



BEST PRACTICES IN Youth Nutrition Education

Sponsored by

QUESTFOOD
MANAGEMENT SERVICES

CATCH



Our Vision

Schools **embrace** health as an **enduring** value.



Our Mission

We **empower** school communities to cultivate **Whole Child** wellness as a **lever** for **student success** and **social equity**.



LEADING EXPERT IN **Whole Child Wellness**

- Comprehensive Health
- Physical Education (PE)
- Nutrition
- Social-Emotional Learning (SEL)
- Substance Misuse
- Oral Health
- Sun Safety
- Family & Community



Our Moderator

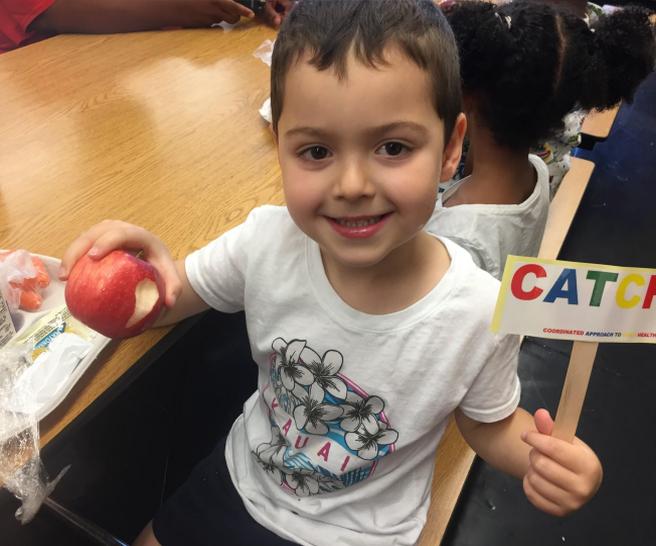


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Today's Goal

To share current and emerging trends and best practices shaping youth nutrition education from experts.

Today's Panelists



Dr. Deanna Hoelscher

PhD, RDN, LD, CNS, FISBNPA

John P. McGovern Professor & Austin Campus Dean, Health Promotion & Behavioral Sciences,
Director, Michael & Susan Dell Center for Healthy Living

Today's Panelists



Jenni Klufa

RD

Associate Extension Specialist at Oklahoma State University

Today's Panelists



Rose Carlson

MS, RD, LDN

Director of Nutrition & Compliance at Quest Food Management Services

Today's Panelists



Noelle Veilleux Markham

RDN

Population Health Dietitian, Bureau of Nutrition and Physical Activity,
Arizona Department of Health Services

1. What would be your **ideal youth nutrition education experience**?
2. What are **new or emerging view points, research, topics, or trends** shaping youth nutrition education?
3. What **strategies** do you use to promote nutrition education **outside of the classroom**?





Use QR Code to launch Padlet



Mind-Heart-Body Reflection



MIND: Something **new** you learned



HEART: Something you **felt** as you listened



BODY: 1-2 **action steps** you will take in next 2 weeks

Q & A

Any questions?

FAMILY ENGAGEMENT:

***Tune into Health
for a Win-Win!***

The CATCH MVP Game Show!



catch.org/program/family-hej



Family Engagement: *Sponsored by*
Quest Food Management Services



Open to **ALL!**



Invite families to participate in this interactive game show and family wellness challenge



Be recognized as an MVP School by joining in!

How It Works

First, families learn about healthy habits together by watching the CATCH MVP Game Show episodes. Share links to each episode with your families and school community and encourage them to participate.



Then, families practice what they have learned by completing the fun MVP challenges after each episode. Alternatively, you can plan a family event or campaign to encourage and celebrate being healthy together.

Bonus, make it even more fun and exciting by adding a little friendly competition.

- ➔ Invite families to share with you through social media, email, or other ways and offer a prize or reward. **Idea:** *Classroom with the most participating families earns positive recognition or a special privilege like extra recess time.*
- ➔ Be recognized by CATCH as a MVP school! Share about families in your school community who are **M**oving and staying active, **V**aluing healthy eating, and **P**racticing healthy habits with CATCH [here](#) or by posting on social media and tagging us on [Facebook](#) or [Instagram](#) using #CATCHMVP.

Are You an MVP?

A Family Gameshow

EPISODE 2 ▶

GO-SLOW-WHOA

CATCH[®]

THANK YOU!

Questions? Contact Us!

www.catch.org

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