



United States Department of Agriculture

Team Nutrition Resource Catalog

Inside

Resources to help you:

- Teach kids about *MyPlate* and being physically active.
- Offer nutritious and delicious meals kids want to eat.
- Work with others to build a healthy environment.



@TeamNutrition

<http://teamnutrition.usda.gov>





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Team Nutrition



Team Nutrition, an initiative of the United States Department of Agriculture’s Food and Nutrition Service, supports national efforts to promote lifelong healthy food choices and physical activity by improving the nutrition practices of the Child Nutrition Programs. We provide resources to schools, child care settings, and summer meal sites that participate in these programs.

Our Strategies

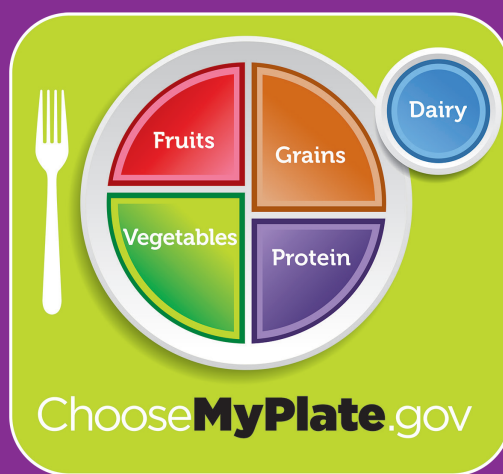
Team Nutrition uses three strategies to change behavior:

- 1** Provide training and technical assistance to child nutrition professionals to enable them to prepare and serve nutritious meals that appeal to children.
- 2** Increase nutrition education through multiple communication channels to help children have the knowledge, skills, and motivation to make healthy food and physical activity choices as part of a healthy lifestyle.
- 3** Build support for healthy school and child care environments that encourage nutritious food choices and physically active lifestyles.

Our Messages

The Dietary Guidelines for Americans are the basis of Federal nutrition policy, education, outreach, and food assistance provided through the Child Nutrition Programs. The Team Nutrition initiative helps schools, child care settings, summer meal sites, parents/caregivers, and children put the Dietary Guidelines for Americans into action through training, technical assistance, and nutrition education.

The *MyPlate* icon uses a familiar image - a place setting for a meal - to prompt consumers to build a healthy plate at mealtime. *MyPlate* also illustrates the five food groups, reminding everyone that these foods are the building blocks of a healthy diet. Team Nutrition helps communicate *MyPlate* messages to children and their caregivers through a variety of innovative delivery methods including hands-on activities, electronic games, songs, videos, lessons, stories, events, tweets, graphics, and gardens.





Our Channels

Team Nutrition delivers consistent nutrition messages to children and their caregivers through multiple communication channels:

1 food service initiatives

4 home activities

2 classroom and child care activities

5 community programs and events

3 school-wide events

6 traditional and social media

Team Nutrition Schools

Schools participating in the National School Lunch Program are invited to sign up as Team Nutrition Schools and join an important network of schools working towards healthier school nutrition and physical activity environments. Today, almost half of the schools participating in the National School Lunch Program have signed up to be Team Nutrition Schools.

Team Nutrition Schools share these common values:

- We believe that children should be empowered to make food and physical activity choices that reflect the Dietary Guidelines for Americans.
- We believe that good nutrition and physical activity are essential to children's health and educational success.
- We believe that school meals that meet the Dietary Guidelines for Americans should taste good and appeal to children.
- We believe our programs must build upon the best science, education, communication, and technical resources available.
- We believe that school, parent, and community teamwork is essential to encouraging children to make food and physical activity choices for a healthy lifestyle.
- We believe that messages to children should be age appropriate and delivered in language they speak, through media they use, and in ways that are entertaining and actively involve them in learning.
- We believe in focusing on positive messages regarding food and physical activity choices children can make.
- We believe it is critical to stimulate and support education and action at the national, State, and local levels to help children develop healthy eating and physical activity behaviors.



Why should your school join the team?

Signing up to be a Team Nutrition School is free and easy. All schools participating in the National School Lunch Program can sign up. We ask that schools designate a Team Nutrition Leader and have the support of their school nutrition director and school principal. By signing up, schools will:

- Affirm their commitment to helping students make healthier food choices and be more physically active.
- Have the opportunity to collaborate with other Team Nutrition Schools.
- Be the first to hear about new nutrition education and training materials developed under the Team Nutrition initiative.
- Receive special nutrition education and promotion materials.
- Have the opportunity for their Team Nutrition activities to be highlighted on social media and in print publications. See our Team Nutrition Popular Events Idea Booklet for examples.



