Michigan Harvest of the MonthTM Training

August 2015







Roll Call

- Classroom Teachers
- Child Nutrition Directors/Staff
- FFVP Administrators
- SNAP-Ed Nutrition Educators
- Physical Educators
- Administrators (Principals, Superintendents, Curriculum Directors)
- Others



Agenda

- Introductions
- Expectations
- Michigan Harvest of the Month[™] (MiHOTM) Background
- Tools & Resources
- Partnerships
- Questions & Answers
- Evaluation





Networking Activity

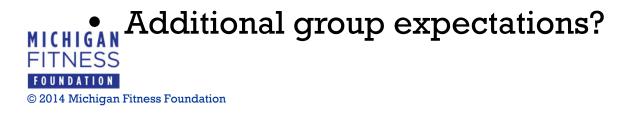
- Use the Networking Activity worksheet
- Select two (2) peers to interview regarding their MiHOTM experience
- Share key statements to the group

TOTICE	TWORKING ACTIVI Interview Questions	TY
	w two (2) people in this training about ichigan Harvest of the Month (MiHOT	
	Interviewee #1	Interviewee #2
Name		
Job Title		
Preferred Contact Method		
 On a scale of 1 (none) to 4 (high), how would you rate your experience level with MiHOTM? 		
2. How do you see MiHOTM playing a role in the classroom?		
3. How do you see MiHOTM playing a role in the cafeteria?		
What is the biggest obstacle you see to implementing a nutrition education program that promotes eating more fruits and vegetables?		
5. What is one solution to the obstacle you noted above?		
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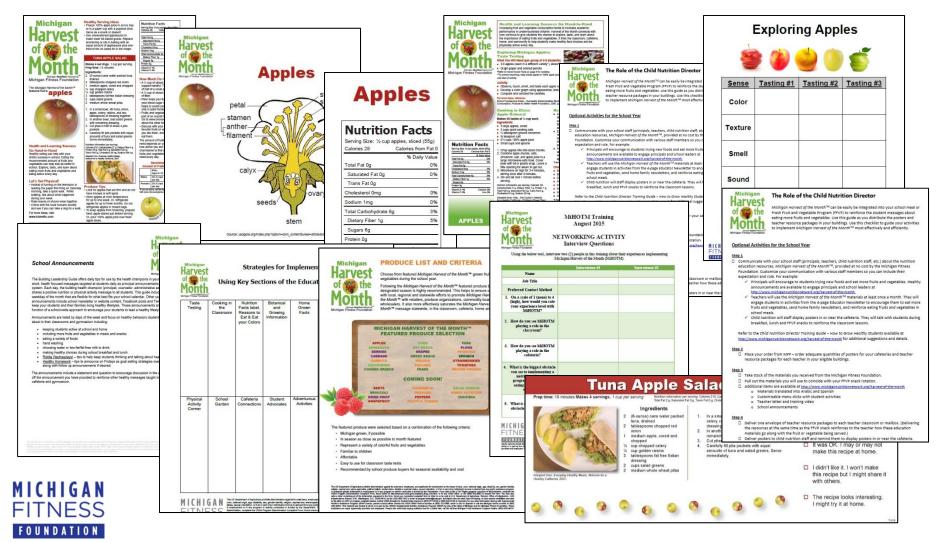


Objectives

- Identify MiHOTM resources and partners
- Describe the goals and objectives of MiHOTM
- Use the MiHOTM website
- Replicate a taste testing demonstration
- Identify strategies for integrating MiHOTM into the classroom and cafeteria
- Identify strategies for engaging parents



Training Folder



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Strategies for Implementation



Strategies for Implementation

Using Key Sections of the Educator Newsletter

Taste Testing	Cooking in the Classroom	Nutrition Facts label, Reasons to Eat & Eat your Colors	Botanical and Growing Information	Home Grown Facts	A Piece of History	Student Sleuths
Physical Activity Corner	School Garden	Cafeteria Connections	Student Advocates	Adventurous Activities	Literature Links	Additional Thoughts

Worksheet for note taking and capturing inspiring ideas during today's training

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MiHOTM: How much do you know?

- 1. I'm new at this tell me everything!
- 2. I'm somewhat familiar with it, but I want to learn more.
- 3. I'm pretty familiar with it, but I want to learn more.
- 4. I'm a seasoned veteran ask me about what we are doing.



Promoting Healthy Eating with MiHOTM

- Promote healthy lifestyles
- Increase fruit/vegetable intake
- Support MI Agriculture









Promoting Healthy Eating with MiHOTM

Community-Wide Initiative

- Live
- Learn
- Work
- Play
- Shop
- Eat









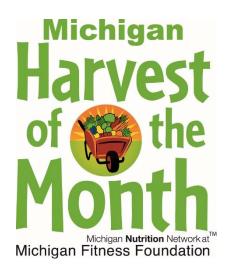














Communicating throughout the school year

What is MiHOTM?

• Nutrition Education Intervention



- Promotional tool for marketing and communication
 - Promotes consumption of fruits and vegetables
 - Generates widespread enthusiasm
- Supports educational standards
 - Alignment with National Common Core Standards



What is MiHOTM?

- Offers FREE ready-to-go tools & resources
 - Skills-based, sensory-based, and knowledgebased
 - Classroom and Cafeteria Connections
 - Taste Testing Demonstrations
 - Monthly elements
 - \checkmark Educator Newsletter \checkmark Fan
 - ✓ Botanical Images

- ✓ Family Newsletter
- \checkmark Nutrition Facts Labels
- ✓ Student Sleuth Answers



MiHOTM Goals

- Increase student preference for selected produce items
- Increase student participation in physical activity
- Increase student knowledge of and familiarity with fruits and vegetables



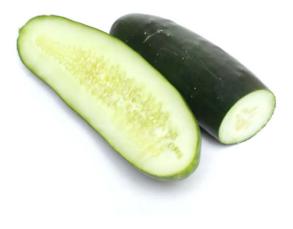


Healthy Children Make Better Learners

- Increased concentration
- Improved math, reading, and writing test scores
- Reduced susceptibility to stress
- Reduced disruptive behaviors
- Fewer absences due to illness

Sources:

Sallis, JF, et. al. (1999). Res Q Exerc Sport, 70(2), 127-134; Shepard, RJ (1999). Pediatr Exerc Sci, 9, 113-126; Symons (1997). JOSH, 67(b).



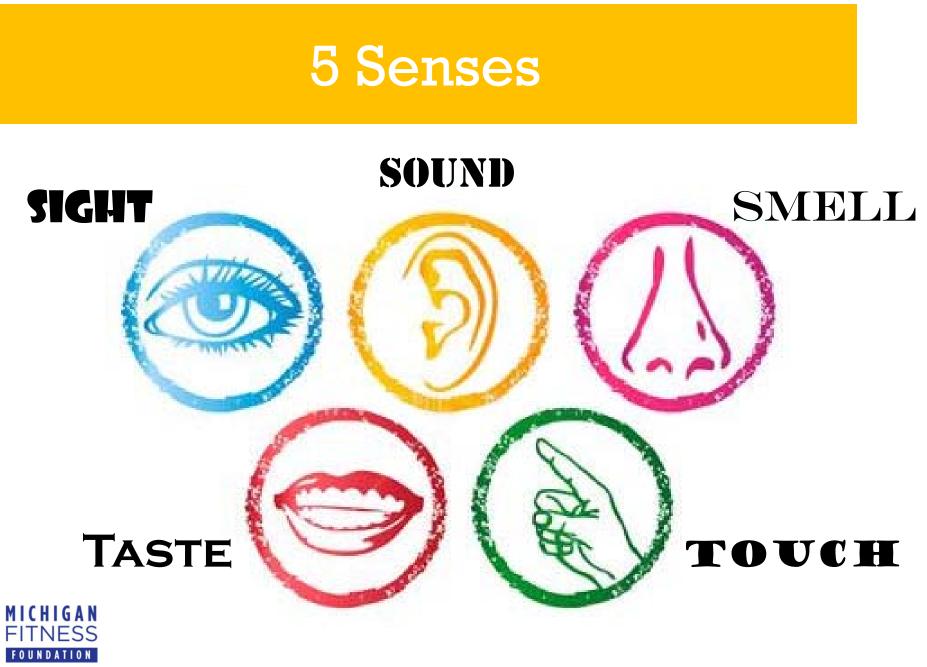


Activity

What was a memorable/meaningful learning experience in school when you were a child?







