

# Nutrition Nibbles

UA Arizona Nutrition Network E-newsletter

August 2010  
Issue 29



## Contact Us

Phone:  
520-621-9344

Fax:  
520-626-9373

1177 E 4th St  
Tucson, 85721

**On the web:**  
[UA Nutrition Network](http://UA.NutritionNetwork.org)

[Eatwellbewell.org](http://Eatwellbewell.org)

## Quick Question Corner

**Question:** How does our school earn funds for nutrition education through AzNN?

**Answer:** Your school earns funds based on the number of nutrition education hours that are logged and

## Welcome Back!

As the new school year begins, we encourage you to be a **Champion for Change**. Below are a few suggestions for integrating nutrition and physical activity on a daily or weekly basis:

**Read a nutrition or physical activity fact** at the beginning of each day. Quick messages and facts are available [here!](#)

Visit the Arizona Nutrition Network [website](#) and print **activity sheets** to use as bell work.

Encourage **healthy snacks** in your classroom.

Avoid using food as a reward for **positive behavior**. There are many fun items that can be used as an alternative for **free from the Nutrition Network**, so talk with your school's representative and order some today!

Use nutrition concepts as **writing prompts** for journaling. Some examples could be, "Describe your favorite healthy snack," or "Why is it important to eat breakfast?"

Talk about **healthy choices on the lunch menu** before heading to the cafeteria.

## Rad Radishes

**Special thanks to the following people and schools for inviting your UA AzNN Coordinators to an August faculty meeting:**

- Matt Willard and Eneida Orci at Liberty

submitted each month to your point person. Your school point person has log forms, so be sure to talk with him/her about logging your nutrition education time! Also, don't forget that you can log your nutrition education **planning** and **teaching** time!

#### Elementary

- Trace Farnum at Craycroft Elementary
- Elisa Busby at Drachman Elementary
- Pat Southard at Marana Middle



### Coming Soon!

#### [Milk It Up Celebrations](#)

are coming in September!



**Talk with your school Point Person and plan activities to celebrate the nutrition benefits of delicious, low-fat dairy products!**

### 2009 End of the Year Survey Results

**Thank you to all who responded to our online survey in May! There were a total of 220 surveys filled out and your comments and suggestions were very helpful to us. We are working to incorporate your ideas in our program and we always welcome your feedback. Here's what you had to say:**

**Perceived Impact of the UA AzNN Program on students:**

- 85% of teachers reported that students gained more knowledge about nutrition.
- 65% mentioned an increase in knowledge about physical activity.
- 61% said students eat more fruits and vegetables.

### **Comments and Suggestions for Program Improvement:**

- 72.2% of respondents said the log forms are easy to fill out
- The most commonly requested additional resources and materials included:
  - Media resources (DVDs, websites)
  - Posters, food models and other visuals
  - Pre-planned or ready-to-use lesson plans
- The most commonly requested trainings included:
  - Integrating nutrition into other subjects (math, language arts, social studies etc)
  - Any trainings in general (also as professional development)
  - Motivating families and getting the message home
  - Games and nutrition-integrated physical activity
- Other program improvement suggestions included:
  - Providing more resources, materials and ideas for nutrition integration into other subjects
  - Increasing publicity of our program and what's available in schools.
  - More incentives for participating teachers.