

Everything You Need to Know about School Meals and Academic Achievement ... in 45 Minutes or Less
MASB ~ November 2011



Thank You

UDIM
UNITED DAIRY INDUSTRY OF MICHIGAN

UDIM is the umbrella organization for the American Dairy Association and Dairy Council of Michigan. These non-profit organizations provide dairy product promotion and nutrition education services on behalf of funding members.

Everything You Need to Know about


School Meals and Student Achievement

...
Dayle Hayes, MS, RD

Everything You Need to Know

... in 45 minutes or less.

Dayle Hayes, MS, RD



Nutrition for the Future

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Recent Presentations

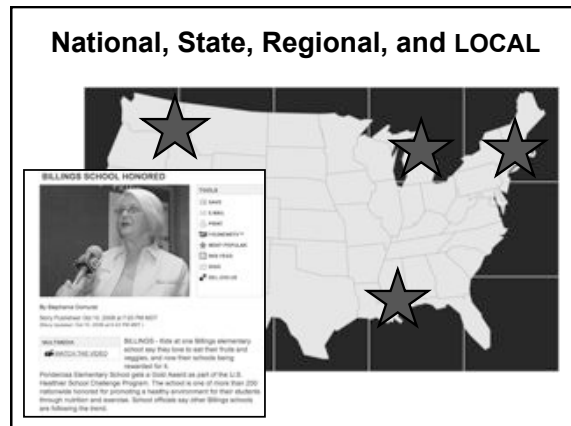
Real Solutions: FAMILY PRE-SCHOOL SCHOOLS COMMUNITY HEALTH CARE INDIA

Nutrition for the Future.org

School Meals That Rock



National, State, Regional, and LOCAL



BILLINGS SCHOOL HONORED

Billings Elementary School was honored as a 2011 National School Lunch Program (NSLP) School of Excellence. The school is one of only 200 schools nationwide for providing a healthy environment for their students through nutrition and exercise. School officials say other Billings schools are following the lead.

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“There is no greater insight into the future than recognizing when we save our children, we save ourselves.”


Margaret Mead

Everything You Need to Know



1. School meals improve performance.
2. Increasing participation in school meals helps district's bottom line.
3. Best practices in school meals link your schools and the community.

Fit, Well-Nourished, and Ready to Succeed





Nutrition + Activity

Health Issues

Overweight
Overfed

Undernourished

Sedentary
Diabetes (type 2)
CVD Risk Factors
Disordered Eating




Academic Issues

Overweight
Overfed

Undernourished

Sedentary
Diabetes (type 2)
CVD Risk Factors
Disordered Eating


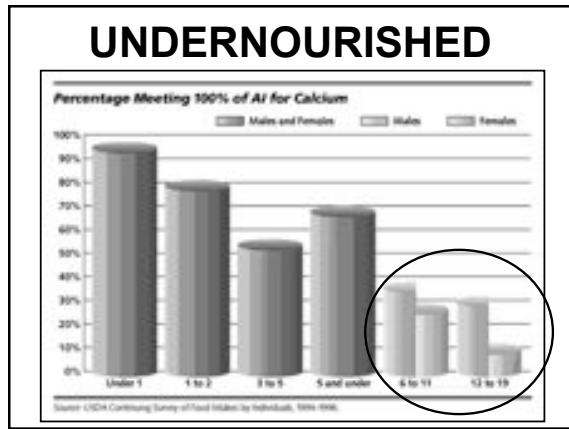
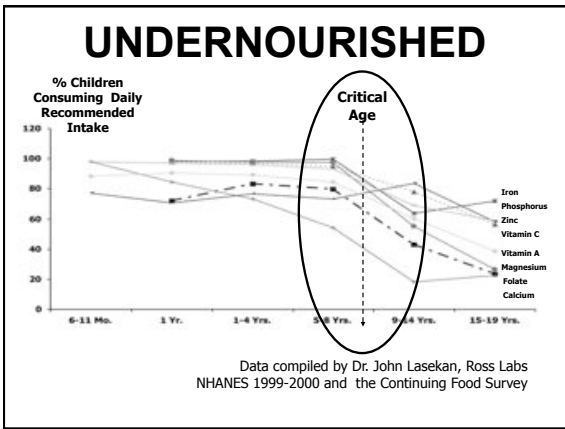
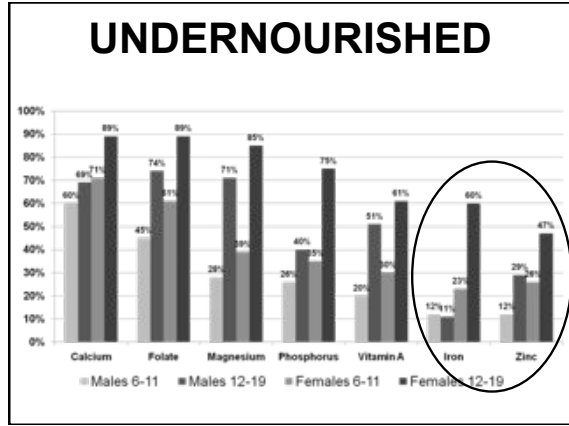


