

# Michigan Harvest of the Month Champions Training

July 27, 2016



# You Are The Champions!



Stand

UP if...





# Who are you?

- Name
- School/organization
- School district (if applicable)
- How long have you been involved with MiHOTM?

# Who We Are...

The screenshot shows the 'TEACH' section of the Michigan Fitness Foundation website. At the top left is the Michigan Fitness Foundation logo. To the right are navigation tabs for 'TEACH', 'BUILD', and 'MOVE'. Below the logo is a search bar and a 'SITEMAP' link. The main content area is a grid of nine featured programs, each with a small image, a title, and a brief description:

- MICHIGAN NUTRITION NETWORK**: Quality nutrition education programs and social marketing campaigns to promote healthier choices about food.
- FITBITS™**: Physical activity for elementary classrooms to enhance health and academic performance.
- PE-NUT**: A whole-school approach to being physically active and eating healthier foods.
- EPEC CLASSIC™ K-5**: Quality physical education curriculum, the cornerstone to physical activity throughout the school day.
- EPEC CLASSIC™ 6-12**: Quality physical education to help learners be active for life.
- HEALTH THROUGH LITERACY**: Book sets for teachers with health education themes.
- HEALTHY CLASSROOMS, HEALTHY SCHOOLS**: A Coordinated School Health program to help teachers transform their classrooms and schools into healthier environments.
- MICHIGAN HARVEST OF THE MONTH**: Materials to encourage healthy choices through access to healthy foods and physical activity.
- REC-CONNECT**: Free and low-cost physical activity opportunities for low-income populations.

On the right side of the page is a 'NEWS' section with three articles:

- Fitness Ambassador Wanted!**: Meet Karen Taylor, one of our Fitness Ambassadors, who is sharing her journey to run the Mighty Mac on... [READ MORE...](#)
- One Bridge, Two Events**: As the school year quickly approaches, many families are looking for a way to finish summer with a bang... [READ MORE...](#)
- Michigander Bike Tour Highlights Best of Pure Michigan Summer Fun**: Over 700 bicyclists from 24 U.S. states, Canada and Great Britain are departing from Cheboygan... [READ MORE...](#)

Below the news section, there are two more short snippets:

- Improving pedestrian safety in your community**: Ready, fire! This was the resounding theme at the Detroit Future City presentation by GII Penabasa, In... [READ MORE...](#)
- Fitness Ambassador: This is an awesome run!**: First, just a little history: When I

<http://www.michiganfitness.org/teach>

# MiHOTM Website



The screenshot shows the Michigan Nutrition Network website. The header includes the logo for Michigan Nutrition Network at Michigan Fitness Foundation and a navigation menu with links for Home, MNN Events, Forms & Reporting, Materials & Programming, and Additional Information. Below the header is a secondary navigation menu with links for ABOUT, CONTACT US, CURRENT PARTNERS, CALENDAR, HOW TO APPLY, and SITE MAP. The main content area features a search bar and a large image of red apples. Below the image is a section titled "ANNOUNCEMENTS" with a list item: "1. Invoice and Match Report for July 2015 due Monday, August 17, 2015".

Michigan Nutrition Network  
at Michigan Fitness Foundation

Home MNN Events Forms & Reporting Materials & Programming Additional Information

ABOUT CONTACT US CURRENT PARTNERS CALENDAR HOW TO APPLY SITE MAP

**Michigan Harvest of the Month™**

The Michigan Nutrition Network at the Michigan Fitness Foundation is honored to be collaborating with the Michigan Department of Education's Fresh Fruit and Vegetable Program. Through this collaboration we are able to provide nutrition education materials for all of the teachers in your buildings to extend the message about increasing the amount of fruits and vegetables consumed each day.

MNN is piloting Michigan Harvest of the Month™ featuring ready-to-go tools and resources for educators to give students hands-on opportunities to explore, taste and learn about the importance of eating fruits and vegetables and being active every day.

**MiHOTM Educator Training**

A hands-on MiHOTM training is being held in Frankenmuth on August 19, 2015 from 9 a.m. - 3:30 p.m. for classroom teachers, physical educators, and child nutrition directors from across the state.

**Fresh Fruit and Vegetable Program**

Michigan Harvest of the Month™ features ready-to-go tools and resources that encourage students to eat more fruits and vegetables and be more physically active.

**ANNOUNCEMENTS**

- Invoice and Match Report for July 2015 due**  
Monday, August 17, 2015  
Invoice and Match Report for July 2015 due

[www.michigannutritionnetwork.org/harvest-of-the-month](http://www.michigannutritionnetwork.org/harvest-of-the-month)

# Building a Conscious Learning Community





# Deeper Introductions

- How have you been using MiHOTM?
- How have you been connecting MiHOTM with the core curriculum?
- What would you like to teach someone else about MiHTOM?



