

Healthy Eating Action Plan (as of 12.20.10)

Goals: Increase fruit and vegetable consumption, decrease sugar-sweetened beverage consumption and decrease energy dense food consumption

Strategy #3: Ensure that policies at childcare facilities and schools (PK-12) promote healthier foods and beverages, with an emphasis on F+V and water.

Team Leader: TBD

Committee Members: TBD

Target: X number childcare facilities (source: NAP SACC/CACFP) and schools (source: School Health Profile) with policies supportive of healthy foods and beverages.

Priority Activities	Potential Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
Encourage schools and childcare facilities to conduct self-assessments and develop action plans aimed at improvements that they can make in their policies, practices, and/or environments	Dept. of Ed. NE Action for Health Kids (AFHK) Alliance for a Healthier Generation (AFHG) DHHS CPPW (Little Voices for Healthy Choices – NAP SACC) Live Well Omaha Kids (LWOK) (NAP SACC) Lincoln/Lancaster County Health Dept. (NAP SACC) UNL- Extension Head Start	NAP SACC for childcare SHI/Healthy School Builder for schools CSH Model Team Nutrition Schools ID technical advisors for f/u with schools (trained individual from each ESU/LHD) Dept of Ed. may be interested in re-doing school wellness policy workshops Understand if/how Healthy, Hungry Free Kids Act impacts this activity	Fall 2011 (Year 1)	# schools with completed assessment/action plans # child care facilities with completed assessment/action plans # of trained TA providers	TBD

Priority Activities	Potential Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
Identify, track, evaluate and promote partnerships with business, government, and other community organizations to support policy changes that may require additional funds or more cost effective strategies.	NE AFHK Alliance FHG LWOK Local Health Depts. DHHS CPPW NC2/NE Comp.Cancer Control Program	Develop a process to leverage resources with community partners Use NE examples and bring back to CSH and NAPSACC Tie into Strategy #4/Activity #3 Let's Move – effort to connect w/ Summer Food Programs and Organizations	TBD	ID schools successfully partnering	TBD
Encourage child care providers and schools to provide information to parents and staff on the nutrition and feeding policies and practices, including a policy about foods brought from home.	DHHS CPPW NE AFHK NDE-Coordinated School Health Child Licensure UNL- Extension	PTA association Need to better understand how to effectively engage parents and staff Need to understand how to monitor / ensure implementation	TBD	Difficult activity to monitor School Health Profiles indicator Could add to NAP SACC measurement indicators?	TBD
Review, evaluate and communicate child care regulations to ensure that regulations reflect healthier food and beverage standards that are consistent with the 2010 Dietary Guidelines for Americans.	Ad hoc group, including: -Child care licensure -DHHS CPPW -Comp.Cancer Control Program	Form a committee to review, report and share with stakeholders Consider local reviews for district health codes <i>Use: Policy Regulations for Day Care in New York City on the Center TRT website.</i> IOM Recommendations for Childcare – release Fall 2010	Fall 2011		TBD

Strategy #4: Expand curriculum-based strategies and activities that support nutrition standards (including an emphasis on F+V and healthy beverages/water) in childcare facilities and schools (PK-12).

Team Leader: TBD

Committee Members: TBD

Target: X number childcare facilities (source: NAP SACC/CACFP) and schools (source: School Health Profile) with curriculum supportive of nutrition standards.

Priority Activities	Potential Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
Identify, modify and provide training on a curriculum that is integrated with nutrition standards in schools. (NOTE: curriculum should incorporate environmental change concepts that promote healthier foods.)	Dept. of Ed. Curriculum specialists (Family Consumer Sciences and Health Education) NE AFHK UNL-Extension	Need to first understand what are the NE ed. standards for nutrition education – how those are enforced, communicated to teachers, and who approves changes/additions Need a definition for “curriculum” - core vs other HECAT Curriculum specialists in Dept. of Ed: Family Consumer Sciences and Health Education Head Start Curriculum requirements After-School (21 st Learning Centers) UNL Extension - School Enrichment Kits UNL Extension – 5, 4, 3, 2, 1 Go! New curriculum	TBD	NE Wellness Policy Builder (part 2) and School Health Profiles Pre-K (Head Start), Elem, Mid and HS	TBD

