

Nebraska Extension School Wellness Policy Team



The Nutrition Education Program (NEP) and Nebraska Extension, with support from The Nebraska Department of Education (NDE)/Team Nutrition (TN) provides schools with the opportunity to collaborate with Extension team members to develop, modify and carry out their school wellness policies. School wellness policies are multi-faceted, and can be difficult to navigate. Extension team members help by providing support for school gardens, school programming, grant writing, partnership connections, and brainstorming ideas to help each school develop a personalized wellness policy.

Technical assistance with SNAP-Ed eligible schools resulted in 31 - \$500 mini grants applications to NE TN to improve their school wellness policy efforts.



NEP staff attended partnership meetings that contributed to the statewide work of school wellness policy efforts.

The SWP Team consists of 36 individuals from NE Extension (20 SNAP-Ed, 4 EFNEP, and 12 General Extension) and one from NDE.

Sixteen NEP staff were trained on Smarter Lunchroom Movement strategies.

Twenty-two NEP Staff were trained to provide education and technical assistance to schools on the eight elements of school wellness policy.



Staff

Over 960 teachers, school food service staff, community members, and NE Extension staff participated in NE TN activities.



Students

6,750+ students were impacted by NE Extension SWP efforts.



Schools

Over 30 Nebraska schools were impacted by NE SWP Team efforts.

Riley Elementary Gets Fit

At Riley Elementary the school wellness team used the mini grant funds to start an initiative called *Riley Gets Fit*. In the beginning, the wellness team aroused awareness for both staff and students by hosting assemblies and events and promoting future activities under the initiative. The school wellness team's current goal is to obtain a walking path around the school playground to increase physical activity among students and staff. The Team Nutrition School Wellness Policy mini grant helped fund activities, prizes and advertising throughout the year.

The awareness of the wellness team and the initiative has sparked a lot of great ideas and activities within the school.

Riley Elementary has completely changed its morning school entry procedure to include the entire student body doing 10 minutes of walking instead of sitting in lines. To have great success with any new program the wellness team suggests to focus your goal and find activities and ideas to



bring your school together as a community. Also, build a strong team within your school to provide support for your goal.

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Nebraska NEP staff are able to support the best practice recommendations for nutrition education in schools, which include:

- Including enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste-testing, farm visits, and school gardens.
- Engaging families as partners in their children's education.
- Teaching media literacy with an emphasis on food marketing.
- Consistency with the 2015 Dietary Guidelines for Americans, including
 - Promoting fruits, vegetables, whole grains, low-fat/fat-free dairy products, healthy preparation methods, and healthy enhancing nutrition practices.
 - Emphasizing caloric balance between food intake and energy expenditure.

This institution is an equal opportunity provider and employer.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.