How can your school sign up to be a Team Nutrition School?

To sign up, simply access our online enrollment form at <http://www.fns.usda.gov/tn/join-team>. You can also search our database of Team Nutrition Schools at this site and update your school's contact information.

When signing up to be a Team Nutrition School, you can subscribe to our Quarterly Team Nutrition E-Newsletter. You can also sign up for the e-newsletter at <http://www.fns.usda.gov/tn/resource-library>.

Nutrition Education Materials for Schools

Team Nutrition materials help schools integrate nutrition education into classroom learning and also include materials for home, cafeteria, and community connections. In addition to being standards based, materials are child, teacher, and parent tested through extensive research including focus group testing, indepth interviews, and field testing. Materials are based on the Social Cognitive Theory, as this theory addresses personal, behavioral, and environmental factors that influence behavior.

School Kits

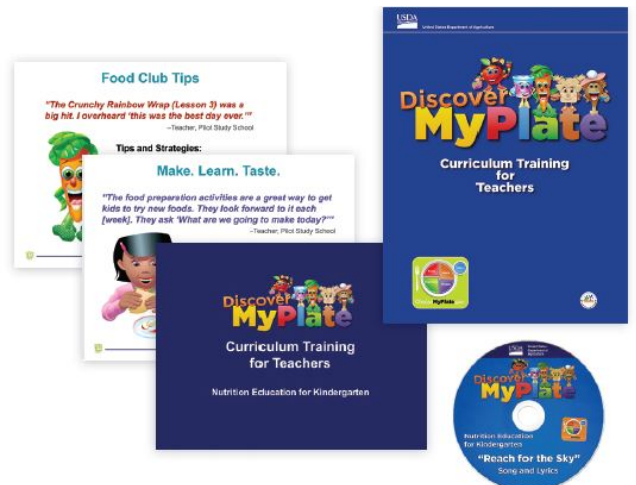
Discover MyPlate: Nutrition Education for Kindergarteners (Teacher's Kit)

Engaging six-lesson kit that includes a teacher's guide, The Five Food Groups poster, Food Group Friends Profile Cards, food cards, Teacher's Edition of the Emergent Readers, song CD, and 25 copies of each of the following: student workbooks, parent handouts (English), emergent readers, and Look and Cook Recipes. (Kindergarten)



Discover MyPlate: Curriculum Training for Teachers

Training guide and customizable slideshow presentation designed to boost educator’s confidence in teaching nutrition concepts and conducting the food preparation activities included as part of the Discover MyPlate Teacher’s Kit. It includes an overview of the lesson materials and how they connect to educational standards, highlights key nutrition concepts, and includes a personal self-assessment. (Kindergarten Teachers)



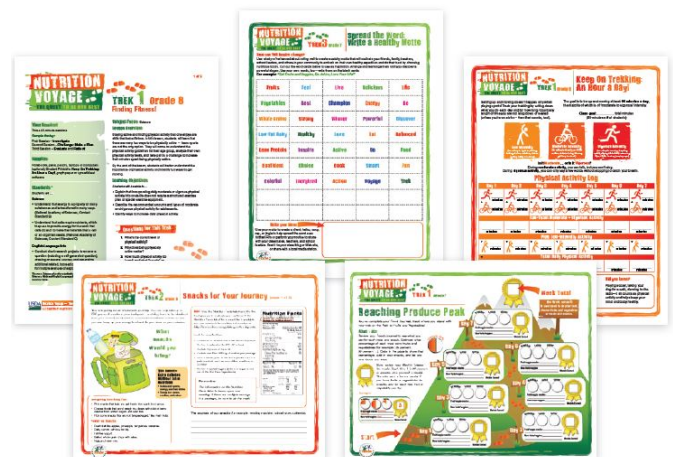
Healthier Middle Schools: Everyone Can Help

Communications kit for Grades 7-8 that contains videos and handouts for engaging teachers, principals, parents, school nutrition managers, and students in school wellness efforts. (Grades 7-8)



