

TEAM START is back with nutrition education for the school day.

Sacramento START afterschool program in partnership with TRUSD Nutrition Services will be Serving Up nutrition education to 1st-3rd grade classrooms at seven elementary schools starting this January. Using USDA's TEAM Nutrition curriculum, Sacramento START Afterschool Site Director's will guest teach three nutrition lessons during the school day. Students will learn about MyPlate, the food groups, benefits of choosing foods from each and important nutrition concepts such as making half your plate fruits and vegetables and 60 minutes of physical activity daily. They also learn about "building a healthy lunch" to include all food groups reinforcing the cafeteria school lunch. The third lesson presents Rethink Your Drink concepts, teaching the students about sugar content in beverages and alternate choices. TEAM Nutrition handouts and worksheets are provided for the students to share the lessons with their parents.



In its second year at TRUSD schools, TEAM Nutrition has been very successful. Teachers and students both learn about nutrition and making healthy food



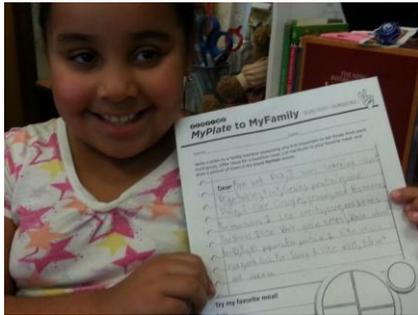
choices through these unique and interactive lessons. This past fall Nutrition Services partnered with Health Education Council and Sacramento State Nursing Program to bring these lessons to non-START schools, reaching 130 1st – 3rd grade classrooms with 3 consecutive lessons district wide. Nutrition Services and Sacramento START Directors appreciate the collaborative nature of the TEAM nutrition partnership. Nutrition Services provides lessons,

materials, training and support and START schedules and provides the lessons. START directors and staff have the opportunity to reach out to the classroom

during the school day to facilitate that important connection between school and after school care. “It is so great to hear your afterschool students proudly state “she teaches my afterschool!” states Danielle Sturgeon START Director Del Paso Elementary. “The TEAM Nutrition program reinforces the nutrition and Healthy Behavior Initiatives we are teaching after school by bringing them into the school day.” Rhonda Patterson, START Program Coach states “START directors and staff also make connections with school teachers and staff and learn valuable teaching and classroom management skills.”



Nutrition Services appreciates the partnership as well not only is nutrition education being brought to the classroom but students learning about healthy foods and making the connections to what is offered for school lunch. “Our meals



are designed with MyPlate guidelines. Students learn that at every school meal they are offered Healthy choices, such as fruits and vegetables to fill up half their tray, low or non-fat milk options and whole grains.” states Lisa Vorce, R.D., Nutritionist TRUSD Nutrition Services. We are very lucky to have such amazing Afterschool Providers who share Nutrition Services mission to support our students to make lifelong healthy eating habits.