education

California Food Policy Advocates

California Fresh Carrot Advisory Board

California Prune Board

California Tomato Growers Association

Camp Fire Boys and Girls

Campaign for Food Literacy

Cancer Research Foundation of America

Careers Through Culinary Arts Program

Center for Environmental Education

Center for Science in the Public Interest

Center on Hunger, Poverty & Nutrition Policy/Tufts University School of Nutrition

Cherry Marketing Institute

Children's Action Network

Children's Defense Fund

Children's Foundation

Children & Families of Iowa

Citizens for Missouri's Children

Citizens for Public Action on Cholesterol

City of Columbus, Health Department

Combined Health District of Montgomery County

Community Kitchen of Monroe County, Inc.

Comstock Michigan Fruits

ConAgra, Inc.

Congressional Hunger Center

Consumer Federation of America

Cooperative State Research, Education & Extension Service, USDA

Corning Consumer Products Company  
Council of Agricultural Science & Technology

Council of the Great City Schools

Culinary Institute of America

Curtice Burns Foods

Dairy Council of Central States

Diet Workshop

DINE Systems

Dole Food Company, Inc.

Draper King Cole, Inc.

Eastern Shore Seafoods Products

Eastside Community Ministry

Family Nutrition Program/Purdue University Cooperative Extension Service

Fimast Supermarkets

Finger Lakes Packaging

Florida Department of Citrus

Focus: Hope

Food Chain

Food Marketing Institute

Food Play

Food Research & Action Center

Food Service System Management Education Council

The Food to Grow Coalition

Furman Foods, Inc.

Gehl's Guernsey Farms, Inc.

General Mills, Inc.

Georgia Department of Agriculture

Giant Food Inc.

Gilroy Canning Company, Inc.

Girl Scouts of the USA

Girl Scouts - Mile Hi Council

Gleaners Foodbank of Indiana, Inc.

Green Thumb, Inc.

Health Matters!

HJ Heinz Company

House of Mercy Daycare

Hormel Foods Corporation

Howard Foods, Inc.