Nutrition Voyage: The Quest To Be Our Best

Middle school resource for Grades 7-8 that includes three mini-lessons per grade and reproducible worksheets that connect nutrition education to Math, Science, and English educational standards. (Grades 7-8)



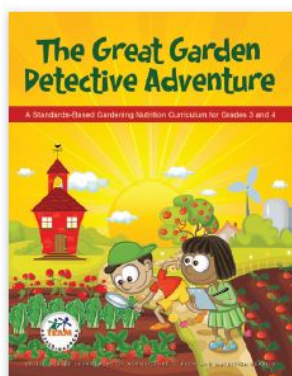
Serving Up MyPlate: A Yummy Curriculum for Grades 1-6

MyPlate lessons available for three grade levels: Level 1 (Grades 1-2), Level 2 (Grades 3-4), Level 3 (Grades 5-6). Each kit includes a teacher's guide with three lessons, Eat Smart to Play Hard with MyPlate poster, song CD, MyPlate Blast Off Game, and 35 MyPlate at Home parent handouts (parent handouts are also available separately in Spanish, French, and Traditional Chinese). (Grades 1-6)



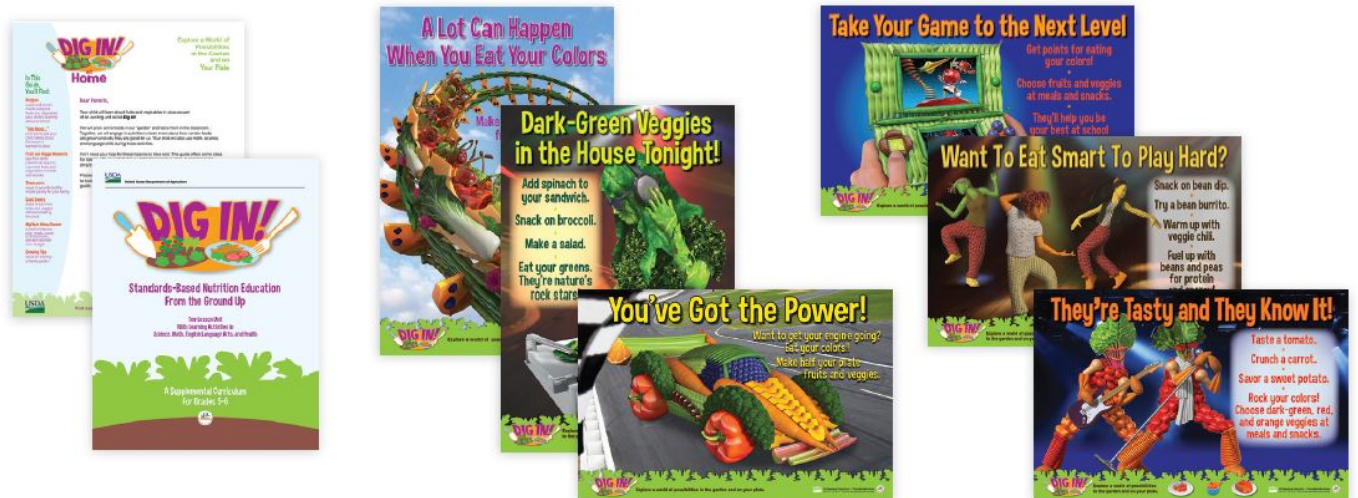
The Great Garden Detective Adventure: A Standards-Based Gardening Nutrition Curriculum for Grades 3 and 4

Eleven-lesson curriculum for 3rd and 4th grades that contains bulletin board materials, veggie dice, fruit and vegetable flash cards, and 35 copies of each of the 10 Garden Detective newsletters for parents/caregivers. (Grades 3-4)



Dig In! Standards-Based Nutrition Education From the Ground Up

Eleven inquiry-based lessons that engage 5th and 6th graders in growing, harvesting, tasting, and learning about fruits and vegetables. The curriculum includes reproducible student handouts, 35 copies of the Dig In! At Home parent booklet (parent booklet also available separately in Spanish), and a set of 6 Dig In! posters. (Grades 5-6)



School Posters

Team Nutrition Elementary School Poster Set

Set of four posters about trying new foods, fruits and vegetables, and breakfast. Horizontal posters are 24" x 36". Vertical posters are 36" x 24".



