



Launch into Wellness with Montana Team Nutrition



1. Sign up all of your schools to be Team Nutrition Schools. Your program is the nutrition heart of the school so designate yourself or a colleague as the Team Nutrition Leader and gain support from your school principal. By signing up, your schools' staff will: affirm their commitment to helping students make healthier food choices and be more physically active, and receive special nutrition education and promotion materials.

Signing up to be a Team Nutrition (TN) School is free and easy. Join as a new TN school, or update an existing school's contact information <https://www.fns.usda.gov/tn/join-team-become-team-nutrition-school>

2. Plan fun promotions to market your school meals program!

- **October 15-19, 2018**
National School Lunch Week - the theme is: *School Lunch: Lots 2 Love*
<https://schoolnutrition.org/Meetings/Events/NSLW/2018/>
- **October 24, 2018 at 2:00pm**
Montana Crunch Time is a statewide event to celebrate National Food Day and National Farm to School Month in Montana by crunching into locally or regionally grown apples wherever you are—school, work, or play! Register and get info at: <http://www.montana.edu/mtfarmtoschool/mt-crunch-time.html>
- **March 4-8, 2019**
School Breakfast Week – the theme is: *Start Your Engines with School Breakfast*
<https://schoolnutrition.org/meetings/events/nsbw/2019/>



3. Lead or participate in your district's School Wellness Policy Initiative. Utilize resources such as a school wellness newsletter, policy implementation guide, and assessment tool. Look for information on School Wellness Workshops being offered this fall in Butte, Miles City and Kalispell soon. More info: <http://www.montana.edu/teamnutrition/wellness/>

4. How smart is your lunchroom? Learn simple, low cost strategies to help students make healthy choices and decrease food waste in your lunchroom by using Smarter Lunchrooms techniques.

- Learn how to make your lunchroom even smarter with the **Smarter Lunchrooms Scorecard**
https://www.smarterlunchrooms.org/sites/default/files/documents/SLM-Scorecard2.0_5.pdf
- **Let's Eat: Engaging Students to Create Smarter Lunchrooms Guide** provides tips and best practices in working with students and school staff to make your lunchroom smarter.
<http://www.montana.edu/teamnutrition/smartpleasantmeals/letseatlessons.html>
- **Newly Revised Recess Before Lunch (RBL) Guide** provides tips for success and best practices from experienced RBL schools. Discover how both recess and a positive lunchroom experience supports healthy and smart students. <http://www.montana.edu/teamnutrition/smartpleasantmeals/rbl.html>



Montana Team Nutrition Program

More information available at www.montana.edu/teamnutrition
Montana Team Nutrition Program is housed at Montana State University and works in cooperation with the Montana Office of Public Instruction. The USDA is an equal opportunity provider.



Grow Farm to School This School Year!

Register for Montana Harvest of the Month

Montana school and afterschool programs can now register the **Montana Harvest of the Month program** for 2018-19 school year! The Montana Harvest of the Month program showcases Montana grown foods in Montana schools and communities. Each month, the schools participating in the program focus on promoting one locally grown item (e.g., winter squash) by serving it in a meal, offering taste tests to students, and doing educational lessons and activities surrounding both the nutritional and agricultural aspects of the food. There are two new items this year!



Participating schools will receive a full packet of materials at no charge as well as guides, additional resources, and training.

For more information or to register your school or afterschool program for free visit: www.montana.edu/mtharvestofthemonth

MT Farm to School Summit – September 13-14 - Missoula

Want to learn how to procure more local foods, receive new recipes featuring Montana foods, market your program better, and work with school gardens? Then don't miss this opportunity to tour farm to school programs, be inspired, learn from and network with farm to school champions from our state and the nation. To register or for more information:



<http://www.montana.edu/mtfarmtoschool/summit.html>

Get Resources

Montana Farm to School website: www.montana.edu/mtfarmtoschool

Montana Farm to School Facebook page:
<https://www.facebook.com/montanafarmtoschool/>

For more information on Montana Harvest of the Month or farm to school, contact Aubree Roth, Montana Farm to School Coordinator at aubree.roth@montana.edu or (406) 994-5996.



Contact Montana Team Nutrition for more information, technical assistance or training opportunities. We are excited to assist your program staff with creating smarter cafeterias and serving nutrient packed, popular meals to your students.

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