

**Sample Written Plan Template**

As the \_\_\_\_\_ Child Nutrition Staff, we plan to complete the  
(name of the school)

following activities in \_\_\_\_\_ category during the  
(list the name of the category)

2008-09 school year.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

\_\_\_\_\_  
Child Nutrition Manager Signature

**Examples of Nutrition Education Activities**  
**(Choose 5 from the list below)**

- Promote “nutritious” snacks.
- Display bulletin boards with nutrition information on them.
- Share nutrition information briefly during morning announcements.
- Display information about “Winners Circle on the serving line(s).
- Display signage on the serving line(s) about “Offer versus Serve”.
- Display signage on the serving line(s) offering nutrition information to customers.
- Promote nutritious a la carte items.
- Display posters with nutrition information for customers.
- Have a poster contest challenging students to share nutrition facts.
- Submit articles in our local school newsletter with nutrition information about “What’s On Your Plate?” (Nutrition information about fruits and vegetables offered at lunch.)
- Send parents a special letter promoting the nutritional value of school meals.
- Conduct kitchen tour(s).
- Offer taste testing session(s); sharing nutrition information about food items that are presented in each session(s).
- Present nutrition lesson(s) in a classroom.
- Provide Nutrition Education activities during National School Breakfast Week.
- Provide Nutrition Education activities during National Nutrition Month.
- Exhibit nutrition pamphlets and information at our local open house.
- Set up a nutrition display for parents at the PTO Meeting.
- Share videos and pamphlets at a teachers meeting about “Offer versus Serve”.
- Participate in our local “Health and Wellness Fair” by providing a nutrition booth and display of unusual fruits and vegetables, offering students a chance to taste test.
- Provide a nutrition display for parents during Kindergarten Registration.
- Meet regularly with our NAC to keep a communication link between our students and Child Nutrition Manager.
- Meet regularly with our Student Council to keep a communication link between our students and Child Nutrition Manager.
- Meet regularly with our Culinary Classes to keep a communication link between our students and Child Nutrition Manager.
- Be a TEAM Nutrition School.
- Other \_\_\_\_\_

## CLASSROOM LESSON

LESSON AGENDA: \_\_\_\_\_

DATE OF ACTIVITY: \_\_\_\_\_

TEACHER'S NAME: \_\_\_\_\_

GRADE LEVEL: \_\_\_\_\_

ATTENDANCE: \_\_\_\_\_

PRESENTER(S): \_\_\_\_\_

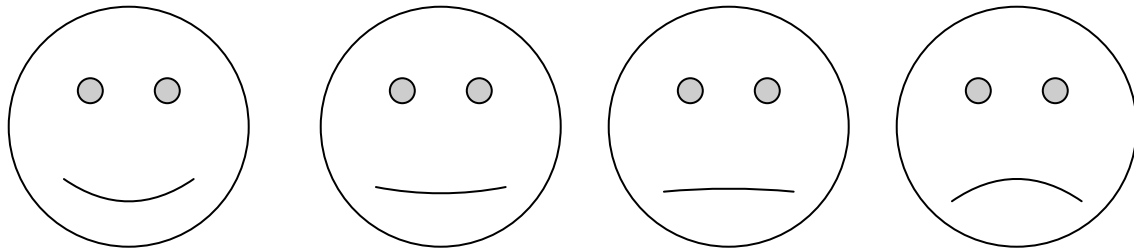
**Examples of Marketing and Customer Service  
(Choose 5 activities from the list below)**

- Conduct surveys with students, teachers, parents or administrators. Provide summaries and results.
- Conduct taste tasting of products by students, teachers or parents. Provide a summary of the results.
- Provide monthly menus, brochures, newsletters, or website information (hard copy provided) to parents to share information about Child Nutrition meals and Child Nutrition program.
- Market new a la carte items.
- Market new menu items.
- Involve parents/grandparents/community by inviting them to eat lunch/breakfast at the school and sharing nutritional or informative Child Nutrition Program information.
- Sponsor wellness programs promoting healthy nutritious foods and the Child Nutrition Program.
- To participate and promote the National School Lunch Week.
- To participate and promote the National School Breakfast Week.
- Conduct special events throughout the year promoting the Child Nutrition program. (SNA and SUDIA calendars are a good source to use for promotional ideas. See Appendix 5)
- Improve the atmosphere of the cafeteria dining room by adding items such as plants, flags, table tents, or other dining project improvements.
- Use catering functions to promote the Child Nutrition Program. Caterings may be elaborate functions or as simple as supplying bag lunches for sporting events.
- Other \_\_\_\_\_

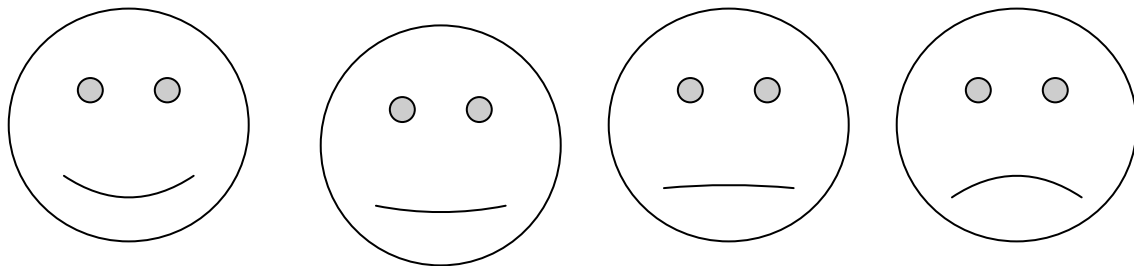
Teacher Name: \_\_\_\_\_ Grade Level: \_\_\_\_\_