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Strategies for Implementation

- Posters
- Classroom Activities
- Cafeteria Menus
- FFVP Snacks
- School-wide efforts





Steps to Implement MiHOTM

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 MonthTM. 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 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.

- Distribute Michigan Harvest of the Month[™] materials and resources Provide materials to teachers and child untition staff. Additional training videos, instructions, etc. are available for viewing on our website at www.michigannutribonnetwork.org/harvest-of-the-month.
- 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 MonthTM. Solicit feedback on successes and problems, as well as ideas for
 improvement.

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- Resource Handout from the Child Nutrition Director's Guide
- Useful guidelines for all participating in MiHOTM
- Available on the Michigan Nutrition Network (MNN) Website

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5

Gaining Support

GAINING SUPPORT

STRATEGIES TO INVOLVE SCHOOL STAFF

Include teachers, school nurses, librarians, physical education teachers and specialists, life skills and foods/ nutrition staff as well as afterschool program staff.

- Discuss possible ways to promote Michigan Harvest of the Month™ on the school campus (nurses' office, library, gymnasium, computer lab, etc.).
- · Distribute the Teacher Resource Packet (see p. 7 for details) to all of the classroom teachers containing the materials and encourage them to adapt the lessons and activities for their purposes.
- · Solicit ideas for involvement in staff development and in-service training opportunities.
- · Invite school staff to participate by offering taste tests as part of their work with students.
- · Discuss the challenges in promoting healthy food choices and physical activity.
- · Invite them to implement other activities (e.g., if the school has a garden, discuss ways to engage students in garden-based nutrition education).

STRATEGIES TO INVOLVE STUDENTS

- · Schedule meetings with student leaders (e.g., student councils/governments, school health councils, student nutrition advisory committees) and other students to introduce them to Michigan Harvest of the Month™
- · Solicit ideas on how to best implement the program on school campus.
- · Engage students in the opportunity to make a difference in their schools by expressing their ideas and having them work with the appropriate adult to implement them.
- · Encourage students to involve their teachers and child nutrition staff to implement changes in the school environment, such as:
 - increasing availability of fruits and vegetables in the cafeterias (e.g., salad bar), vending machines and snack bars
 - starting or maintaining a school garden
 - · improving access to school grounds and/or increasing opportunities for more physical activity

STRATEGIES TO INVOLVE PARENTS

Parents are key in implementing a successful program because they make the food purchase decisions at home.

- Conduct parent workshop sessions at Back to School Nights and other parent meetings.
- · Emphasize the link between nutrition, physical activity, improved academic performance and classroom behavior
- Use the recipes in Michigan Harvest of the Month[™] to offer taste testings at events where families are present in the building to showcase the meals you serve to their children.
- · Invite parents to share their experiences and skills in gardening or food preparation and their ideas for family physical activity. Parents can even share these experiences and ideas in the classroom.

6

- · Invite parents to volunteer in the classroom on taste testing days.
- MICHIGAN FITNESS FOUNDATION
- Provide them with the family newsletters. Encourage parents to share these with friends and neighbors.

- Resource from the **Child Nutrition** Director's Guide
- Useful strategies for gaining support for MiHOTM program
- Available on the **Michigan Nutrition Network Website**

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What's in it for me?



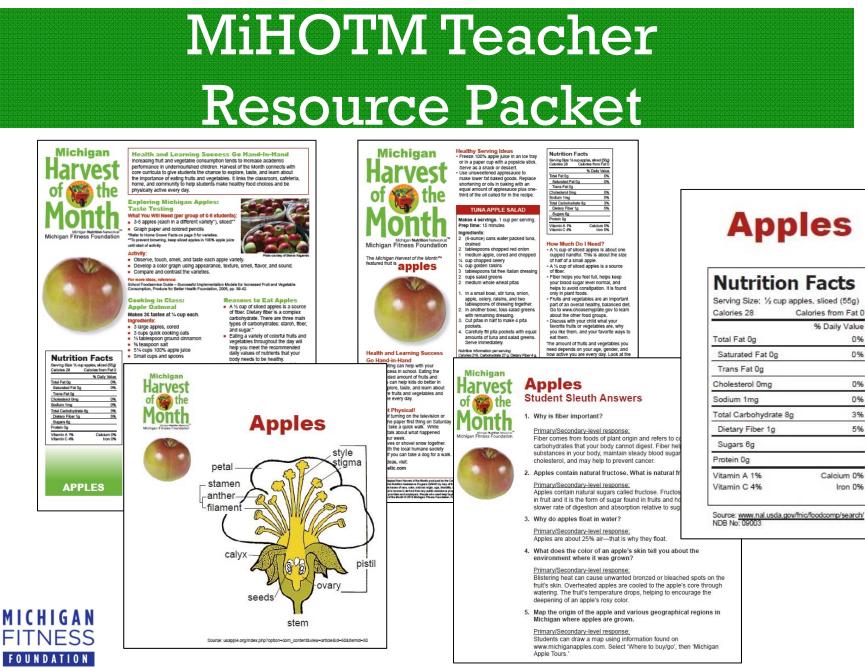


Break

- See you in 15 minutes!
- Sample the apple oatmeal
- Return on time for raffle ticket







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MiHOTM Educator Newsletter



Nutrition Facts

Serving Size: % Calories 28

Saturated Fat (

Cholesterol Omg

Total Carbohydrate 8g

Dietary Fiber 1g

Trans Fat Og

Sodium 1mg

Sugars 6g

Vitamin A 1% Vitamin C 4%

Protein Og

Total Fat 0g

up apples, sliced (55g) Calories from Fat 0

% Daily Value

0%

0%

0%

0%

3%

5%

Calcium 0% Iron 0%

Health and Learning Success Go Hand-In-Hand Increasing fruit and vegetable consumption tends to increase academic performance in undernourished children. Harvest of the Month connects with core curricula to give students the chance to explore, taste, and learn about the Importance of eating fruits and vegetables. It links the classroom, cafeteria, home, and community to help students make healthy food choices and be physically active every day.

Exploring Michigan Apples: Taste Testing What You Will Need (per group of 6-8 students):

 3-5 apples (each in a different variety"), sliced" Graph paper and colored pencils *Refer to Home Grown Facts on page 3 for varieties. **To prevent browning, keep sliced apples in 100% apple juice until start of activity

Activity:

Ingredients:

3 large apples, cored

Small cups and spoons

2. Combine apple chunks, oats,

cinnamon, salt, and apple luice in a

bowl with lid or plastic wrap. Leave a

large microwave-safe bowl. Cover

little opening for steam to get out.

Microwave on high for 3-4 minutes.

Nutrition information per serving: Calories: 52.

stirring once after 2 minutes.

4. Stir and let cool 1 minute before

% teaspoon sait

 Observe, touch, smell, and taste each apple variety Develop a color graph using appearance, texture, smell, flavor, and sound Compare and contrast the varieties.

For more ideas, refere School Foodservice Guide – Successful Implementation Models for Increased Fruit and Vegetable Consumption, Produce for Better Health Foundation, 2005, pp. 39-42.

Reasons to Eat Apples

- Makes 36 tastes at ¼ cup each
- 3 cups guick cooking oats 1/2 tablespoon ground cinnamon 5¼ cups 100% apple luice
- 1. Chop apples into bite-sized chunks.
 - of forms-as whole (fresh). apples, or 100% apple juice. "Learn about sugar on page 2.

- Beans
- Dates
- Pumpkin

APPLES



for a Healthy California-Children's Power Play Campaign, 2009.



A ½ cup of sliced apples is a source of fiber. Dietary fiber is a complex carbohydrate. There are three main types of carbohydrates: starch, fiber, and sugar." Eating a variety of colorful fruits and

- vegetables throughout the day will help you meet the recommended daily values of nutrients that your body needs to be healthy. Apples can be eaten in a variety
- unsweetened applesauce, dried

Champion Sources of Fiber*

- Blackberries
- Peas
- Rasoberries
- Whole wheat cereal Whole wheat bread

"Champion foods provide a good or excellent ource of fiber

serving.

