

Comfortable Cafeterias Peaceful Playgrounds ~ November 2013

Presenter: Dayle Hayes, MS, RD

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Disclosure

- Consultant to **CDC, USDA, Team Nutrition**, multiple state departments of education and health, local school districts and private foundations
- Speakers bureaus, training and material development for agricultural producers groups: state **beef** councils, national/regional **dairy** councils, American **Egg** Board, **Mushroom** Council, Washington **Potato** Commission and Idaho **Barley** Commission
- Advisory councils: **Kellogg's** Breakfast Council
- Brands: **Chobani** and **CLIF** Bar

THANK YOU

Montana Office of Public Instruction

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Welcome to ...

School Nutrition: Montana Team Nutrition

The Montana Team Nutrition Program is the training arm for school nutrition programs and health support for healthier school environments through food service training, nutrition education and implementation of the school wellness policy.

Our priority areas are:

- Nutrition-Rich School Meals and Snacks™
- Farm to School
- Food Safety/HACCP
- Healthy School Award Programs
- Nutrition Education
- Peer Consultant Networks
- School Wellness

Montana Team Nutrition's office is located at Montana State University in the Department of Health and Human Development. This enables staff to easily partner with faculty and other key state partners like Montana State University Extension and the Montana Nutrition and Physical Activity Program.

MT Team Nutrition Program Informational Brochure™

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MONTANA STATE UNIVERSITY

WELCOME TO

Our Comfortable Cafeteria

MacFarlane Park Elementary Magnet School, Tampa, Florida

Creating Comfortable Cafeterias to Improve Child Nutrition

TEAM NUTRITION

Comfortable Cafeterias

How Pleasant and Positive Mealtimes at School Can Set the Stage for Better Learning, Better Behavior, and Improved Health

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TEAM NUTRITION

New Standards =

More Food and More Choices

Lee High School, Lee County, Georgia

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TEAM NUTRITION

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New Standards =

It's not **just** school lunch. It's bigger than that.



IT'S BETTER NUTRITION.



It's Only Nutrition

WHEN they eat or drink it!



Windham-Raymond Schools, Maine
Creating Comfortable Cafeterias to Improve Child Nutrition



More FUEL into Kids

Less Food into the Trash Can!



Today's Webinar

- Describe the behavioral and academic benefits of positive, pleasant mealtimes.
- Discuss the important role of school cafeterias in helping children develop positive eating habits for a lifetime.
- Share tips and resources to make school mealtimes more pleasant for both students and staff.

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So, why should YOU care?

Better Learning



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So, why should YOU care?

Better Behavior



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So, why should YOU care?

Improved Health



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So, what is the best schedule for her?



Bethel School District, Eugene, Oregon



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What is the best schedule for them?



Heritage Middle School, Meridian, Idaho



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OPTIMAL SCHEDULE FOR STUDENTS

- Walk to school
- **BREAKFAST (10-15 minutes)**
- Classroom learning
- Recess before lunch (RBL)
- **LUNCH (15-20 minutes)**
- Classroom learning
- Recess
- After-school snack



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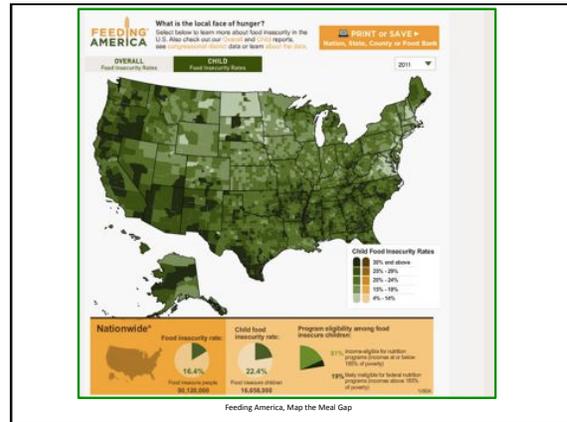
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FOOD SECURITY GAPS



HUNGER IN OUR SCHOOLS

No Kid Hungry, <http://www.nokidhungry.org/back-to-school/>



The Problem

3 in 5 K-8 public school teachers say students regularly come to school hungry.

Here's what more than 1,000 K-8 public school teachers have to say about childhood hunger in our schools:

- 3 out of 5 teachers say they have children in their classrooms who regularly come to school hungry.
- 4 out of 5 of those teachers say these children come to school hungry at least once a week.
- A majority of teachers who see hunger as a problem believe the problem is growing.



