

Monrovia Unified School District
Network for a Healthy California

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Program Coordinator

www.monroviaschools.net

Monrovia Unified School District

- Located in Los Angeles
- Services 350 Pre-kindergarten, 3,100 Grades K-8 and 2,092 in Grades 9-12
- Ethnicity:
 - 54% Hispanic, 26% White, 10% African American, 3% Asian, 3% Filipino and 4% Other
- All schools participate except for one elementary school which does not qualify.



Highlights of Nutrition Program

Professional Development for Teachers And Staff

Harvest of the Month Program

Nutrition Education In/Out the Classroom

Nutrition Education in the After School Program

Youth Development and Empowerment

Parent and Community Education

Creating Champions for Change

- Get Administrator Support
 - Read “Engaging School Leaders as Partners in Creating Healthy Schools”—Action for Healthy Kids
- Establish a Wellness Team
 - Teachers, parents, administrators, food service staff, counselor, PE teacher and students
- Collect Baseline Data
- Create, Implement and Evaluate an Action Plan



Professional Development



- District Administration
- Health Assistants
- Food Service Workers
- Nutrition Educators
- Teachers
- After School Program



<http://www.takeactionca.com/>

Professional Development for Nutrition Ed. (NEA)

- Once a week training for Nutrition Educators
 - 2 hours, every Monday
 - 4-week rotation schedule for training



Week	Training	Topic	Trainers
Four	#1	Intro to new produce, lesson integration with CA Health Standard, lesson modeling #1	Lead NEA, RD
One	#2	Lesson modeling #2, On-site observations	NEA, RD, Program Coord.
Two	#3	Need-based Professional Development	Program Coordinator/RD
Three	#4	Taste Testing Demo and Tasting Trio Information	Lead NEA

Professional Development for Teachers

- Monthly trainings for teachers
- Topics integrate Skills-based Nutrition Education with Core Curriculum
- NEW: HOTM Preview/Taste Testing Demo
- Mini PA or Gardening Breaks
- Consultants
- Summer Institute: 12 hours over days
- Monthly Chef-in-the-Classroom lessons also train teachers



Professional Development for After School Staff



- Nutrition Program started in After School Program 7yrs. Ago
- Not effective to just supply resources, materials and produce
- NEW: Train all After School staff on a monthly basis
- Meet with site managers on a monthly basis



Harvest of the Month

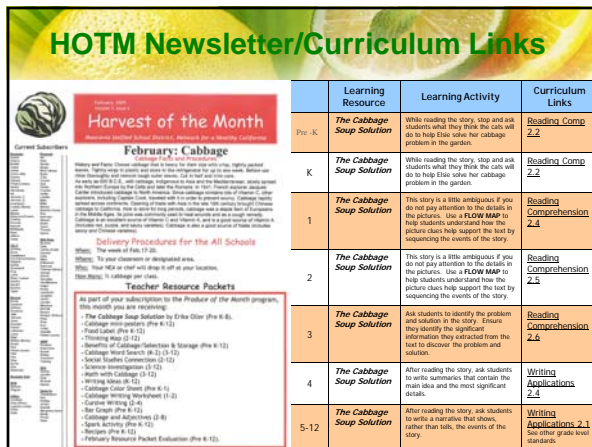
- Training Corner—online training for HOTM materials
- Produce List
- Download Monthly Elements

<http://www.harvestofthemoth.com/>



Harvest of the Month Highlights

<http://publichealth.lacounty.gov/nut/lacolab/lacolab.htm>



HOTM Newsletter/Curriculum Links

	Learning Resource	Learning Activity	Curriculum Links
Pre-K	The Cabbage Soup Solution	While reading the story, stop and ask students what they think the cabb will do to help Elsie solve her cabbage problem in the garden.	Reading Comp 2.2
K	The Cabbage Soup Solution	While reading the story, stop and ask students what they think the cabb will do to help Elsie solve her cabbage problem in the garden.	Reading Comp 2.2
1	The Cabbage Soup Solution	This story is a little ambiguous if you do not pay attention to the details in the pictures. Use a FLOW MAP to help students understand how the picture clues help support the text by sequencing the events of the story.	Reading Comprehension 2.1
2	The Cabbage Soup Solution	This story is a little ambiguous if you do not pay attention to the details in the pictures. Use a FLOW MAP to help students understand how the picture clues help support the text by sequencing the events of the story.	Reading Comprehension 2.2
3	The Cabbage Soup Solution	Ask students to identify the problem and solution in the story. Ensure they identify the significant information they extracted from the text to discover the problem and solution.	Reading Comprehension 2.6
4	The Cabbage Soup Solution	After reading the story, ask students to write a narrative that contains the main idea and the most significant details.	Writing Applications 2.4
5-12	The Cabbage Soup Solution	After reading the story, ask students to write a narrative that shows, rather than tells, the events of the story.	Writing Applications 2.1 See other grade level standards.