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UNDERNOURISHED


2010 Dietary Guidelines for Americans
SHORTFALL NUTRIENTS
 For children, especially teens

VITAMINS A, C, D, and E
MAGNESIUM, PHOSPHORUS,
POTASSIUM, CALCIUM,
and DIETARY FIBER





UNDERNOURISHED

When kids miss out on key food groups or nutrients, it deprives them of essential nutrients they need for optimal learning.



It is not just what you take **OUT** of schools ... it's also what you put **IN**.



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(Misplaced) Concerns About Flavored Milk

- Has a negative impact on children's overall diet quality, esp. added sugars intake
- Contributes to obesity

ENVIRON Study

JADA April 2008

Children who drink flavored milk:

- ✓ Have comparable or lower BMIs.
- ✓ Consume more nutrients.
- ✓ Do not consume more sugar.

Ca
Protein
D
B₁₂
A
B₆
B₂
B₅
P
Mg
K
Zn
CLA
Niacin
Folate
Sphingolipids

Ca
Protein
D
B₁₂
A
B₆
B₂
B₅
P
Mg
K
Zn
CLA
Niacin
Folate
Sphingolipids

Tollgate Elementary

Daily Milk Consumption (cartons) per student at Tollgate Elementary School

Month	Daily Milk Consumption (cartons)
AUG	0.80
SEP	0.70
OCT	0.65
NOV	0.60
DEC	0.55
JAN	0.50
FEB	0.45
MAR	0.45
APR	0.45
MAY	0.45

- Tollgate Elementary milk consumption fell by **48%**.
- There was speculation that students would compensate by drinking white milk.
- **However, based upon monthly milk consumption patterns at Tollgate, white milk consumption never exhibited a rising trend.**

REPLACING MILK'S NUTRENTS? BETTER GRAB A BIGGER TRAY

If flavors aren't available and students choose orange juice fortified with calcium and vitamin D instead of white milk, you would still need to replace the remaining missing nutrients by ADDING: 1/2 cup of dried cranberries, 100g of apple with skin and 1/2 cup of cooked baked beans. That would add 171 more calories than drinking chocolate milk.

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#1: Everything You Need to Know

School meals improve performance.



"Well-nourished children tend to be better students, while poorly nourished children tend to have poorer academic performance."

"Food Insecurity" and Academic Performance

5,000 6-11 and 12-16 year-olds

- Significantly lower math test scores
- 1.44 times more likely to repeat a grade
- 1.89 times more likely see a psychologist
- More difficulty with peer interaction
- Teens more likely to be suspended

Alaimo K, et al. *Pediatrics*. 2001;108(1):44-53.

Nova Scotia Literary Assessment and Diet



The Basics ...

- 5,200 5th graders
- Compared diet quality to test scores
- Divided kids into thirds based on diet quality

Compared to the bottom third of diet scores...

- Middle third 26% less likely to fail
- Top third 41% less likely to fail

Florence MD, et al. *J Sch Health*. 2008;78(4):209-15; 239-41.