Team Nutrition Middle School Poster Set

Set of four posters about breakfast, snacks, and fruits and vegetables.
Horizontal posters are 24" x 36". Vertical posters are 36" x 24".



Eat Smart To Play Hard With MyPlate Mini Poster

Two-sided mini poster (8 1/2" x 11") showing the MyPlate icon on one side and foods in the five food groups on the reverse.



Eat Smart To Play Hard With MyPlate Poster

Two-sided poster (24" x 36") showing the MyPlate icon and foods in the five food groups. A blank MyPlate icon is on the reverse.



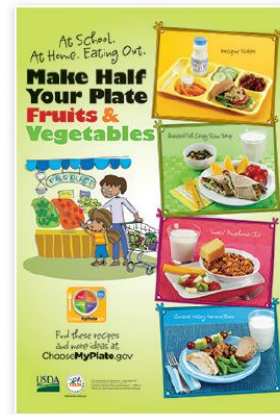
MyPlate Posters

Double-sided (20”x 16”) posters of the MyPlate icon featuring different placemat colors.



MyPlate for Kids: Make Half Your Plate Fruits & Vegetables Poster

A 36” x 24” poster displaying photographs of real MyPlate meals with entrees from the Recipes for Healthy Kids Cookbook.



School Games

MyPlate Blast Off Game

Computer game where kids practice reaching Planet Power by fueling their rocket with physical activity and foods from the five food groups. Available online and on a disk as part of Serving Up MyPlate Level 3.



Track and Field Fuel Up Challenge

Computer game where kids pick their player and progress through four track and field events including the javelin, high jump, long jump, and the dash. To win, players must quickly pick the right answer to questions about healthy eating and nutrition. Available online only.



The Two Bite Club E-Book

Interactive, illustrated e-storybook that introduces young children to *MyPlate* and shows how trying new foods together as a family can be fun. Features audio narration and highlighting of story text to promote literacy and engagement. Contains interactive activities throughout the book, as well as activity pages, a certificate for trying new foods, and a parent handout at the back of the book. English and Spanish versions available for free download online as e-pub files for computers, tablets, and other mobile devices. Also available in print or pdf.



Discover *MyPlate* E-Books

Set of six emergent reader interactive e-books to help preschool and kindergarten children build literacy skills while learning about the five food groups and *MyPlate*. Features audio narration, highlighting of story text, and interactive activities to promote literacy, engagement, nutrition knowledge, and adoption of healthy eating and physical activity behaviors. Available for free download online as e-pub files for computers, tablets, and other mobile devices. Also available in print or pdf.



School Stickers

School Stickers

2”round stickers in rolls of 200. Make Today a Try-Day!, Launch Your Day With Breakfast, and High Five stickers. High Five stickers are available only to Team Nutrition Schools.



Additional School Resources

These materials provide information for school staff, parents, and other community members on Smart Snacks requirements, fundraising, and other school wellness efforts.

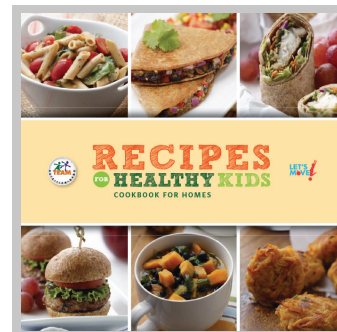
Team Nutrition Popular Event Ideas Booklet

Booklet featuring nutrition and physical activity event ideas for elementary and middle schools.



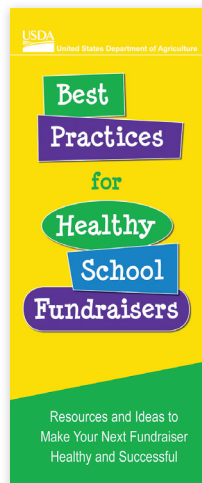
Recipes for Healthy Kids: Cookbook for Homes

Thirty delicious, kid-approved recipes that yield 6 servings per recipe. (All grades)



Best Practices for Healthy School Fundraisers

Four-fold brochure providing information on healthier fundraising ideas that align with the Smart Snacks in Schools standards. Available online only.



