

Event: **Challenges, Benefits and Essential Factors in Implementing a Recess Before Lunch Schedule in Montana Elementary Schools**



When: Friday, October 30, 2009 2:00 PM - 4:00 PM

Where: Herrick Hall 117

Description: Katie Bark, project director for Montana Team Nutrition Program, will share research and information on "Recess Before Lunch(RBL)." This procedure allows children to go out for lunch recess and then eat their lunch. This has become an increasingly popular school wellness strategy, due to observed improvements in student behavior, increased consumption of nutrient-dense foods, reduced plate waste and overall improvements in the quality of dining experiences for students.

Cost: free

Contact: Department of Health & Human Development
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