**What makes a**  
**MiHOTM**  
**Champion?**

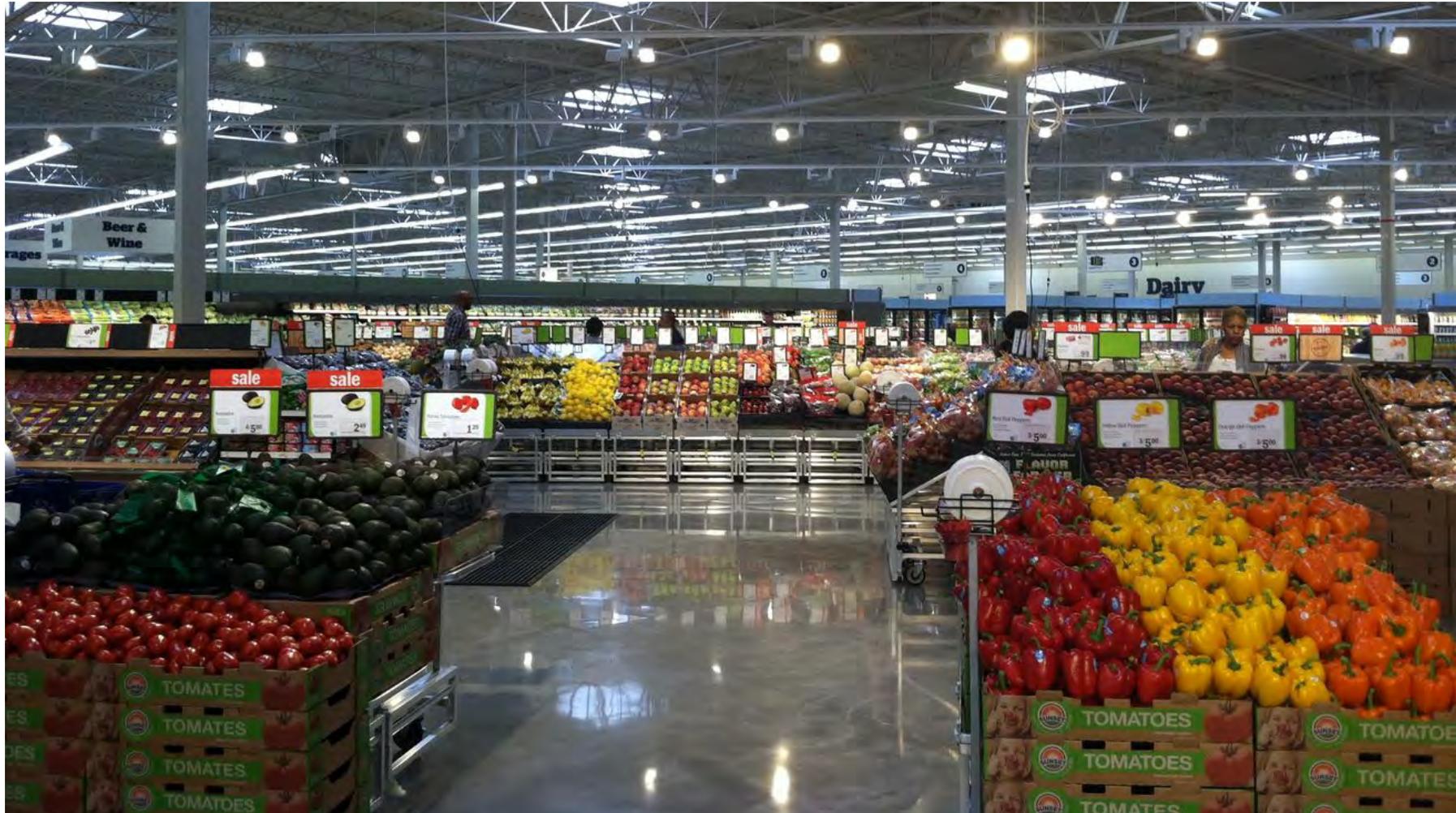
Break...

get active!

# Multiple Levels



# Multiple Levels



# Multiple Levels



# Multiple Levels



# Multiple Levels



**STiR**  
News, Tips and Tricks Proving Healthy Doesn't Mean Ho-Hum

*aah!*

**Stress Less:  
Get outside  
and enjoy**

Less stress. There's no doubt we get big benefits when we are able to remove just a little bit of pressure from our everyday lives.

One of the best ways to beat stress is just outside our door. Open it and discover Mother Nature's playground.

Being outside in the fresh air, green grass and warm sun has the power to relax, restore and energize us.

*continued on page 12*

**MICHIGAN  
FITNESS  
FOUNDATION**

*They Learn From watching You*

# BABY CARROTS: EAT 'EM LIKE JUNK FOOD™



## CHALLENGE

If you're going to take on junk food, you have to be willing to fight on their turf. So what better place to challenge snacking behavior than at vending machines?

## SOLUTION

"Eat 'em like junk food" branded vending machines featured three junk-food-style bags and were installed in two high schools alongside the usual vending machines. At 50 cents per bag, the baby carrots provided stiff competition to the real junk food and sold out of carrots in all machines within the first day.

## RESULTS

Baby carrots vending machines generated nearly 85 million media impressions, including NPR, New York Times, Fox News and even Saturday Night Live. The response prompted Bolthouse Farms to devote a team to install baby carrots vending machines nationwide.





**A quick**

refresher!

# Obtaining the Resources

Michigan Nutrition Network  
at Michigan Fitness Foundation

Home MNN Events Forms & Reporting Materials & Programming Additional Information

ABOUT CONTACT US CURRENT PARTNERS CALENDAR HOW TO APPLY SITE MAP

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**Fresh Fruit and Vegetable Program**

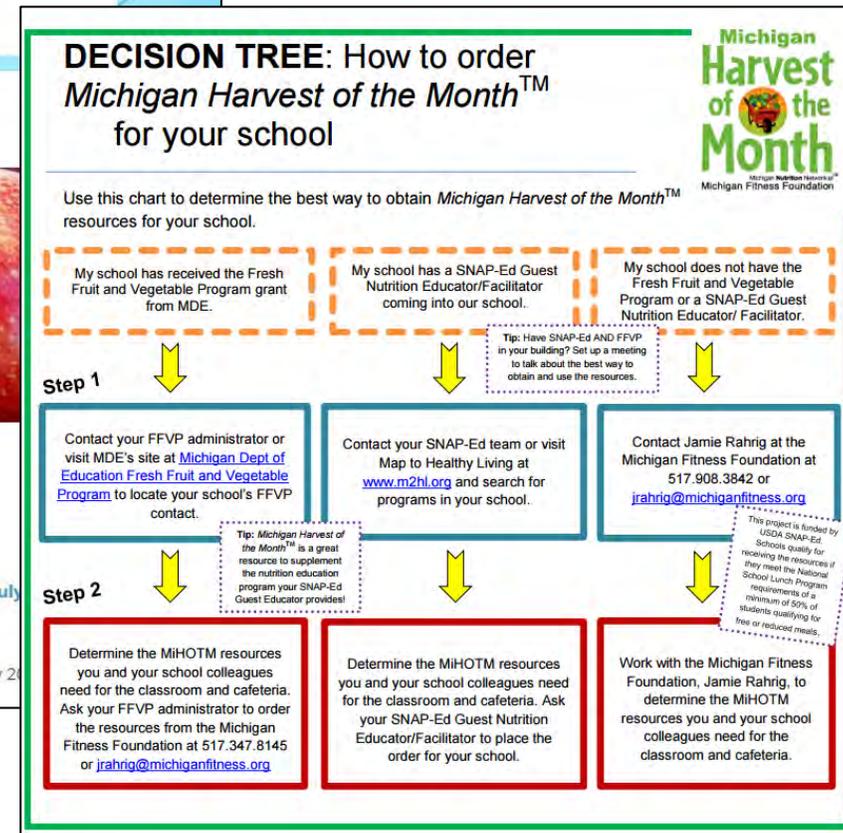
Michigan Harvest of the Month™ features ready-to-go tools and resources that encourage students to eat more fruits and vegetables and be more physically active.