Date: \_\_\_\_\_

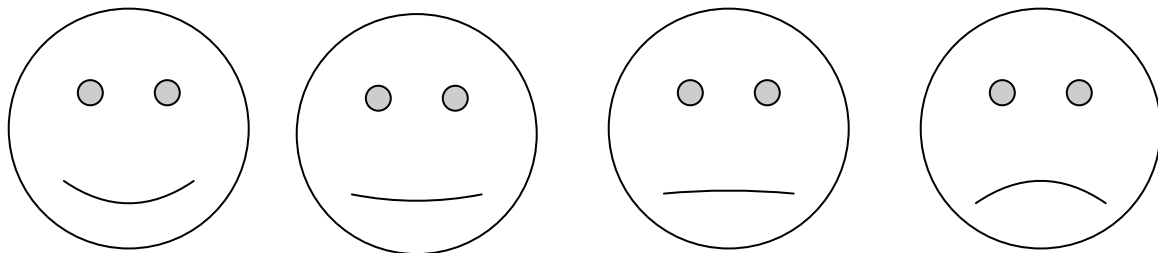
*This is how I feel about lunch:*



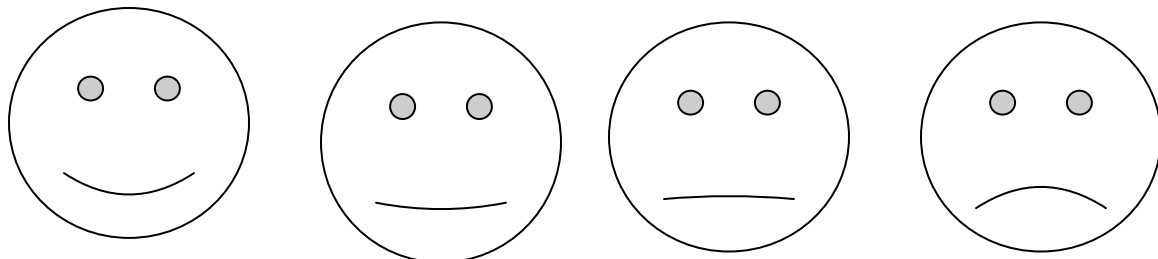
*This is how I feel about milk:*



*This is how I feel about vegetables:*



*This is how I feel in the lunchroom:*



## Evaluating the School Dining Atmosphere

Please mark an "X" by your answer.

1. Is the time you spend in the line getting your food:  
 too long  
 okay  
 too short
2. How many minutes do you have to eat your meal? (*time yourself*) \_\_\_\_\_
3. Is the time you spend eating your meal:  
 too long  
 okay  
 too short
4. Is the school dining room supervised by friendly people?  
 yes  
 no
5. Are the people who serve the food friendly?  
 yes  
 no
6. Do you think the school dining area is:
  - a.  well lit                      b.  colorful  
 okay                                       okay  
 too dark                                 drab
  - c.  too quiet                      d.  messy  
 okay                                       okay  
 noisy                                       clean
7. Would you like to see improvements in the school dining area?  
 yes  
 no
8. Would you like to help make improvements in the school dining room?  
 yes  
 no





## School lunch survey

Please make an “X” by your answer or answers.

1. How often do you eat at school?  
 Never  
 Sometimes  
 Always
  
2. If never, why?  
 Food does not taste good  
 Food does not look good  
 Too expensive  
 Don't like menu choices  
 My friends don't eat there  
 Don't like school dining room  
 I have no choice
  
3. If always, why?  
 Food tastes good  
 Food looks good  
 Inexpensive  
 Like menu choices  
 Like school dining room  
 I have no choice  
 My friends eat there
  
4. Which do you prefer for lunch?  
 Hot lunch  
 Soup and sandwiches  
 Box or bag lunch  
 Salad plate
  
5. List your favorite food items that are served for school lunch.
  
6. List your favorite foods that you would like to see served for school lunch.



## School Food Service Survey

**Check one:** \_\_\_ Student \_\_\_ Parent \_\_\_ Teacher

Using a scale of 1-10 with one being the lowest and 10 the highest, respond to the following –  
How would you rate:

- \_\_\_ 1. The cooperation you receive from the Child Nutrition manager when planning events for your class which requires assistance from the school food service.
- \_\_\_ 2. The cooperation you receive from the other members of the school food service staff.
3. The quality of food served:  
\_\_\_ the taste  
\_\_\_ its appeal to students  
\_\_\_ its appeal to staff
4. The quantity of food served to:  
\_\_\_ students  
\_\_\_ staff
- \_\_\_ 5. The flexibility of the staff when a child comes in after the lunch count has been determined.
- \_\_\_ 6. The variety of fruit and vegetable choices offered daily.
- \_\_\_ 7. The overall atmosphere of the school dining area.
- \_\_\_ 8. The attitude of the Child Nutrition staff toward:  
\_\_\_ the students.  
\_\_\_ the faculty.
- \_\_\_ 9. The choices of food on the salad/hot bar.
- \_\_\_ 10. The overall cooperation of Child Nutrition staff.
- \_\_\_ 11. Treatment of students.
- \_\_\_ 12. Treatment of staff.