Hudson Specialty Foods

Hunger Action Coalition

Husman Snack Foods

Indiana Agricultural Leadership Institute

International Apple Institute

- International Food Information Council  
International Food Service Distributors Association  
J.R. Simplot Co.  
James Beard Foundation/Dando & Company  
Jewish Healthcare Foundation of Pittsburgh  
Kankakee County WIC Program  
Kelly Foods, Inc.  
Kent State University, School of Family and Consumer Studies  
KIDSNET  
Lakeside Foods, Inc.  
Land O'Lakes Custom Products Division  
LDS Church Welfare Services  
Life Lab Science Program  
MAGNatracker Company  
Maudester Farmer  
Marriott Management Services  
Marvel Entertainment Group  
Mello Smello  
Michigan Apple Committee  
Michigan Asparagus Board  
Michigan Plum Advisory Board  
Michigan Red Tart Cherry Advisory Board  
Minnesota Cultivated Wild Rice Council  
Minnesota Extension Service  
Minnesota Food Education & Resource Center  
Minnesota Food Share  
Mothers & Others for a Livable Planet  
Muir Glen Organic Tomato Products  
Nalley's Fine Foods  
National 4-H Council  
National Alliance of Vietnamese-American Service Agencies  
National American Wholesale Grocers Association  
National Association for Family & Community Education  
National Association for Sport & Physical Education  
National Association of Elementary School Principals  
National Association of Psychiatric Treatment Centers for Children  
National Association of School Nurses  
National Association of School Psychologists  
National Association of State NET Coordinators  
National Association of WIC Directors  
National Black Child Development Institute  
National Black Nurses Association  
National Black Women's Health Project  
National Broiler Council  
National Cattlemen's Beef Association  
National Consumers League  
National Council of LaRaza  
National Dairy Council  
Dairy Council Mid East  
St. Louis District Dairy Council  
Washington State Dairy Council  
National Dental Association  
National Dry Bean Council  
National Education Association  
National Extension Association of Family and Consumer Sciences  
National Farmers Organization  
National Farmers Union  
National Fisheries Institute  
National Fitness Leaders Association  
National Food Service Management Institute  
National Future Farmers of America  
National Grange  
National Heart Savers Association  
National Medical Association  
National Osteoporosis Foundation  
National Pasta Association  
National Peach Council  
National Pork Producers Council  
National PTA  
National Puerto Rico Coalition  
National Restaurant Association  
National Rural Electric Cooperative Association  
National School Health Ed Coalition  
National Turkey Federation  
National Urban League  
New England Dairy Food Council  
North Atlantic Sardine Council  
North Carolina Sweet Potato Commission  
Northwestern University Settlement Nutrition Council  
Ocean Spray Cranberries, Inc.  
Ohio Hunger Task Force  
Ore-Ida Foods, Inc.  
Organization of Chinese Americans  
Our Daily Bread  
Pennsylvania Coalition on Food & Nutrition  
Perdue Farms, Inc.  
The Potato Board  
President's Council on Physical Fitness & Sports  
Proctor & Gamble USA  
Produce for Better Health Foundation (5-A-Day)  
Produce Marketing Association  
Produce Productions, Inc.  
Public Voice for Food & Health Policy  
Quaker Oats Company  
Randall Foods Products, Inc.  
RC Fine Foods  
Sabatasso Foods, Inc.  
Scholastic, Inc.  
School Nurse Organization of Minnesota  
Second Harvest National Foodbank Network  
Second Harvest - St. Paul  
Second Harvest - Tri-State Food Bank, Inc.  
Shape Up America  
Share Our Strength  
Snyder of Berlin  
Society for Nutrition Education  
Society of State Directors of Health, Physical Education and Recreation  
SouthEast Alaska Health Consortium  
Southern Frozen Foods  
Soy Protein Council  
Squab Producers of California  
The Sugar Association  
Sunkist Growers, Inc.  
Sunshine Biscuits  
Texas Citrus & Vegetable Association  
Tim's Cascade Chips  
Tony's Food Service Division  
Townsend Culinary, Inc.  
Tree Top, Inc.  
United Soybean Council  
United States Department of Education  
United States Department of Health & Human Services  
The Urban Coalition  
University Extension, University of Missouri  
University Extension, Schuyler County  
University of Cincinnati Nutrition Program & Nutrition Learning Center  
University of Hawaii Cooperative Extension Service  
University of Nebraska Cooperative Extension Service  
University of Wyoming, Cooperative Extension Service  
Urban Family Institute  
The Urban Mission  
USA Dry Pea & Lentil Council  
USA Rice Federation  
USA TODAY  
Van Camp Seafood Company, Inc.  
Vegetarian Resource Group  
Virginia Apple Growers Association  
Voices for Children in Nebraska  
Walnut Hills/Over The Rhine Kitchen  
The Walt Disney Company/Buena Vista Pictures Division  
Wawona Frozen Foods  
Wheat Foods Council  
Wisconsin Nutrition Project  
Wisconsin Rural Development Center, Inc.  
World Hunger Year  
Zartic, Inc.

# Contacting Cooperative Extension, Child Nutrition, and Nutrition Education & Training (NET) Offices

## State Cooperative Extension Offices

Cooperative Extension Service state offices are located on the campuses of land-grant universities. Below is a list of Cooperative Extension faculty who are a source of research-based nutrition information including Team Nutrition in the state offices.

### AMERICAN SAMOA

Dr. Carol S. Whitaker  
Pago Pago, AS  
Tel: (684) 600-1394  
Fax: (684) 699-4595

### ALABAMA

Dr. Eunice A. Bonsi  
Tuskegee University  
Tuskegee, AL  
Tel: (334) 727-8816  
Fax: (334) 724-4199

Dr. Barbara Struempfer  
Auburn University  
Auburn, AL  
Tel: (334) 844-2217  
Fax: (334) 844-5354

### ALASKA

Dr. Bret Luick  
University of Alaska  
Fairbanks, AK  
Tel: (907) 474-6338  
Fax: (907) 474-7439

### ARIZONA

Dr. Linda Houtkooper  
University of Arizona  
Tucson, AZ  
Tel: (520) 621-7126  
Fax: (520) 621-9445

### ARKANSAS

Dr. Irene K. Lee  
University of Arkansas  
Pine Bluff, AR  
Tel: (501) 543-8530  
Fax: (501) 543-8166

Dr. Rosemary Rodibaugh  
University of Arkansas  
Little Rock, AR  
Tel: (501) 671-2111  
Fax: (501) 671-2251