Search

**ANNOUNCEMENTS**

1. **Invoice and Match Report for July due**  
Monday, August 17, 2015

Invoice and Match Report for July 2015 due



Available for download at Michigan Nutrition Network Website

# Educator Newsletter

## Michigan Harvest of the Month

Michigan Nutrition Network™  
Michigan Fitness Foundation



### Health and Learning Success Go Hand-In-Hand

A school garden is a great way to introduce students to fruits and vegetables. Research shows that school is where children develop many lifelong habits and preferences. School-based nutrition education promoting healthful eating and physical activity can improve academic performance. Help your students do their best during testing. Implement *Harvest of the Month* and connect to core curricula, the cafeteria, home, and community.

#### Exploring Michigan Asparagus: Taste Testing

**Getting Started:**

- Talk to your school nutrition staff about getting asparagus from a local grower.

**What You Will Need (per group):**

- One cooked\* spear per student plus two additional raw spears per group
- Cutting board and knives (two per group)
- White board and pens

\*Pre-cook asparagus by microwaving or coordinate with school nutrition staff to cook and bring to the classroom.

**Activity:**

- Distribute two raw spears to each student group. Have students feel and observe one spear, identify and record the parts of the spear.
- Have students slice and taste the second spear, record observations.
- Have students cut the first spear crosswise and lengthwise, identify and record internal structure.
- Distribute one cooked spear to each student.
- Discuss changes that occur as asparagus cools (e.g., smell, color, texture).
- When cool, have students slice spears into thirds and taste the tip, center, and end; record differences.
- Poll students to find out if they prefer raw versus cooked asparagus and one section of the spear over another and why.

For more ideas, reference:  
*Kids Cook Farm—Fresh Food*, CDE, 2002.

#### Cooking in Class: Asparagus Appetizer

**Makes 36 servings at 2 tablespoons each**

**Ingredients:**

- 1 pound fresh baby asparagus, washed, trimmed at ends
- 1 (15-ounce) can black beans, drained and rinsed
- 6 tablespoons balsamic vinaigrette

1. Cut asparagus into one-inch pieces and place in large bowl.
2. Add black beans to the bowl.
3. Toss asparagus and beans with the vinaigrette until coated.
4. Place 2 tablespoons on paper tray. Serve immediately.

**Nutrition information per serving:**  
Calories 20, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 64 mg

Adapted from: Tasting Trio Team,  
*Network for a Healthy California*, 2010.



Photo courtesy of Sharon Kegeres

#### Reasons to Eat Asparagus

A ½ cup of cooked asparagus is:

- An excellent source of folate and vitamin K.
- A good source of vitamin C, vitamin A, and thiamin.
- A source of vitamin E, fiber, iron, potassium, riboflavin, and niacin.

**Champion Sources of Vitamin E\*:**

- Cooked spinach
- Nuts (almonds, hazelnuts, peanuts)
- Oils (corn, cottonseed, safflower, soybean)
- Peanut butter
- Sunflower seeds
- Wheat germ

\*Champion sources provide a good or excellent source of vitamin E (at least 10% Daily Value).

For more information, visit:  
<http://ods.od.nih.gov/factsheets/vitamine.asp>  
[www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
(NDB No.: 11012)

Nutrition Facts	
Serving Size: ½ cup cooked asparagus (60g)	
Calories 20	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A 18%	Calcium 2%
Vitamin C 12%	Iron 5%

**ASPARAGUS**

- Provides hands-on activities, tools, and ideas for open-ended exploration tied to Standards
- Available in print form only



# Family Newsletter

## Michigan Harvest of the Month



Michigan Nutrition Network at Michigan Fitness Foundation

**Healthy Serving Ideas**

- Bake, grill, boil, steam, microwave, or stir-fry asparagus spears.
- Dip raw or lightly cooked asparagus spears in lowfat dressing.
- Stir-fry chopped asparagus, sliced bell pepper, sliced onions, and strips of chicken. Serve with brown rice.
- Help your child find a healthy recipe with asparagus. Cook it together.

Nutrition Facts	
Serving Size: ½ cup cooked asparagus (30g)	
Calories 20	
Calories from Fat 0	
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A 18%	Calcium 2%
Vitamin C 12%	Iron 0%

**ROASTED VEGETABLE MEDLEY**

Makes 4 servings. 1 cup per serving.  
Cook time: 50 minutes

**Ingredients:**

- nonstick cooking spray
- 1 cup chopped baby carrots
- 1 cup chopped eggplant
- 1 cup chopped asparagus
- 1 teaspoon vegetable oil
- 2 cloves garlic, chopped
- 4 teaspoons dried basil
- 1 cup chopped mushrooms
- 1 small zucchini, chopped

1. Preheat oven to 450 F.
2. Spray a roasting pan with nonstick cooking spray.
3. Add carrots, eggplant, and asparagus to pan. Drizzle with oil and toss until lightly coated. Bake for 20 minutes.
4. While baking, spray a large pan with nonstick cooking spray and heat over medium heat.
5. Sauté garlic and basil for about 2 minutes. Add zucchini and mushrooms; sauté until tender (about 5 minutes).
6. Add roasted vegetables to the pan and sauté 5 minutes more.



