

Youth Engagement:

Supporting Student Nutrition Action Committees in Creating Healthy Changes in the Lunchroom

May 18, 2017



Welcome!

- Goals for today: By the end of today's training attendees should be able to:
 - Identify the levels of engagement of youth and methods to increase youths' leadership and engagement in activities.
 - Describe a strategy on how to engage and collaborate with community partners on youth engagement activities.
 - Demonstrate how to conduct team building activities with youth to build trusting relationships with adults.
 - Describe activities to conduct with youth that support: selecting an issue to work on, collecting and analyzing data, and action planning for supporting PSE changes in the school cafeteria
 - Locate and describe “how-to” tools that support youth engagement projects in the Smarter Lunchrooms Movement

Introducing the Training Team

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Agenda

- Welcome, Group Agreements, and Breaking the Ice
- Reviewing Different SNAP-Ed Cafeteria Approaches
- Exploring ways to Engage youth in those Approaches
- Increasing Engagement Activity

Expectations, Ground Rules, And Group Agreements A HANDS ON ACTIVITY






SNAP-Ed Cafeteria Approaches

Presented By: MaryAnn Mills

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SNAP-Ed Cafeteria Approaches

- The Smarter Lunchrooms Movement
- School Wellness Policy
- Farm to School



The Smarter Lunchrooms Movement



NUDGING CHILDREN TO EAT HEALTHIER
SMARTERLUNCHROOMS.ORG





So What is the Smarter Lunchrooms Movement?

- Utilizes Behavioral Economics
- Focuses on changing the lunchroom *environment*
- *Nudges* students to make healthy choices
- Provides options
- Focuses on no and low cost changes
- Increases consumption and decreases waste



Choice Architecture vs. Choice Restriction

Choice Architecture

- *Designing the environment or social situation to lead, not force an individual to make a particular choice*

Choice Restriction

- *Eliminating options to force an individual to make a particular choice*



Cold vs. Hot State



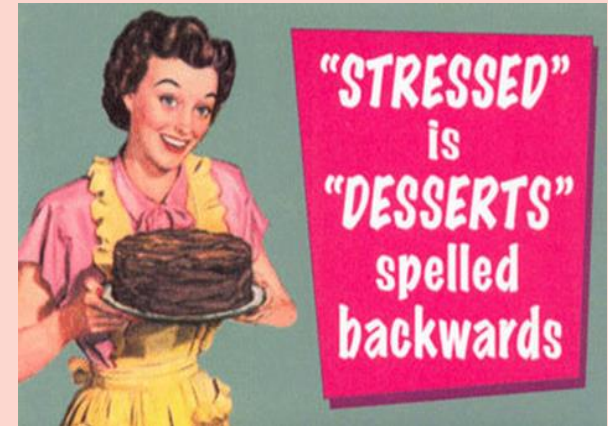
Cold State

We consider:

- Prices
- Health information
- Logic

We buy:

- Smaller portions
- Moderate foods



Hot State

We Consider:

- Taste
- Convenience
- Size
- Visual effect

We buy:

- Bigger

The 6 Basic Smarter Lunchrooms Principles

Based on research concerning various **environmental cues that influence eating behavior**. They are true in school lunchrooms as well as in restaurants, food courts, and even in your home kitchen!

