



Illinois Nutrition Education
and Training Program

2011-2012 Services

Let's Raise the Grade with good nutrition!

A range of **FREE** nutrition education support services for
child care and school staff

- **Staff** development programs
- **Expert assistance** with school and child care wellness topics
- **KidsEatWell.org** – nutrition education resources for school and child care staff
- **Illinois Schools Can! eNewsletter** – stay on top of school wellness topics, training and grants
- Join us on **Facebook** for the latest news



To request copies of the NET services flyer for meetings or conferences, call (800) 466-7998.



Illinois Nutrition Education and Training (NET) Program Services

The Illinois NET Program is a not-for-profit organization that helps Illinois school and child care staff support and promote lifetime healthy eating and an active lifestyle for children from preschool to high school. Services are available statewide in all 102 Illinois counties.

Services available include:

- Free **professional development hours** for Illinois child care, teachers and foodservice staff
- **Expert assistance** to help you promote and encourage children's health through training, assistance and web resources
- An **electronic newsletter** for school staff with the latest resources, professional development announcements and grant opportunities to support student wellness
- **KidsEatWell.org** – A health education link for child care and school staff, parents and children

For more information about Illinois NET Program services, visit the website KidsEatWell.org.

Contact:

Illinois NET Program
245 West Exchange Street, Suite 4
Sycamore, IL 60178-1495
Call: (800) 466-7998 or (815) 895-9227
Fax: (815) 895-2971
E-mail: ilnet@kidsroe.org

Experienced trainers can deliver free professional development programs for child care and school staff at your school, child care center or conference you are planning. NET workshops support local wellness policy initiatives and Illinois Learning Standards as well as provide free continuing education credits for teachers, school foodservice staff and child care staff.



Illinois NET staff also can assist Illinois school and child care staff on a wide range of nutrition-related topics. Contact us for help in submitting an application for the

HealthierUS School Challenge – a national recognition program for schools. We can also help you locate wellness curriculum and programs for students that meet your particular needs and can be integrated into core subject areas.

Schedule Staff Development Programs for 2011-2012

The Illinois NET Program provides a variety of free training programs for school, afterschool and child care staff at your site, conference or online. Earn continuing professional development units or an attendance certificate can be provided and walk away with strategies and resources to support children's health.

Color Me Healthy – Available for a limited time

Learn how to utilize the award-winning Color Me Healthy curriculum kit to turn nutrition and physical activity lessons into a fun and exciting experience. Discover how to use color and music to show toddlers that eating healthy and being active can be an adventure. *PreK-K teachers*



Body Walk (Health, Science, Afterschool)

A hands-on workshop that provides teens and their advisers the tools and resources needed to plan and implement a fun, interactive tour of the body for elementary children. Each school receives classroom lessons and step-by-step instructions to set up an event. Ideal for a health fair or parent night, the Body Walk excites teens about health advocacy, role modeling and community service.

To reserve the Body Walk trunk, containing educational props you need for the event, contact ISBE at cnp@isbe.net or call (800) 545-7892 or (217) 782-2491. Download the Body Walk kit at <http://tinyurl.com/6dfpwq7> to see what it is all about. *K-Grade 5 teachers*

Color My Meals Healthy

This 3-hour, on-site workshop, developed in collaboration with Illinois Association for the Education of Young Children, is a fun and interactive training for child care staff to learn how to plan and prepare healthy meals and snacks affordably. Discover how to make menu enhancements that align with the Dietary Guidelines for Americans. Learn to read labels to identify whole grain, low-sodium and low-fat foods. *Child care foodservice staff*

Evaluating School Wellness: Easier Than You Think!