**Health and Learning Success Go Hand-in-Hand**

Start a garden to grow your own fruits and vegetables. This will help you eat more fruits and vegetables and be more active. Eating nutritious foods like fruits and vegetables and being active can also help your child do better in school. Use Harvest of the Month to help your family learn and practice lifelong healthy habits.

**Produce Tips**

- Look for firm, bright green spears with tightly closed tips. Avoid limp asparagus or spears.
- Stand stems up in a container with about one inch of water. Cover loosely with plastic bag. Store in the refrigerator until ready to use.
- Purchase asparagus in the spring to save money.

**Let's Get Physical!**

- Spend family time in the garden — planting, raking, pruning, and digging.
- Walk to a local farmers' market. Find new fruits and vegetables.

For more ideas, visit [www.kidsgardening.com/family.asp](http://www.kidsgardening.com/family.asp)



This material is adapted from Harvest of the Month produced by the California Department of Public Health, Network for a Healthy California and was funded in part by the State of Michigan with federal funds from the USDA Supplemental Nutrition Assistance Program (SNAP) by way of the Michigan Nutrition Network at the Michigan Fitness Foundation. The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, marital and veteran status, and where applicable, political beliefs, marital status, familial or personal status, sexual orientation, or all or part of an individual's ancestry. Such discrimination in employment or any program or activity conducted or funded by the Department. These materials are equal opportunity materials and programs. People who need help buying additional food for a healthier diet and the U.S. Supplemental Nutrition Assistance Program (SNAP) call 800-877-8329. Michigan Harvest of the Month © 2013. Michigan Fitness Foundation. For more information, email us at [info@kidsgardening.com](mailto:info@kidsgardening.com).

- Provides nutrition information, healthy serving ideas, physical activity tips, and more
- Available in English (in print form only)
- Spanish and Arabic versions available for download at Michigan Nutrition Network Website

# Menu Slicks

**Harvest of the Month**

Michigan Nutrition Network  
in partnership with the Michigan Fitness Foundation

Botanical name: *Asparagus officinalis*

**ASPARAGUS**

Circle all meals that have green vegetables in them.

- How many did you find?
- What do you like most about vegetables?
- Why is it important to eat vegetables?

Customizable!

## EAT ASPARAGUS

**Garden Lingo**  
If you work on a farm or in a garden, it helps to know gardening terms and nicknames. For example, you may know the vegetable as asparagus, but farmers call it 'gras'! This green stem vegetable is a perennial plant of the Lily family and provides a source of many vitamins and other nutrients. Asparagus plants are dormant in winter and harvested in spring. Do you know the meaning of each of these underlined words?  
Draw a line to match each word on the left with the correct definition on the right. (answers below)

1 Farmer	A Gathering of crop
2 Perennial	B Natural ingredients found in foods necessary for our bodies to grow
3 Lily	C Lives from year to year
4 Vitamins	D Sleeping
5 Dormant	E A flower that grows from a bulb; asparagus is part of this family
6 Harvest	F Person who grows food

**Reasons to Eat Asparagus**  
A ½ cup of cooked asparagus has lots of folate and vitamin K. Eating asparagus is a good way to get vitamin C, vitamin A, and thiamin. Asparagus has vitamin E, which helps keep your skin, hair, and immune system healthy.

**Vitamin E Champions\***  
Cooked spinach, nuts (almonds, peanuts), oils (corn, cottonseed, safflower, soybean), peanut butter, sunflower seeds, and wheat germ.  
\*Vitamin E Champions are a good or excellent source of vitamin E (provide at least 10% Daily Value).

**How Much Do I Need?**  
A ½ cup of cooked asparagus is about six asparagus spears. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below and write down your goal. Share it with a family member. Eat a variety of colorful fruits and vegetables every day to help you reach your goal. Fresh, frozen, canned, and dried fruits and vegetables all count toward your daily amount. Be sure to get at least 60 minutes of physical activity every day!

**Recommended Daily Amount of Fruits and Vegetables\*\***

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

\*\*If you are active, eat the higher number of cups per day. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to learn more.

Adapted from: <http://www.calasparagus.com/consumer/kids/kids.htm>

This material was funded in part by the State of Michigan with federal funds from the USDA Supplemental Nutrition Assistance Program (SNAP) by way of the Michigan Nutrition Network at the Michigan Fitness Foundation. These institutions are prohibited from discriminating on the basis of race, color, national origin, sex, age, marital status, familial status, parental status, religion, political beliefs or disability. People who need help buying nutritious food for a better diet call the toll free Michigan Food Assistance Program Hotline: (855) ASK-MICH. Michigan Harvest of the Month © Michigan Fitness Foundation 2012

2-sided menu slicks available on the Michigan Nutrition Network Website

# School Announcements



**School Announcements**

The Building Leadership Guide offers daily tips for use by the health champions in your school. Use the short, health focused messages targeted at students daily as principal announcements over the PA system. Each day, the building health champion (principal, counselor, administrative assistant or student) shares a positive nutrition or physical activity message to all students. This guide includes posts for each weekday of the month that are flexible for what best fits your school calendar. Other uses for the school announcements include school newsletter or website content, Facebook posts and Twitter tweets to help keep your students and their families living healthy lifestyles. These announcements are an important function of a school-wide approach to encourage your students to lead a healthy lifestyle.

Announcements are listed by days of the week and focus on healthy behaviors students are hearing about in their classrooms and gymnasium including:

- keeping students active at school and home
- including more fruits and vegetables in meals and snacks
- eating a variety of foods
- hand washing
- choosing water or low-fat/fat-free milk to drink
- making healthy choices during school breakfast and lunch
- **Riddle Wednesdays!** – tips to help keep students thinking and talking about healthy foods
- **Healthy Homework** – tips to announce on Fridays as goal setting strategies over the weekend along with follow up announcements if desired.