Manage
Portion
Size

Increase
Convenience

Improve
Visibility

Enhance
Taste
Expectations

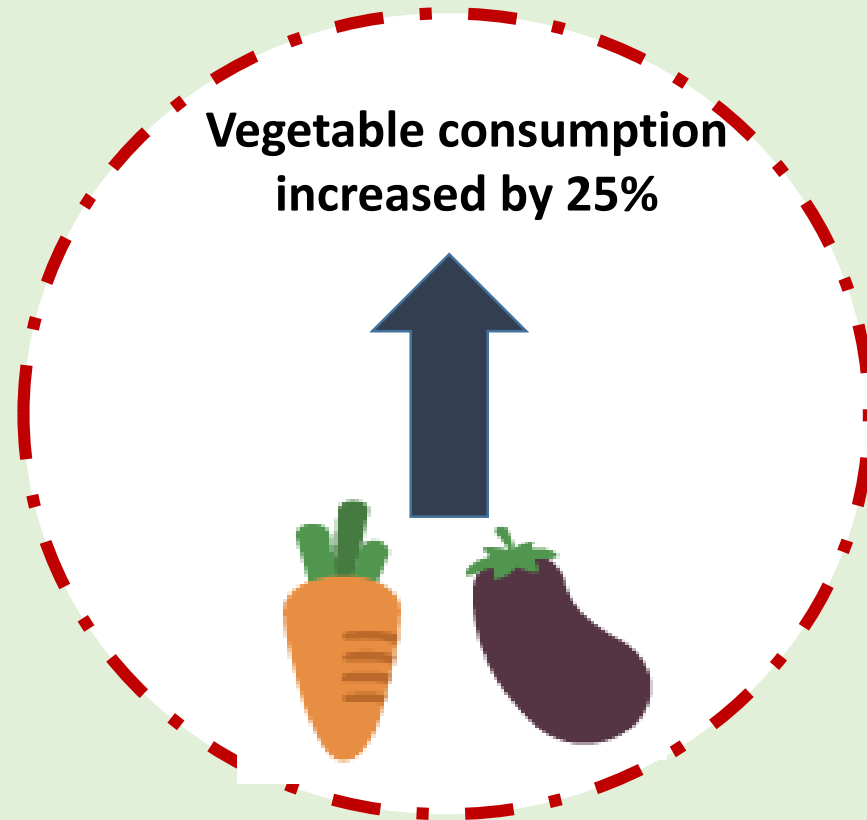
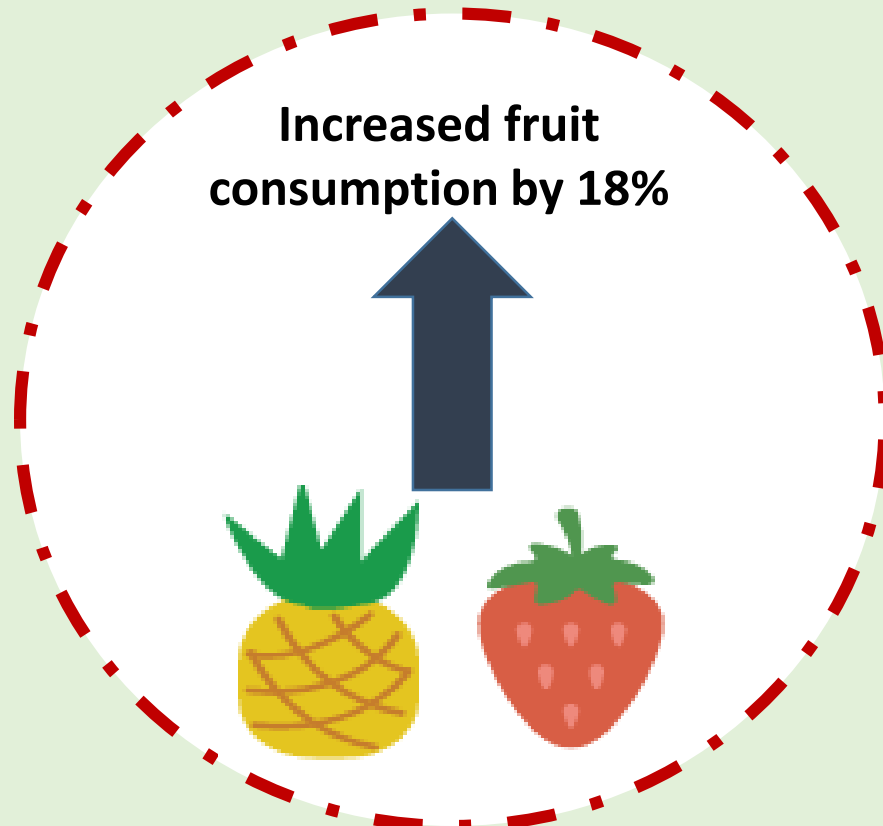
Utilize
Suggestive
Selling