### CALIFORNIA

Dr. Marilyn Townsend  
Univ.of California/Davis  
Davis, CA  
Tel: (916) 754-9222  
Fax: (916) 752-7588

### COLORADO

Dr. Jennifer Anderson  
Colorado State Univ.  
Fort Collins, CO  
Tel: (970) 491-7334  
Fax: (970) 491-7252

### CONNECTICUT

Colleen Thompson, R.D.  
Univ.of Connecticut  
Storrs, CT  
Tel: (860) 486-1787  
Fax: (860) 486-3674

### DELAWARE

Dr. Sue Snider  
Univ.of Delaware  
Newark, DE  
Tel: (302) 831-2509  
Fax: (302) 831-3651

### DISTRICT OF

COLUMBIA  
Dr. Lillie Monroe-Lord  
University of the District of  
Columbia  
Washington, DC  
Tel: (202) 274-6904/6900  
Fax: (202) 274-6930/6980

### FLORIDA

Glenda L. Warren, RD  
University of Florida  
Gainesville, FL  
Tel: (352) 392-0404  
Fax: (352) 392-8196

Dr. Mabel Edlow  
Florida A&M Univ.  
Tallahassee, FL  
Tel: (904) 561-2095  
Fax: (904) 561-2151

### GEORGIA

Dr. Elizabeth Andress  
University of Georgia  
Athens, GA  
Tel: (706) 542-3773  
Fax: (706) 542-1979

Dr. Carol Johnson  
Fort Valley State College  
Fort Valley, GA  
Tel: (912) 825-6298  
Fax: (912) 825-6299

### GUAM

Dr. Erlinda L. Demeteria  
University of Guam  
Mangilao, GU  
Tel: (671) 735-2000/9  
Fax: (671) 734-6842

### HAWII

Dr. Patricia Britten  
Dept. of Food Science &  
Human Nutrition  
Honolulu, HI  
Tel: (808) 956-6457  
Fax: (808) 956-3842

### IDAHO

Idaho Cooperative  
Extension  
University of Idaho  
Moscow, ID  
Tel: (208) 885-6972  
Fax: (208) 885-5751

### ILLINOIS

Dr. Robin A. Off  
University of Illinois  
Urbana, IL  
Tel: (217) 244-2855  
Fax: (217) 244-2861

### INDIANA

Dr. Bill Evers  
Purdue University  
West Lafayette, IN  
Tel: (317)494-8546  
Fax: (317)494-0674

### IOWA

Dr. Elisabeth A. Schafer  
Iowa State University  
Ames, IA  
Tel: (515) 294-1359  
Fax: (515) 294-6193

### KANSAS

Dr. Paula Peters  
Kansas State Univ.  
Manhattan, KS  
Tel: (913) 532-1666  
Fax: (913) 532-3132

**KENTUCKY**

Dr. Janet Kurzynske  
Univ. of Kentucky  
Lexington, KY  
Tel: (606) 257-1812  
Fax: (606) 257-7792

Mary J. Fant  
Kentucky State Univ.  
Frankfort, KY  
Tel: (502) 227-6955  
Fax: (502) 227-5933

**LOUISIANA**

Donna Montgomery, R.D.  
Louisiana State Univ.  
Baton Rouge, LA  
Tel: (504) 388-3329  
Fax: (504) 388-2478

Dr. Gina Eubanks  
Southern University and  
A&M College  
Baton Rouge, LA  
Tel: (504) 771-2242  
Fax: (504) 771-2861

**MAINE**

Nellie G. Hedstrom, RD  
University of Maine  
Orono, ME  
Tel: (207) 581-3110  
Fax: (207) 581-3212

**MARIANAS**

Florida P. James  
Northern Marianas College  
Saipan, MP  
Tel: (670) 234-9025  
Fax: (670) 234-0054

**MARYLAND**

Dr. Maria M. deColon  
Univ. of Maryland  
College Park, MD  
Tel: (301) 405-1016  
Fax: (301) 314-9015

Gayle Mason-Jenkins  
Univ. of Maryland-Eastern  
Shore  
Princess Anne, MD  
Tel: (410) 651-1212  
Fax: (410) 651-6207

**MASSACHUSETTS**

Dr. Nancy Cohen  
University of  
Massachusetts  
Amherst, MA  
Tel: (413) 545-0740  
Fax: (413) 545-1074