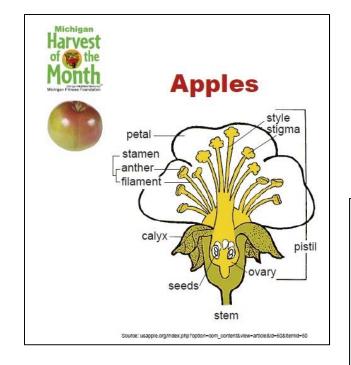
Provides hands-on activities, tools, and ideas for openended exploration tied to Common **Core Standards**

Available in print \bullet form only

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MiHOTM Classroom Materials



Botanical Images

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Nutrition Facts Label

Apples

Nutrition Facts

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	D%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%



Apples Student Sleuth Answers

1. Why is fiber important?

Primary/Secondary-level response:

Fiber comes from foods of plant origin and refers to complex carbohydrates that your body cannot digest. Fiber helps to move substances in your body, maintain steady blood sugar levels, reduce cholesterol, and may help to prevent cancer.

2. Apples contain natural fructose. What is natural fructose?

Primary/Secondary-level response:

Apples contain natural sugars called fructose. Fructose is found naturally in fruit and it is the form of sugar found in fruits and honey. Fructose has a slower rate of digestion and absorption relative to sugar.

3. Why do apples float in water?

Primary/Secondary-level response: Apples are about 25% air—that is why they float.

4. What does the color of an apple's skin tell you about the environment where it was grown?

Primary/Secondary-level response:

Blistering heat can cause unwanted bronzed or bleached spots on the fruit's skin. Overheated apples are cooled to the apple's core through watering. The fruit's temperature drops, helping to encourage the deepening of an apple's rosy color.

Map the origin of the apple and various geographical regions in Michigan where apples are grown.

Primary/Secondary-level response: Students can draw a map using information found on www.michiganapples.com. Select 'Where to buy/go', then 'Michigan Apple Tours.'

Student Sleuths Answers

MiHOTM Family Newsletter



Healthy Serving Ideas - Freeze 100% apple juice In an Ice tray or in a paper cup with a popsicle stick. Serve as a snack or dessert. Use unsweetened applesauce to make lower fat baked goods. Replace shortening or oils in baking with an equal amount of applesauce plus one third of the oil called for in the recipe.

TUNA APPLE SALAD

2 (6-ounce) cans water packed tuna. drained tablespoons chopped red onion medium apple, cored and chopped tablespoons fat free Italian dressing

in a small bowl, stir tuna, onion, apple, celery, raisins, and two tablespoons of dressing together in another bowl, toss salad greens with remaining dressing. Cut pitas in half to make 4 pita

Carefully fill pita pockets with equal amounts of tuna and salad greens.

Nutrition information per serving Calories 216, Carbohydrate 27 g, Dietary Fiber 4 g. Protein 25 g, Total Fat 2 g, Saturated Fat 0 g. Trans Fat 0 g, Cholesterol 26 mg, Sodium 544 mg Adapted from: Everyday Healthy Meals Network for a Healthy California, 2007.



 Look for apples that are firm and do not have bruises or soft spots. Store apples at room temperature for up to one week. Or, refrigerate apples for up to three months. Do not refrigerate apples in closed bags. To keep apples from browning, prepare fresh apple dishes just before serving. Or, pour 100% apple Juice over fresh

How Much Do I Need? A % cup of sliced apples is about one cupped handful. This is about the size of half of a small apple. A ½ cup of sliced apples is a source

Calcium 0% Iron 0%

% Daily Value

0%

0%

0%

3%

Nutrition Facts Serving Size: 16 cup apples, sliced (55g Calories 28 Calories from Fat 0

otal Fat 0g

Saturated Fat 0o

Total Carbohydrate 8g

Dietary Fiber 1g

Trans Fat 0g Cholesterol Omg

Sodium 1mg

Sugars 6g

ein Oo

Vitamin A 1% Vitamin C 4%

of fiber.

 Fiber helps you feel full, helps keep your blood sugar level normal, and helps to avoid constipation. It is found only in plant foods. Fruits and vegetables are an important

part of an overall healthy, balanced diet. Go to www.choosemyplate.gov to learn about the other food groups. Discuss with your child what your favorite fruits or vegetables are, why you like them, and your favorite ways to

eat them. The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart below to find out how many cups of fruits and vegetables you and your family need every day.

Recom nended Dally unt of Fruits and Vegeta Teens and Adults Ages 13 and up Ages 5-12 2%-5 cups per day 4%-6% cups per day 2%-5 cups

3%-5 cups per day number of cups per Tryou are active, eat the higher



equal apportantly providers and employers. Precise who need help baying multituse food for a before det call the bill the Mithigan Food Michigan Food for a March C 2013 Michigan Fitness Foundation. For more information, email as at resources@prickgan@trees.org

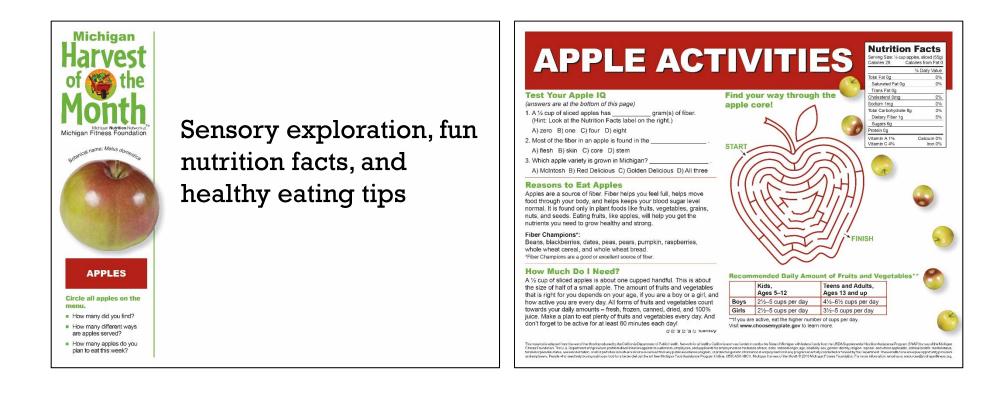
 Provides nutrition information, healthy serving ideas, physical activity tips, and more

- Available in English (in print form only)
- Spanish and Arabic versions available for download at Michigan Nutrition Network Website

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MiHOTM Menu Slicks - Apples



Menu slicks available on the Michigan Nutrition Network Website for all MiHOTM featured produce

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MiHOTM 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 flaxible 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
 Diddle Wedensdowel, discto hale lange students this line and talk
- <u>Riddle Wednesdays</u>! tips to help keep students thinking and talking about healthy foods
 <u>Healthy Hornework</u> 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.

- Short, positive, health focused messages around nutrition and physical activity
- Principals and students read over the PA system
- Teachers share in classrooms
- Include in School Newsletters and Websites
- School Social Media Channels
- Available on Michigan Nutrition

Network Website

SAMPLE MESSAGE: Did you know that there are many different ways to eat apples? Whole/fresh, applesauce, 100% apple juice or even dried apples. They even make apple chips! What is your favorite way to eat apples?

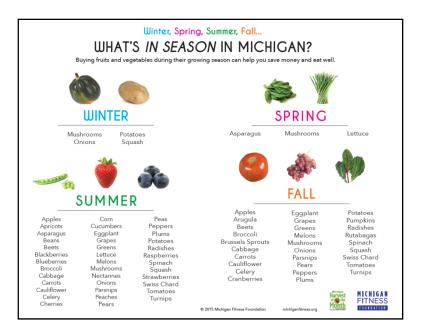
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MiHOTM Mini-Posters



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

- Parent Engagement Resource
- Classroom Display

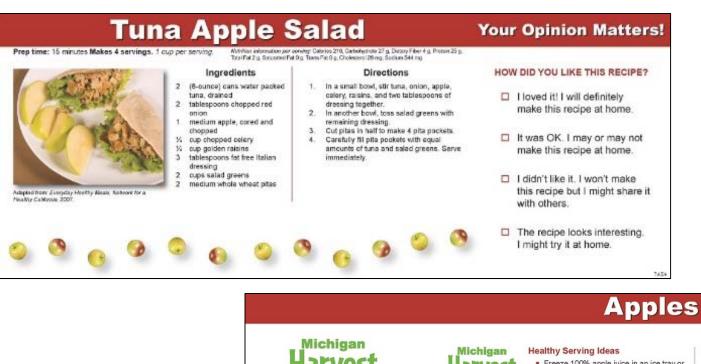


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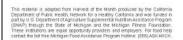
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MiHOTM Recipe Card







Arvest of the the



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- Freeze 100% apple juice in an ice tray or in a paper cup with a popsicle stick. Serve as a snack or dessert.
- Use unsweetened applesauce to make lower fat baked goods. Replace shortening or oils in baking with an equal amount of applesauce plus one-third of the oil called for in the recipe.