The announcements include a statement and question to encourage discussion in the classroom. Check off the announcement you have provided to reinforce other healthy messages taught in the classroom, cafeteria and gymnasium.

“May is a great time to try asparagus! Have you ever tried asparagus? Can you spell it? Work together in class to learn more about asparagus this month.”

- Short, positive, health focused messages
- Principal or student reads over the PA
- Teachers share in classrooms
- Include in newsletters, websites, Facebook
- Available at no cost on Michigan Nutrition Network Website

# Mini-Posters



- Parent Engagement
- Classroom Display

- English version available in print form only
- Arabic and Spanish versions available for download on the Michigan Nutrition Network Website



# Recipe Cards

## Roasted Vegetable Medley

Your Opinion Matters!

Cook time: 50 minutes Makes 4 servings. 1 cup per serving.

Nutrition information per serving: Calories 50, Carbohydrate 8 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg



### Ingredients

- cooking spray
- 1 cup chopped baby carrots
- 1 cup chopped eggplant
- 1 cup chopped asparagus
- 1 teaspoon vegetable oil
- 2 cloves garlic, chopped
- 4 teaspoons dried basil, optional
- 1 cup chopped mushrooms, optional
- 1 small zucchini, chopped

### Directions

1. Preheat oven to 450°F.
2. Spray a roasting pan with cooking spray.
3. Add carrots, eggplant, and asparagus to pan. Drizzle with oil and toss until lightly coated. Bake for 20 minutes.
4. While baking, spray a large pan with nonstick cooking spray and heat over medium heat.
5. Sauté garlic and basil for about 2 minutes. Add zucchini and mushrooms; sauté until tender (about 5 minutes).
6. Add roasted vegetables to the pan and sauté 5 minutes more.

### HOW DID YOU LIKE THIS RECIPE?

- I loved it! I will definitely make this recipe at home.
- It was OK. I may or may not make this recipe at home.
- I didn't like it. I won't make this recipe but I might share it with others.
- The recipe looks interesting. I might try it at home.

Adapted from: *Souful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.*



Michigan Nutrition Network<sup>SM</sup>  
Michigan Fitness Foundation



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### Healthy Serving Ideas

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- Dip raw or lightly cooked asparagus spears in lowfat dressing.
- Add asparagus to stir-fry. Serve with brown rice.
- Help your child find a healthy recipe with asparagus. Cook it together.

### Produce Tips

- Look for firm, bright green spears with tightly closed tips.
- Stand stems up in a container with about one inch of water. Cover loosely with a plastic bag. Store in the refrigerator until ready to use.
- Enjoy asparagus in the spring to save money.

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# Family Approved Recipe Resources



NEW! - [www.mihotm.recipes](http://www.mihotm.recipes)

The screenshot shows the Michigan Harvest of the Month website. At the top, there is a navigation bar with links for 'Entrees', 'Sides', '15 Mins or Less', '5 Items or Less', and 'Find a Recipe'. The main content area features a large image of a Curry Carrot Salad. Below the image, there are filters for '15 MINS OR LESS', 'CAL, VITC, IRON', and 'SIDES'. The recipe title 'Curry Carrot Salad' is prominently displayed, along with a rating of '4.0' and '15' reviews, and a 'VIEW RECIPE' button. Below the main recipe, there is a horizontal menu with other recipe options: 'Curry Carrot Salad', 'Tuna Apple Salad', 'Roasted Butternut Squash', and 'Asparagus & Turkey Roll Ups'. On the left side, there is a purple shield icon with the text 'These tasty recipes can help protect you from lead absorption. Click here.' and a 'Search Recipes' section with a search bar and a magnifying glass icon. Below the search bar, there is a 'Popular Recipes' section with a 'Squash' recipe card. On the right side, there is a 'Latest Recipes' section with three recipe cards: 'Roasted Vegetable Medley', 'Tuna Apple Salad', and 'Veggie Sushi'. The 'Veggie Sushi' card includes details like '15 MINS OR LESS, 5 ITEMS OR LESS, SIDES' and '12 PEOPLE'.

# Recipes for School Meals

Institution  
Quantities  
25 & 100  
servings

- ▶ Child Nutrition Director Training Guide
- ▶ Steps to Distribute
- ▶ Letter to Teachers
- ▶ Cooking in Class activity recipes
- ▶ Physical Activity Corner
- ▶ School Announcements for Michigan Harvest of the Month
- ▶ Tasting Worksheet for Educators
- ▶ Alignment to Standards
- ▶ Family Newsletters - Arabic
- ▶ Family Newsletters - English
- ▶ Family Newsletters - Spanish
- ▶ Menu Slicks
- ▶ Mini Poster - Arabic
- ▶ Mini Poster - Spanish
- ▼ Recipes from Michigan Harvest of the Month – Institution Quantity
  - Recipes from *Michigan Harvest of the Month* – Institution Quantity

# Alignment to Standards

Alignment to Standards are available on the Michigan Nutrition Network Website



The Michigan Harvest of the Month™ featured vegetable is

## asparagus

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**Adventurous Activities**  
**Student Sleuths**

English Language Arts  
Strand: Writing  
Category: Research to Build and Present Knowledge

**Anchor Standard #7: CCSS.ELA-LITERACY.CCRA.W.7**  
Conduct short as well as more sustained research projects based on focused questions, demonstrating understanding of the subject under investigation.

GRADES	STANDARD CODES	STANDARD TEXTS
Kindergarten Grade One Grade Two	CCSS.ELA-LITERACY.W.K.7 CCSS.ELA-LITERACY.W.1.7 CCSS.ELA-LITERACY.W.2.7	Participate in shared research and writing projects.
Grade Three	CCSS.ELA-LITERACY.W.3.7	Conduct short research projects that build knowledge about a topic.
Grade Four	CCSS.ELA-LITERACY.W.4.7	Conduct short research projects that build knowledge through investigation of different aspects of a topic.
Grade Five	CCSS.ELA-LITERACY.W.5.7	Conduct short research projects that use several sources to build knowledge through investigation of different aspects of a topic.
Grade Six	CCSS.ELA-LITERACY.W.6.7	Conduct short research projects to answer a question, drawing on several sources and refocusing the inquiry when appropriate.
Grade Seven	CCSS.ELA-LITERACY.W.7.7	Conduct short research projects to answer a question, drawing on several sources and generating additional related, focused questions for further research and investigation.