**MICHIGAN**

Pat Hammerschmidt  
Michigan State Univ.  
East Lansing, MI  
Tel: (517) 355-6586  
Fax: (517) 353-6343

**MINNESOTA**

Craig Hassell  
Univ. of Minnesota  
St. Paul, MN  
Tel: (612) 624-7288  
Fax: (612) 625-5272

**MISSISSIPPI**

Dr. Barbara P. McLaurin  
Mississippi State, MS  
Tel: (601) 325-3080  
Fax: (601) 325-8407

Deborah Caples-Davis  
Port Gibson, MS  
Tel: (601) 437-3052  
Fax: (601) 437-3051

**MISSOURI**

Ann Cohen, R.D.  
University of Missouri-  
Columbia  
Columbia, MO  
Tel: (573) 882-2435  
Fax: (573) 884-5449

**MONTANA**

Phyllis Dennee  
Montana State Univ.  
Bozeman, MT  
Tel: (406) 994-4581  
Fax: (406) 994-6314

**NEBRASKA**

Dr. Linda Boeckner  
Scottsbluff, NE  
Tel: (308) 632-1256  
Fax: (308) 632-1365

**NEVADA**

Dr. Jamie Benedict  
Univ. of Nevada-Reno  
Reno, NV  
Tel: (702) 784-6440  
Fax: (702) 784-6449

**NEW HAMPSHIRE**

Valerie A. Long  
Univ. of New Hampshire  
Durham, NH  
Tel: (603) 862-2465  
Fax: (603) 862-3758

**NEW JERSEY**

Mary Jane Willis  
Rutgers University  
New Brunswick, NJ  
Tel: (908) 932-8896  
Fax: (908) 932-6633

**NEW MEXICO**

Martha Archuleta, RD  
New Mexico State  
University  
Las Cruces, MN  
Tel: (505) 646-3516  
Fax: (505) 646-5263

**NEW YORK**

Christina Stark, R.D.  
Cornell University  
Ithaca, NY  
Tel: (607) 255-2141  
Fax: (607) 255-0027

**NORTH CAROLINA**

Dr. Wilda Wade  
North Carolina A & T State  
University  
Greensboro, NC  
Tel: (910) 334-7660  
Fax: (910) 334-7265

Dr. P. Carolyn Dunn  
North Carolina State  
University  
Raleigh, NC  
Tel: (919) 515-9142  
Fax: (919) 515-3483

**NORTH DAKOTA**

Dr. Julie Farden-Robinson  
North Dakota State  
University  
Fargo, ND  
Tel: (701) 231-7187  
Fax: (701) 231-8568

**OHIO**

Dr. Alma Saddam  
Ohio State University  
Columbus, OH  
Tel: (614) 292-5512  
Fax: (614) 292-7536

**OKLAHOMA**

Dr. Barbara Brown  
Oklahoma State Univ.  
Stillwater, OK  
Tel: (405) 744-6824  
Fax: (405) 744-7113

Alice Delano Campbell  
Langston University  
Langston, OK  
Tel: (405) 466-3836  
Fax: (405) 466-3138

**OREGON**

Dr. Carolun Raab  
Oregon State Univ  
Corvallis, OR  
Tel: (541) 737-1019  
Fax: (541) 737-0999

**PENNSYLVANIA**

Dr. Jan Scholl  
Penn. State University  
University park, PA  
Tel: (814) 863-7869  
Fax: (814) 863-4753

**PUERTO RICO**

Dr. Ann Macpherson de  
Sanchez  
Univ of Puerto Rico  
Mayaguez, PR  
Tel: (787) 832-4040  
Fax: (787) 265-4130

**RHODE ISLAND**

Linda Sebelia  
Univ of Rhode Island  
Providence, RI  
Tel: (401) 277-5278  
Fax: (401) 277-5319

**SOUTH CAROLINA**  
Margaret E. Johnson  
South Carolina State  
University  
Orangeburg, SC  
Tel: (803) 536-8465  
Fax: (803) 536-7102

Dr. Rose Davis  
Florence, SC  
Tel: (803) 669-1912  
Fax: (803) 661-5676

**SOUTH DAKOTA**  
Carol Pitts, R.D.  
South Dakota State  
University  
Tel: (605) 688-6233  
Fax: (605) 688-6360

**TENNESSEE**  
Betty Greer  
Univ of Tennessee  
Knoxville, TN  
Tel: (423) 974-8746  
Fax: (423) 974-7448

**TEXAS**  
Dr. Kathleen Ladewig  
Texas A&M Univ  
College Station, TX  
Tel: (409) 845-6379  
Fax: (409) 847-8741

Dr. Linda Williams-Willis  
Prairie View A&M  
University  
Prairie View, TX  
Tel: (409) 857-2023  
Fax: (409) 857-2004