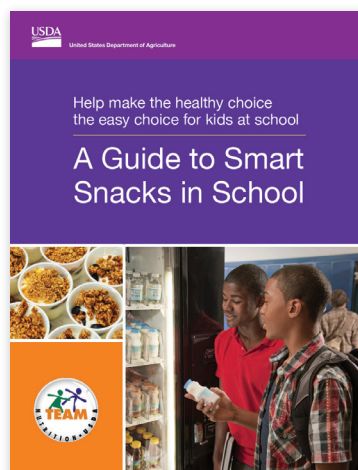
What You Can Do To Help Prevent Wasted Food

Booklet discussing ways to reduce, recover, and recycle food before it goes to waste. Includes ideas for school nutrition professionals, teachers, parents, students, and school administrators. Packs of 25 booklets.



A Guide to Smart Snacks in Schools

Colorful booklets on Smart Snacks nutrition standards. Packs of 25 booklets.

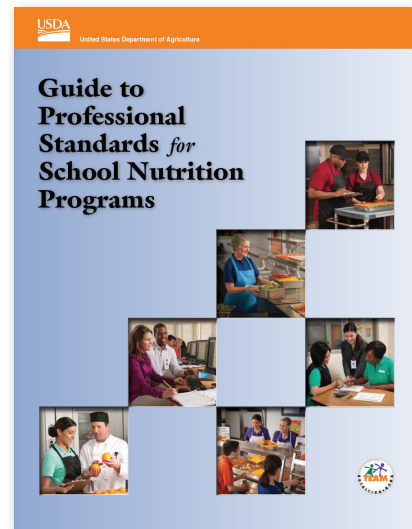


Training and Technical Assistance Materials for Schools

Team Nutrition training and technical assistance materials help school nutrition professionals provide students with tasty and nutritious meals that meet meal pattern requirements. These resources also provide guidance on using sound business practices to ensure continued availability of healthy meals as well as the financial viability and accountability of school meal programs

Guide to Professional Standards for School Nutrition Programs

Twenty-four page booklet to assist State agencies, school food authorities, and apply the professional standards final rule.



Recipes for Healthy Kids: Cookbook for Schools

Thirty delicious, kid-approved recipes that have been standardized and yield 50 or 100 servings per recipe.



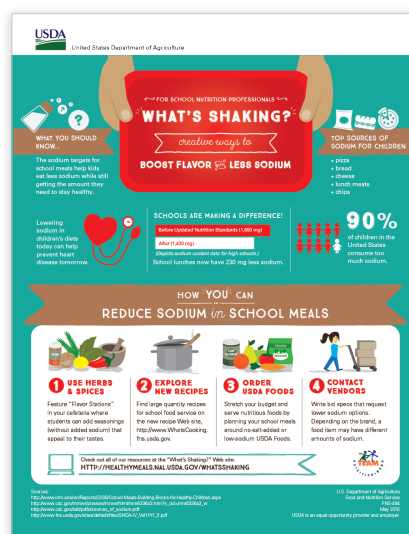
Food Buying Guide for School Nutrition Programs

Information to help school nutrition professionals buy the right amount and types of food for their programs. It also helps schools determine how foods credit toward program meal pattern requirements. Available online only.



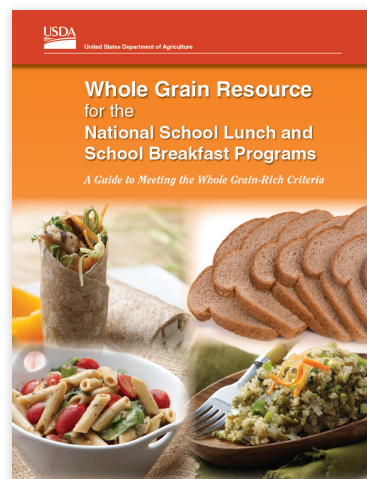
What's Shaking? Sodium Reduction Infographic for School Nutrition Professionals

One-page flyer highlighting statistics, research, and practical tips on reducing sodium in school meals. Available online only.



Whole Grain Resource for the National School Lunch and School Breakfast Programs

Training resource that reviews whole grain-rich criteria for school meals. Provides skill-building examples to help school nutrition professionals correctly identify foods meeting whole grain-rich criteria. Provides tips on how to incorporate whole grain-rich foods in menus. Available online only.



Nutrition Education Materials for Child Care

These nutrition education materials focus on early childhood and take into consideration children’s developmental and cognitive abilities during early childhood. Activities are designed to involve children’s bodies and minds through physical movement, music, arts and crafts, gardening, and hands-on activities featuring foods from the five *MyPlate* food groups. All of our child care materials are reviewed by experts in early childhood development and education.