Michigan Harvest of the Month™ Asparagus

# Role Modeling MiHOTM



# Take with you...

- MiHOTM Teacher Resource Package (asparagus)
- Your training folder
- Something to write with
- Your creative brain





SO...

How was it?



# Growing MiHOTM at School Sites



Michigan  
**Harvest of the Month**  
Michigan Nutrition Network™  
Michigan Fitness Foundation



# Activity: Team Building

GOAL: Create the longest paper clip chain

## DIRECTIONS:

1. Form groups of 4
2. Open boxes of paper clips
3. Each person gets some paper clips
4. Put one hand behind your back
5. No talking
6. 3 minutes to create the longest chain



# Building a MiHOTM Team



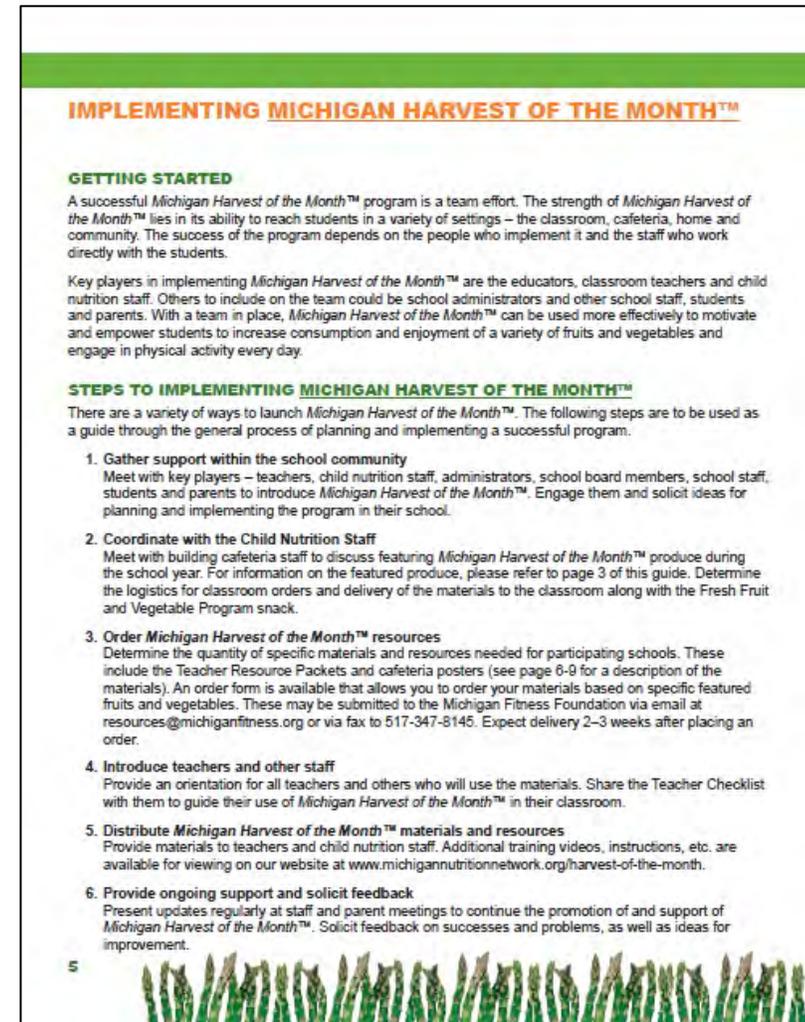
<http://thetruthaboutsucces.com/successful-team-building-disagreement-is-the-key-to-good-judgment/>

# You are the Champions!



# Implementing MiHOTM at School Sites

- Resource Handout from the Child Nutrition Director's Guide (page 5)
- 6 Steps
- Available on the Michigan Nutrition Network Website



**IMPLEMENTING MICHIGAN HARVEST OF THE MONTH™**

**GETTING STARTED**

A successful *Michigan Harvest of the Month™* program is a team effort. The strength of *Michigan Harvest of the Month™* lies in its ability to reach students in a variety of settings – the classroom, cafeteria, home and community. The success of the program depends on the people who implement it and the staff who work directly with the students.

Key players in implementing *Michigan Harvest of the Month™* are the educators, classroom teachers and child nutrition staff. Others to include on the team could be school administrators and other school staff, students and parents. With a team in place, *Michigan Harvest of the Month™* can be used more effectively to motivate and empower students to increase consumption and enjoyment of a variety of fruits and vegetables and engage in physical activity every day.

**STEPS TO IMPLEMENTING MICHIGAN HARVEST OF THE MONTH™**

There are a variety of ways to launch *Michigan Harvest of the Month™*. The following steps are to be used as a guide through the general process of planning and implementing a successful program.

