



# Get the Most Out of eXtension Healthy Food Choices in Schools Resources

Katie Baildon, Communications Coordinator for eXtension Healthy Food Choices in Schools, Cornell University

Welcome, thank you for joining!

Please type any questions you have using the Q&A feature and Katie will address them at the end.

If you are interested in joining the Healthy Food Choices in Schools Community of Practice or have any questions, please contact us at: [healthy\\_food\\_choices\\_in\\_schools@cornell.edu](mailto:healthy_food_choices_in_schools@cornell.edu)



## ▶ Overview of eXtension Healthy Food Choices in Schools

- Mission & Vision
- Brief history

## ▶ Accessing Free Online Resources

- Articles
- Webinars
- Educational Videos
- Professional Development Courses

## ▶ How to Get Involved



[articles.extension.org/healthy\\_food\\_choices\\_in\\_schools](https://articles.extension.org/healthy_food_choices_in_schools)

# MISSION

To provide educational/informational tools and resources that empower school food service directors and staff, school administrators, teachers, health professionals, and wellness committees to make changes that encourage children to make healthier food selections in school food environments, without undermining revenue. Given the role parents and the children themselves have in the food choices they make, we will also develop and make available tools and resources that they can use to improve nutrition at school and at home.



[articles.extension.org/healthy\\_food\\_choices\\_in\\_schools](https://articles.extension.org/healthy_food_choices_in_schools)

# VISION

To become the one-stop source for eating behavior insights, interventions and practical steps for food service providers, policy makers, health professionals and parents to promote healthy food choices in school food environments.



# Brief History

- ▶ Founded in 2012 as result of an AFRI grant awarded to a Cornell University research team studying Smarter Lunchrooms interventions
- ▶ “Community of Practice (CoP)”: members who contribute content (articles, webinars, videos, courses) to the eXtension Healthy Food Choices in Schools Resource Area.
- ▶ Currently 77 active CoP members from across the country with backgrounds including: Extension, state agencies, food service, dietetics, research, teaching, non-profit programming etc.
- ▶ All content is research or experience-based and is free and available to the public



## National Program Leaders:

Brian Wansink, PhD, John S. Dyson  
Professor of Marketing at Cornell  
University

David Just, PhD, Associate Director of  
Graduate Studies in the Dyson School of  
Applied Economics and Management at  
Cornell University

Jamie Dollahite, PhD, Professor of  
Community Nutrition in the Division of  
Nutritional Sciences at Cornell  
University