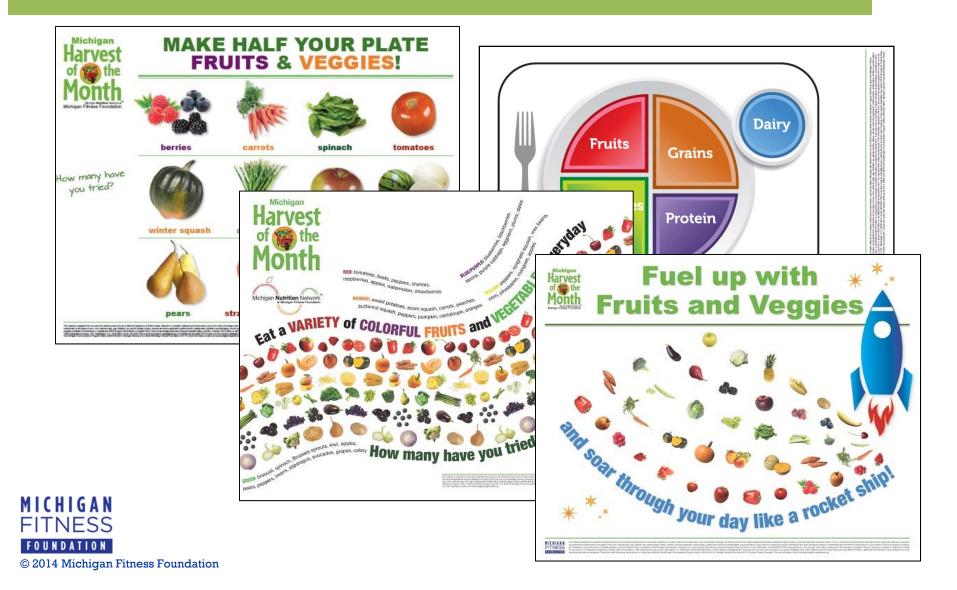
Produce Tips

- Look for apples that are firm and do not have bruises or soft spots.
- Store apples at room temperature for up to one week. Or, refrigerate apples for up to three months. Do not refrigerate apples in closed bags.
- To keep apples from browning, prepare fresh apple dishes just before serving. Or, pour 100% apple juice over fresh apple slices.

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 U.S.. Department of Agriculture Experiments Matterian Assistance Program (SAMP) (brough the Edited of Montigan and the Michigan Fiber Assistance Program Veter (EG) AGR-MICH.



MiHOTM Cafeteria Posters



MiHOTM Family Approved Cookbook





MiHOTM Featured Produce



PRODUCE LIST AND CRITERIA

Choose from featured Michigan Harvest of the Month[™] grown fruits and vegetables during the school year.

Following the Michigan Harvest of the Month[™] featured produce by the designated season is highly recommended. This helps to ensure consistency with local, regional and statewide efforts to promote Michigan Harvest of the Month[™] with retailers, produce organizations, commodity boards and wholesalers. It also more effectively saturates the Michigan Harvest of the Month[™] message statewide, in the classroom, cafeteria, home and community.



The featured produce were selected based on a combination of the following criteria:

- Michigan grown, if possible
- In season as close as possible to month featured
- · Represent a variety of colorful fruits and vegetables
- · Familiar to children
- Affordable
- · Easy to use for classroom taste tests
- · Recommended by school produce buyers for seasonal availability and cost

The US Department of Agriculture prohibits descriptionics against its automame, employees, and against its for employees to it to base of noss, cuto; national origin, aga, detailing, see, percent identity, expecter identit

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Alignment to Standards

Handouts showing Alignment to Standards are available on the Michigan Nutrition Network Website for all MiHOTM featured produce



The Michigan Harvest of the Month™ featured fruit is





Adventurous Activities

English Language Arts Strand: Speaking & Listening Category: Comprehension and Collaboration Anchor Standard #2: CCSS.ELA-LITERACY.CCRA.W.2 Integrate and evaluate information presented in diverse media and formats, including visually, quantitatively, and orally.

GRADES	STANDARD CODES	STANDARD TEXTS	
Kindergarten	CCSS.ELA-LITERACY. SL.K.2	Confirm understanding of a text read aloud or information presented orally or through other media by asking and answering questions about key details and requesting clarification if something is not understood.	
Grade One	CCSS.ELA-LITERACY. SL.1.2	Ask and answer questions about key details in a text read aloud or information presented orally or through other media.	
Grade Two	CCSS.ELA-LITERACY. SL.2.2	Recount or describe key ideas or details from a text read aloud or information presented orally or through other media.	
Grade Three	CCSS.ELA-LITERACY. SL.3.2	Determine the main ideas and supporting details of a text read aloud information presented in diverse media and formats, including visual quantitatively, and orally.	
Grade Four	CCSS.ELA-LITERACY. SL.4.2	Paraphrase portions of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.	
Grade Five	CCSS.ELA-LITERACY. SL.5.2	Summarize a written text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.	
Grade Six	CCSS.ELA-LITERACY. SL.6.2	Interpret information presented in diverse media and formats (e.g., visually, quantitatively, orally) and explain how it contributes to a topic, text, or issue under study.	



Alignment to Standards

	Educator	STANDARDS						
	Newsletter Section	Health Education	English Language Arts	Science	Math	History- Social Science		
	Taste Testing	\checkmark	\checkmark	\checkmark	\checkmark			
	Reasons to Eat	\checkmark		\checkmark				
	How Much Do I Need?	\checkmark						
	Student Sleuths	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark		
	Adventurous Activities	\checkmark	\checkmark	\checkmark	\checkmark			
MICHIGAN FITNESS Foundation	Literature Links	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark		

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Activity Part 1

DIRECTIONS – Part 1

- 1. Find your Educator Newsletter (Apples)
- 2. Count off from 1-5
- Form new groups based on your number (e.g., all "1"s form groups of 3-5 people; all "2"s form groups, etc.)



Exploring the MiHOTM Educator Newsletter

Group 1: Reasons to Eat Apples, Nutrition Facts Labels, How Much Do I Need? **Group 2: Student Sleuths and Student** Champions Group 3: Home Grown Facts, How Do **Apples Grow, and Botanical Facts Group 4: Taste Testing and Cooking in Class Group 5: Adventurous Activities and Cafeteria Connections**



Exploring the MiHOTM Educator Newsletter

- Explore your assigned section
- Refer to Educator Newsletter for Apples
- As applicable, make connections to Educational Standards (record on post-it notes)
- Identify strategies for implementing in classroom or cafeteria (as applicable) (record on post-it notes)



Activity Part 2

DIRECTIONS – Part 2

- 1. Return to your original table
- 2. Provide overview of findings to others at your table (in numerical order)



Debrief

- What did you learn?
- How could you apply it?



Building Student Skills







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Activity

At your table:

Brainstorm/Identify how MiHOTM resources and other nutrition education resources build student skills





Engaging Parents

Resources

Relationships



Health and Learning Succes

Let's Get Physical!

during your week. Rake leaves or sh

Check with the loc and see if you can

For more ideas, visit www.kidnetic.com

This restartal is adapted from USDA Supplemental Hattition employment on the bases of part of an Individual's income equal apportantly providers as Mishigan Harvest of the Mart

tablespoons chopped red onion medium apple, cored and chopped The Michigan Harvest or mice and featured fruit is apples medium apple, cored and co cup chopped celery cup golden raisins tablespoons fat free italian o cups salad greens medium whole wheat pitas



Carefully fill pita pockets with equa amounts of tuna and salad greens Serve Immediately. Calories 216, Carbohydrate 27 g. Dietar Protein 25 g. Total Fat 2 g. Seturated Fr Trans Fat 0 g. Cholesterol 26 mg. Sodia



Michigan

Harvest

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Michigan Fitness Found

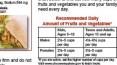
APPLES

Circle all apples on the How many did you find? How many different ways are apples served?

