



Los Angeles Unified School District
Division of Instructional Support Services & Food Services

LAUSD NUTRITION NETWORK

www.lausdnutritionnetwork.org



NAC BIG IDEAS

In The Classroom

- Tasting and Sampling table
- Skits
- Fruit & Veggie Art
- Creative Writing
- Graphing
- Exchanging and creating recipes
- Food Bingo
- Fruits and Veggies Poster Contest
- Create your own food packaging
- Create a healthy "lunch-able" box
- Nutrition Power Point Presentation
- Healthy Snacks Workshop
- Healthy Watchers Week-students eat healthy for a week and report on findings like Menu Planning, etc.
- The NAC group looks for healthy eating and they go to classrooms to present award certificates
- Art still lives
- Nutrition Bulletin Board
- Persuasive writing to encourage healthy eating
- Instructional exercise time/transition exercise
- Write a letter to the governor asking for more funds for school exercise and nutrition
- Link and integrate nutrition to other subjects (graphing, counting calories, etc.)
- Create fun nutrition - Ants on a log!
- Multi media presentation- Integrating Technology
- Nutrition Brochures created by students
- What did you have for breakfast?" exchanging thoughts
- Journal writing
- A list of healthy snacks posted in room
- Garden graphing and design
- Cooking lesson using math and language skills
- Cafeteria staff introduces "new items" with sampling and feedback
- Share Food & Nutrition articles
- Students keep food nutrition journals
- Snack art
- Art projects "fruit stand"
- Buddy reading (nutrition related books) lower with upper grade students

In The School Office

- Nutrition basket
- Newsletter for parents
- Brochures & pamphlets for outside resources
- Harvest of the Month Flyer
- Nutrition Network Banner
- Physical Activity Announcements
- Samples from the Garden
- Pamphlet by students on nutritious fruits and vegetables (snacks)
- Healthy recipes on display
- Student artwork
- Healthy lunches for Office Appreciation Day
- Nutrition related books and magazines
- Faculty Cookbook
- Eating Disorder Awareness
- No candy or doughnut on the desks**
- Bulletin board promoting nutrition education
- Harvest of the Month basket
- Healthy snack samples for parents
- Sign up sheet for parents to help with the garden
- Info on resources for nutrition programs (i.e. Websites)
- Plaque with community donors
- Make weekly/daily announcements about eating well
- Have a copy of the NAC Newsletter on counter
- Display professional development opportunities
- Pictures of students eating healthy snacks
- Nutrition Network Door for announcements, maybe with a sign up for the nurse or the cafeteria manager to do a classroom lesson
- Send School Office Harvest of the Month
- Student work displayed about nutrition

Special Events

Health Fair
Chefs in the Classroom
Family Nutrition Night
5-A-Day Assembly
Physical Fitness Contests
Art Contest
No Junk Food Day
Fruit and Vegetable Festival
Jump 4 Heart, Double Dutch Awards
School Garden Day
Farmer in the Classroom
All classes decorate doors with Nutrition work and Information-Contest for the best door!
Multicultural Health Fair
Lunchtime Nutrition Celebration
Nutrition Olympics
Fitness Trainers Guest Speaker
Nutrition presentation at Open House and Parent Conferences
Come dressed as your favorite fruit costume
5-A-Day Presentation
School visit from Southland Opera
Bring the Farmer to the School
Family Food Nutrition Fair
Speakers at monthly assemblies promoting health & nutrition
Nutrition Bowl: Facts about nutrition questions answered, healthy prizes
Family Fun Day with games, exercise, and nutrition booths
Yoga teacher to teach at the Health Fair
Activity games from around the world
Tae Bo for kids
Jump Rope for Life
Invite Kaiser
Food Pyramid Play
Nutrition Education Fair
Farmer Stand
Farm visit field trip
Parent education meetings on Diabetes and High Blood Pressure
Walk to School Day
American Heart Association
Healthy Bake Off - Use of Cooking Cart
Organize walking trips for classes in the school
Create dance instructions to facilitate monthly dance assemblies, NAC instructing others
Multicultural Health Fair
Field trip to Whole Foods
Nutrition Reading Play

At School Assemblies

- Character Counts-Respect yourself by making healthier choices
- Power Point Presentations
- Original Raps
- Sing “5-A-Day” Song, Fruit and Vegetable Songs,
- Dance and Poems
- Dancing Aerobics
- Community guest speaker
- Nutrition Student Teachers
- Nutrition Cooking Show – “Emeril –like”
- Jump 4 ♥
- Teacher skits
- Students Skits from the NAC
- Presentation on Harvest of the Month
- Student-developed videos
- Purchase a Nutrition Assembly
- “Dole 5-A-Day the color way”
- Physical Activity
- Award Assembly to recognize contribution to Nut Net or NAC activities-school wide.
- Monday morning assembly with brief nutrition or health facts to share with the school; presented by the NAC along with exercise activity.
- Kaiser Permanente free assembly
- Hospital Nutritionist for parents
- NAC College Bowl
- Fit Factor 5 presentation –Announce poster contest winner
- Assembly with food tasting right after
- Spirit Days
- Serve Healthy Snacks or sell them
- Information for parents
- Parent/Volunteer sign in sheet
- Student display their nutrition work
- Display nutrition banner
- Hand out healthy recipes
- Feature Speaker on “5-A-Day” or “Dole”
- Healthy Families Sign Up
- Parent Health/Nutrition Presentations
- Invite Community members’ organizations to share information
- Interact bulletin board for parents, community members and teachers to exchange info and ideas
- NAC presents to parents (PSA, skits and alternative shopping lists)

