

WELLNESS WORKS

DC OFFICE OF THE STATE SUPERINTENDENT OF EDUCATION

Eat Right: Get Your Plate in Shape



March was National Nutrition Month®. Created by the Academy of Nutrition and Dietetics, NNM® was an education campaign focused on the importance of making informed food choices and developing sound eating and physical activity habits.

This year's theme was "Get Your Plate in Shape." Choose foods from all food groups and be wary of oversized portions. Before you eat, think about the "Get Your Plate in Shape" key messages:

- Make half your plate fruits and vegetables.
- Make at least half your grains whole.
- Switch to fat-free or low-fat milk.
- Vary your protein food choices.
- Cut back on foods high in solid fats, added sugars, and salt.
- Eat the right amount of calories for you..
- Use food labels to help you make better choices.

Nutrition Program: Who We Are

OSSE's Wellness and Nutrition Services has been tasked with administering important provisions of DC's Healthy Schools Act and Healthy Schools Amendment Act. Under the leadership of Dr. Dawanna James-Holly, the Nutrition Program team was established to support school administration in shaping healthy school environments by meeting the wellness and nutrition standards of the legislation.

Brittany Oberdorff, RD and Nichelle Johnson, MPH joined Dr. Holly's team as Health and Wellness Specialists. Together they verify menus at the HealthierUS School Challenge Gold Award Level to incentivize healthy meals in schools and provide training and technical assistance on implementing Healthy Schools Act compliant local wellness policies to maximize students' abilities to achieve high standards in school.



Office of the
State Superintendent of Education

Healthy Schools Act Implementation

By the Numbers...

51 LEAs (and counting!) receive on-site training and technical assistance on local wellness policy development and implementation

48 LEAs submit breakfast and/or lunch menus to claim Healthy Schools Act reimbursement for serving healthy school meals

10 The month October of this school year was the release of DCPS's Healthy Schools Act compliant local wellness policy

3 LEA trainings were held on menu verification, healthy fundraising, and local wellness policy development

2 Trainings on health & physical education and HUSSC best practices are planned for late April

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School Wellness Spotlight: DC Bilingual PCS

CentroNía's DC Bilingual Public Charter School (DCBPCS) recognizes that school meals, nutrition education, and physical activity each affects student wellness and ability to learn. Every day, CentroNía's Food and Nutrition Department prepares homemade delicious and nutritious meals using local produce, whole grains, legumes, and lean protein. DCBPCS serves fish for lunch each week and makes healthy recipes using produce harvested from their own gardens.

Through their award-winning "Eat Healthy, Live Healthy" campaign, DCBPCS is committed to improving quality of life by providing nutrition education to children, parents, teachers, and staff. Participants learn basics in nutrition and wellness and become role models of healthy eating. Since the launch of the campaign three years ago, more than 700 children and families have benefited from the program by embracing healthier lifestyles.

OSSE Awarded Team Nutrition Training Grant

In October 2011, USDA Food and Nutrition Service awarded funding for OSSE Wellness and Nutrition Services (WNS) to expand training programs that implement the *2010 Dietary Guidelines for Americans* and incorporate USDA Foods in school meals under the National School Lunch Program. WNS has partnered with American University, Howard University, and DC Farm to School Network to provide training and technical assistance to foodservice professionals on preparing nutritious and appealing school meals, provide interactive nutrition education, and build school and community support for creating healthy school environments.

The Team Nutrition grant funding will target District middle schools where 80% or more students receive free school meals. Planned programs at the selected schools include vendor training and recipe/skill building for foodservice professionals, graduate level professional development for teachers, and mobile farmers' market school visits and fresh produce taste tests for students. Mobile markets and taste tests are set to begin this spring with full program implementation planned this fall.



Beet salad featuring farm-fresh local ingredients prepared at a school event last year



Last year, DCBPCS was recognized by the USDA as a recipient of the HealthierUS School Challenge (HUSC) Gold Award with Distinction, the highest honor achievable. DCBPCS was among the District's first five schools to earn the HUSC recognition for creating healthier school environments through promotion of nutrition and physical activity.

Take the Challenge:
teamnutrition.usda.gov.

INTERESTED IN CONTRIBUTING TO THIS NEWSLETTER?
COMMENTS? QUESTIONS? SUGGESTIONS?

CONTACT MS. BRITTANY OBERDORFF AT
BRITTANY.OBERDORFF@DC.GOV OR DR. DAWANNA JAMES
-HOLLY AT DAWANNA.JAMES-HOLLY@DC.GOV.

WELLNESS WORKS

Wellness and Nutrition Services
Office of the State Superintendent of Education
Government of the District of Columbia
810 First Street NE, 4th Floor
Washington, DC 20002
osse.dc.gov/service/nutrition-program

Contact: Brittany Oberdorff, RD
Phone: 202-741-6487
Fax: 202-724-7686
E-mail: brittany.oberdorff@dc.gov



Office of the
State Superintendent of Education

UPCOMING EVENTS

APRIL 2012:

NUTRITION EDUCATION,
HEALTH & PE PROFESSIONAL
DEVELOPMENT

HUSSC BEST PRACTICE
CELEBRATION

Pasta Primavera

1/2 cup olive oil
2 tsp garlic, minced
5 carrots, sliced
2 zucchini, sliced
1 red pepper, seeded and sliced
1/2 lb mushrooms, cleaned and sliced
16 oz penne pasta, cooked al dente
Salt and pepper to taste
1/2 cup grated parmesan cheese

Directions:

Heat olive oil over medium to medium-high heat.
Saute garlic 2-3 minutes. Add carrots, cook 2-3 minutes;
then add zucchini, red pepper, and mushrooms. Stir fry
vegetables until tender, about 8-10 minutes.

Season with salt and pepper. Stir in grated parmesan
cheese.

Toss cooked pasta with vegetables, and serve.

Registered Dietitians Empowering DC Parents



Ann Gerber, RD, LD practices healthy habits at Washington River Terrace

The Academy of Nutrition and Dietetics Foundation (formerly the American Dietetic Association Foundation), Healthy Children Healthy Futures, and MetLife Foundation developed the RD Parent Empowerment Program to help parents learn skills and confidence to improve healthy family behaviors. The program brings RDs into school and community settings to educate and em-

power parents in a series of four monthly workshops featuring the Healthy Children Healthy Futures' *8 Habits for Healthy Kids™*.

This Spring, twelve Registered Dietitians (RDs) in three major cities across the country volunteered to lead four monthly parent workshops on healthy eating and physical activity habits. The RD Parent Empowerment Program team participated in a training workshop to learn the curriculum which includes actionable steps, discussion points, and hands-on cooking and tasting activities. Four RDs from the Washington, DC area partnered with four area schools:

Sarah Waybright, MS, RD
Benning Elementary at DC Prep

Holly Anne Larson, MS, RD
Bruce Monroe Elementary

Livleen Gill, MBA, RD, LDN
Capital City PCS

Ann Gerber, RD, LD
Washington River Terrace.

The workshop series concluded in March, and program evaluation is underway. Anecdotal evidence from a DC school suggests the parent workshops were useful and impactful. One participant said, "I set a goal for my family to drink water instead of soda and cut back [on soda] by half."