Director: Sandra Cuellar-Healey, Cornell  
University

Communications Coordinator: Katherine  
Baildon, Cornell University

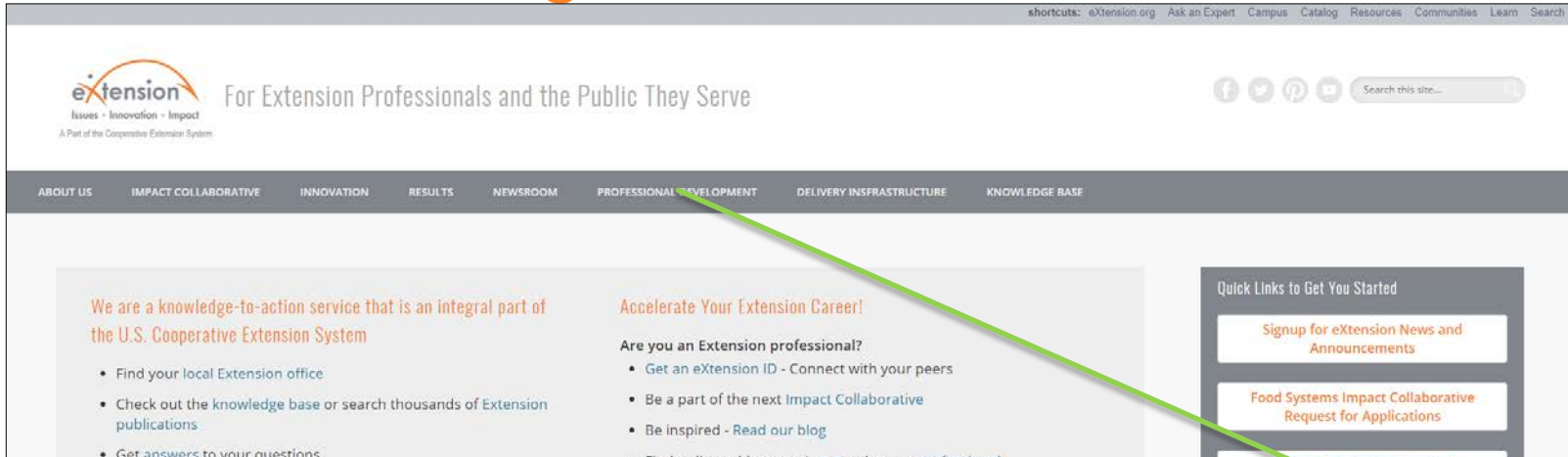


[articles.extension.org/healthy\\_food\\_choices\\_in\\_schools](http://articles.extension.org/healthy_food_choices_in_schools)



# Let's Get Started





Scroll to the bottom of the page

## Recent Posts



Perseverance and Patience Can Lead to Positive Partnerships



Developmental Disabilities: "Untapped" Audience

## Resource Areas

### Community

- Agricultural and Food Law
- Civil Dialogue
- Community Planning and Zoning
- Community, Local and Regional Food Systems
- Cooperatives
- Creating Healthy Communities
- Diversity, Equity and Inclusion
- Enhancing Rural Community Capacity
- Entrepreneurs & Their Communities
- Geospatial Technology
- Internationalizing Extension
- Network Literacy
- Program Evaluation
- Volunteer Administration
- Women in Agriculture

### Disaster Issues

- Agricultural Disaster Preparedness and Recovery
- Drought Resources
- Floods
- Wildfire

### Energy

- Farm Energy
- Home Energy
- Wood Energy

### Environment

- Prescribed Fire
- Trees for Energy Conservation

### Family

- Child and Family Learning Network
- Child Care
- Companion Animals
- Drinking Water and Human Health
- Family Caregiving
- Food Safety
- Military Families
- Parenting
- Personal Finance

### Farm

- Ag Safety and Health
- Animal Manure Management
- Animal Welfare
- Apples
- Bee Health
- Beef Cattle
- Blueberries
- Climate, Forests and Waters
- Dairy
- Forest Farming
- Freshwater Aquaculture
- Goats
- Grapes
- Horses
- Marine Aquaculture
- Organic Agriculture
- Plant Breeding and Genomics
- Sheep
- Small and Backyard Flocks
- Small Meat Processors
- Sustainable Marine Fisheries
- Wood Products

## Health and Nutrition

- Community Nutrition Education
- Families, Food and Fitness
- Healthy Food Choices in Schools

## Lawn and Garden

### Pest Management

- Ant Pests
- Feral Hogs
- Imported Fire Ants
- Invasive Species
- Pest Management In and Around Structures
- Wildlife Damage Management

### Youth

- Ag Zone
- Science for Youth

## Healthy Food Choices in Schools



### Overview of the School Nutrition Program Procurement Review Tool

State agencies that oversee federal school nutrition programs review a school district's procurement procedures to ensure they are in compliance with...>Read More

### Connect with us



### Welcome

This is where you can find research-based information from America's land-grant universities enabled by [eXtension.org](#)

### Select a different institution

[LOCATE](#)

More about this Resource Area

[LEARN MORE](#)





# Articles



# [articles.extension.org/healthy\\_food\\_choices\\_in\\_schools](http://articles.extension.org/healthy_food_choices_in_schools)

Search for a specific topic:

The screenshot displays the eXtension website interface. At the top left is the eXtension logo with the tagline "Issues • Innovation • Impact" and "A Part of the Cooperative Extension System". Navigation links include "Home", "Resource Areas", and "eXtension.org". A search bar with a magnifying glass icon and a "GO" button is highlighted with a green circle and an arrow pointing to the right. Below the search bar are social media icons for Twitter, Facebook, YouTube, and Pinterest. A "Welcome" message states: "This is where you can find research-based information from America's land-grant universities enabled by eXtension.org". A "Select a different institution" section includes a "State or Zip" input field and a "LOCATE" button. A large green circle highlights an image slider featuring fresh produce (eggplants, carrots, radishes, and bananas) with the text "Image slider featuring new content". Below the slider is the title "Overview of the School Nutrition Program Procurement Review Tool" and a brief description. On the right side, a list of articles is shown, each with a small thumbnail image and a title link.

