



# What is Team Nutrition?

USDA's *Team Nutrition* is an integrated, behavior based, comprehensive plan for promoting the nutritional health of the Nation's children. This plan involves schools, parents, and the community in efforts to continuously improve school wellness.

**GOAL:** To improve children's lifelong eating and physical activity habits through nutrition education based on the principles of the Dietary Guidelines and MyPlate.

Schools are invited to enroll as a *Team Nutrition School*, to affirm their commitment in the behavior-focused strategies below. Enrolled schools receive a banner to display their commitment and are recognized on the USDA Team Nutrition School On-line Database.

## Team Nutrition's Behavior-Focused Strategies:

### 1. Training and Technical Assistance:

- Planning and preparing healthy meals that appeal to children's taste preferences;
- Linking meal programs to other educational activities, such as learning the classroom;
- Providing nutrition expertise and awareness to the school;
- Using sound business practices to assure the continued availability of healthy meals and the financial viability and accountability of school meal programs.

### 2. Fun and Interactive Nutrition Education:

- Eat a variety of foods;
- Eat more fruits, vegetables and whole grains;
- Eat lower fat foods more often;
- Get your calcium-rich foods;
- Be physically active.

### 3. School and Community Support:

- Adopting and implementing school policies that promote healthy eating and physical activity;
- Providing school resources adequate to achieve success;
- Fostering school and community environments that support healthy eating and physical activity.

### 4. Multiple Communication Channels:

- Promote nutrition education in schools through multiple communication channels to reinforce positive nutrition messages and encourage students to make healthy food and physical activity choices as part of a healthy lifestyle.

## Team Nutrition Schools Strive for the Following Values:

1. Children should be empowered to make food and physical activity choices that reflect the Dietary Guidelines for Americans.
2. Good nutrition and physical activity are essential to children's health and educational success.
3. School meals that meet the Dietary Guidelines for Americans should taste good and appeal to children.
4. School programs must build upon the best science, education, communication and technical resources available.
5. School, parent and community teamwork is essential to encouraging children to make food and physical activity choices for a healthy lifestyle.
6. Messages to children should be age appropriate and delivered in language they speak, through media they use, in ways that are entertaining and actively involve them in learning.
7. Focusing on positive messages regarding food and physical activity choices children can make.
8. 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.



### USDA Team Nutrition Web Page:

<http://www.fns.usda.gov/tn/team-nutrition>

### Iowa Team Nutrition Web Page:

<https://www.educateiowa.gov/pk-12/nutrition-programs/team-nutrition>

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