Bring your wellness policy to this interactive workshop and learn how to evaluate your progress in implementing wellness policy goals for nutrition education, physical activity, school meals and other foods. Learn how to develop realistic and measurable goals. Learn about ready-to-use evaluation tools you can tap into. *School staff*

Got Dirt? - Growing Healthy Kids (Multidisciplinary)

Go green! Discover how to create a garden project to bring core subjects alive, encourage healthy eating and increase physical activity for children and adolescents in the Got Dirt? workshop. Learn about garden resources to help you plan and grow a garden to support child wellness initiatives. *PreK-Grade 6 teachers*

HealthierUS School Challenge

Be part of the childhood obesity solution! Join over 2,000 schools nationwide that have met the HealthierUS School Challenge. This workshop demonstrates how schools can excel at supporting children's health by ensuring students receive healthy school meals and other foods sold in schools, nutrition education and opportunities for physical activity. Take home strategies and resources that will ensure success. *School staff*

Marketing Meal Appeal

Discover innovative ways to get the word out and promote your healthful, tasty new options, like whole grains, fruits, vegetables and nonfat and low-fat dairy foods in the Marketing Meal Appeal workshop. Learn how to create an eye-appealing serving line that will entice students to choose new healthy options. Walk away with ideas and resources to involve teachers and parents in reinforcing healthy choices in the cafeteria too. *School foodservice*

Multicultural Make and Taste (Social Science)

A hands-on, interactive workshop that provides cross-curricular teaching strategies and activities to allow children to explore cultural diversity. Find out how ethnic foods fit in the MyPyramid and MyPlate food groups. Make and taste new recipes from around the world and walk away with lesson ideas that intertwine culture and nutrition. *PreK-Grade 6 teachers*

Online Continuing Education Courses

Culinary Techniques for Healthy School Meals – 33 CEUs

The National Food Service Management Institute developed six short courses to help school nutrition teams prepare healthier school meals that appeal to the taste of today's students. Learn about nutrition, food production and culinary techniques that will improve your school nutrition programs. While supplies last, get a set of Dietary Guidelines posters for your cafeteria for completing the course. Just e-mail your attendance certificate to ilnet@kidsroe.org for yours today. *School foodservice*

NEW! Color My Meals Healthy – 3 CEUs

Take a step toward meeting the Institute of Medicine's recommendation for healthy child care meals. This online training will cover the same topics as our on-site training program (see description



above) but in the comfort of your own home and at your own pace. *Child care staff*

Nutrition A3 (Anytime, Anywhere, Anyplace) – 4 CPDUs

This training introduces teachers to Nutrition A3 – a series of six technology enhanced projects that engage teens in improving their own lifestyle choices and influencing peers to do the same. Students explore topics like MyPlate, fruits and vegetables, fast food and screen time and complete fun, interactive projects. Student projects use a variety of technology skills, including recording a PSA, designing websites, taking digital photos, producing and shooting video of a cooking show and using mapping software. *Grades 7-12 classroom and afterschool teachers*

Coming in 2012!

Revised Putting Your Local Wellness Policy into Action – Available January 2012

The 2010 Federal legislation that renews the child nutrition programs includes new expanded rules for local wellness policies. This workshop addresses wellness policy requirements, old and new, and provides strategies and tools schools can use to implement and evaluate their policy. Learn about effective nutrition education programs and physical activity programs resources you can use in the classroom and tools for assessment of your wellness policy. Walk away with a list of key resources that will make you a school wellness policy expert! *School administrators and staff*

Putting Healthy Child Care Wellness Policies into Action – Available April 2012

This workshop will help you adopt child care policies that support children's health and learning. Policies can help

you provide clear, consistent messages that support healthy eating and physical activity habits. Include fun, interactive nutrition education and daily opportunities for physical activity in your program. Discover the benefits of getting families involved to promote healthy habits. Resources and action steps will be provided. *Child care administrators and staff*

NEW! Raise the Grade with Nutrition Education – Available February 2012

Teachers can make a difference in their students' health and achievement with this newest eCourse! Learn how you can integrate nutrition education into your curriculum and "walk the talk" by creating a classroom that supports healthy choices. Brush up on the latest dietary advice and learn how to snag student interest with fun, interactive nutrition education activities and activity breaks you can easily plug in to your curriculum and address learning standards. *Grades K-12 teachers*

Become a Wellness Expert!

View these school wellness policy webinar archives at KidsEatWell.org. Select NET services, then training.

- **Go for the Gold: Join the HealthierUS School Challenge**
- **Refuel After-school with Food and Fitness**
- **Whole Grains for Healthy School Meals**

Take Advantage of Healthy School Meal Resources at KidsEatWell.org

Select Healthy Schools and then School Meals from the navigation bar and tap into resources for planning, preparing and marketing healthy meals. Get the latest information on available trainings for staff and download nutrition education resources too.

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