- 1. Gather support within the school community**  
Meet with key players – teachers, child nutrition staff, administrators, school board members, school staff, students and parents to introduce *Michigan Harvest of the Month™*. Engage them and solicit ideas for planning and implementing the program in their school.
- 2. Coordinate with the Child Nutrition Staff**  
Meet with building cafeteria staff to discuss featuring *Michigan Harvest of the Month™* produce during the school year. For information on the featured produce, please refer to page 3 of this guide. Determine the logistics for classroom orders and delivery of the materials to the classroom along with the Fresh Fruit and Vegetable Program snack.
- 3. Order *Michigan Harvest of the Month™* resources**  
Determine the quantity of specific materials and resources needed for participating schools. These include the Teacher Resource Packets and cafeteria posters (see page 6-9 for a description of the materials). An order form is available that allows you to order your materials based on specific featured fruits and vegetables. These may be submitted to the Michigan Fitness Foundation via email at [resources@michiganfitness.org](mailto:resources@michiganfitness.org) or via fax to 517-347-8145. Expect delivery 2–3 weeks after placing an order.
- 4. Introduce teachers and other staff**  
Provide an orientation for all teachers and others who will use the materials. Share the Teacher Checklist with them to guide their use of *Michigan Harvest of the Month™* in their classroom.
- 5. Distribute *Michigan Harvest of the Month™* materials and resources**  
Provide materials to teachers and child nutrition staff. Additional training videos, instructions, etc. are available for viewing on our website at [www.michigannutritionnetwork.org/harvest-of-the-month](http://www.michigannutritionnetwork.org/harvest-of-the-month).
- 6. Provide ongoing support and solicit feedback**  
Present updates regularly at staff and parent meetings to continue the promotion of and support of *Michigan Harvest of the Month™*. Solicit feedback on successes and problems, as well as ideas for improvement.

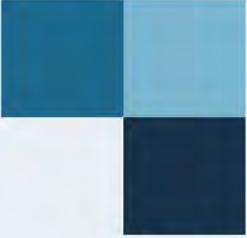
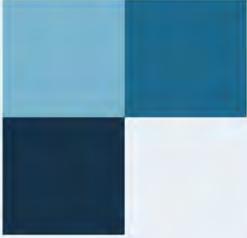
5



# Building a MiHOTM Team

1. Identify key players.
2. Identify an existing team or establish a new one.
3. Enroll key players to join the team.
4. Establish a team lead or coordinator.
5. Define roles and responsibilities.
6. Celebrate successes!





# Your poll will show here

1

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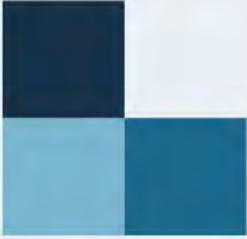
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# Building a MiHOTM Team

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# MiHOTM Elevator Speech

## What is an elevator speech or pitch?

- Brief, persuasive speech
- Sparks interest
- Only 30 seconds to 2 minutes



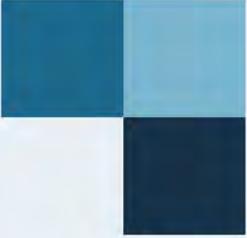
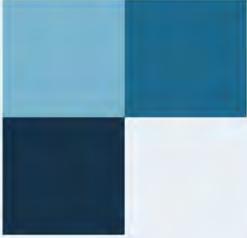
# MiHOTM Elevator Speech

1. Identify your goal
2. Explain what *Michigan Harvest of the Month* is
3. Communicate what it is that makes the program special
4. Engage with a question
5. Put it all together



# Activity: Elevator Speech

- Choose your audience
- Develop your draft speech (10 minutes)
- Form groups of 3 to practice (25 minutes)
  - 2 rounds of practice (with feedback) for each person (8 minutes)
- Large group share of one speech for each audience



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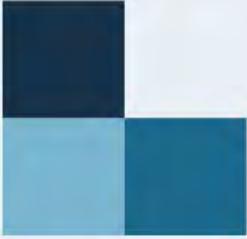
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# Training Strategies

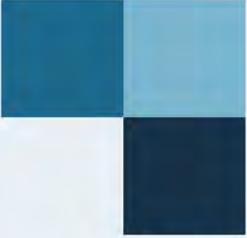
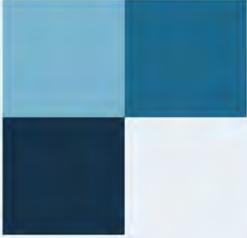
- **Audience**  
Who will you train?
- **Intended Outcome**  
What should happen as a result of this training?
- **Length**  
How long will the training be?



# Training Strategies

- **Venue**  
Where will the training take place?
- **Materials Needed**  
What materials do you need to bring?
- **Content Outline**  
What will the training include?





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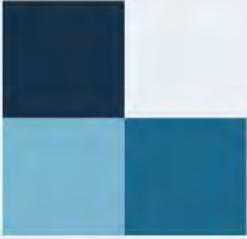
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# Break



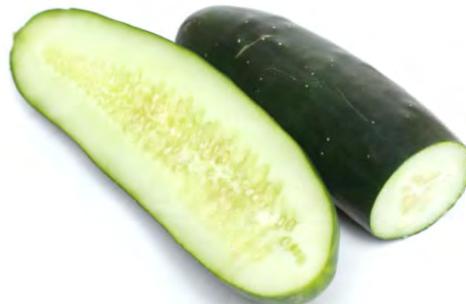
# Successful Strategies



# Reports from the Field

Caitlyn McKeully Rosenbach (SNAP-Ed Educator)  
Senior Program Coordinator, National Kidney Foundation

Shelley Rieger (5<sup>th</sup> Grade Classroom Teacher)  
Kolb Elementary in Bay City, Michigan



# Successful Programs

## Key Components:

- Site-based coordinator
- Trainings for coordinator and for staff
- Support from key players
- MiHOTM produce for tastings
- MiHOTM produce in cafeteria menus
- Implement selected MiHOTM activities in classrooms regularly

# Successful Programs

## **Key Components (continued):**

- MiHOTM resources linked with curriculum standards
- Distribute Family Newsletter monthly
- Display posters on campus
- Display school menu using MiHOTM menu slicks
- Celebrate special events and include MiHOTM
- Implement MiHOTM in more than one grade level (elementary schools)

# Successful Strategies Sharing

1. Name of strategy:
2. Staff (disciplines) involved:
3. How it was implemented:
4. What change(s) did it contribute to in:
  - Student behavior?
  - School policy?
  - Systems change?
  - Environmental change?