Breakfast = Better Nutrition and Healthier Weights

- Children who have breakfast at school eat more fruit, drink more milk, and eat a wider variety of food.
- Better nutrient intakes than skippers
 - More nutrients, vitamins, and minerals (calcium, fiber, folate and protein)
- Breakfast eaters are significantly less likely to be overweight



Breakfast = Achievement

Fewer mistakes and faster work in math and number checking

Improved test results, memory and verbal skills



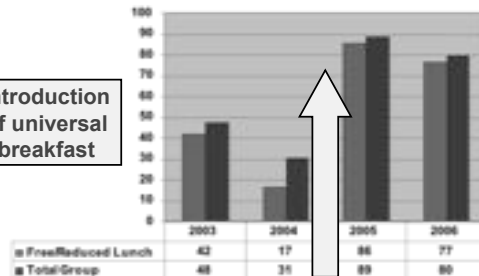
Improvement on mental tasks and reaction to frustration

Improved speed and memory on cognitive tests

Breakfast = Achievement

Arp Elementary **MATH**, Cheyenne, WY

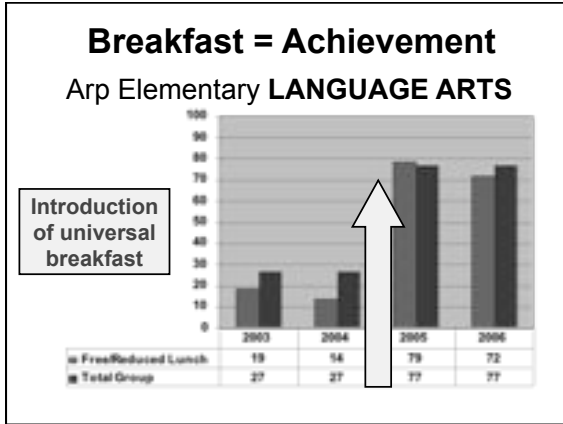
Introduction of universal breakfast



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Breakfast = Achievement

Breakfast in the classroom

Apt Elementary principal Janet Materi

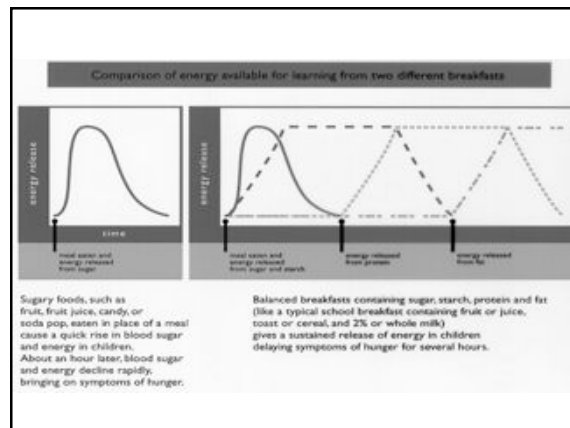
- First 10 minutes of day breakfast served in classroom – without charge to all students
- 90% participate, more than twice as many students are eating breakfast at school
- Fewer students tardy or absent
- More settling down to work
- Fewer visits to the nurses office
- Fewer disciplinary actions
- Increased student time on task
- More schools wanting the program

Breakfast = Better Behavior

Decreased behavioral and psychological problems

Fewer discipline problems and school nurses' visits

Lower rates of absence and tardiness



All Meals Need Marketing

MARKETING is essential to build awareness, interest, and participation.

#2: Everything You Need to Know

Increasing participation in school meals helps district's bottom line.

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Increasing Participation

Smart Choices in Hard Times
Strategies for States, Communities, and Advocates to Reduce Hunger, Stimulate the Economy, and Sustain Recovery

Section Six
Increasing Participation by Low-income Children in the School Breakfast and Lunch Programs

Like the SNAP/Feed Stamp Program, school nutrition programs are especially valuable to states in challenging economic times because of their entitlement structure. They are not limited by food appropriations or food numbers of participants but instead are able to grow with the increased need. When people are laid off or face reduced wages, they can apply for school meals and receive immediate help. Schools can add more eligible children without any new federal or state appropriations or legislation.