Discover *MyPlate* Emergent Reader Mini-Books

Set of six emergent reader mini-books to help children build literacy skills while learning about the five food groups and *MyPlate*. Originally designed for kindergarten, many child care providers find these materials to be appropriate for children in their care as well. Also available as e-books.



Discover *MyPlate* Look and Cook Recipe Cards

Set of four pictorial recipes that offer kids a simple and visual way to prepare healthy snacks. Recipes have been “kindergarten tested” by teachers and students. Each color recipe is printed in English on one side and Spanish on the reverse.



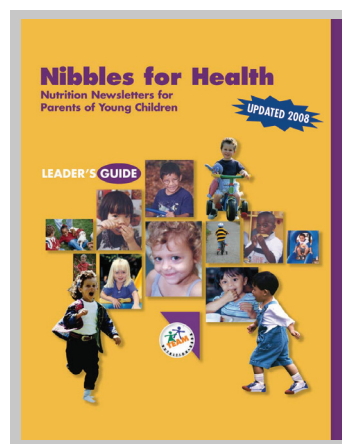
Grow It, Try It, Like It! Nutrition Education Kit Featuring MyPlate

Garden-themed nutrition education kit that introduces children to six fruits and vegetables. Includes seven booklets, featuring three fruits and three vegetables, with hands-on planting activities, a CD with supplemental information, and a DVD with Cool Puppy Pup's Picnic and Lunch Parties.



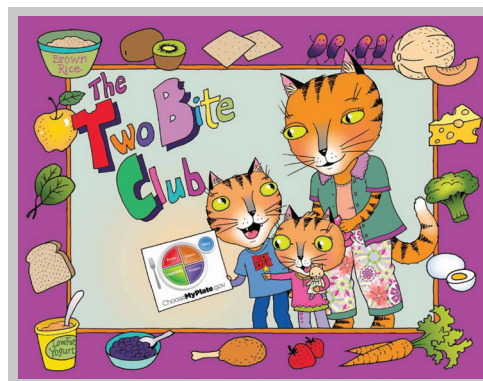
Nibbles for Health: Nutrition Newsletters for Parents of Young Children

Nutrition tips for parents of young children presented in a fun, easy-to-read manner. Newsletters, which feature a large font and friendly tone, focus on topics such as children's appetites and growth, handwashing, and ways to be active when it is cold outside. Available online only.



The Two Bite Club

Illustrated storybook that introduces young children to MyPlate and gently shows how trying new foods together as a family can be fun. Contains activity pages, a certificate for trying new foods, and a parent handout. Also available in Spanish and as an e-book.



Training and Technical Assistance Materials for Child Care

Team Nutrition’s training and technical assistance materials help child care centers and day care homes meet Child and Adult Care Food Program (CACFP) requirements and provide healthy environments for children in their care. Materials are based on a comprehensive needs assessment that included feedback from centers and family day care home providers.

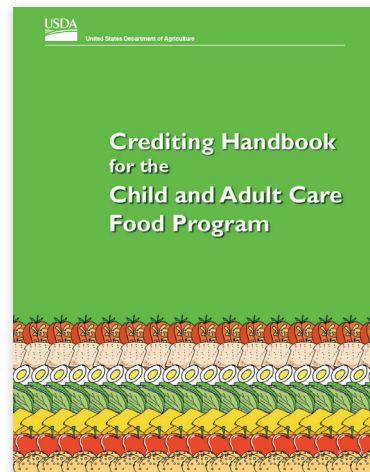
CACFP Promotional Flyer

Eye-catching flyer that highlights benefits of CACFP. Customize the flyer with agency or organization information on the back side. Available in packs of 100.



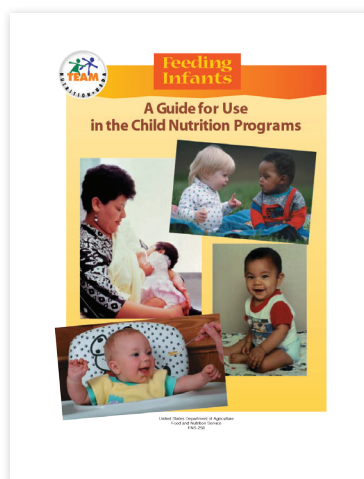
Crediting Handbook for the Child and Adult Care Food Program

Supplements the Food Buying Guide for Child Nutrition Programs with additional information on creditable foods in child and adult care centers, outside-school-hours care centers, and family day care homes. Available online only.