Set Smart
Pricing
Strategies



SLM Strategies in Action

- Putting fruit at all points of sale
- Adding creative names to fruits and vegetables
- Moving the salad bar to a high traffic area



SLM Strategies in Action

- Using cool or appealing labels to describe foods
 - Carrots → X-Ray Vision Carrots → *Doubled* the consumption of carrots
 - Bean Burrito → Big Bad Bean Burrito → Increased burrito consumption by *more than 40%! (It could have been more, but they sold out in the second of three lunch periods!)*



School Wellness Policy

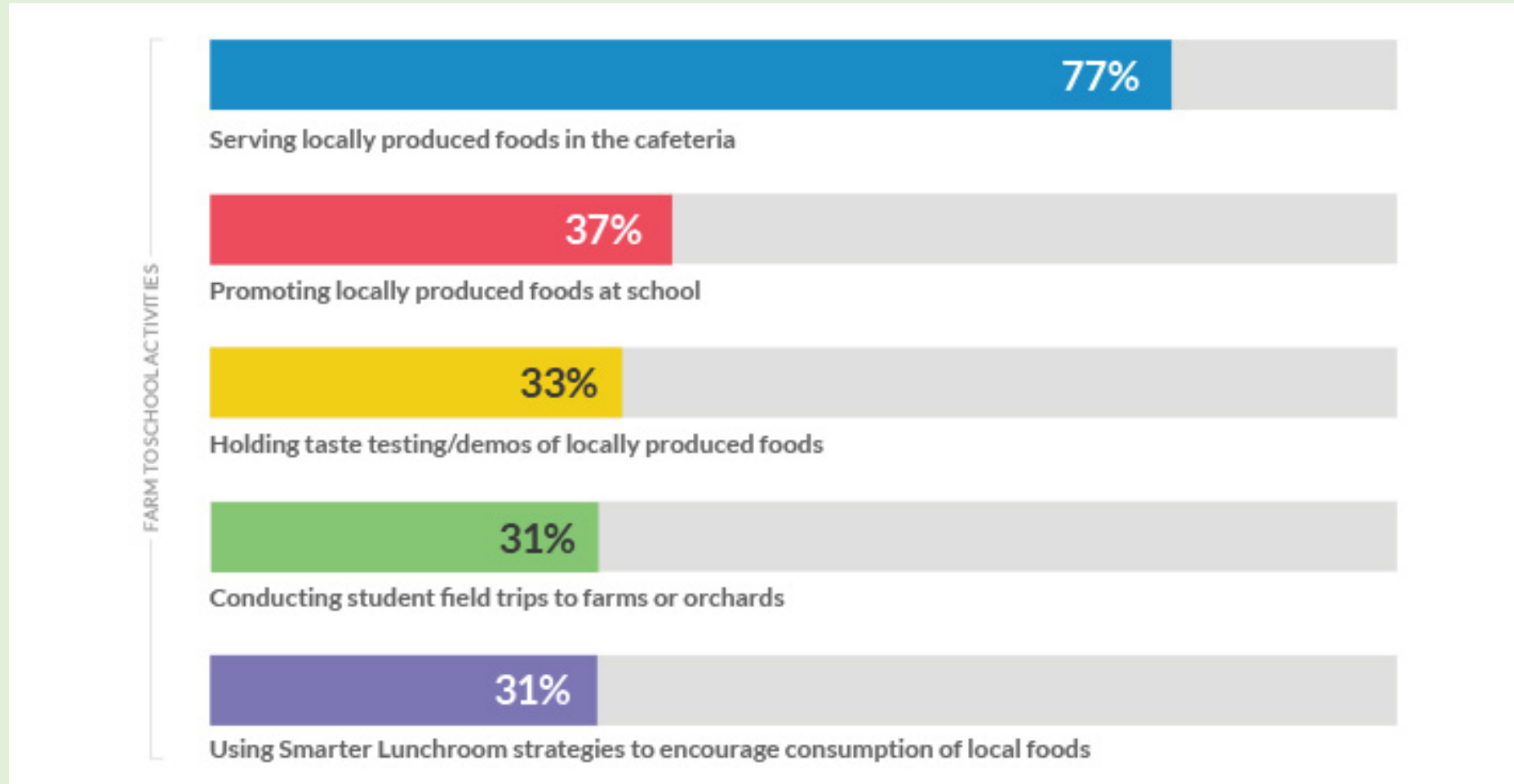
- School Wellness Policy can support and reinforce cafeteria initiatives
- Involve youth in each step of the SWP Process



