



# Making the Connection

## Bulletin Board Ideas – Strategy I

What is Making the Connection?

**Making the Connection** is a tool kit of nutrition education resources designed to help cafeteria staff and teachers extend the **Food for Thought** curriculum into the cafeteria and home. The resources are divided into four “Smart Strategies”. Each strategy promotes healthy decision-making to students and staff in a positive, fun and memorable way. The strategies are:

1. Getting to Know MyPlate
2. Making Smart Choices Using MyPlate
3. Understanding Nutrients
4. Right-sizing Portions

The **Food for Thought** curriculum and **Food for Thought: Making the Connection** tool kit are available at [www.nutritionnc.com](http://www.nutritionnc.com) under **Resources for Schools**.

## Making the Connection through Bulletin Boards

Bulletin boards are a dynamic way to promote **Making the Connection** at your school. Using simple, readily accessible materials, bulletin boards can be colorful, engaging visuals that stimulate the minds of students and staff. Ultimately, the boards have the power to reinforce the healthy lifestyle messages presented throughout **Making the Connection**.

Specific bulletin board border and accent ideas are presented on the following pages. These ideas will help your cafeteria get started with **Making the Connection** bulletin boards for Strategy I: Getting to Know MyPlate. If a simple, durable background is used, only the borders and accents need to be changed as your school progresses through the main concepts within this strategy. See *Bulletin Board Basics* at [www.nutritionnc.com](http://www.nutritionnc.com) for general information about creating bulletin boards.



## Timeline for Bulletin Boards

Wondering when to post and change bulletin board themes throughout the school year? Try the suggested timeline below or modify the timeline as needed for your school. Note that changing the bulletin board theme and related accents at least monthly helps maintain their effectiveness. For more ideas on creating your own nutrition- or activity-related bulletin board themes, refer to the *National Health Observances* listed on each monthly menu in the **Students Succeed with School Meals: The Healthy, Low Cost Choice** tool kit (available at [www.nutritionnc.com](http://www.nutritionnc.com)).

August	September	October	November	December	January	February	March	April	May	June
Cafeteria Choice: Back to School	Making the Connection: Grains	Cafeteria Choice: National School Lunch Week	Making the Connection: Veggies	Cafeteria Choice: Holidays	Making the Connection: Fruits	Making the Connection: Milk	Cafeteria Choice: National School Breakfast Week or National Nutrition Month	Making the Connection: Meat and Beans	Making the Connection: Oils	Cafeteria Choice: Year End Celebration

## Guide to Table Headings

The information below describes the headings in the table found on the following pages. Each suggestion is meant to highlight the bulletin board theme being discussed. Note that many of the suggested illustrations, pocket inserts and the *National Health Calendar* can be found within **Food for Thought: Making the Connection** under **Resources for Schools** at [www.nutritionnc.com](http://www.nutritionnc.com).

- **Food Group.** Each of the five MyPlate food groups plus oils is included.
- **Colors.** These color suggestions are based on MyPlate band colors or the colors of well known foods from a particular food group.
- **Illustrations.** Graphics, symbols, cut-outs and interactive games help make bulletin boards interactive. Games, such as “Guess this Grain”, involve a simple image of a “mystery” food item adhered to a bulletin board with a flap that hides a food’s name. Students are engaged by lifting the flap to reveal the answer.
- **3-D Objects.** Suggested items are low cost or no cost and are easy to create or acquire.
- **Pockets.** Pockets attached to bulletin boards make educational materials readily accessible to students and staff. A simple pocket can be constructed by stapling around the edges of a folder, leaving the top open for handouts. Educational materials for pockets, such as *Cafeteria Connections*, may come from **Making the Connection**. Creating a *Smart Cafeteria Foods* list is another idea. Simply develop a brief list of healthy, theme-related food or beverage choices available in the cafeteria for students and staff. This will help them quickly identify foods being focused on in the bulletin board theme. Or the monthly school menu can be placed in a pocket.
- **National Health Calendar.** Recognizing a celebration from the *National Health Calendar* is an easy way to highlight a bulletin board theme.
- **Concepts to Highlight.** These are educational messages that compliment a bulletin board theme. For example, the **Making the Connection** strategy slogan, *Every Color, Every Day...Strong and Healthy So You Can Play!* can be posted. Another idea is to post the Core Nutrition Messages from the U.S. Department of Agriculture, Food and Nutrition Service (FNS). *Maximizing the Message: Helping Moms and Kids Make Healthier Food Choices* by the FNS was published in October 2008 (available at [www.fns.usda.gov/fns/corenutritionmessages/Files/Guidebook.pdf](http://www.fns.usda.gov/fns/corenutritionmessages/Files/Guidebook.pdf)). There are five core, audience-tested messages for children 8-10 years old. These messages address food preferences, beliefs and eating behaviors.