**UTAH**  
Dr. Georgia C. Lauritzen  
Utah State University  
Logan, UT  
Tel: (801) 797-3464  
Fax: (801) 797-2379

**VERMONT**  
Linda Lyons  
University of Vermont  
Burlington, VT  
Tel: (802) 656-0669  
Fax: (802) 656-0407

**VIRGIN ISLANDS**  
Josephine Petersen-  
Springer  
University of the Virgin  
Islands  
St. Croix, VI  
Tel: (809) 692-4096  
Fax: (809) 692-4085

**VIRGINIA**  
Dr. Ann Hertzler  
Virginia Tech  
Blacksburg, VA  
Tel: (540) 231-4673  
Fax: (540) 231-3916

**WASHINGTON**  
Dr. Sue Butkus  
Washington State  
Univ  
Puyallup, WA  
Tel: (206) 840-4553  
Fax: (206) 840-4671

**WEST VIRGINIA**  
Dr. Guendoline Brown  
West Virginia University  
Morgantown, WV  
Tel: (304) 293-2694  
Fax: (304) 293-7599

**WISCONSIN**  
Dr. Susan Nitzke  
University of Wisconsin-  
Madison  
Madison, WI  
Tel: (608) 262-1692  
Fax: (608) 262-5860

**WYOMING**  
Virginia Ann Romero, RD  
Univ of Wyoming  
Rock Springs, WY  
Tel: (307) 352-6775  
Fax: (307) 352-6779

**NATIONAL OFFICE**  
U.S. Dept. of Agriculture  
Families, 4-H, and  
Nutrition CSREES  
USDA-Stop 2225  
1400 Independence  
Ave., SW  
Washington, DC 20250  
Tel: (202) 720-2908  
Fax: (202) 690-2469

## USDA State Child Nutrition Directors

These individuals adminis-  
ter the National School  
Lunch and Breakfast  
Programs at the State  
Agency level. They can  
provide information on  
how to become a Team  
Nutrition School or sup-  
porter, what types of train-  
ing opportunities for food  
service personnel or teach-  
ers may be available in  
your state, the new policy  
changes, and how to get  
Team Nutrition materials.