Farm to School Initiatives



Top Five Most Common Farm to School Activities



Harvest of the Month

- Local produce
- Taste tests in the cafeteria and classroom
- Nutrition education lessons
- Family newsletters



Harvest of the Month

Network for a Healthy California

Health and Learning Success Go Hand-In-Hand

The 2007 CalCHEEPS survey found that less than one out of three California children meet the fruit recommendation for good health and only one in ten eat the recommended cups of vegetables. Increasing students' access to nutrition lessons at school empowers them to make healthy food choices. Use *Harvest of the Month* to encourage healthful behaviors, connect with core curricula, and link the classroom, cafeteria, home, and community.

Exploring California Persimmons: Taste Testing

What You Will Need:

- One ripe Fuyu and Hachiya persimmon per every four students*
- Paper and pencils
- Cutting board and knife

*Refer to *Botanical Facts* on page 2 for information on how to determine ripeness.

Activity:

- Divide class into groups of four and distribute persimmons.
- Observe and feel both varieties of persimmons (whole).
- Cut Fuyus into quarters; as appropriate, scoop Hachiyas.
- Note texture, smell, and taste of each variety.
- Discuss similarities and differences in taste, color, texture, smell, and shape; use descriptive words to explain.
- Determine which variety students prefer and graph results. Share results with school nutrition staff.

For more ideas, reference:
The Power of Choice, USDA, 2003.

Cooking in Class: Persimmon Salad

Makes 36 tastes at 2 tablespoons each

Ingredients*:

- 8 Fuyu persimmons, washed
- 2 Granny Smith apples, washed
- 1 lemon, washed
- 2 small packages honey* (9 grams each)
- 1 tablespoon fresh mint, finely chopped (optional)

1. Core and chop the persimmons and apples into ½" chunks and place in a bowl.
2. Cut the lemon in half and squeeze juice into a small container.
3. Add honey to the lemon juice and mix thoroughly with a whisk.
4. Pour the lemon-honey dressing over the fruit and gently toss until well coated.
5. Place 2 tablespoons of fruit salad in a paper tray.
6. Serve immediately. (If using mint, add just before serving.)

*Do not give honey to children under the age of one.
Nutrition information per serving:
Calories 40, Carbohydrate 8 g, Dietary Fiber 0 g,
Protein 0 g, Total Fat 0 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 53 mg

Adapted from: Tasting Trio Team,
Network for a Healthy California, 2010.



Nutrition Facts

Serving Size: ½ medium persimmon (84g)	
Calories 59	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 0g	
Vitamin A 27%	Calcium 1%
Vitamin C 11%	Iron 1%

PERSIMMONS

Reasons to Eat Persimmons

Half of one medium persimmon provides:

- An excellent source of vitamin A.
- A good source of fiber and vitamin C.
- A source of many antioxidants, including beta-carotene*, lutein, zeaxanthin, and lycopene.

*Learn about beta-carotene on page 2.