How many apples do you plan to eat this week?

ot

Let's Get Physicall - Instead of truming on the television or reading the paper first thing on Saturday - Month to the set of the



The amount of num and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart below to find out how many cups of fulls and vegetables you and your family need every day. int of Fruits and Vege

Nutrition Facts

Total Fat Op

Saturated Fa Trans Fat 0g

ium 1mg stal Carbo

Dietary Fiber 1g Sugars 6g rotein 0g

How Much Do I Need?

amin A 1% amin C 4%

Serving Size: ½ cup apples, sliced (55g) Calories 28 Calories from Fat 0 % Daily Value

0%

0%

3%

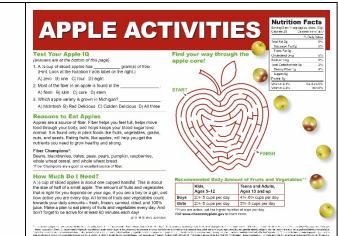
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 Fiber helps to the site of the site of part of an overall healthy, standered det, about the other body copper.
 Blocate ath your child wat your facilities and your plant beat ways to sat them.

The amount of fruits and vegetables you

A ½ cup of sliced apples is about one cupped handful. This is about the size







Integrating MiHOTM in Classrooms

	Michigan Harve Best Practices E Name	ducator Checklist	Michigan Harvest of the Month Best Practices Educator Check	rm Lint	F	TNESS			LEVCH	BUILD	MOVE
	School	Tent wave statement of a variety of MHOTMU is sumption and enjoyment of a variety of colorful fruits server day. It's designed to provide knowledge- and	GO L Barcare annetals in MOOTN' sucher records packer for the factual produce • Educato Vandatine • Paulo Vandatine • Paulo Vandatine	Otivity Norman International I		TEACH			27	Search	ос) Темар 📑
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		encourage bere to service and cateforts	ther reinforces what sludents item in the classroom is with receive, nutrition information; healthy eating advirtualy active, and the stressence, advirtual water of produce. Bend home the Family Newsiellans to advice the fruits, and vegetables being teatured in							mproving pedestri your community Ready, fire! This was esounding theme at future City presentat	s the the Detroit
		the 'How Does it	Interest plant parts that we set by extending Grow?* activity in the Educator Newsletter.			HEALTHY CLASSROOMS, HEALTHY SCHOOLS A Goordinated Brobol Health program to heal to be to be substorm their classrooms and schools into healthiter environments	MICHIGAN HARVEST OF THE MONTH Materials to encourage freathy chalces through access to heathy foods and physical activity	REC-CONNECT Free and kow-cost physical act opportunities for low-incom populations		Penalosa. In. READ MORE Fitness Ambassad an awesome run!! First, just a little histo	dor: This is
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Activity



Taste Testing Demonstration

- Taste Testing
 - Demonstration
 - Role Play
- Cooking in Class

(optional activity)

- Recipe demonstration



Safe Food Handling Techniques

[Note: These are general suggestions and are not a comprehensive list of food safety procedures For specific requirements of your school building, please contact your school administrator.]

General Food Safety

- There are four simple keys to making sure that your food is safe from harmful bacteria:
 - Clean: Always wash your hands, utensils, and surfaces with hot, soapy water before and after preparing food.
 - Separate: Keep raw meat, poultry, and seafood separate from other foods when they are stored and when you
 are preparing them.
- Cook: Be sure to cook food for a long enough time and at a high enough temperature to kill harmful bacteria.
- · Chill: Put prepared foods and leftovers into the refrigerator or freezer as soon as possible. Don't defrost foods
- at room temperature thaw them in the refrigerator, under cold running water, or in the microwave.

Fruit and Vegetable Safety

- Rinse all fruits and vegetables with water, even if you don't eat the outside of the fruit or vegetable (such as bananas, cantaloupe, or oranges). If necessary, use a small vegetable brush to remove surface dirt.
- · Before opening them, rinse the tops of the cans when using canned fruits and vegetables.
- Try to cut away damaged or bruised areas of fruits and vegetables.
- Use juices that have been pasteurized or treated to kill harmful bacteria. Pasteurized juices can be found in
 refrigerated sections of stores. Treated juices can be kept on the shelf in stores and are in juice boxes,
 bottles, and cans. Unpasteurized or untreated juice should have a warming label that says, "This product has
 not been pasteurized and therefore may contain harmful bacteria that can cause serious illness in children,
 the elderly, and persons with weakened immune systems."

For more information, refer to "Best Practices for Handling Fresh Produce in Schools", available from The National Food Service Management Institute at www.nfsmi.org/Resource/Overview.aspx?1D=351. This resource includes recommendations for purchasing and receiving, storage, hand hygiene, washing, preparation and serving of fresh produe. Specific attention is provided to leafy greens tomatoes, melons, and sprouts. Published in 2010.

Cooking Safety

- · Always use clean, dry oven mitts whenever you use the oven.
- When cooking on the stove, make sure pot handles are turned away from the front of the stove so the pots are not accidentally bumped or knocked off.
- When uncovering a pot on the stove or a container from the microwave, open the lid away from you to let the steam out.
- Always turn the sharp edge of a knife or vegetable peeler away from you as you use it (use caution when handling a cheese grater, too). Keep your fingertips away from the sharp edge of the knife when cutting.
- Use a cutting board when you chop or slice ingredients
- When using a blender, keep the lid on. Turn the blender off before you put any utensils inside the blender container.

For more information on food safety, visit www.foodsafety.gov. Sours: School Idea & Resours Kt: 4[®] grade editor, California Department of Public Neutrine Education and Oberty Prevention Energies (Campaigneet of Public Neutrine Education and Oberty Prevention Energies)

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Apple Oatmeal Debrief

- Apple Oatmeal Connections & Debrief
- Memory of experience
- Could they taste the apples in oatmeal?
 Smell?

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Cooking in Class: Apple Oatmeal

Makes 36 tastes at ¼ cup each. Ingredients:

- 3 large apples, cored
- 3 cups quick cooking oats
- ½ tablespoon ground cinnamon
- ¾ teaspoon salt
- 5¼ cups 100% apple juice
- Small cups and spoons
- 1. Chop apples into bite-sized chunks.
- Combine apple chunks, oats, cinnamon, salt, and apple juice in a large microwave-safe bowl. Cover bowl with lid or plastic wrap. Leave a little opening for steam to get out.
- Microwave on high for 3-4 minutes, stirring once after 2 minutes.
- 4. Stir and let cool 1 minute before serving.

Nutrition information per serving: Calories: 52, Carbohydrate 11 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg

Adapted from: Kids...Get Cookin'!, Network for a Healthy California—Children's Power Play! Campaign, 2009.