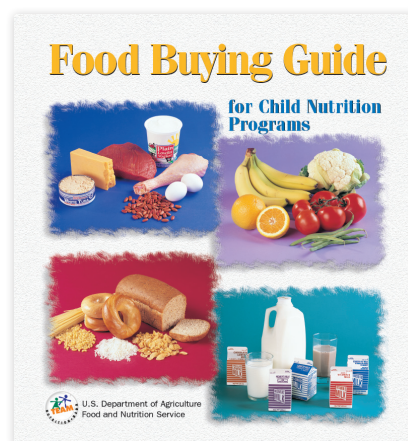
Feeding Infants: A Guide for Use in the Child Nutrition Programs

Information on infant development, nutrition for infants, breastfeeding and formula feeding, preventing tooth decay, feeding solid foods, drinking from a cup, choking prevention, food safety, and some Infant Meal Pattern requirements. Available online only.



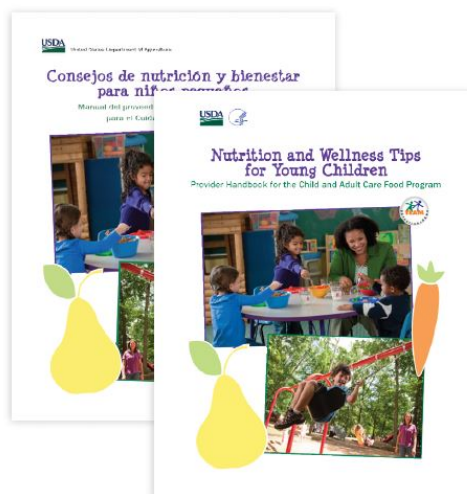
Food Buying Guide for Child Nutrition Programs

Information to help child care professionals buy the right amount and types of food for their programs. It also helps them determine how foods credit toward program meal pattern requirements. Available online only.



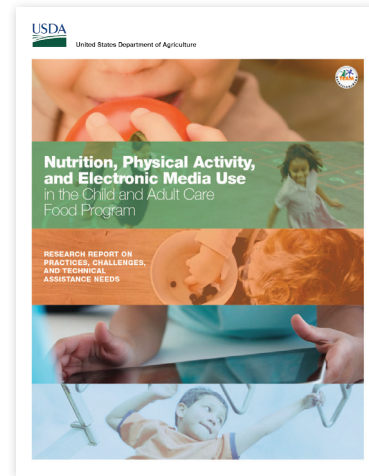
Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program

Child care providers can create healthier environments for children 2 through 5 years old with this collection of 15 tip sheets that focus on building healthy meals and promoting active play. The handbook also provides success stories and links to additional resources. Also available in Spanish.



Nutrition, Physical Activity, and Electronic Media Use in CACFP

Easy-to-read booklet that summarizes key findings from research on nutrition, physical activity, and electronic media use in the Child and Adult Care Food Program. The research looked at current practices, perceived challenges, technical assistance needs, and preferred delivery formats of training and resources. Available online only.



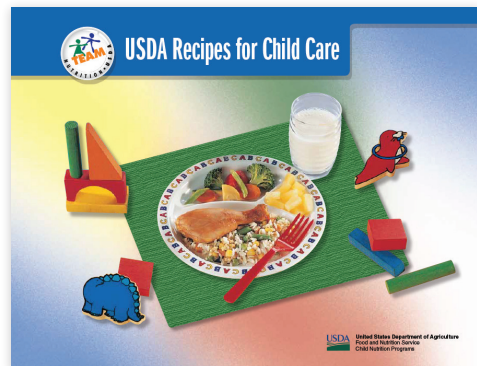
Recipes for Healthy Kids: Cookbook for Child Care

Thirty delicious, kid-developed and approved recipes that have been standardized and yield 25 or 50 servings per recipe.



USDA Recipes for Child Care

Informational booklet and database of recipes that yield 25 and 50 servings. The booklet discusses topics such as recipe adjustment, nutrient information, recipe substitutions, and safe food handling; and contains many helpful reference charts. The database of recipes is housed at the Institute for Child Nutrition Web site and can be accessed through the Team Nutrition Resource Library. Available online only.