Food Group	Colors	Illustrations	3-D Objects	Pockets	National Health Calendar	Concepts to Highlight
<b>GRAINS</b>	<ul style="list-style-type: none"> <li>▪ Orange (MyPlate color)</li> <li>▪ Tan</li> <li>▪ Brown</li> </ul>	<ul style="list-style-type: none"> <li>▪ Bread slice cut-outs</li> <li>▪ MyPlate symbol</li> <li>▪ Guess this Grain</li> <li>▪ Maze from Cafeteria Connections - Grains (Grades 3-5)</li> <li>▪ N.C. Commodities Map</li> <li>▪ Children playing/being active</li> </ul>	<ul style="list-style-type: none"> <li>▪ Empty healthy cereal boxes</li> <li>▪ Uncooked rice or pasta</li> <li>▪ Grain-related food models</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cafeteria Connections - Grains</li> <li>▪ Recipe from Cafeteria Connections - Grains (Grades 3-5)</li> <li>▪ MyPlate Coloring Page</li> <li>▪ Smart Cafeteria Foods - Grains</li> </ul>	<ul style="list-style-type: none"> <li>▪ Whole Grains Month</li> <li>▪ Better Breakfast Month</li> <li>▪ Biscuit Month</li> <li>▪ Rice Month</li> <li>▪ Waffle Week (2nd week)</li> <li>▪ Wild Rice Week (4th week)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Making the Connection slogan<sup>a</sup></li> <li>▪ Importance of whole grains</li> </ul>

<sup>a</sup> Red, Orange, Purple, Blue and Green... Make These Colors Your Routine!



Red, Orange, Purple, Blue and Green...Make These Colors Your Routine!

# Orange is for Grains

Go for whole grains like...

Popcorn



Whole wheat pasta



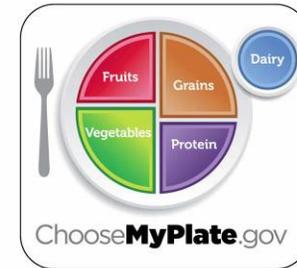
Oatmeal



Whole wheat bread



Brown rice



## Guess This Grain!

What grains make up these cereals? Lift the flaps to see if you are correct.



A message from the Child Nutrition Program

Cafeteria Connections

Look in this pocket to find fun activities!



Look in this pocket to find a fun coloring page!

Smart Cafeteria Foods - Grains

Look in this pocket to find smart cafeteria foods with grains!

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Food Group	Colors	Illustrations	3-D Objects	Pockets	National Health Calendar	Concepts to Highlight
VEGGIES	<ul style="list-style-type: none"> <li>Green (MyPlate color)</li> <li>Orange</li> <li>Yellow</li> <li>Red</li> <li>Purple</li> <li>White</li> <li>Brown</li> </ul>	<ul style="list-style-type: none"> <li>Veggie cut-outs</li> <li>MyPlate symbol</li> <li>Guess this Veggie</li> <li>Bowl or basket with veggies flowing out of it</li> <li>Maze from Cafeteria Connections - Veggies (all grades)</li> <li>N.C. Commodities Map</li> <li>Children playing/being active</li> </ul>	<ul style="list-style-type: none"> <li>Dried or dehydrated veggies</li> <li>Veggie-related food models</li> <li>Veggie decorations made out of paper</li> </ul>	<ul style="list-style-type: none"> <li>Cafeteria Connections - Veggies</li> <li>Recipe from Cafeteria Connections - Veggies (Grades 3-5)</li> <li>MyPlate Coloring Page</li> <li>Smart Cafeteria Foods - Veggies</li> </ul>	<ul style="list-style-type: none"> <li>Good Nutrition Month</li> <li>Pepper Month</li> <li>Split Pea Week (2nd week)</li> <li>Family Week (3rd week)</li> </ul>	<ul style="list-style-type: none"> <li>Making the Connection slogan<sup>a</sup></li> <li>USDA Core Nutrition Message: "Eat smart to play hard. Eat fruits and veggies at meals and snacks."</li> <li>USDA Core Nutrition Message: "Fuel up with fruits and veggies. And soar through your day like a rocket ship."</li> <li>Dark green and orange veggies</li> <li>Importance of eating from the full rainbow of veggie colors</li> <li>Promotion of an upcoming taste test or challenge</li> <li>Sharing the results of a taste test or challenge</li> </ul>