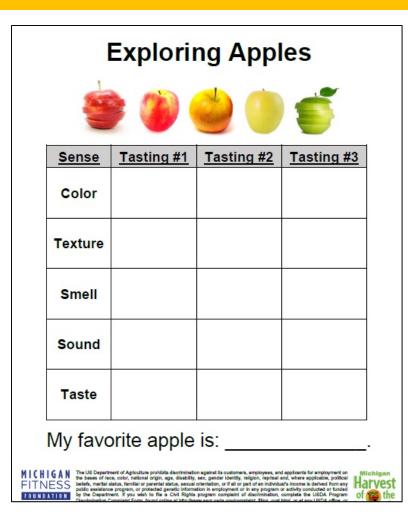
Exploring Apples

- Observe, feel, smell, and taste each apple
- Record observations on the sensory sheet
- Review the Nutrition Facts Label for apples
- Make comparisons and contrasts about the different apples





Exploring Apples



- Worksheet for capturing sensory experiences during taste testing
- Could be used in multiple venues

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MICHIGAN Fitness

Taste Testing Debrief

- Discuss how taste testing can be implemented in the classroom and/or cafeteria
- Brainstorm ideas for obtaining produce for classroom testing activities





Lunch Break

- Look for MiHOTM foods on the buffet
- Think about how these could be "marketed/promoted"
- Discuss strategies and ideas at your table
- Be prepared to share
- Return on time for raffle ticket





Lunch Discussion Debrief

Share strategies and ideas from your group





Expanding Variety of Fruits and Vegetables Kids Experience

- FFVP Snacks
- Smarter Lunchrooms Movement
- Local School Wellness Policies
 - -Nutrition promotion
 - -Nutrition education
 - for students
 - for parents and guardians
 - -Physical activity
 - -Nutrition guidelines





Strategies

- Taste testings
- Connections between tastings and menus
- Partnerships between classroom and cafeteria
- Coordinates marketing and promotion
- Involves students and parents



Rules of Brainstorming

DEFER JUDGEMENT GO FOR VOLUME ONE CONVERSATION at a time **BEVISUAL** HEADLINE Build on the Ideas of Others **Stay on TOPIC** Encourage WILD IDEAS



Image credit: brainstormingrules.jpg Source: https://dschool.stanford.edu/groups/k12/wiki/d3f14/Brainstorming_with_Rules.html

Activity

Break into discipline groups:

Group1: Classroom Teachers; Physical Educators

Group 2: FFVP Administrators; Child Nutrition Directors; Food Service Staff

Group 3: Administrators (Principals, Superintendents, Curriculum Directors); SNAP-Ed Nutrition Educators



Activity

Directions:

- Assign a note taker, facilitator, and a presenter
- Brainstorm and list challenges and successes for each of these areas:
 - Trying New Foods
 - Engaging Parents
 - Time Constraints
 - Strategies for Procuring Produce
 - Healthy Snacks



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Activity Debrief

Share highlights of successes and challenges for each of these areas.

- Trying New Foods
- Engaging Parents
- Time Constraints
- Strategies for procuring produce
- Healthy Snacks





Key Elements to Implementation

- Partnerships
- School Culture
- Sustainability





Primary Elements for Implementation

- Understand Your Role
- Identify Partners
- Procure Produce
- Order Materials
- Who to Contact





SNAP-Ed Nutrition Educators

Date Needed by:	
Contact Person: thrps://www.andlonewide.com/contact/person: Shipping Address: City, State, Zip:	
Korge-Networksware Shipping Address: City, State, Zip:	
nëss Foundation Shipping Address:	
Contact Phone:	
Contact Email:	
Do you have a loading dock?	
Special Shipping Instructions:	
How will these materials be used?	
Order Completed By:	
Signature: Date: Date:	

- Role model best practices
- Support MiHOTM implementation in schools
- Resource for teachers



Child Nutrition Directors



The Role of the Child Nutrition Director

Michigan Harvest of the Month[™] can be easily be integrated into your school meal or Fresh Fruit and Vegetable Program (FFVP) to reinforce the student messages about eating more fruits and vegetables. Use this guide as you distribute the posters and teacher resource packages in your buildings. Use this checklist to guide your activities to implement Michigan Harvest of the Month[™] most effectively and efficiently.

Harvest

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Month

Optional Activities for the School Year

Step 1

- Communicate with your school staff (principals, teachers, child nutrition education resources. Michigan Harvest of the MonthTM, provided at no co Foundation. Customize your communication with various staff members expectation and role. For example:
 - ✓ Principals will encourage to students trying new foods and eat mo announcements are available to engage principals and school lead http://www.michigannutritionnetwork.org/harvest-of-the-month.
 - ✓ Teachers will use the Michigan Harvest of the Month™ materials engage students in activities from the 4-page Educator Newslette fruits and vegetables, send home family newsletters, and reinforc school meals.
 - ✓ Child nutrition will staff display posters in or near the cafeteria. T breakfast, lunch and FFVP snacks to reinforce the classroom lesso

Refer to the Child Nutrition Director Training Guide – How to Grow Health http://www.michigannutritionnetwork.org/harvest-of-the-month for addition

Step 2

Place your order from MFF – order adequate quantities of posters for resource packages for each teacher in your eligible buildings.

- Step 3 Take stock of the materials you received from the Michigan Fitness Fo
 - Pull out the materials you will use to coincide with your FFVP snack ro
 - Additional items are available at <u>http://www.michigann</u> Materials translated into Arabic and Spanish
 - o Customizable menu slicks with student activities
 - Teacher letter and training video
 - School announcements

Step 4

 Deliver one envelope of teacher resource packages to each teacher cl the resources at the same time as the FFVP snack reinforces to the te materials go along with the fruit or vegetable being served.) Deliver posters to child nutrition staff and remind them to display posters



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GAINING SUPPORT HOW TO GROW HEALTHY ST Michigan Harvest of the Month™ Child Nutrition

nclude teachers, school nurses, librarians, physical education teachers and specialists, life skills and foods/ nutrition staff as well as afterschool program staff Discuss possible ways to promote Michigan Harvest of the Month™ on the school campus (nurses' office library, gymnasium, computer lab, etc.). Distribute the Teacher Resource Packet (see p. 7 for details) to all of the classroom teachers containing the materials and encourage them to adapt the lessons and activities for their purposes.

- · Solicit ideas for involvement in staff development and in-service training opportunities. · Invite school staff to participate by offering taste tests as part of their work with students.
- · Discuss the challenges in promoting healthy food choices and physical activity. Invite them to implement other activities (e.g., if the school has a garden, discuss ways to engage students in garden-based nutrition education).

STRATEGIES TO INVOLVE STUDENTS

STRATEGIES TO INVOLVE SCHOOL STAFF

- · Schedule meetings with student leaders (e.g., student councils/governments, school health councils, student nutrition advisory committees) and other students to introduce them to Michigan Harvest of the Month™
- · Solicit ideas on how to best implement the program on school campus. · Engage students in the opportunity to make a difference in their schools by expressing their ideas and
- having them work with the appropriate adult to implement them. · Encourage students to involve their teachers and child nutrition staff to implement changes in the school
- environment, such as: increasing availability of fruits and vegetables in the cafeterias (e.g., salad bar), vending machines and
- snack hars - starting or maintaining a school garden
- · improving access to school grounds and/or increasing opportunities for more physical activity

STRATEGIES TO INVOLVE PARENTS

- Parents are key in implementing a successful program because they make the food purchase decisions at home
- · Conduct parent workshop sessions at Back to School Nights and other parent meetings
- · Emphasize the link between nutrition, physical activity, improved academic performance and classroom hehavior
- Use the recines in Michigan Harvest of the MonthTM to offer taste testings at events where families are present in the building to showcase the meals you serve to their children
- · Invite parents to share their experiences and skills in gardening or food preparation and their ideas for family physical activity. Parents can even share these experiences and ideas in the classroom
- Invite parents to volunteer in the classroom on taste testing days.
- · Provide them with the family newsletters. Encourage parents to share these with friends and neighbors. IABIHA IS IABIHS IABIH IABI

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, cafetera, home and community. The successful 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 MonthTM. The following steps are to be used as cess of planning and implementing a successful program.

e school community achers, child nutrition staff, administrators, school board members, school staff, troduce Michigan Harvest of the Month™. Engage them and solicit ideas for g the program in their school.

d Nutrition Staff

Insufficient staff is staff to discuss featuring Michigan Harvest of the MonthTM produce during ation on the featured produce, please refer to page 3 of this guide. Determine orders and delivery of the materials to the classroom along with the Fresh Fruit ack.

of the Month™ resources

6

or are month - resources specific materials and resources needed for participating schools. These urce Packets and cafeteria posters (see page 6-9 for a description of the is available that allows you to order your materials based on specific featured se may be submitted to the Michigan Fitness Foundation via email at ss.org or via fax to 517-347-8145. Expect delivery 2–3 weeks after placing an

other staff

all teachers and others who will use the materials. Share the Teacher Checklist se of Michigan Harvest of the Month™ in their classroom.

est of the MonthTM materials and resources ers and child nutrition staff. Additional training videos, instructions, etc. are r website at www.michigannutritionnetwork.org/harvest-of-the-month.