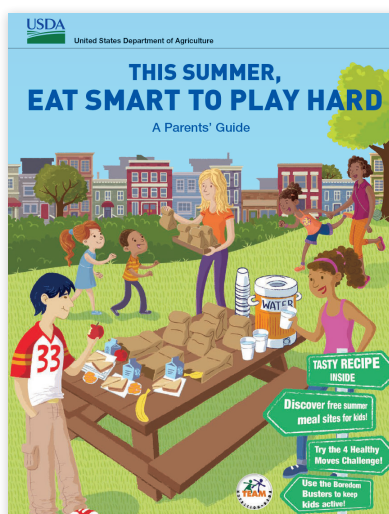


Nutrition Education Materials for Summer Meal Programs

New nutrition education resources are now available for the Summer Food Service Program and schools participating in the Seamless Summer Option of the National School Lunch Program. These resources are designed to encourage healthy food choices and physical activity during the summer months and to promote greater participation in summer meal programs.

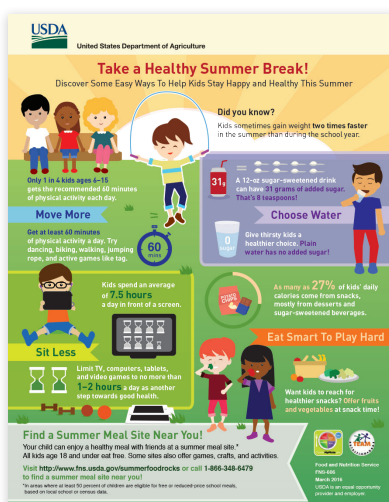
Parents' Guide – This Summer, Eat Smart to Play Hard

A colorful brochure that informs parents of the importance of healthy food choices and physical activity for school-aged children during the summer, contains a healthy summer-themed recipe, and encourages families to engage in a nutrition and physical activity focused “family challenge.” This brochure is designed to be distributed by schools at the end of the school year to raise awareness of healthy habits during the summer and to inform families on how to locate a nearby summer meal site. Available separately in English and Spanish. (All Grades)



Infographic – Take a Healthy Summer Break

One-page informational graphic (infographic) contains brightly colored illustrations and statistics to convey information to parents about the importance of healthy food choices and physical activity for school-aged children over the summer months. This infographic is designed to be distributed by schools at the end of the school year to raise awareness of healthy habits during the summer and to inform families on how to locate a nearby summer meal site. Infographic is English on one side and Spanish on reverse side. (All Grades)



Summer Food, Summer Moves

Engaging and fun activities for summer meal sites. Each kit includes 30 activities (divided into 6 fun summertime themes), 7 educational posters, 6 types of promotional fliers, an activity placemat, and educational handouts for parents. Activities can be customized based on the ages of participating children, time available, and the summer meal site setting (indoor or outdoor). All materials are available separately in English and Spanish. (All Grades)



How To Get Team Nutrition Materials

All Team Nutrition resources are available on the Team Nutrition Web site in our Resource Library: <http://www.fns.usda.gov/tn/resource-library>. Schools, child care providers (centers, sponsors, and family day care providers), and summer meal sites that participate in USDA Child Nutrition programs may request free printed copies of certain materials. Printed materials may also be requested by the State agency administering the USDA Child Nutrition programs and school districts. Eligible entities may request printed copies using our online order form at <http://pueblo.gpo.gov/TN/TNPubs.php>.

If you have questions about Team Nutrition materials, please contact us at teamnutrition@fns.usda.gov or by phone at (703) 305-1624.

History of Team Nutrition

USDA launched Team Nutrition as a comprehensive nutrition education initiative in 1995. The goal of Team Nutrition is to support USDA Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. Over the past 20 years, Team Nutrition has produced hundreds of resources, training materials, and nutrition education lessons for schools and child care providers across the country.

Since its inception, Team Nutrition has also provided Team Nutrition Training Grant funds to State agencies that implement USDA Child Nutrition Programs. These funds have helped States train school nutrition professionals on meal pattern requirements, create Smarter Lunchrooms, and implement nutrition education activities and wellness policies.



U.S. Department of Agriculture

Food and Nutrition Service

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