

## OPI & MSU Team Nutrition

**Katie Bark** is Program Director for Montana Team Nutrition, the nutrition education and training arm for School Nutrition Programs of the Montana Office of Public Instruction. Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

Activities Relevant to State Plan to Prevent Obesity: Improvement of school meals; nutrition education; school wellness; and creation of healthier school nutrition environments.

Services/Recipients: Provide healthy menu planning, food safety/HACCP, and recess before lunch support to school food service personnel. Promote and support Farm to School programs; and support school administrators with school wellness policy implementation. Promote increased opportunities for physical activity through a Recess in Action program. Provide training and technical assistance via workshops, mini grants, and peer educators.

State Plan Settings: Schools.

CDC Behaviors:

- Increasing fruit & vegetable consumption;
- Decreasing sugar-sweetened beverage consumption;
- Decreasing consumption of junk food;
- Increasing physical activity.

Gaps and Concerns: Lack of wellness coordinators in the school systems (school wellness policies and practices are an unfunded mandate; but also there is no state enforcement). Lack of support in early childcare. Partnering with parent groups like PTA. Money for schools to purchase healthier foods, equipment such as salad bars. Sufficient delivery of fresh fruit and vegetable products to remote schools.