**AMERICAN SAMOA**  
Mr. Eugene Palyo  
Tel: (684) 633-2363  
Fax: (684) 633-1090

**ALABAMA**  
Ms. Ann Wilson  
Tel: (334) 242-8225  
Fax: (334) 242-2475

**ALASKA**  
Kathleen A. Hays, RD  
Tel: (907) 465-8708  
Fax: (907) 465-5279

**ARIZONA**  
Ms. Lynn Dulin  
Tel: (602) 542-8723  
Fax: (602) 542-3818

**ARKANSAS**  
Dorothy Caldwell  
Tel: (501) 324-9502  
Fax: (501) 324-9505

**CALIFORNIA**  
Mr. DuWayne Brooks  
Tel: (916) 322-2187  
Fax: (916) 327-0503

**COLORADO**  
Mr. Daniel McMillan  
Tel: (303) 866-6661  
Fax: (303) 830-0793

**CONNECTICUT**  
Maureen Staggenborg  
Tel: (203) 638-4239  
Fax: (203) 638-4218

**DELAWARE**  
Dr. Sandra Brunson  
Tel: (302) 739-4718  
Fax: (302) 739-6397

**DISTRICT OF COLUM-  
BIA**  
Ms. Betti J Wiggins  
Tel: (202) 576-7400  
Fax: (202) 576-7833

**FLORIDA**  
Mr. George Sneller  
Tel: (904) 488-7256  
Fax: (904) 921-8203

**GEORGIA**  
Mr. Michael Villmer  
Tel: (404) 656-5957  
Fax: (404) 651-7430

**GUAM**  
Ms. Gail F. Hendricks  
Tel: (705) 472-8901  
Fax: (705) 472-5003

**HAWAII**  
Mr. Eugene Kaneshiro  
Tel: (808) 733-8400  
Fax: (808) 733-4293

**IDAHO**  
Patricia A. Ruyle, RD  
Tel: (208) 334-3106  
Fax: (208) 334-2228

**ILLINOIS**  
Mr. James Burke  
Tel: (217) 782-2491  
Fax: (217) 524-6124

**INDIANA**  
Ms. Sheila Elam  
Tel: (317) 232-0850  
Fax: (317) 232-0855

**IOWA**  
Dr. Louis E. Smith  
Tel: (515) 281-5356  
Fax: (515) 281-6548



**KANSAS**

Mrs. Rita Hamman  
Tel: (913) 296-2276  
Fax: (913)296-1413

**KENTUCKY**

William P. McElwain  
Tel: (502) 573-4390  
Fax: (502) 564-6775

**LOUISIANA**

Ms. Mary E. Tauzin  
Tel: (504) 342-3720  
Fax: (504) 682-2334

**MAINE**

Mr. Walter T. Ruark  
Tel: (207) 287-5315  
Fax: (207) 287-1344

**MARINAS**

Mr. Justo Quitugua  
Tel: (670) 322-4051  
Fax: (670) 322-4056

**MARYLAND**

Ms. Sheila G. Terry  
Tel: (410) 767-0199  
Fax: (410) 767-2635

**MASSACHUSETTES**

Steve Carey  
Tel: (617) 388-3300 x 498  
Fax: (617) 388-3476

**MICHIGAN**

Roger Lynas  
Tel: (517) 373-8642  
Fax: (517)373-4022

**MINNESOTA**

Ms. Mary Begalle  
Tel: (612) 296-5262  
Fax: (612)296-2830

**MISSISSIPPI**

Mr. Charles Kirby  
Tel: (601) 359-2509  
Fax: (601) 359-6586

**MISSOURI**

Mr. William F. Pohi  
Tel: (573) 751-3526  
Fax: (573) 526-3897

**MONTANA**

Ms. Mary McAulay  
Tel: (406) 444-2505  
Fax: (406) 444-2955

**NEBRASKA**

Ms. Connie Stefkovich  
Tel: (402) 471-3566  
Fax: (402)471-4407

**NEVADA**

Jean Baecher-Brown  
Tel: (702) 687-9154  
Fax: (702) 687-9101

**NEW HAMPSHIRE**

Ms. Kathi Wilhelm  
Tel: (603) 271-3646  
Fax: (603) 271-1953

**NEW JERSEY**

Ms. Kathy F. Kuser  
Tel: (609) 984-0692  
Fax: (609)984-0878

**NEW MEXICO**

Ms. Corrine Lovato  
Tel: (505) 827-1821  
Fax: (505) 827-1815

**NEW YORK**

Ms. Fran O'Donnell  
Tel: (518) 473-8781  
Fax: (518) 473-0018

**NORTH CAROLINA**

John F. Murphy  
Tel: (919) 715-1940  
Fax: (919) 715-1927

**NORTH DAKOTA**

Kathryn Grafsgaard  
Tel: (701) 224-2294  
Fax: (701)328-2461

**OHIO**

Ms. Lorita T. Myles  
Tel: (614) 466-2945  
Fax: (614) 752-7613

**OKLAHOMA**

Ms. Dee Baker  
Tel: (405) 521-3327  
Fax: (405) 521-2239

**OREGON**

Mrs. Rachelle Bagley  
Tel: (503) 378-3579  
Fax: (503) 378-4926

**PENNSYLVANIA**

Patricia Birkenshaw  
Tel: (717) 787-7698  
Fax: (717)783-6566

**PUERTO RICO**

Ms. Francisca M. Rosado  
Tel: (809) 754-0790  
Fax: (809)753-8155

**RHODE ISLAND**

Mr. David Andreozzi  
Tel: (401) 277-2712  
Fax: (401) 277-6163

**SOUTH CAROLINA**

Mrs. Vivian B. Pilant  
Tel: (803) 734-8195  
Fax: (803) 734-8061

**SOUTH DAKOTA**

Ms. Sandra Kangas  
Tel: (605) 773-3413  
Fax: (605)773-6846

**TENNESSEE**

Ms. Sarah White  
Tel: (615) 532-4714  
