

Network for a Healthy California—LAUSD
EXAMPLES OF ALLOWABLE NUTRITION EDUCATION ACTIVITIES
2009-2010

(This page is **required** to be copied onto the reverse side of the **Weekly Individual Time Logs**)

1. Student Nutrition Education in a Classroom Setting:

- Nutrition education classes using approved curriculum (e.g., Dairy Council, Team Nutrition, Dietary Guidelines for Americans, Harvest of the Month, and Power Play).
- Read books on nutrition or encourage creation of artwork or essays on topics of nutrition such as the importance of eating fruits and vegetables as part of a healthy diet.
- Conduct cooking class and/or taste tests with healthy foods as a part of a nutrition education lesson/activity.
- Teach nutrition via CD ROM/Internet/computer programs.
- Teach nutrition education as a stand alone subject area or integrate with math, language art, science, social studies, PE or other subject areas.
- Promote the increase of physical activity as a component of nutrition education. **This includes the portion of PE classes incorporating nutrition education.**

2. Student Nutrition Education Outside the Classroom Setting:

- Participate in nutrition education field trips (do not include transportation time).
- Garden based nutrition education.
- In a school health office setting, promote healthy eating habits and the role that physical activity plays in good nutrition (can include a brief Food Stamp Program promotion message).
- Nutrition education in other school offices by **nurses, administrators and coordinators.**
- Cafeteria-based nutrition education activities/promotions which are part of a structured program that is connected to classroom instruction (i.e., Harvest of the Month) including cafeteria tours.
- Nutrition education during meal or recess time.
- Preparing nutrition education materials for school publications, bulletin boards, kiosks, etc.

3. Parent Nutrition Education in Classroom, Group, or Individual Settings:

- Parent nutrition education classes using approved curriculum (e.g. Dairy Council materials, Dietary Guidelines for Americans, Harvest of the Month).
- Conduct cooking classes and/or taste tests with healthy foods as part of a nutrition education lesson/activity.
- Teach nutrition education via CD ROM/Internet/computer programs.
- In a school health office setting, promote healthy eating habits and the role that physical activity plays in good nutrition (can include a brief Food Stamp Program promotion message).

4. Nutrition Education at Special Events for Students and Parents:

- Nutrition education at special events (e.g., Back to School Night, Open House, health fairs, career fairs, school assemblies, farmers' markets).
- One time Physical Activity demonstration

5. School Wide Nutrition Promotion Activities:

- Disseminate/sponsor newsletters, videos, CDs, or web pages on nutrition or physical activity integrated as part of nutrition education.
- Disseminate press releases, press kits, PSAs or other educational materials that promote nutrition and physical activity (may include a brief Food Stamp Program promotion message).
- Provide brochures or posters that focus on nutrition and may include a Food Stamp Program promotion message.
- Utilize nutrition displays (e.g. USDA Dietary Guidelines or MyPyramid posters with pictures of fruits and vegetables with nutritional messages).
- Involve media in events targeting food stamp eligibles that promote nutrition.
- Provide nutrition information or technical assistance to community leaders who work directly with the food stamp eligibles about nutrition-related issues.

6. Staff Training/Professional Development:

- Train staff on nutrition education or *Network* activities.
- Physical Activity promotion only when linked to Nutrition Education.