Nutrition messages on campus

- Posters
- Murals
- Art Work
- Bulletin Boards
- Booster Buttons
- T-Shirts
- Marquee-Electronic Messages for community
- Hats
- Morning Announcements over intercom
- Screen Savers Backgrounds
- Assembly Orientation
- Five a Day and Play
- NAC Attack
- Be A “Junk Food Buster”
- Fight the flu with some stew
- Newsletter
- Presentation
- Water bottles with a message
- Pencils, visors, and aprons
- Public service announcements
- Banners
- Posters with healthy snack ideas
- A Newspaper Vending Machine or NAC newsletter distribution
- Pictures of students eating healthy snacks
- Chef’s corner in monthly parent newsletter – a column with recipes and healthy tips
- Recipes from the NAC news and Healthy messages in the WIC Bulletin
- Poster listing Healthy and Unhealthy snacks
- Portable Bulletin board that rotates in each classroom
- Door decorating contest
- Nutrition Bulletin Board in the Cafeteria
- Nutrition Newsletter for students
- Classroom visits by NAC, Nurse and Administrators
- Physical Activity Message
- Video Multimedia Message
- Banner
- Murals Announcing Nutrition
- Sell Buttons with a healthy message
- Sell Book Bags with a healthy message
- Sandwich board advertising
- Nutrition cheer leaders “2, 4, 6, 8, what do we appreciate? Carrots, Celery, Go Vegetables!”

For Parents

- Panel Discussion
- Healthy Tuesday
- 5-A-Day
- Food Sampling
- Healthy Fair
- Food Stamp Education Program
- WIC
- Recipe exchange or coupon exchange
- Chef demo for workshop
- Read Out Loud Books
- Nutrition Counseling (Individual Cases)
- Nutrition Education
- Strategies for Menu Planning (Healthy)
- Physical Activity for Parents
- Parent-Child "Cooking Club"
- Parent cookbook fundraiser
- Template for Healthy grocery list
- Garden for kids at home
- Newsletter
- Diabetes Education
- Nutrition Workshop for Open House
- Get Fit with your Family Night
- Train parents to assist Chefs in the Classroom Program
- Cooking with children at school
- Parents help serve breakfast samples during testing
- Invite to help with gardening
- Parents implement "Harvest of the Month"
- Parents Deliver Harvest of the Month
- Cooking with children at school
- Family Fitness Walk-A-thon
- Harvest of the Month for Parents
- Parent Leader for the NAC

At open house/Back to School Night

- Farmer Stand to Distribute Healthy Snacks
- Fundraising Table with fruits and water
- Literature and pamphlets
- Posters of Student Work
- Pot Luck-Nutrition Food/Vegetable Cook-off
- Recipe exchange-Recipe book
- Food Stamp awareness
- Pictures of Students during healthy activities
- Salsa Contest (5 de Mayo) with salsa dancers
- Tasting Bee (Survey and Chart) to decorate auditorium
- Art show
- Parent Demo cook samples
- Fit Factor 5 Presentation sing "Dirt Made my lunch."

In or around cafeteria

- 5-A-Day Mural/Farmers Crop/Food
- Nutrition/Food Sampling Cart
- Posters, Signs, Banners
- Bulletin Boards
- Surveys - Favorite Foods
- Nutrition News
- NAC members promoting 5-A-Day
- Campus Beautification (Recycle Trash)
- Salad Bar
- Fruit and Veggie Cart
- Tasting Samples
- Recycling Centers and Composting
- Students Dress up as fruit and pass out samples
- Mural on cafeteria wall
- Cafeteria manager talks to students about breakfast or lunch
- Cafeteria manager gives a nutrition presentation to class
- Children make posters to display in cafeteria
- Bring your parents to breakfast
- Evaluate Nutrition Snacks
- Analyze meals served as to whether they're nutritious
- Second chance breakfast posters
- NACs hang up menus on NN apple chart
- Hang-up food pyramid posters
- Thank you notes posters to cafeteria
- Display next days menu
- Display cases to showcase childrens' work or Nutrition Network flyers
- Salad Bar
- Have parent volunteer encourage healthy eating during lunch time; bring various snacks
- Student musical about nutrition
- Kaiser Free Assembly
- Presentation from the nurse to parents
- Bulletin Board on Nutrition Activities
- Nutrition and Math game night

Other

Community Outreach with media exposure
Food Impersonators
Nutrition related assembly
Poster contest
Nutrition Olympics
Exercise Club/Walking Club
Food Art
School Garden
Food Cart/Sampling
Recipe displays for Parent Conferences
Field trips to Farmers Markets
Healthy Food Fair
Get Fit with Your Family Night
Public Service Announcements
School wide Nutrition Graph
Healthy Nutrition Mural
Find and distribute websites on nutrition
Visit patients at convalescent homes
Nutrition Opera
Plant a fruit tree
Iron-ons made at school to put on t-shirts-Fundraiser - also to identify NAC kids
Get fit with your family night
Evening of workshops for parents
NAC Newsletter
After school monthly cooking class using Harvest of the Month
Selling Healthy Snacks after school
Parent Center sponsor After School Soup Day
Parents make soup for teacher appreciation and vice versa
Nutrition Festival
Pot Luck
Fitness club
Ask for donations for water from stores
Candy Free Day
Soy Milk Taste Tasting
Soy Milk Vending Machine
NAC create aprons with fruit and veggies stamps, note cards with fruit and veggie as a fundraiser