<sup>a</sup> Red, Orange, Purple, Blue and Green... Make These Colors Your Routine!



Fuel up with fruits and veggies. And soar through your day like a rocket ship.

# Green is for Veggies



**Aim for dark green or orange veggies like...**



**Carrots**



**Greens**



**Sweet potatoes**



**Broccoli**

**Did you know?**  
"Rocket" is the name of a salad leaf. It is often called arugula in the U.S. Add it to your salad for a peppery kick!

## Guess this Veggie!

See if you can guess the veggies below from the picture and riddle. Lift the flaps to see if you are correct.



This veggie is prickly on the outside and tart on the inside. Don't be afraid to try it. You might like it.



This veggie is yellow-green when you first pick it. It ripens to yellow-orange. It looks like a bumpy cucumber.



This squash was one of the primary foods of the Aztecs and Mayas. It is also called mirliton and christophene.

Cafeteria Connections

**Look in this pocket to find fun activities!**

Smart Cafeteria Foods – Veggies

**Look in this pocket to find smart cafeteria foods with veggies!**

A message from the Child Nutrition Program

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Food Group	Colors	Illustrations	3-D Objects	Pockets	National Health Calendar	Concepts to Highlight
FRUITS	<ul style="list-style-type: none"> <li>▪ Red (MyPlate color)</li> <li>▪ Purple</li> <li>▪ Blue</li> <li>▪ Orange</li> <li>▪ Yellow</li> <li>▪ Green</li> <li>▪ White</li> <li>▪ Brown</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fruit cut-outs</li> <li>▪ MyPlate symbol</li> <li>▪ Guess this Fruit</li> <li>▪ Bowl or basket with fruits flowing out of it</li> <li>▪ Maze from Cafeteria Connections - Fruits (all grades)</li> <li>▪ N.C. Commodities Map</li> <li>▪ Children playing/being active</li> </ul>	<ul style="list-style-type: none"> <li>▪ Dried or dehydrated fruits</li> <li>▪ Fruit-related food models</li> <li>▪ Fruit decorations made out of paper</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cafeteria Connections - Fruits</li> <li>▪ Recipe from Cafeteria Connections - Fruits (Grades 3-5)</li> <li>▪ MyPlate Coloring Page</li> <li>▪ Smart Cafeteria Foods - Fruits</li> </ul>	<ul style="list-style-type: none"> <li>▪ Family Fit Lifestyle Month</li> <li>▪ Prune Breakfast Month</li> <li>▪ Apple Gifting Day (1st)</li> <li>▪ National Apricot Day (9th)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Making the Connection slogan<sup>a</sup></li> <li>▪ USDA Core Nutrition Message: "Eat smart to play hard. Eat fruits and veggies at meals and snacks."</li> <li>▪ USDA Core Nutrition Message: "Fuel up with fruits and veggies. And soar through your day like a rocket ship."</li> <li>▪ USDA Core Nutrition Message<sup>b</sup>: "Snack like a super hero. Power up with fruit and yogurt."</li> <li>▪ Choosing whole fruits instead of juice</li> <li>▪ Limiting juice</li> <li>▪ Importance of eating from the full rainbow of fruit colors</li> </ul>

<sup>a</sup> Red, Orange, Purple, Blue and Green...Make These Colors Your Routine!

<sup>b</sup> Please note that milk and yogurt messages must be paired with an image depicting low fat or fat free milk or yogurt, according to the USDA Food and Nutrition Service.