The Impact

Three prevalent consequences of hunger in schools:

- Inability to concentrate
- Poor academic performance
- Headaches & stomach aches

FOOD INSECURITY

Too Hungry To Learn

21 MILLION U.S. kids get free or reduced-price school lunch

Only 1/2 of those kids get breakfast, even though they're eligible

TEACHERS AND PRINCIPALS IN AMERICA'S SCHOOLS SEE TOO MANY STUDENTS WHO ARE **TOO HUNGRY TO LEARN**

- 73% OF TEACHERS SAY THEY'VE OBSERVED STUDENTS WHOSE CONCENTRATION IN CLASS DROPS BECAUSE THEY DON'T HAVE FOOD AT HOME.
- 87% OF PRINCIPALS SAY THEY'VE OBSERVED STUDENTS WHOSE ATTENDANCE AT SCHOOL DROPS BECAUSE THEY DON'T HAVE FOOD AT HOME.
- 90% OF EDUCATORS SAY BREAKFAST IS CRITICAL TO ACADEMIC ACHIEVEMENT.

BREAKFAST CAN CHANGE THEIR LIVES

No Kid Hungry, <http://www.nokidhungry.org/back-to-school/>

Comfortable Cafeterias

How Pleasant and Positive Mealtimes at School Can Set the Stage for Better Learning, Better Behavior, and Improved Health




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Who should care about mealtimes in school cafeterias?

- School Food Service Staff
- School Administrators
- Teachers
- Aides
- Students
- Parents
- Coaches
- Communities




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So, what does this look like?

Every school has the opportunity to create and support a Pleasant and Positive Mealtime Environment.



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So, what does this look like?



Gallatin Gateway School, Montana

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Pleasant & Positive Mealtime Environment

- One of best parts of the school day – break from classroom pressures
- Good food in a safe, welcoming atmosphere - showing that schools value the importance of nutrition
- Calm, comfortable tone that allows socialization and conversations
- Unrushed feeling so adults and children have time to enjoy meal



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Sometimes cafeterias are not so inviting

- Students are pressured to eat certain foods or specific amounts.
- Supervising adults are not trained to support healthy eating.
- Students are not allowed to talk or socialize during meals.
- Meals are consumed in a hurry to get outside or back to classroom.



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Pleasant & Positive Mealtime Environment

- A time for students to relax, socialize, and nourish their bodies and minds
- A time to fill critical nutrient gaps and refuel for concentration and focus in the classroom
- A learning laboratory for healthy eating habits and acceptable mealtime behaviors



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Pleasant & Positive Mealtime Environment

- A calm, comfortable cafeteria does not happen by accident.
- Like any other important aspect of an successful school, it requires effective teamwork and communication among administrators, teachers, aides, food service, students, and parents.



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Best Practices for Comfortable Cafeterias



Gallatin Gateway School, Montana
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OPTIMAL SCHEDULE FOR STUDENTS

- Walk to school
- **BREAKFAST (10-15 minutes)**
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- Recess before lunch (RBL)
- **LUNCH (15-20 minutes)**
- Classroom learning
- Recess
- After-school snack



Morning and Afternoon Learning

School Breakfast
Provo, Utah



School Lunch
Houston, Texas



Best Practices for Comfortable Cafeterias

- **Recess Before Lunch**
- **Adequate time to eat lunch**
- **Established Mealtime Philosophy**
- **Adults eating with children**



Recess Before Lunch (RBL)

- **Improved cafeteria atmosphere**
 - Students are more relaxed and focused on eating rather than the playground
- **Less supervision in the cafeteria**
 - Students have improved behavior
- **Fewer classroom discipline issues**
 - Students are calmer when they return to the classroom



Recess Before Lunch (RBL)

- **Increase in classroom time on-task**
 - Students return to the classroom ready to learn
- **Increased milk, vegetable, and entree consumption**
 - Less plate waste, less trash
 - Results in increased nutrients and fluid intake
- **Decreased number of nurse visits for tummy aches after recess**



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Benefits from Recess Before Lunch

The benefits experienced in Montana, Arizona and elsewhere from Recess Before Lunch fit into four categories.

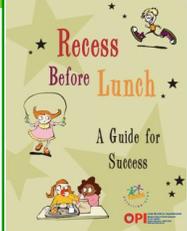
- STUDENTS EAT/ DRINK MORE AT LUNCH**
 - Hungrier when eating
 - Waste less
 - Eat more thoroughly/ slowly
 - Less hunger at end of day
- AFTERNOON BEHAVIOR IS IMPROVED**
 - Settle down to learn faster in initial afternoon period
 - Fewer discipline referrals
- WELLNESS IS IMPROVED**
 - Fewer nurse visits
 - Fewer stomachaches/ headaches
- TEACHERS GAIN 5-6 MINUTES OF INSTRUCTION TIME EACH DAY**
 - Settle faster when returning to classroom
 - Not as sweaty, winded or thirsty



Summary: MORE ATTENTIVE, HAPPIER & HEALTHY STUDENTS

Florida Dairy Farmers, www.floridamilk.com/education/dairy-dollars-for-schools/recess-before-lunch/

Recess Before Lunch (RBL)



- No research basis for recess after lunch, "it's just the way we have always done it."
- Multi-state pilots have all reached same conclusions
- Resources for answering the "difficult" questions about hand washing and what to do with coats

Montana Team Nutrition, Office of Public Instruction
<http://opi.mt.gov/pdf/schoolfood/RBL/RBLGuide2008.pdf>

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Adequate Time to Eat Lunch

At least
15-20 minutes
of
SEAT TIME



Students feel rushed at school lunch

A lack of time for meals leads to overeating, more obesity

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Established Mealtime Philosophy

As recommended by nutrition experts, we suggest that:

Division of Responsibility between Adults and Children at mealtime.