Fax: (615) 532-7860

**TEXAS**

Mr. John D. Perkins  
Tel: (512) 463-8979  
Fax: (512) 475-3795

**UTAH**

Ms. Laura C. Oscarson  
Tel: (801) 538-7513  
Fax: (801)538-7883

**VERMONT**

Ms. Josephine Busha  
Tel: (802) 828-2447  
Fax: (802) 828-3140

**VIRGINIA**

Jane R. Logan, Ph.D  
Tel: (804) 225-2074  
Fax: (804)371-8593

**WASHINGTON**

Ms. Betty Marcelynas  
Tel: (206) 753-3580  
Fax: (206) 664-9397

**VIRGIN ISLANDS**

Mrs. Gail S. Rivera, LD  
Tel: (809) 774-9373  
Fax: (809)774-4679

**WEST VIRGINIA**

Dr. Harriet Deel  
Tel: (304) 558-2708  
Fax: (304) 558-1149

**WISCONSIN**

Richard Mortensen  
Tel: (608) 267-9121  
Fax: (608) 267-0363

**WYOMING**

Mr. Michael R. Smith  
Tel: (307) 777-6282  
Fax: (307)777-6234

## State Nutrition Education and Training (NET) Coordinator

These individuals are great resources of nutrition education materials including Scholastic's Team Nutrition Teacher Classroom Kits. They also can provide assistance with training and technical assistance for food service professionals. They are familiar with Team Nutrition materials and available training opportunities.

Most NET Coordinators have resource libraries and loan materials to schools. Many States award grants to local schools for nutrition education projects.

**ALABAMA**

Sallye Henderson  
205-242-8225

<b>ALASKA</b> Kathleen A. Hays 907-465-8708	<b>IOWA</b> Christine Anders 515-281-4758	<b>NEW HAMPSHIRE</b> Deborah Fleurant 603-271-3838	<b>TENNESSEE</b> Helen M. Derryberry 615-532-4739
<b>ARIZONA</b> Kathy L. Rice 602-542-8713	<b>KANSAS</b> Jodie Mackey 913-296-2276	<b>NEW JERSEY</b> Jacqueline Frederick 201-266-8660	<b>TEXAS</b> Deborah Simpson 512-467-5816
<b>ARKANSAS</b> Wanda Shockey 501-324-9502	<b>KENTUCKY</b> Linda Dunsmore 502-573-4390	<b>NEW MEXICO</b> Blanche Harrison 505-476-8478	<b>VIRGIN ISLANDS</b> Paula Mydlenski 809-774-9373
<b>CALIFORNIA</b> Marilyn Briggs 916-322-6308	<b>LOUISIANA</b> Alice Carroll 504-342-3695	<b>NEW YORK</b> Gordon R. Odermann 518-486-6090	<b>UTAH</b> Marilyn Clayton 801-538-7865
<b>COLORADO</b> Judy Schure 303-866-6661	<b>MAINE</b> Suzanne Bazinet 207-287-5315	<b>NORTH CAROLINA</b> Alice Lenihan 919-733-2973	<b>VERMONT</b> Alison Gardner 802-863-7606
<b>CONNECTICUT</b> Susan Fiore 203-638-4236	<b>MARYLAND</b> Linda Miller 410-767-0222	<b>NORTH DAKOTA</b> Loris Freier 701-328-2294	<b>VIRGINIA</b> Marlene W. Culpepper 804-225-2433
<b>DELAWARE</b> David Bowman 302-739-4717	<b>MASSACHUSETTS</b> Stephen Carey 617-388-3300 x479	<b>OHIO</b> Meg Wagner 614-752-8997	<b>WASHINGTON</b> Carol Griffith 360-753-3580
<b>DISTRICT OF COLUMBIA</b> Barbara Adams 202-576-7400	<b>MICHIGAN</b> Claudette Nelson 517-373-9968	<b>OKLAHOMA</b> Deana Hildebrand 405-521-3327	<b>WEST VIRGINIA</b> Mary Kay Harrison 304-558-2708
<b>FLORIDA</b> Carol Frazee 904-488-8375	<b>MINNESOTA</b> Barbara B. Kalina 612-296-0192	<b>OREGON</b> Terri Lloyd-Jones 503-378-3579	<b>WISCONSIN</b> Julie K. Allington 608-267-9120
<b>GEORGIA</b> Ruth Gordon 404-656-2457	<b>MISSISSIPPI</b> Ivy Alley 601-359-5507	<b>PENNSYLVANIA</b> Marianne Minsek 717-787-7698	<b>WYOMING</b> Jeanne Puerta 307-777-6270
<b>HAWAII</b> Ann Horiuchi 808-396-2563	<b>MISSOURI</b> Cindy DeBlauw 314-751-6183	<b>PUERTO RICO</b> Vacant-NET Coordinator 809-759-2000 X2739	
<b>IDAHO</b> RoseAnna Holliday 208-334-3106	<b>MONTANA</b> Katie Bark 406-994-5641	<b>RHODE ISLAND</b> Adrienne DiMeo 401-177-1400	
<b>ILLINOIS</b> James C. Burke 217-782-2491	<b>NEBRASKA</b> Mary Ann Brennan 402-471-3658	<b>SOUTH CAROLINA</b> Dean B. Anderson 803-734-8208	
<b>INDIANA</b> Janet Eigenbrod 317-232-0866	<b>NEVADA</b> Carolyn Garland 702-486-6672	<b>SOUTH DAKOTA</b> Yibo Zhu-Wood 605-773-3413	