and solicit feedback at staff and parent meetings to continue the promotion of and support of onth™. Solicit feedback on successes and problems, as well as ideas for



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FFVP Administrators

Harvest	MICHIGAN HARVEST OF THE MONTH MATERIALS ORDER FORM
of the	Date Needed by:
	School/Organization Name :
Month	Contact Person:
Michigan Nutrition Networks Michigan Fitness Foundation	Shipping Address:
	City, State, Zip:
	Contact Phone:
	Contact Email:
	Do you have a loading dock? Yes No
	Special Shipping Instructions:
	Special Shipping Instructions: How will these materials be used?
	How will these materials be used? Order Completed By:
	How will these materials be used? Order Completed By:
	How will these materials be used? Order Completed By:

STRATEGIES TO INVOLVE SCHOOL STAFF Include teachers, school nurses, librarians, physical education teachers and specialists, life skills and foods/ nutrition staff as well as afterschool program staff. . Discuss possible ways to promote Michigan Harvest of the Month™ on the school campus (nurses' office, library, gymnasium, computer lab, etc.). · Distribute the Teacher Resource Packet (see p. 7 for details) to all of the classroom teachers containing the materials and encourage them to adapt the lessons and activities for their purposes. · Solicit ideas for involvement in staff development and in-service training opportunities. · Invite school staff to participate by offering taste tests as part of their work with students. · Discuss the challenges in promoting healthy food choices and physical activity. · Invite them to implement other activities (e.g., if the school has a garden, discuss ways to engage students in garden-based nutrition education). STRATEGIES TO INVOLVE STUDENTS Schedule meetings with student leaders (e.g., student councils/governments, school health councils, student nutrition advisory committees) and other students to introduce them to Michigan Harvest of the Month™ · Solicit ideas on how to best implement the program on school campus · Engage students in the opportunity to make a difference in their schools by expressing their ideas and having them work with the appropriate adult to implement them. · Encourage students to involve their teachers and child nutrition staff to implement changes in the school environment, such as: - increasing availability of fruits and vegetables in the cafeterias (e.g., salad bar), vending machines and snack bars - starting or maintaining a school garden - improving access to school grounds and/or increasing opportunities for more physical activity STRATEGIES TO INVOLVE PARENTS Parents are key in implementing a successful program because they make the food purchase decisions at home. · Conduct parent workshop sessions at Back to School Nights and other parent meetings. · Emphasize the link between nutrition, physical activity, improved academic performance and classroom behavior. Use the recipes in Michigan Harvest of the Month[™] to offer taste testings at events where families are present in the building to showcase the meals you serve to their children.

- Invite parents to share their experiences and skills in gardening or food preparation and their ideas for family
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- Invite parents to volunteer in the classroom on taste testing days.

GAINING SUPPORT

· Provide them with the family newsletters. Encourage parents to share these with friends and neighbors.

BARABARA ARABARA SARA .

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School Administrators

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 an 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 memb students and parents to introduce Michigan Harvest of the Month™. Engage them and so 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 MonthTM pro the school year. For information on the featured produce, please refer to page 3 of this gu the logistics for classroom orders and delivery of the materials to the classroom along wi and Vegetable Program snack.

3. Order Michigan Harvest of the Month™ resources

Determine the quantity of specific materials and resources needed for participating school include the Teacher Resource Packets and cafeteria posters (see page 6-9 for a descript materials). An order form is available that allows you to order your materials based on spe fruits and vegetables. These may be submitted to the Michigan Fitness Foundation via er resources@michiganfitness.org or via fax to 517-347-8145. Expect delivery 2-3 weeks a order

4. Introduce teachers and other staff

Provide an orientation for all teachers and others who will use the materials. Share the Te 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, instruct available for viewing on our website at www.michigannutritionnetwork.org/harvest-of-the-

6. Provide ongoing support and solicit feedback Present updates regularly at staff and parent meetings to continue the promotion of and s Michigan Harvest of the Month™. Solicit feedback on successes and problems, as well a improvement.





MICHIGAN ECCLUSION OF

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

School Announcements

- 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



TO INVOLVE STUDENTS eetings with student leaders (e.g., student councils/governments, school health councils, student risory committees) and other students to introduce them to Michigan Harvest of the Month™

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TO INVOLVE PARENTS

n implementing a successful program because they make the food purchase decisions at home. rent workshop sessions at Back to School Nights and other parent meetings. the link between nutrition, physical activity, improved academic performance and classroom

pes in Michigan Harvest of the Month™ to offer taste testings at events where families are

e building to showcase the meals you serve to their children.

ts to share their experiences and skills in gardening or food preparation and their ideas for family ivity. Parents can even share these experiences and ideas in the classroom.

ts to volunteer in the classroom on taste testing days.





Include teachers, school nurses, librarians, physical education teachers and specialists, life skills and foods/ nutrition staff as well as afterschool program staff. · Discuss possible ways to promote Michigan Harvest of the Month™ on the school campus (nurses' office,

library, gymnasium, computer lab, etc.). · Distribute the Teacher Resource Packet (see p. 7 for details) to all of the classroom teachers containing the materials and encourage them to adapt the lessons and activities for their purposes. · Solicit ideas for involvement in staff development and in-service training opportunities.

GAINING SUPPORT

STRATEGIES TO INVOLVE SCHOOL STAFF

ased nutrition education).

arves

Educators

umay also write a latter containing all of the uture, Director, Office of Adjudication, 1400 dividuals who are deal, hand of heating, or has vice at (200) 017-0339 or (300) 045-5138 (n