extension  
Issues • Innovation • Impact  
A Part of the Cooperative Extension System

Home Resource Areas eXtension.org

Search eXtension GO

Connect with us  
Twitter Facebook YouTube Pinterest

Welcome  
This is where you can find research-based information from America's land-grant universities enabled by eXtension.org

Select a different institution  
State or Zip LOCATE

Image slider featuring new content

Overview of the School Nutrition Program Procurement Review Tool  
State agencies that oversee federal school nutrition programs review a school district's procurement procedures to ensure they are in compliance with...>Read More

More about this Resource Area LEARN MORE

How the School Wellness Policy can Support an Application to the...  
Aug 10, 2017 ... Broward County Extension in Florida has collaborated with several county partners to support certification of schools. These local partnerships and committee memberships have proven to be useful: membership in the District Wellness Committee, the public health department's Nutrition and Fitness Task ...  
<https://articles.extension.org/.../how-the-school-wellness-policy-can-support-an-application-to-the-healthier-school-challenge>

Creative Ways to Advertise & Generate Interest in Your School's...  
Jul 31, 2014 ... Create a "Who's Who..." directory for your Wellness Committee & Include your LWP goals & objectives – Thanks to the Healthy Hunger Free Kids Act of 2010 you have a group of dedicated teachers, parents, students and staff on your LWP committee and you've established your goals! Now you need to ...  
[articles.extension.org/.../creative-ways-to-advertise-generate-interest-in-your-schools-local-wellness-policy-lwp](https://articles.extension.org/.../creative-ways-to-advertise-generate-interest-in-your-schools-local-wellness-policy-lwp)

The Blue Zones® Project: Bringing Positive Change to School...  
Feb 19, 2016 ... The Wellness Committee hosts a Family Health Night for OES families to attend and learn about various health initiatives, sponsored by community organizations. They are also responsible for making nutrition education a reality. OES students receive 20 hours of nutrition education per school year.  
[articles.extension.org/.../the-blue-zones-project-bringing-positive-change-to-school-wellness](https://articles.extension.org/.../the-blue-zones-project-bringing-positive-change-to-school-wellness)

Local Wellness Policies: Start Your School Health Makeover Today...  
Dec 23, 2016 ... LWPs are the perfect vehicle for school wellness advocates to create environments where students can practice healthy behaviors. Follow these four steps to start your school's makeover. Get the facts. Find out what needs to be included in LWPs. Find out if a LWP committee is operating and ask to ...  
[articles.extension.org/.../local-wellness-policies-start-your-school-health-makeover-today](https://articles.extension.org/.../local-wellness-policies-start-your-school-health-makeover-today)

## 4 Content Groups:

- Encourage Kids to Eat Healthy Food
- The Business of School Food
- Develop Healthy Eating Dialogues
- Additional School Food Initiatives

Each content area represents a subgroup of CoP members who work together to create content. Click on each topic area heading to navigate to a description of the area and a table of contents.

### More about this Resource Area

#### Resources

Welcome! In this resource area you will find tools and information on the following topics:

- **Encourage Kids to Eat Healthy Foods**
- **The Business of School Food**
- **Develop Healthy Eating Dialogues**
- **Additional School Food Initiatives**

Additional resources include:

- **Featured Series**
- **Webinars**
- **Free Online Courses**
- **Educational Videos**
- **Recommended Resources**

Please fill out our survey. We value your feedback!

Join our mailing list!

Questions/Suggestions? Contact Us

#### Our People



**Katherine Baildon, Cornell University**

Katherine Baildon is the Assistant to the Director of the Healthy Food Choices in Schools Community of Practice (CoP). Katie joined Cornell in February 2013...



#### Trending Questions

Initial equipment for smarter lunchroom strategies

[view response »](#)

Healthy Suggestions for Parents packing breakfasts and lunches

[view response »](#)

#### Upcoming Webinars

January 24, 2018

Get the Most Out of eXtension Healthy Food Choices in Schools Resources

February 20, 2018

Establishing and Maintaining School Gardens

[SEE MORE](#)

## The Business of School Food: Content Group Profile

Healthy Food Choices in Schools

July 05, 2017

Print

Like 2 Tweet Pin It G+



The content of this resource area is devoted to helping food service professionals and school administrators to create and sustain healthy and profitable school meal programs by offering success stories and research based methods for bettering the school food environment. This area also seeks to increase understanding of how school food service operates among stakeholders who can support and enhance the efforts of school meal programs, such as parents, teachers, and community members.

