



Healthy Schools Working Group Minutes

April 11, 2018 2:30-4:00 p.m.

Center for Children's Healthy Lifestyles & Nutrition (Don Chisholm- first floor conference room)
610 E. 22nd Street, Kansas City, MO 64108

I. Resources

- Alma Hopkins, RD and Nutrition Specialist for Missouri Team Nutrition in Schools will showcase the programs for schools promoting salad bars and culinary learning labs
 - <http://health.mo.gov/living/wellness/nutrition/teamnutrition/index.php>
- Cooking Classes for Schools – [Culinary Skills Institute](#)
 - Chef-Led Culinary Instruction
 - Nutrition Instruction Led by Lisa Farmer
- Programs have led to additional curriculum additions in the schools such as gardening (school greenhouses), cooking clubs, etc.
- Marketing Salad Bars in Schools – I Made A Rainbow and Fresh Life “Enjoy a Salad Today!”
 - Simple marketing programs which include online toolkit, signs, aprons w/ logo, incentives and \$200 stipend
- Playground Stencils Available for Borrow Upon Request @ <http://health.mo.gov/living/wellness/nutrition/teamnutrition/playgroundstencils.php>
 - For schools, parks and early care and education programs

II. Additional Updates

- Robyn Stuewe, Action for Healthy Kids grant opportunity
 - Deadline was extended to Friday the 13th - Must have physical activity and nutrition component led by parents
- Emily Meissen Sebelius, HLI Updates
- New 12345 Fit-Tastic! Website
 - Mobile friendly
 - Partners will receive email when launched, so don't forget to reset your password!
 - Will be working with partners to make sure all resources are available on site
- Fruits and veggies brochures are available on 12345 Fit-Tastic! site
- Save the Date for the Regional Childhood Obesity Summit- June 27-28 sponsored by Children's Mercy and Health Services Research Administration (HRSA)

III. Spotlights- Student Sharing about efforts for Nutrition and Physical Activity in Schools through Fuel Up to Play 60 programs

- Hudson Hurtig, Fuel Up to Play 60 Kansas Student Ambassador for, Olathe
 - Watch and share his Back-To-School Rap!
<https://www.youtube.com/watch?v=UiFdMDEAPGk>

- Watch and share the Fuel Up to Play 60 Mascots on the Move Contest video, featuring Hudson! <https://www.youtube.com/watch?v=-VOZusvlkho>
- Won \$1000 dollar grant to help improve and grow his school's second chance breakfast program
- Maya Binder, Fuel Up to Play 60 Missouri Student Ambassador, Lee's Summit
 - Owes a lot to national summit for her personal growth and improved leadership, speaking and writing skills
 - She was encouraged at the summit to choose healthy food options and bring back this knowledge and passion to inspire others at her school!

Healthy School's Working Group Mission: *Schools and community agencies collaborate to improve the food and physical activity environment, policies, and practices to enhance health and academic success of school age children.*

