THE FOOD and NUTRITION SERVICE PROUDLY

PRESENTS THE

2004
BEST PRACTICES
AWARDS

For Outstanding Achievement in the
Child Nutrition Programs

National School Lunch Program
School Breakfast Program
After School Care Snack Program
Seamless Summer Feeding Waiver

The United States Department Of Agriculture

BEST PRACTICES

Dear School Foodservice Professionals:

The Food and Nutrition Service is proud to recognize the Mountain Plains Region 2004 "Best Practices" award winners' exemplary accomplishments to Child Nutrition Programs.

I am personally committed to making sure that all school food service personnel in the Mountain Plains Region have the tools and training they need to fully implement the Dietary Guidelines and the Healthy School Nutrition objectives. This booklet is one of those tools. By recognizing and sharing information on outstanding practices in school foodservice, we hope to encourage similar program practices in schools throughout the Region.

For many years, I have been supporting health and nutrition issues and we all know that there is a strong relationship between good nutrition and good health. School foodservice professionals are on the front line of the effort to provide students with the nutritious foods they need to grow into healthy, productive adults. With your hard work and enthusiasm, we will succeed.

I thank you for your commitment and your support.

Sincerely,

Darlene Sanchez

DARLENE SANCHEZ
Regional Director
Special Nutrition Programs

USDA BEST PRACTICES AWARD CATAGORIES

Increasing School Breakfast Program Access

Increasing the Consumption of Fruits and Vegetables

Healthy School Nutrition Environment

Increasing the Consumption of Fruits and Vegetables

EDITH BOWEN LAB SCHOOL

For outstanding and creative efforts to increase student consumption of fresh fruits and vegetables in the National School Lunch Program

Edith Bowen Laboratory School (EBLS) in Logan, Utah hosted the second annual "Fruit and Veggies Fair" this year. The foodservice staff, teachers, local grocery stores, and Utah State University (USU) Dietetic Students work together to provide an educational experience for the elementary children with the purpose of increasing the students knowledge and consumption of fruits and vegetables. The Dietetic Students created fruit and vegetable posters to hang in the cafeteria for one week. The elementary children were asked to construct pieces of artwork using only fruits and vegetables as their materials. The children and their families enjoyed an hour of activities, learning, and best of all, eating. The fun and educational activities where conducted by the USU Dietetic Students. The evening consisted of the families rotating through four stations: Fruit for Dessert, Apple Craze, Squash Diversity and Name That Fruit. EBLS has focused on fruit and vegetable intake for many years by offering a varied salad bar daily for their lunch meal. The staff has found that by increasing the knowledge of fruits and vegetables, the children can better recognize different fruits and vegetables and be excited about choosing them from the salad bar. The children currently choose an average of 1 1/2 servings of fruits and vegetables each day.

Program Size: 1 school
ADP: NSLP 250
Contact: Utah State University
Dietetic Students, Hilary Spooner,
Caralee Wilcock, Pui Sze Yip and
Heather Wollschleger
Department of Nutrition and Food Sciences
Utah State University
Logan, Utah 84322-8700
Phone 435 797-2104

Healthy School Nutrition Environment

KENWOOD ELEMENTARY SCHOOL

For excellence in promoting a healthy school and nutrition environment while operating the National School Lunch Program

The students at Kenwood Elementary School in Kearney, Nebraska are excited about their school foodservice "parties". The foodservice manager and her staff have planned school lunch marketing extravaganzas since 2001. Beginning with Mickey Mouse's birthday party and a luau, there are now five lunch events held annually. The outstanding support and active participation of the principal, school staff and local community makes these events a much anticipated tradition. The cafeteria is decorated and transformed into whatever the current theme is. For instance, in the fall of 2003 there was a country hoedown. Supplies were collected from local stores, attics, local thrift shops and garage sales. Community volunteers decorated with a total cost of under $30. There is always a high level of excitement and participation. All students and staff members were there in costume and attendance was high, 430 people including parents and special guests. Trays were full of nutritious and attractive food that was enjoyed by all. A sense of community and an enhanced image of school lunch was generated.

The 2004 celebration was a great success, attended by 196 students and guests. This manager is well received as a presenter at Nebraska workshops. She enthusiastically shares theme ideas and tricks for elaborate but inexpensive decorations. The effectiveness of her efforts at establishing positive relationships with students has increased meal participation. Cooperating with the school community and improving the image of school meals is motivating to other managers. The student' average daily participation went from 77% in October 2001 to 95% in February 2003.

Program Size: 1 school
ADP: NSLP 201
Contact: Gaylene Glenn
Food Service Manager
Kenwood Elementary School
1511 5th Avenue
Kearney, Nebraska 68845-5924
Phone: 308-237-6500

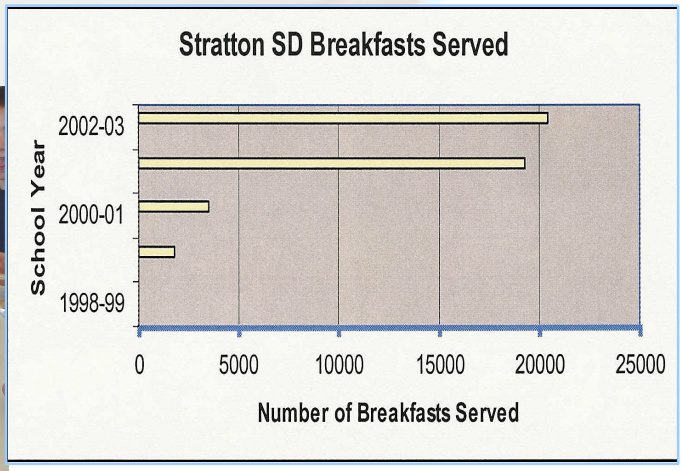
Increasing School Breakfast Program Access

STRATTON SCHOOL DISTRICT R-4

For excellent and innovative practices to increase access and participation in Stratton's School Breakfast Program

The Stratton School District in Stratton, Colorado has a new way of doing business at breakfast time. Breakfast is now the "Nutrition Break," served between 9:15-9:30 a.m. at the elementary school and 9:00-9:20 a.m. at the secondary school. Before the Breakfast Program was redesigned, many children were not eating breakfast in the morning. Some students had to choose between breakfast and recess and recess often won out. Other students just weren't ready to eat in the early morning, so Stratton School District decided that they would serve the morning meal after first period.

Colorado Superintendent Michael Clough believes that the morning "Nutrition Break" is an important learning tool. Children are ready to eat. Participation in the Breakfast Program has increased substantially. Students perform better after the break. Cafeteria managers, Diane Miller and Julie Fox, both view this as a great opportunity to feed children who otherwise might not eat breakfast. Teachers believe that students are more ready to learn.

The average daily participation at breakfast went from less than 10% in School Year (SY) 98-99 with a foodservice fund deficit of almost $10,000 to a 52% increase of students in SY 02-03 and a positive foodservice fund balance of $11,546. Only one-half hour of additional labor was added. Superintendent Clough was selected to present information on the district's Breakfast Program at the 2003 Colorado Healthy School Summit.

Program Size: 2 schools
ADP: Breakfast 125
Lunch 190
Contact: Michael Clough
Superintendent
Stratton School District R-4
219 Illinois Avenue
Stratton, CO 80836
Phone: 719-348-5369