Tasting Trios

Month/Produce	Recipe Name	Ingredients
February/Cabbage	Purple Cabbage Salad	Purple Cabbage, oil, vinegar, salt & pepper
March/Peas	Snap peas and Hummus	Snap Peas Hummus
April/Asparagus	Asparagus Wrap	Whole wheat tortilla, light cream cheese and asparagus
May/Avocado	Zesty Avocado	Avocado, fresh lemon juice and salt
June/Peaches	Cool Peach Pie	Peaches, graham cracker and cool whip

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Monthly HOTM Resources

- Nutrition Literature
- HOTM Big Books
- Harvest of the Month workbooks
- Teacher resource packets
- Produce delivery
- Nutrition Activity Clubs



<http://www.monrovia-schools.net/>

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5 Taste Testing Recipes

- Chef-in-the-Classroom Lesson: Cabbage Tostada
- Taste Testing by Chef: Fruity Cabbage Salad
- Teacher Tasting Trio: Purple Cabbage Salad
- Cafeteria menu: Creamy Cole Slaw
- After School Program: (Choice) Cabbage Quesadillas, Cabbage Soup, Stir Fry



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HOTM at the Local Supermarket

- Retail Displays with nutrient info and shopping tips
- NAC Pictures promote produce
- Classroom Recipes
- Monthly Taste Testings



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Chefs-in-the-Classroom



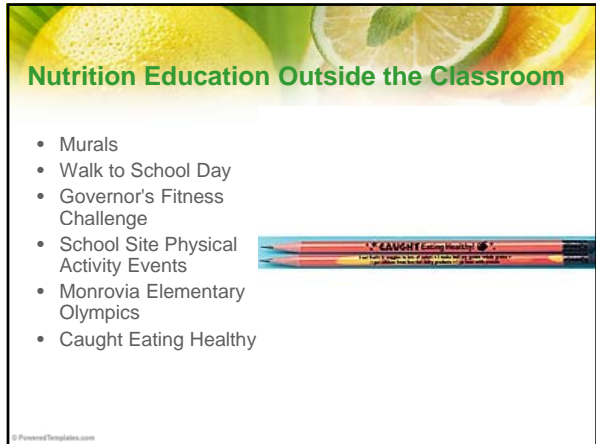
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Chefs-in-the-Classroom




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Nutrition Education Outside the Classroom

- Murals
- Walk to School Day
- Governor's Fitness Challenge
- School Site Physical Activity Events
- Monrovia Elementary Olympics
- Caught Eating Healthy



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After School Programs



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Nutrition Activity Clubs (NAC)

- Clubs meet twice a week during recess time
- Clubs are led by chefs
- Monthly responsibilities:
 - Produce deliveries
 - HOTM Bulletin Boards
 - School Assemblies




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Other NAC Promotion Activities

- Supermarket Produce Pictures
- DARE Graduation Skits
- Taste Testings
- Iron Chef Competition



Community Outreach

- Healthy Kids Day
- Boys and Girls Club
- YMCA Summer Extravaganza
- Community Halloween Festival
- Monrovia Arts Festival
- Farmer's Market





Parent Education

- Parent Nights, ELAC, PTA, Coffee with the Principal
- ESL classes through the Monrovia Adult School
- PTA Resources for Healthy Hearts, Minds and Bodies
- Weekly Jump Start Learning Series in partnership with Monrovia Family Learning Center



Class Overview

Class Structure
9:00-9:45 am: Fitness with your child
9:45-9:55 am: Story time and Hand washing
9:55-10:10 am: Tasting fruits and vegetables
10:15-11:00 am: *Parent Education