### Browse by Topic

- [Implement Low-Cost or No-Cost Solutions](#)
- [Increase Participation](#)
- [Maintain Revenue](#)
- [Reduce Food Waste](#)
- [Generate Stakeholder Buy-in](#)
- [Foster Entrepreneurship in the Lunchroom](#)
- [Find Funding Opportunities](#)

### Browse by Audience

- [Food Service Directors & Staff](#)
- [School Administrators](#)
- [Parents of School Aged Children](#)
- [School Teachers](#)
- [School Wellness Committees](#)

[Click here for ALL Business of School Food Articles](#)

Development of this content area is led by:

[Adam Brumberg](#), Cornell University and [Annette Marchbanks](#), Liverpool Central School District



# Webinars



# Webinars

- ▶ There are 40+ recorded webinars to date
- ▶ At least one new webinar is hosted per month
- ▶ Webinars typically are 20 minutes of presentation followed by 10 minute Q&A but times can vary from month to month
- ▶ All webinars are recorded
- ▶ Guest presenters are welcome! (contact [healthy\\_food\\_choices\\_in\\_schools@cornell.edu](mailto:healthy_food_choices_in_schools@cornell.edu) to get started)
- ▶ By joining live today you'll be added to the mailing list to receive notifications about upcoming webinars (if watching the recording, sign up here)



**More about this Resource Area**

**Resources**

Welcome! In this resource area you will find tools and information on the following topics:

- Encourage Kids to Eat Healthy Foods
- The Business of School Food
- Develop Healthy Eating Dialogues
- Additional School Food Initiatives

Additional resources include:

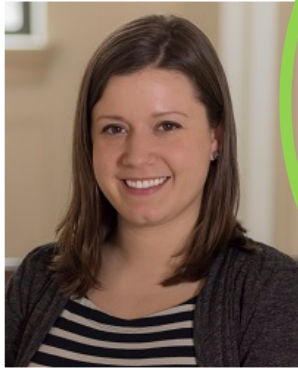
- Featured Series
- **Webinars**
- Free Online Courses
- Educational Videos
- Recommended Resources

Please fill out our survey. We value your feedback!

**Join our mailing list!**

Questions/Suggestions? Contact Us

**Our People**



**Katherine Baildon, Cornell University**

Katherine Baildon is the Assistant to the Director of the Healthy Food Choices in Schools Community of Practice (CoP). Katie joined Cornell in February 2013...

**Upcoming Webinars**

- January 24, 2018  
Get the Most Out of eXtension Healthy Food Choices in Schools Resources
- February 20, 2018  
Establishing and Maintaining School Gardens

SEE MORE

**ask an EXPERT**

**Trending Questions**

Initial equipment for smarter lunchroom strategies [view response »](#)

Healthy Suggestions for Parents packing breakfasts and lunches [view response »](#)



# Professional Development Courses



# Professional Development Courses

- ▶ 7 free courses are currently offered
- ▶ Each course consists of 3 videos and 3 comprehension questions.
- ▶ A Certificate of Completion will be issued automatically upon satisfactory completion
- ▶ School Nutrition Association members are also eligible for 1 SNA CEU per course, to be emailed upon satisfactory completion
- ▶ These courses can also be counted towards the USDA School Meal Professional Standards

## More about this Resource Area

### Resources

Welcome! In this resource area you will find tools and information on the following topics:

- Encourage Kids to Eat Healthy Foods
- The Business of School Food
- Develop Healthy Eating Dialogues
- Additional School Food Initiatives

Additional resources include:

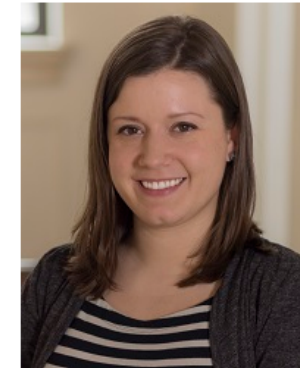
- Featured Series
- Webinars
- **Free Online Courses**
- Educational Videos
- Recommended Resources

Please fill out our survey. We value your feedback!

Join our mailing list!

Questions/Suggestions? Contact Us

### Our People



**Katherine Baildon, Cornell University**

Katherine Baildon is the Assistant to the Director of the Healthy Food Choices in Schools Community of Practice (CoP). Katie joined Cornell in February 2013...