Champion Sources of Beta-Carotene*:

- Cantaloupe
- Carrots
- Mango
- Papaya
- Persimmons
- Pumpkin
- Spinach
- Sweet potatoes

*Champion sources provide a rich source of beta-carotene.
For more information, visit:
www.nal.usda.gov/fnic/foodcomp/search/
(NDB No: 09263)



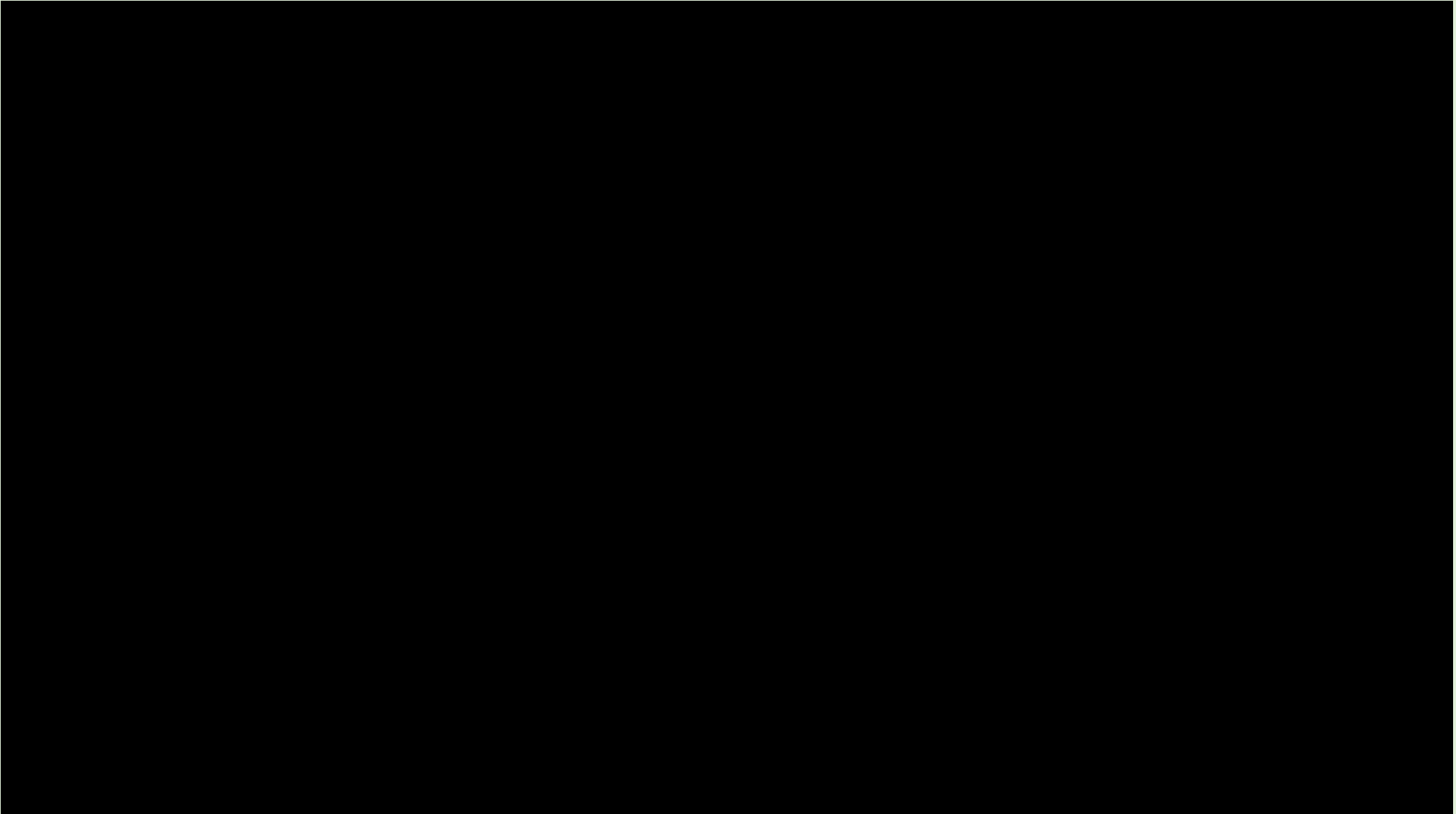
School Gardens

School gardens are especially effective when:

- Linked to classroom curricula and school cafeteria
- Lessons involve opportunities to taste, prepare, or eat garden produce
- Offered together with other school-wide farm to school activities such as taste tests.