Increasing participation in school meal programs helps children, families, schools and communities. It helps ensure that students, especially low-income children, eat nutritious meals and begin each school day ready to learn. It helps families stretch their limited food budgets. And federal funds for school meals support schools and communities with growing resources over an states face budget cuts in other programs and services.

Food Research and Action Center

Increasing Breakfast



2008-2010 Michigan School Breakfast Challenge
Breakfast Challenge
Congratulations To All Winners!

100,000+ School Breakfast Challenge
Results: Nearly 12 million more breakfasts served to Michigan students.

Research confirms that eating breakfast...
FOSTERS attentiveness and achievement
IMPROVES children's ability to learn
REDUCES behavioral problems
ENHANCES children's diets
HELPS reduce obesity

The competition may be over, but the challenge continues...
Encourage your students to eat breakfast, not just on test days, but every day!

Michigan Department of Education | UDM

Funding Issues

- School breakfast reduces tardiness & may increase Average Daily Attendance (ADA)
Increases ADA-related funding
- Increasing school meal participation can decrease per-meal costs - keeping direct costs (labor, equipment, etc.) relatively stable.
Increases per-meal "profit margin" to ensure fiscally-secure and high quality school nutrition programs.

#3: Everything You Need to Know

Best practices in school meals link your schools and the community.

Raising Successful Children



Family

School

Community

Michigan Farm-to-School




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Muskegon County Schools



21 News Release
Muskegon County Schools attempt World Record Attempt- Eating the Most Michigan Apples at One Time
FOR IMMEDIATE RELEASE - September 22, 2011
 Contact: Dan Gorman (734) 424-4100 or (214) 464-1000
Muskegon County Schools attempt to set world record "Most people eating apples at one time."

WHAT: 1 in 21 School Committee
WHERE: All Muskegon Area Public, Walled Lake District Schools, North Muskegon Schools, Health Puffer Schools, Mary Shores, and Fruitport Schools
WHEN: October 5, 2011 @ 2:15pm (CST) 2:11" water in 40 @ 2:12" action happens)



BACKGROUND: October 5, 2011 @ 2:15pm (CST) across Muskegon County will join forces to set a new world record. Six school districts across Muskegon County will take a moment and take into a crisp Michigan apple in a joint effort to encourage healthy eating and to focus on the great Michigan farming in our area, as they attempt to set the world record for eating the most apples (Michigan) of course, at one time. The apples will come from Aaley Farms in New Era and Cedar Orchard in Comstock.

MS: Gorman Muskegon/Walled Lake's Food Service Director hopes to watch the world record set last year by Muskegon Schools of 462. He believes we can reach 6000-8000 people eating an apple at one time. He has contacted two world record organizations to verify the claim," added Ms. Gorman.

The event is the first activity of Muskegon's Counties 1 in 21 school sub-committee of the 1 in 21 movement that hopes to make Muskegon County Michigan's healthiest County by 2021. Committee members plan to have additional school district joint future events, including hosting a 2,100 students to participate in the 2012 Seaway Run.

You feel this is a positive way to give students an opportunity to eat healthy, build awareness of local foods and to watch world record," commented Food Service Director Dan Gorman. The apples will come from local growers and are the apples that are used in the school breakfast and lunch program or sold in some districts.

Muskegon County Schools

9,329

Muskegon County Schools



ALL Michigan Schools




MICHIGAN NUTRITION STANDARDS TOOLKIT
 Team Up to Make Healthy the Easy Choice!

ALL Michigan Schools




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What can you do ??



- *Get to know your Child Nutrition Director.*
- *Find out what changes they are making and what support they to make more.*

What can you do ??



- *Take advantage of marketing and education resources.*
- *Find out what grants and other opportunities are available through UDIM.*

What can you do ??



- *Get your students involved.*
- *Find out what opportunities are available through*



WHO BENEFITS?

School Boards
Administrators
Teachers
Schools
Families
Communities

WHO BENEFITS?



STUDENTS

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