Simply put...

- Adults decide the **what, when, and where** of feeding at school.
- Children decide **whether** they will choose to eat the foods offered and **how much** to eat.

Our School District believes in helping children develop healthy eating habits while at school. We are being open to new methods, supporting meals that are consistent with the recommendations of the OPI's Guide.

We encourage every child to be a healthy role model for children and to enjoy healthy foods and good nutrition. Adults will not pressure, force, or shame a child into consuming any amount of food. Adults will respect a child's right to refuse to eat. Adults will not pressure children to stop eating when they finish to eat.

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- Basis for training all staff who are in the cafeteria
- Simple, direct, easy to follow, consistent messages for children
- Helps children learn life-long skills for a healthy relationship with food.
- Post it in cafeteria, share with parents.

Ellyn Satter Approach

- Kids eat better when they are not pressured.
- Kids eat unpredictably, waste food, and are leery of trying new foods.
- Kids naturally stop eating and drinking when they are full.

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How do kids eat?

- Differently than adults: Cautious about new food and about new people cooking it, esp. in preschool and early elementary
- Learn by repeated exposure and experience with new food (at least 7-10 times)
- Like to be in control of their eating, with supportive adults present, in a pleasant setting, with enough time to eat

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How do kids eat?

- They like choices.
- They want to feel safe with food on their tray, not scared that they will be forced to eat it, pressured to try a bite, etc.
- They listen and respond to their own hunger and satiety cues.
- They need to have plenty of time to eat, at least 15 to 20 minutes of seat time.



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How do kids eat?

- They eat with their eyes first and are not interested in food that is unappealing to them.
- They need limits and guidance on how to respectfully decline food.
- They like to eat and socialize with friends.



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Division of Responsibility in Feeding

- Adults decide the **what, when,** and **where** of feeding at school.
- Children decide **whether they will choose to eat the foods offered** and **how much to eat.**



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Naches Middle School, Naches, Washington

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What's the role of School Nutrition Staff?

- Provide eye-appealing, tasty, colorful, fresh meals in a pleasant environment
 - Decide **what** foods served and how to introduce new foods successfully
 - Decide **when** (timing of meals)
 - Decide **where** (location of meals)
- Help customers feel safe, welcomed, and valued! Model/teach respectful manners.



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Phrases that HELP in School Cafeterias

Phrases that HINDER

- Finish your milk.
- You didn't eat enough of your lunch.

Phrases that HELP

- *Are you still thirsty?*
- *Are you finished with your milk?*
- *Did you get enough to eat today?*
- *Are you finished with your lunch?*



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Phrases that HELP in School Cafeterias

Phrases that HINDER

- Hurry, you only have five more minutes to finish your lunch!

Phrases that HELP

- You have five more minutes to enjoy your lunch.*
- If you are still hungry, fill up your tummies in the next five minutes.*




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Things NOT to do in School Cafeterias

- Force children to eat a minimum amount of food or milk
- Force bribe, or pressure children to try a new food item
- Take it personally if students decline or dislike what was prepared
- Over-ride their bodies' hunger/fullness cues




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Adults Eating with Children

Administrators
Teachers
Aides
Parents
Grandparents
School Board Members




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What's the role of all adults in cafeteria?

- Help customers feel safe, welcomed, and valued! Model/teach respectful manners.
- Let them decide *how much to eat* and *how to make choices* respectfully.
- Teach/model social skills for meals: inside voices, eating etiquette, use of utensils, and gauging time to eat before dismissal.




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http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/MTTeam.html



The screenshot shows the Montana School Nutrition website with a navigation menu and a main content area titled 'School Nutrition: Montana Team Nutrition'. It includes a list of priority areas such as 'Nutrient-Rich School Meals and Snacks', 'Farm to School', 'Food Safety/HACCP', and 'Healthy School Award Programs & Recipes'.

Comfortable Cafeteria VIDEO

**Dr. Kim DeBruckyer, Principal,
 staff, students, and parents
 Gallatin Gateway School talks
 about mealtimes in their
 cafeteria**




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Thank you for visiting

Our Comfortable Cafeteria



Riverside Middle School, Billings, Montana



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