Youth Engagement in School Cafeterias



Why Engage Youth???

The Story of the Untouched Salad Bar



What About You?

How are you currently or planning to engage youth in the cafeteria?



Engaging with SLM Assessments & Improvements

Student Nutrition Action Committee (SNAC)

- A group of students formed to inform and implement healthy changes in their school or community
- Students have a meaningful role in discussions, planning and decisions around improving their school.
- Students who join will participate in projects that:
 - ✿ Help improve the school / lunchroom
 - ✿ Research what students want and need
 - ✿ Make a difference at your school
 - ✿ Promote healthy habits
 - ✿ Share student opinions
 - ✿ Become a youth leader

Advancing Engagement with SLM

Establish a Student Nutrition Advisory Committee (SNAC)

- Involve student group in creating fun names and descriptions for menu items.
- Involve student group in creating artwork to promote menu items.

- ★ Explain to the student group the goal of promoting specific items on the menu.
- ★ Ask the student group for suggestions of how as a group they (& you) could promote these items to their peers.
- ★ Discuss realistic options, limitations, and any permission needed.
- ★ Assist the student group with completing their agreed upon idea.

Advancing Engagement with SLM

- Complete the Lunchroom Observation



- ★ Explain the Lunchroom Observation to the student group
 - ★ What you are looking for generally
 - ★ What is the purpose
- ★ Invite students to help Observe a Specific topic
 - ★ Observe/ Tally waist
 - ★ Flow of the lunch line
 - ★ Other (age appropriate) topic
- ★ Debrief
 - ★ Share what you observed
 - ★ Ask youth what they observed

Advancing Engagement with SLM

- Ask a few students for feedback about their lunchroom



- ★ Share with the student group a list of questions you might want answered by students about their lunchroom
- ★ Ask the students to agree on 3-5 questions they could ask their peers
- ★ Ask them if there are any other questions that would be good to ask
- ★ Use the agreed upon questions to create an interview for the student group to administer to their peers
- ★ Debrief the activity and allow the group to share results.

Advancing Engagement with SLM



- Take Photos of the lunchroom on observation day
 - Remember to get photos from the height and perspective of the students

- ★ Explain the Lunchroom Observation to the student group
 - ★ What are you looking for generally
 - ★ What is the purpose
- ★ Invite students to take photos of the lunchroom during the observation.
- ★ Give the students a checklist of photos to take and remind them to avoid people's faces
- ★ Debrief
 - ★ Share what you observed
 - ★ Ask youth what they observed

YPAR Projects



What is **YPAR**?

Youth-Led Participatory Action Research

An inquiry process that includes critical thinking, information gathering, analysis and logical problem solving while building networks and strengthening authentic voice to address an issue.

This framework leads to authentic and meaningful partnerships between youth and adults.

The Process

YOUTH Identify an issue or problem

YOUTH Define what they know about it

YOUTH Identify what additional information is needed to understand it

YOUTH Determine a research method and develop an approach for collecting data and then work as a team to accomplish it

YOUTH Use the information for education, action and community change

Local School Wellness Committee



Bring Youth Voice to the Table

- Welcome students to participate and engage with the Local School Wellness Policy Committee as contributing equal voice members.
- Support a student body sub-committee to research solutions and recommendation and bring to the larger committee.
- Engage students in the assessment, promotion and implementation of Local School Wellness Policy.