### Trending Questions

Initial equipment for smarter lunchroom strategies

[view response »](#)

Healthy Suggestions for Parents packing breakfasts and lunches

[view response »](#)

### Upcoming Webinars

January 24, 2018

Get the Most Out of eXtension Healthy Food Choices in Schools Resources

February 20, 2018

Establishing and Maintaining School Gardens

[SEE MORE](#)





# Educational Videos



# Educational Videos

- ▶ Grow This, Eat That! Youth Learning Healthy Living through Gardening and Culinary Programs
- ▶ Tapping into Taste: Using Sampling to Turn Students into Ambassadors for Your Cafeteria
- ▶ Get to Know Your Salad Bar!
- ▶ *Coming Soon!* Completing a Smarter Lunchrooms Scorecard Walkthrough

## More about this Resource Area

### Resources

Welcome! In this resource area you will find tools and information on the following topics:

- Encourage Kids to Eat Healthy Foods
- The Business of School Food
- Develop Healthy Eating Dialogues
- Additional School Food Initiatives

Additional resources include:

- Featured Series
- Webinars
- Free Online Courses
- Educational Videos
- Recommended Resources

Please fill out our survey. We value your feedback!

Join our mailing list!

Questions/Suggestions? Contact Us

### Our People



**Katherine Baildon, Cornell University**

Katherine Baildon is the Assistant to the Director of the Healthy Food Choices in Schools Community of Practice (CoP). Katie joined Cornell in February 2013...



### Trending Questions

Initial equipment for smarter lunchroom strategies

[view response »](#)

Healthy Suggestions for Parents packing breakfasts and lunches

[view response »](#)

### Upcoming Webinars

January 24, 2018

Get the Most Out of eXtension Healthy Food Choices in Schools Resources

February 20, 2018

Establishing and Maintaining School Gardens

[SEE MORE](#)



# Get Involved!



# Membership Opportunities

Members share **your expertise** with a national audience of food service directors and staff, program leaders, teachers, parents and students.

Membership also provides an avenue for **professional networking** with individuals across the county who are working to promote healthy food choices in schools. Your participation and contributions to the CoP are tracked and can be used in outreach reporting and resume-building.



[articles.extension.org/healthy\\_food\\_choices\\_in\\_schools](https://articles.extension.org/healthy_food_choices_in_schools)

# Membership Opportunities Continued

- ▶ **Meeting Attendance-** Group meetings are held remotely for 30 minutes at the same time each month. Members are expected to attend these meetings regularly. The purpose of these meetings is to keep communication within the group flowing and to brainstorm new content ideas
- ▶ **Content Development** - Content development consists of developing and peer reviewing content, presenting webinars, and/or developing educational videos. Members are expected to regularly participate in one or more of these activities.
- ▶ **Promotion and Recruitment** - All members are expected to help get the word out about the tools and resources developed by the CoP. You can do this by sharing provided promotional materials at conferences and events, and by sharing CoP written content, webinars and videos on social media.

# Membership: Getting Started

1. Sign up with eXtension.org by going to: <https://people.extension.org/signup>
2. Go to <https://people.extension.org/communities/1608> and click “join”
3. You will be contacted by Katie Baidon, the communications coordinator for the CoP. She will answer any questions that you have and get you started!

# 4 Key Focus Areas

## Encouraging Kids to Eat Healthy Food Content Group

Leader: Joi Vogin, University of Maryland Extension

Co-Leader: Open position

## The Business of School Food Content Group

Leader: Adam Brumberg, Cornell University

Co-Leader: Annette Marchbanks, Liverpool Central School District

## Develop Healthy Eating Dialogues

Leader: Alisha Gaines, Division of Nutritional Sciences, Cornell University

Co-Leader: Amanda Root, Cornell Cooperative Extension, Jefferson County

## Additional School Food Initiatives

Leader: Mary Ann McFarland, Virginia Polytechnic Institute & State University Southwest District Extension Office

Co-Leader: Shauna Henley, University of Maryland Extension



[articles.extension.org/healthy\\_food\\_choices\\_in\\_schools](https://articles.extension.org/healthy_food_choices_in_schools)



# Questions?

[healthy\\_food\\_choices\\_in\\_schools@cornell.edu](mailto:healthy_food_choices_in_schools@cornell.edu)