*Babysitting is offered during this segment

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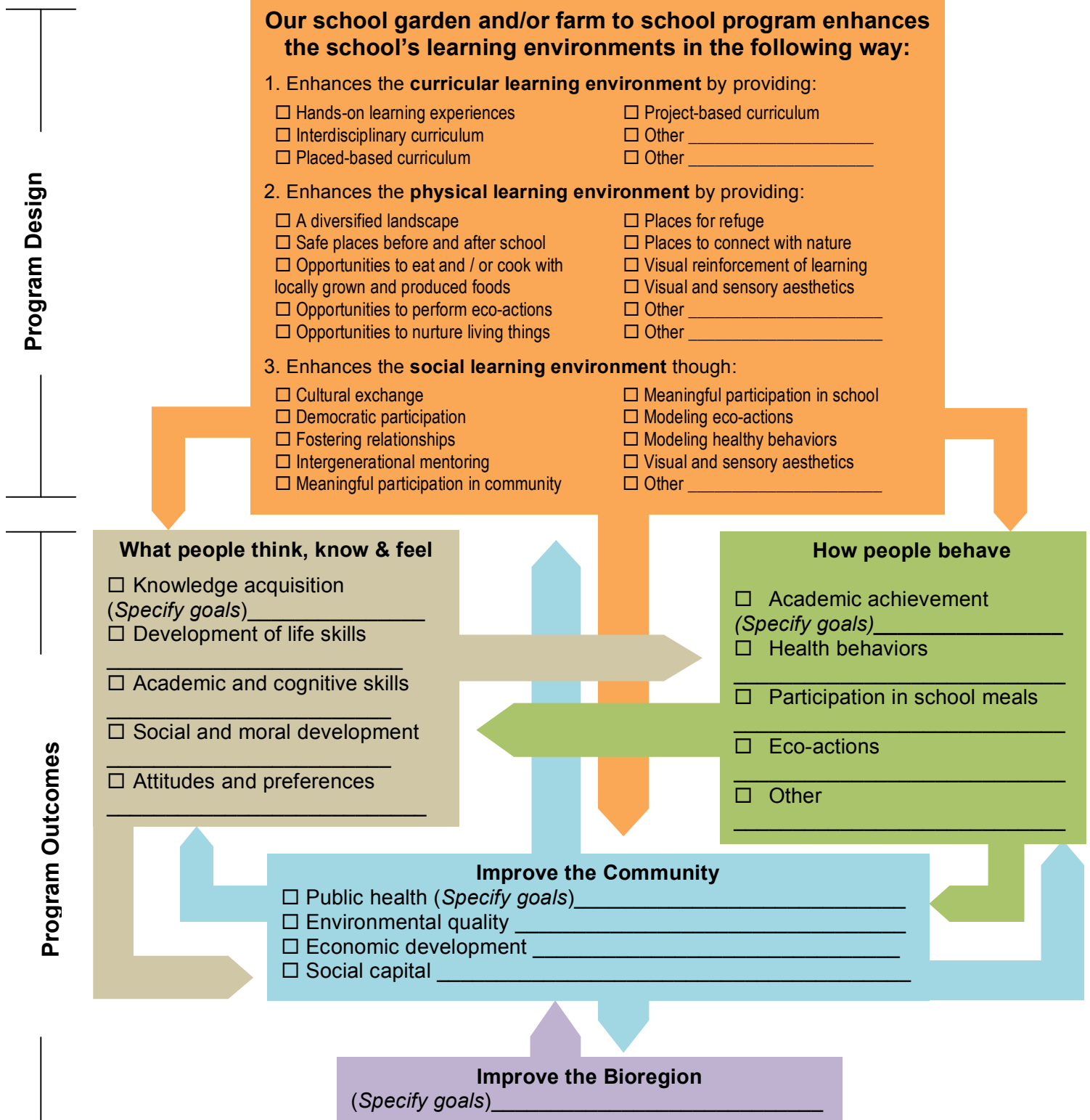
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Model for Food and Garden-Based Education in School Settings: A Tool for Educators

DIRECTIONS: Use this model to plan and evaluate your program. As you plan your lessons, use the Program Design box as a checklist to make sure the overall program enhances the school's curriculum, physical and social learning environments in as many ways as possible. Then use the Program Outcomes boxes to identify the impact you want the program to have on individual youth or adults, the community and / or the bioregion. Check all boxes that apply, and specify where applicable. Use appropriate evaluation tools to measure outcomes.



Source: Ratcliffe, M.M. (2007). *The effects of school gardens on children's knowledge ,attitudes and behaviors related to vegetable consumption and ecoliteracy*. (Ph.D. dissertation, Tufts University, Friedman School of Nutrition Science and Policy).

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