

School Nutrition Association's Keys To Excellence for Nutrition Education

Nutrition Education

KEY ACHIEVEMENT

C2 *School food and nutrition personnel are actively involved in nutrition education at the school level.*

BEST PRACTICE

C2.1 **School food and nutrition personnel provide opportunities to reinforce classroom nutrition education.**

INDICATORS

C2.2.1 The school food and nutrition program recommends and promotes current, science-based nutrition and nutrition education materials.

C2.1.2 Nutrition education materials such as posters, table tents, and bulletin boards are used in the cafeteria and on campus.

C2.1.3 Meals and other foods and beverages served in the school cafeteria reinforce the *Dietary Guidelines for Americans* and other accurate nutrition messages.

C2.1.4 The school food and nutrition program serves as a resource for nutrition activities through kitchen tours, food demonstrations, tasting parties, and/or participating in classroom nutrition education activities.

C2.1.5 Messages about the *Dietary Guidelines for Americans* and the *Food Guide Pyramid* are communicated to parents through various avenues such as presentations at parent meetings, on the school Web site and/or cable TV, and communications printed on take home menus or other school media (newsletters, etc).

C2.1.6 School food service employees participate in wellness activities.