Michigan Harvest of the Mohgan Filress Foundation	MICHIGAN HARVEST OF THE MONTH TM MATERIALS ORDER FORM		Michigan Harves Best Practices Ed School: Thank you for participating in the Michigan Harvest off crop history and is one of the largest growers of produce to motivate and empower students to increase their cons and vegetables and to engage them in physical activity = skill-hased strategies for students that are standardined, Your participation in the program ensures students will i Inclusion strategies for students that are students will be the student of the student of the student of the student physical constraints and the student for generating started and be your classroom based on practice-based uncreases in the Research and Get Set activities core in dy one at the beg- monthly and the Schoel Building Leaders activities are the month as each item is completed. Researce Links:	lucator Checklist	verall goal of MiHOTM is a variety of colorful flutius provide knowledge- and ad convenient. skills they need to succeed! in the MiHOTM program in the fund results. Get The Ge activities occur this checklist to mark off	arvest of the	
	Do you have a loading dock? Yes No		http://www.michigamutritionnetwork.org/horvest-of-the http://www.michigamutritionnetwork.org/fresh-fruit-an-		Best Practice		
	Special Shipping Instructions: How will thes Horvest Wichigan Horvest With the stability of the Month ^w failures ready logic bolts and with the stability of the Month ^w failures ready logic bolts with the stabili	In materials that give students hands-on opportunities ariety of fruits and vegetables as well as being	GET READY	Frequency August September October Nervenber	GO 1. Baview materials in MHOTM teacher resource packet the fastrand produce:		August
	of whether the earning process and building their skills in accurate the second process and building their skills in accurate the second process and building their skills in accurate the second process and building their skills in accurate the second process and building the skills in accurate the skills i	mote change in eating behaviors by engaging ressing information, analyzing influences,	Refer to the <u>wohsin</u> to stry connected about MiHOTM training opportunities. Participate in a MiHOTM teacher training for your site conducted by the Michigan Fitness Foundation.	Once	Educator Neuraletter Family Neuraletter 2. Collect copy of school mem(s) for the current month.	Monthly Monthly	
	Order Comple	classroom, hallway, playground, and cafeteria. Work ad the messages throughout your school and district.	conducted by the Michigan Fitness Foundation. 3. Read the <u>Tuncher Letter</u> about the MiHOTM program.	Once	 Distribute Family Neurletter to parents. Schedule and conduct activities from the MiHOTM Ed Neurletter. 	Monthly meator Monthly	
	Signature: Bcience Blandards.		4. Review the MilHOTM Child Nutrition Director Guide.	Once	a. Offer at least one Taste Testing of the featured pro		
	Your Chicacor Newselters Chicacor Newselters Ch	en-ended study by students.	 Connect with the Child Nutrition Director for your school building to use what MENOTM produce is being offered. GET SET Identify when, here, and from whom you will receive the MEHOTM resources. 	Once	b. Distribute and discuss Nutrition Facts label. c. Discuss Rescons to Est d. Distribute and discuss Botnical Image. select and assign appropriate Studient Startin quant (Answers in MATTOR Workber resource packet)	Monthly	
	Return this form v resources@michg SNAP-Ed Project	nation; healthy eating r selecting, storing and amily Newcletters to	 Display MiHOTM poster(s) in the classroom and cafeteria to reinforce messaging. Distribute MiHOTM mini-posters for students to take home 	Once	Other Educator Newsletter Activities to Consid f. School Garden	Monthly	
	processing and st your elaceroom and cateteria.		to introduce their families to the program.	Once	g. Cooking in Class (using recipe in MiHOTM Educe Neuralemer).	Monthly	
	Nutrition Facts Labels	nts how to read food labels.	MHOTM activities to see how they align to educational standards.	Once	 Cafateria Connections (may include tasta tests of a item) Encourage students to find featured produce and 	Monthly	+
	8 8 9 10 canical images:	4-1-13			MiHOTM promotional materials and signage in ca j. Engage child matrition staff to participate in classro activities using mean slicks	feteria 2010 Monthly	
	Familiarize students with different plant parts the "How Does it Grow?" activity in the Educator	s that we eat by extending			k. Student Advocates	As	
		at provides you with all of the Educator			Other: Review school meals mean with students to identify far produce items.	atured Monthly	
	Newsletter. Use 36	the Student Sleuth activity within the Educator tudent Sleuth questions to extend your classroom nice the answers here on these pages.			 Perform classroom physical activity energizers (FitBits others) that focus on featured produce. 	The or As seeded	
					School Building Leaders 1. Provide MiHOTM updates at school staff meetings.	Monthly	
	Why Michigan Harvest As educators, parents and members of our comm	munities, we want the best for our			 Consult with school/district lead about activities and/or progress of MiHOTM. 	As seeded	
	students—bit mem to be healthy and more active double the service of the service	e. Studies show that healthy eating mpact on the body and improve the est of the Alonth™ was developed in putrible reduction can have the			 Use available building announcements to reinforce pos- fruit and vegetable messages. 	itive Daily	
MICHIGAN FITNESS foundation	Egent inget—de causeon, cabren, sene				The LD sequences of the finite probability descent relation and the sector shared the sequences of the finite probability descent relation of the sequences of the the sector and the sector sequences of the sector and the sequences of the term of the sector and the sector and the sector and the sector and the term of the sector and the sector and the sector and the sector and the term of the sector and the sector and the sector and the sector and the term of the sector and the sector and the sector and the sector and the term of the sector and the sector and the sector and the sector and the term of the sector and the sector and the sector and the term of the sector and the sector and the sector and the term of the sector and the sector and the sector and the location of the sector and the sector and the sector and the location of the sector and the sector and the location of the sector and the sector and the location of the sector and the location of the term of the term of the location of the sector and the location of the term of the location of the sector and the location of the location of the location of the location of the location of the location of the location of the location of the location of the location of the location of the	a, or cell (500) 032-088 or letter to un by mail at 1 G-7442 or email at programs contact USDA from lance Program (28447) i r at (586) ASK-MICH, 19	22 to request th U.S. Departme prem. Intel e.g.us ugh the Fieders Issues, person his material wa

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MiHOTM Website



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

MICHIGAN FITNESS foundation

http://www.michigannutritionnetwork.org/harvest-of-the-month

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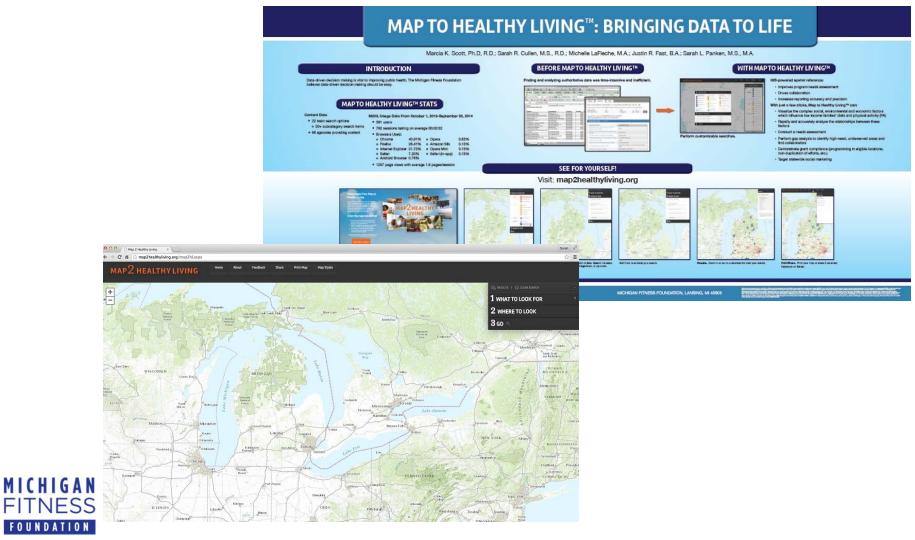
Map 2 Healthy Living™





http://map2healthyliving.org/

Map 2 Healthy LivingTM



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Next Steps

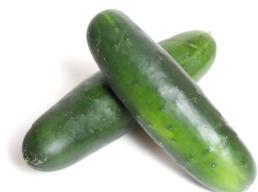
What else do you need?





MiHOTM Evaluation

- Action Plan
 - Set the stage for success
- Training Evaluation
 - Help us improve this training
- Online Surveys (Dec 2015/Apr 2016)
 - How is implementation going? What else do you need to be successful?





MiHOTM Evaluation

- Case Studies
 - Recruit volunteers with multi-disciplinary staff training in implementing MiHOTM
 - FFVP site with SNAP-Ed Nutrition Educator
 - Provide additional TA and support to build capacity
 - Additional nutrition education resources





Training Expectations/ Action Plan



Name:

Thank you for joining our *Michigan Harvest of the Month*[™] training in August 2015! You are participating in a training that is being evaluated for its content and delivery. As such, your time and expertise makes you eligible to receive \$250 compensation if the deliverables below are met in full.

Training Expectations & Deliverables

- Actively participate throughout the training (including the peer-to-peer sharing, real-time feedback, and core activities dialogue); arrive on time and stay until the training ends.
- Complete three post-training electronic evaluation surveys (summer, fall, spring).

Optional activities for using *Michigan Harvest of the Month*[™] in your school will be shared during the training. You will be strongly encouraged to use the MiHOTM activities and materials throughout the school year.

Please provide your contact information and signature, as a check will be mailed to your address after the training.

Address:	 	
Phone:	 	_ Email:

Your signature indicates you will complete the described activities.

MiHOTM Training

August 2015

ACTION PLAN

E-mail:

Job Title:

Instructions: Please print

Your Name:

School Name:

 Whom do you need to connect with to assist with the implementation of MiHOTM at your school? Write down the name and role of potential colleagues you could contact.

Name	Role in MiHOTM Implementation and Support

 Identify a peer from today's training whom you can stay connected with as you begin implementing MiHOTM. Contact this new ally within eight (8) weeks after this training to share strategies, challenges, opportunities, and provide support to each other.

Name	Phone Number	Email
	()	

- As part of my dedication to promoting the health of Michigan's children, I commit to taking the following action(s) through my participation in MiHOTM.
 - Within the next 4 weeks, I will...

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Wrap Up

- Complete and Submit:
 - Evaluation
 - Travel Log
 - Media Release



- Signed SCECH Credit form
- Action Plan
- Signed Training Expectations form
- Check the board for additional raffle prize winners



For More Information

Jamie Rahrig JRahrig@michiganfitness.org







Thank You!

The US Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish).For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the Michigan hotline number at (855) ASK-MICH. This material was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program (SNAP) by way of the State of Michigan and the Michigan Fitness Foundation.

These institutions are equal opportunity providers and employers.

People who need help buying nutritious food for a better diet, call the toll free Michigan Food Assistance Program Hotline: (855) ASK-MICH.