Priority Activities	Potential Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
Engage parents in the nutrition curriculum taught so that they can reinforce healthy eating practices at home.	CPPW Childcare Project NE AFHK Head Start	Parent Teacher Association (PTA) Curriculum trainings (above activity) Need to better understand how to effectively engage parents and staff (e.g. Head Start models for parent education) Need to understand how to monitor / ensure implementation	TBD	Difficult activity to measure	TBD
Identify experts (e.g., school food service staff, chefs, culinary instructors, local farmers, dietitians, Master Gardeners, community garden groups, and University Cooperative Extension Service, RDs) who can work with students and/or staff on experiential classes.	University of Nebraska UNL - Extension Nebraska Dietetic Association (NDA)	Good opportunity for students in professional training programs (dietetics, culinary, FCS, etc) as "field experience" Maintenance is KEY and time consuming Consider Dimensions Research/Outdoor Spaces partnership (Lincoln) Junior League of Lincoln, HyVee, and Teach a Kid to Fish: "Kids In The Kitchen"	Fall 2011	Resource list(s) created (Y/N)	TBD
Identify resources to support gardens – local farmers, professionals to encourage links between schools and child care, community garden programs, and local businesses.	UNMC-Center for Human Nutrition UNL - Extension	"How-to-Guide" – linking NE successes and other national models Incorporate: Big Garden, Community CROPS, Local Foods Network, Douglas County Garden Project.	Fall 2011	Resource list(s) created (Y/N)	TBD

Strategy #5: Ensure that children in schools and childcare facilities have affordable, appealing healthy choices in foods and beverages offered outside of the child nutrition program.

Team Leader: TBD

Committee Members: TBD

Target: X number childcare facilities (source: NAP SACC/CACFP) and schools (source: School Health Profile) with environments supportive of healthy foods and beverages.

Priority Activities	Potential Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
Revise and promote strong nutrition standards for competitive foods, including fundraising, a la carte, and food from home, such as those recommended by IOM and HUSSC.	Dept. of Ed - Nutrition Services NE Action for Health Kids (AFHK) Alliance For a Healthier Generation (AFHG)	Use NE AFHK standards as a starting place. Consider how the Healthy Hunger Free Kids Act affects this activity	July 2011	Nutrition standards for competitive foods document revised (Y/N) Promote measure TBD	TBD
Provide training, technical assistance and support to guide the development and maintenance of a healthy food and beverage environment in schools.	Dept. of Ed – Team Nutrition Coordinator NE AFHK Alliance FHG UNL - Extension	Based on the above nutrition standards Describe the process to revise food/beverage contracts Describe how to market healthy foods/beverage to youth Note: include training on the School Wellness Policies, HealthierUS School Challenge, Coordinated School Health, and NAP SACC	Fall 2011	# trainings provided # hours technical assistance provided	TBD

Priority Activities	Potential Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
<p>Revise existing food and beverage contracts so that affordable, healthier food and beverage options are available to students (include work with decision makers to create food and beverage policies that support the contracts).</p>	<p>Dept. of Ed NE AFHK Alliance FHG Schools and childcare facilities</p>	<p>Based on the above Nutrition Standards</p> <p>“How-to-Guide” that describes this process</p> <p>Consider revenue-neutral options</p> <p>Consider whether contract changes at district level or facility level</p>	<p>TBD</p>	<p>Check School Health Profiles; otherwise, develop survey for school food service managers→# contracts that provide healthy food and beverage options</p>	<p>TBD</p>
<p>Adopt youth-appropriate marketing techniques to promote healthful choices (e.g. point-of-decision prompts, signage, etc).</p>	<p>Dept. of Ed NE AFHK Alliance FHG Schools and childcare facilities</p>	<p>How to label/promote foods so that it’s appealing to kids</p> <p>F&V MM</p> <p>NASBE “Assessment of Food and Beverage Advertising in Schools” Tool</p> <p>Disseminate research findings about how to market to youth: Cornell Center for Behavioral Economics in Child Nutrition Programs (e.g. “Smart Lunchroom”)</p> <p>Incorporate into food staff trainings and certification</p>	<p>TBD</p>	<p>Sales data on a sample of schools implementing youth-appropriate marketing techniques</p>	<p>TBD</p>