Peer to Peer Education Model

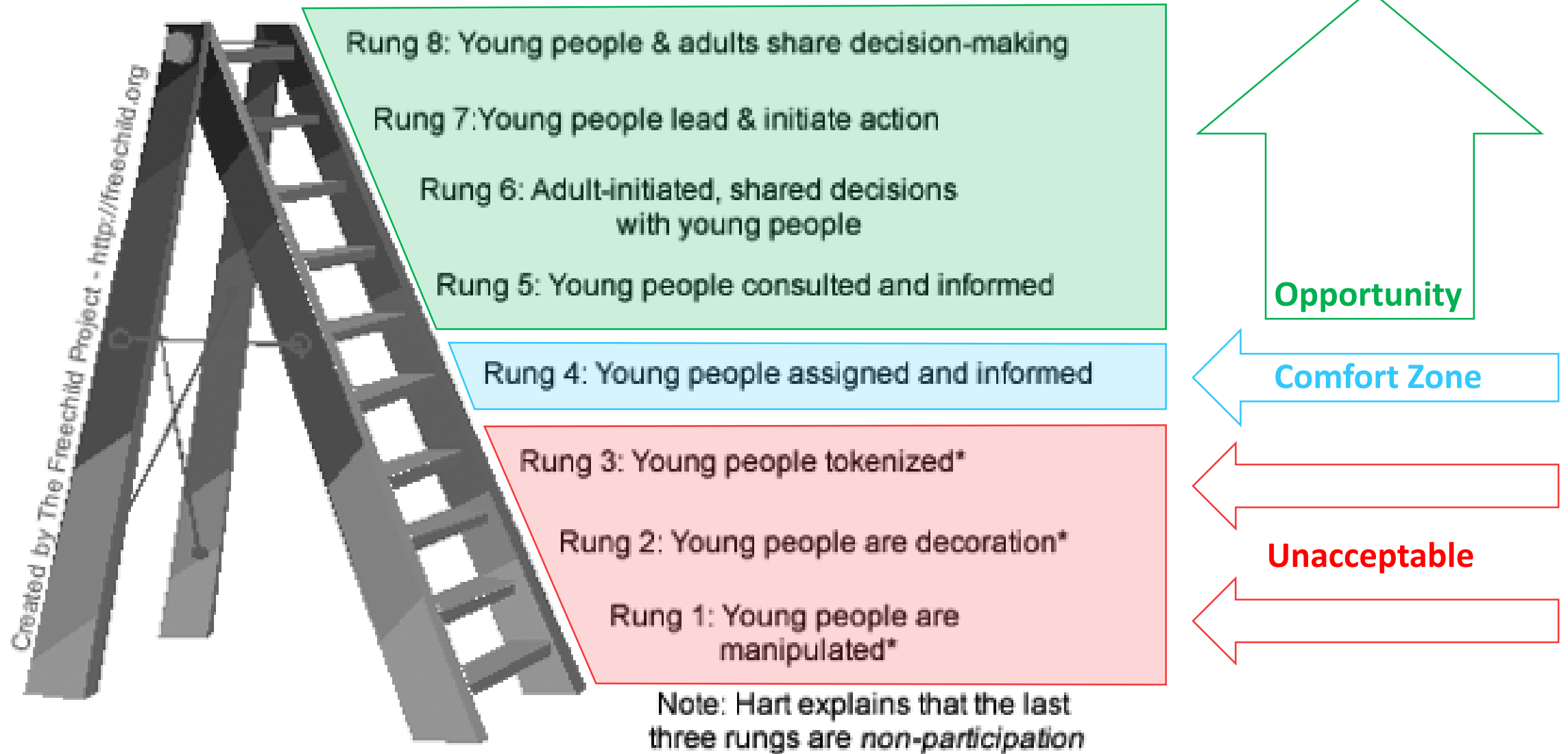
Teens as Teachers

- Empower youth to lead teaching others.
- Create opportunity for reflection and suggestions for improving programs.
- Support expanding from teaching younger youth to teaching peers and even teaching adults.



BREAK TIME

Roger Hart's Ladder of Young People's Participation



Group Activity



1. Identify a program you are currently working on or planning with a group of youth
2. What rung of Hart's Ladder is this program currently functioning at?