# Evaluation Expectations

## 1. Follow-up Champion surveys

- Evaluates implementation of Champion activities
- Filled out by Champion trainees
- Twice over the course of the school year
  - December and April

## 2. Fidelity logs

- Tracks actual classroom MiHOTM activities
- Filled out by classroom teachers
- Monthly, online
- Follow-up if teacher in non-compl



# Evaluation Expectations (cont'd)

3. Student and parent surveys – consumption (students), other behavior, attitudes
  - Administered by teachers
  - Twice a year, packets containing student and parent surveys will be...
    - mailed from PHI CWN to Champion Nutrition Educators
    - delivered by Champion Nutrition Educators to teachers
    - Picked up by Champion Nutrition Educators and delivered to MFF
  - Baseline – in the fall, before HOTM begins
  - Post intervention – late April/May
  - MFF will process the data
  - PHI CWN will analyze and report on the data



# The Day in Review



<http://thetruthaboutsucces.com/successful-team-building-disagreement-is-the-key-to-good-judgment/>

**Michigan Harvest of the Month**  
Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured vegetable is

## asparagus

**Adventurous Activities Student Sleuths**

English Language Arts  
Strand: Writing  
Category: Research to Build and Present Knowledge

Anchor Standard #7: CCSS.ELA-LITERACY.CCR.6.W.7  
Conduct short as well as more sustained research projects based on focused questions, demonstrating understanding of the subject under investigation.

GRADE	STANDARDS CODES	STANDARD TEXTS
Kindergarten Grade One Grade Two	CCSS.ELA-LITERACY.W.K.7 CCSS.ELA-LITERACY.W.1.7 CCSS.ELA-LITERACY.W.2.7	Participate in shared research and writing projects.
Grade Three	CCSS.ELA-LITERACY.W.3.7	Conduct short research projects that build knowledge about a topic.
Grade Four	CCSS.ELA-LITERACY.W.4.7	Conduct short research projects that build knowledge through investigation of different aspects of a topic.
Grade Five	CCSS.ELA-LITERACY.W.5.7	Conduct short research projects that use several sources to build knowledge through investigation of different aspects of a topic.
Grade Six	CCSS.ELA-LITERACY.W.6.7	Conduct short research projects to answer a question, drawing on several sources and referencing the inquiry when appropriate.
Grade Seven	CCSS.ELA-LITERACY.W.7.7	Conduct short research projects to answer a question, drawing on several sources and generating additional related questions for further research and investigation.



**Michigan Harvest of the Month**  
Michigan Fitness Foundation

**Health and Learning Success: Go Hand-in-Hand**  
A school garden is a great way to introduce students to fruits and vegetables. Research shows that school is where children develop many lifelong habits and preferences. School-based nutrition education promoting mindful eating and physical activity can improve students' performance. Help your students do this best during learning opportunities focused on the Month and connect to one specialty, the asparagus, tomato, and cornucopia.

**Exploring Michigan Asparagus: Taste Testing**

Learning Objectives

- Talk to your school nutrition staff about getting asparagus from a local grower.
- Give students 100% pure Michigan plus two additional local varieties per group.
- Cutting (input) and knives (two per group).
- White board and pens.

This lesson plan is for introducing or reinforcing with second- and third-grade students. It can be modified for use with other grade levels.

**Activity**

- Distribute one taste sample to each student group. Have students look and observe each variety, identify and record the parts of the spear.
- Have students draw and label the second spear, record observations.
- Have students cut the first spear, compare length, identify, and record internal structure.
- Distribute one cooked spear to each student.
- Discuss changes that occur as asparagus cooks (e.g. smell, taste, texture).
- When cool, have students place spears into bowls and taste the top, center, and end, record observations.
- Ask students to find out if they prefer one variety (cooked asparagus) and location of the spear (over another) and why.

**Nutrition Facts**

Serving Size: 1 cup cooked  
Amount Per Serving  
Calories 20  
Total Fat 0g  
Sodium 0mg  
Total Carb 4g  
Dietary Fiber 1g  
Sugars 1g  
Protein 1g

**Cooking in Class**

Ingredients:

- 1 pound fresh baby asparagus, washed, trimmed at ends
- 1 TBS (olive) oil
- 1/2 tsp salt
- 1/2 tsp pepper

1. Cut asparagus into 1-inch pieces and place in large bowl.
2. Add stock to the bowl.
3. Toss asparagus and season with the vinegar and oil.
4. Place 2 tablespoons of paper napkins on a plate.

**Homework to Eat Asparagus**

- A cup of cooked asparagus is:
- An excellent source of Vitamin C and Vitamin K.
- A source of Vitamin E, B6, iron, potassium, calcium, and zinc.
- A source of Vitamin B12, B9, and Vitamin D.
- Cooked asparagus:
- May prevent, soothe, and relieve:
- Cold, cough, influenza, and asthma.
- Frequent urination.
- Stomach pain.

**ASPARAGUS**



<http://line987.com/the-best-healthy-lunches-and-snack-fo-kids-going-back-to-school/>



<http://www.moonshinest.com/soul-kitchen/elevate-tahoe-food-innovations-6000-fo>

<http://newlife1020.com/?paged=17&cat=15>

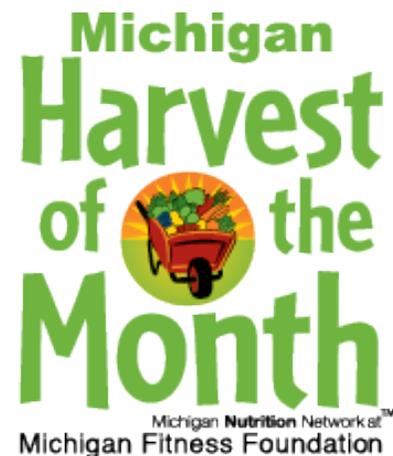
# Before You Leave

1. Exit the Poll
  - Text Leave to 22333
2. Complete your Action Plan
  - Take a photo of Action Plan
  - Turn in the original
  - MFF will send it to you with your travel reimbursement check
3. Complete your **Evaluation** and turn it in with your **Action Plan**



# For More Information

Jamie Rahrig, RDN  
JRahrig@michiganfitness.org



# Thank You!

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(1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;  
(2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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