



PROJECT REFRESH TOOLKIT

TEAM NUTRITION 2010



UNIVERSITY OF
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Project ReFresh Cafeteria Toolkit

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CHILDREN AND ADULTS SHOULD
FILL HALF OF THEIR PLATES
WITH FRUITS AND VEGETABLES.



INTRODUCTION

THE PROJECT REFRESH CAFETERIA TOOLKIT IS A COLLECTION OF RESOURCES TO HELP SCHOOL FOOD SERVICE STAFF, TEACHERS, AND PARENTS SUPPORT CHILDREN'S HEALTHY EATING IN THE SCHOOL CAFETERIA.

While this toolkit was designed for implementation in elementary school cafeterias, many of the ideas work in other settings in which children make decisions about food and with children of various ages.

In order to implement the 2010 Team Nutrition Project ReFresh, each participating Local Educational Agency (LEA) formed a team that reviewed opportunities to improve the school cafeteria's nutrition environment. The team decided how to use environmental cues in the cafeteria to make changes in how children choose their foods and encourage them to make healthy choices. ReFresh teams developed and implemented a plan to enhance the following:

- structuring of choices in the cafeteria environment
- marketing of school meals to students, parents, and teachers
- promotion of healthy foods in the cafeteria
- interactions between cafeteria staff and students
- nutrition education offered in the cafeteria
- student decision-making in the cafeteria.

In addition to the changes made in the cafeteria, Project ReFresh teams integrated nutrition education into fourth and fifth grade classrooms during the 2011-2012 school year. The nutrition education curriculum, ReFresh, can be used in tandem with the Cafeteria Toolkit to enhance children's opportunities for choosing healthy habits.



ALL OF THE COLORS OF FRUITS
AND VEGGIES ARE IMPORTANT
AND GIVE PEOPLE DIFFERENT
NUTRIENTS, SO EAT A COLORFUL
VARIETY OF FRUITS AND
VEGETABLES EVERY DAY.