3. What power over decisions do young people have in relation to this program?
4. What power over decisions do you have in relation to this program?
5. What leadership opportunities do youth currently have in this program?

6. What power over decisions can you share with the youth?

7. What leadership opportunities could be available for youth in this program?

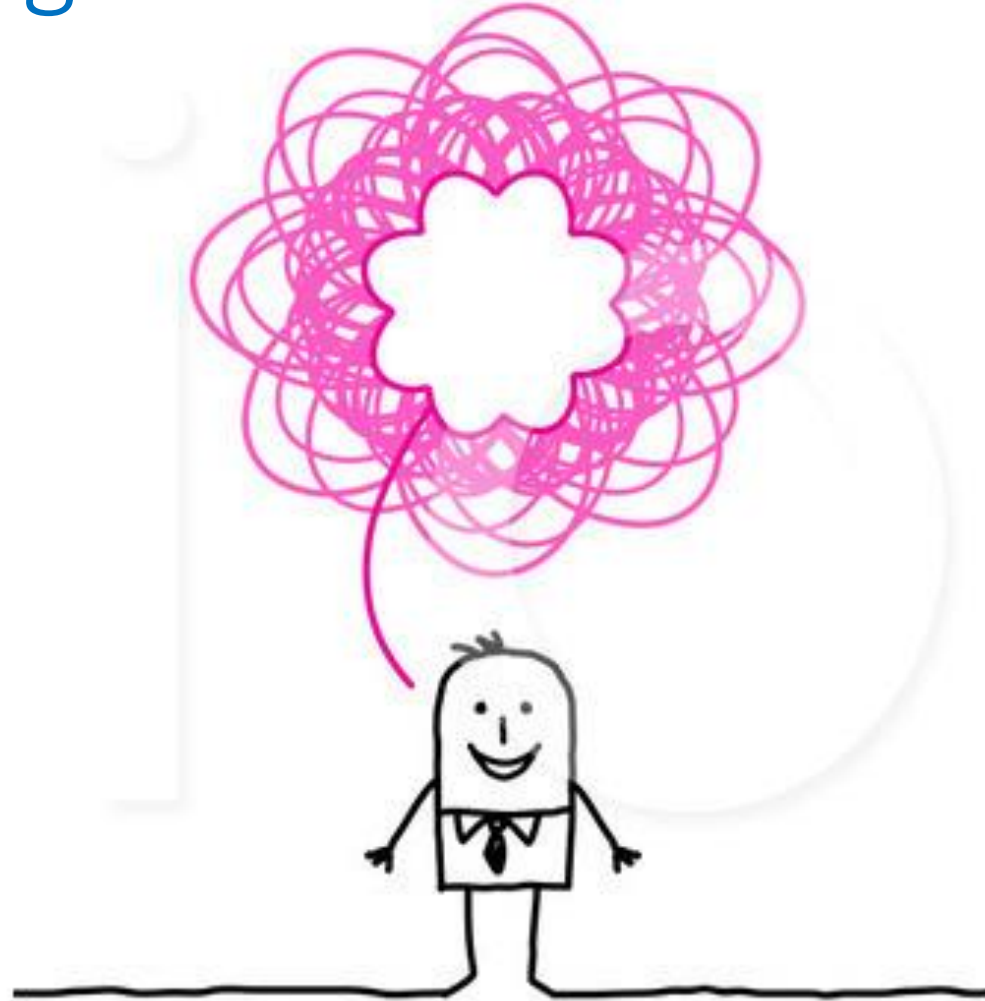
8. What do you have to do to allow youth to have this power over decisions for this program?

9. What do you have to do to support young people to take on this leadership in this program?

10. If these changes are made, what rung of Hart's Ladder will this program function at?



Closing Thoughts



Thank you

- An evaluation will be emailed to you. Please take a few minutes to provide your feedback.
- Your feedback will be used to improve future trainings.



Stay in Touch With the Training Team

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UP NEXT

1:00 PM

Supporting Youth Use of Data and Mapping for Community Change