# USDA TEAM NUTRITION CONTACTS

## NORTHEAST REGION

*Connecticut, Maine, Massachusetts,  
New Hampshire, New York, Rhode  
Island, Vermont*

Charles DeJulius  
USDA/FCS/NERO  
10 Causeway Street, Room 501  
Boston, Massachusetts 02222-1068  
(617) 565-6418

## MID-ATLANTIC REGION

*Delaware, District of Columbia,  
Maryland, New Jersey, Pennsylvania,  
Puerto Rico, Virginia, Virgin Islands,  
West Virginia*

Walt Haake  
USDA/FCS/MARO  
Mercer Corporate Park  
300 Corporate Blvd.  
Robbinsville, New Jersey 08691-1598  
(609) 259-5091

## SOUTHEAST REGION

*Alabama, Florida, Georgia,  
Kentucky, Mississippi, North  
Carolina, South Carolina, Tennessee*

Sara Harding  
USDA/FCS/SERO  
77 Forsyth Street, SW, Suite 112  
Atlanta, Georgia 30303-3427  
(404) 730-2588

## MIDWEST REGION

*Illinois, Indiana, Michigan,  
Minnesota, Ohio, Wisconsin*

Lawrence Rudmann  
USDA/FCS/MWRO  
77 West Jackson Blvd., 20th Floor  
Chicago, Illinois 60604-3507  
(312) 353-1044

## SOUTHWEST REGION

*Arkansas, Louisiana, New Mexico,  
Oklahoma, Texas*

Judy Barron  
USDA/FCS/SWRO  
1100 Commerce St., Rm 5-C-30  
Dallas, Texas 75242  
(214) 767-0256

## MOUNTAIN PLAINS REGION

*Colorado, Iowa, Kansas, Missouri,  
Montana, Nebraska, North Dakota,  
South Dakota, Utah, Wyoming*

Darlene Sanchez  
USDA/FCS/MPRO  
1244 Speer Blvd., Suite 903  
Denver, Colorado 80204  
(303) 844-0355

## WESTERN REGION

*Alaska, Arizona, California,  
Hawaii, Idaho, Nevada, Oregon,  
Washington, Guam*

Cordelia Morris  
USDA/FCS/WRO  
550 Kearny Street, Rm 400  
San Francisco, California 94108-  
2518  
(415) 705-1311

## HEADQUARTERS

Sheila Morgan  
USDA/TEAM NUTRITION  
3101 Park Center Drive, Room 802  
Alexandria, VA 22302  
(703) 305-1624

Darlene Barnes  
USDA/Office of Governmental Affairs  
and Public Information  
3101 Park Center Drive, Room 819  
Alexandria, VA 22302  
(703) 305-2286



**U.S. DEPARTMENT OF EDUCATION**  
*Office of Educational Research and Improvement (OERI)*  
*Educational Resources Information Center (ERIC)*



## NOTICE

### REPRODUCTION BASIS

This document is covered by a signed "Reproduction Release (Blanket)" form (on file within the ERIC system), encompassing all or classes of documents from its source organization and, therefore, does not require a "Specific Document" Release form.

This document is Federally-funded, or carries its own permission to reproduce, or is otherwise in the public domain and, therefore, may be reproduced by ERIC without a signed Reproduction Release form (either "Specific Document" or "Blanket").