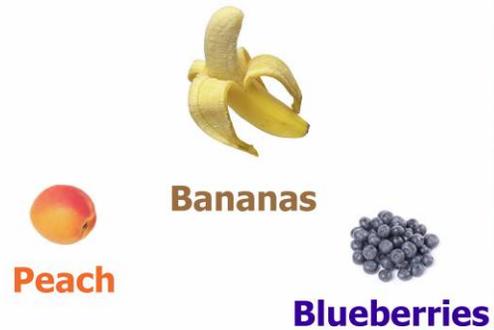


Eat smart to play hard. Eat fruits and veggies at meals and snacks.

# Red is for Fruits



**Take the challenge:**  
**Try to eat many different colors of fruit each day to be as healthy as you can be!**



Cafeteria Connections

**Look in this pocket to find fun activities!**

Smart Cafeteria Foods - Fruits

**Look in this pocket to find smart cafeteria foods with fruits!**

**Guess this Fruit!**  
See if you can guess the fruit from the picture and riddle below. Lift the flaps to see if you are correct.

		
<p>This is one of the oldest fruits. It is actually a flower turned inside out. It's the only fruit that ripens on the tree.</p>	<p>Only the seeds of this fruit are eaten. Or you can drink the juice. Be careful the juice can turn your hands red.</p>	<p>This fruit looks like it has little horns on the outside. The flavor is a mix of bananas, lime and cucumber.</p>

A message from the Child Nutrition Program

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Food Group	Colors	Illustrations	3-D Objects	Pockets	National Health Calendar	Concepts to Highlight
MILK	<ul style="list-style-type: none"> <li>Blue (MyPlate color)</li> <li>White</li> <li>Black</li> </ul>	<ul style="list-style-type: none"> <li>Dairy food cut-outs</li> <li>Images of cows, teeth or bones</li> <li>Photos of students smiling, showing their healthy teeth or milk mustaches</li> <li>MyPlate symbol</li> <li>Guess this Cheese</li> <li>Maze from Cafeteria Connections - Milk (all grades)</li> <li>N.C. Commodities Map</li> <li>Children playing/being active</li> </ul>	<ul style="list-style-type: none"> <li>Milk containers</li> <li>Yogurt cartons</li> <li>Milk truck made out of paper or other material</li> <li>Cow made out of paper or other material</li> <li>Milk product-related food models</li> </ul>	<ul style="list-style-type: none"> <li>Cafeteria Connections - Milk</li> <li>Recipe from Cafeteria Connections - Milk (Grades 3-5)</li> <li>MyPlate Coloring Page</li> <li>Smart Cafeteria Foods - Milk, Milk Products and Calcium-Rich Alternatives</li> </ul>	<ul style="list-style-type: none"> <li>Heart Healthy Month</li> <li>National Snack Food Month</li> <li>Don't Cry Over Spilled Milk Day (11th)</li> </ul>	<ul style="list-style-type: none"> <li>Making the Connection slogan<sup>a</sup></li> <li>USDA Core Nutrition Message<sup>b</sup>: "Eat smart play hard. Drink milk at meals."</li> <li>USDA Core Nutrition Message<sup>b</sup>: "Fuel up with milk at meals. And soar through your day like a rocket ship."</li> <li>USDA Core Nutrition Message<sup>b</sup>: "Snack like a super hero. Power up with fruit and yogurt."</li> <li>Choosing 1% or less fat milk and milk products</li> </ul>

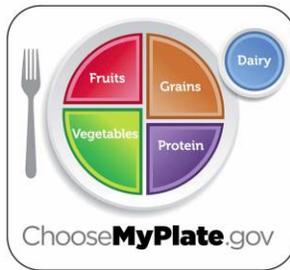
<sup>a</sup> Red, Orange, Purple, Blue and Green...Make These Colors Your Routine!

<sup>b</sup> Please note that milk and yogurt messages must be paired with image depicting low fat or fat free milk or yogurt, according to the USDA Food and Nutrition Service.



Red, Orange, Purple, Blue and Green...Make These Colors Your Routine!

# Blue is for Dairy



**Go for low fat or fat free milk and foods made with milk like...**

**Did you know?**

Dairy foods give you calcium to build strong bones, muscles and teeth.



**Yogurt**



**Flavored milk**



**Cheese**



**Pudding**

**Guess this Cheese!**

Most kids like cheese! Did you know that there are many different kinds of cheese? See if you can guess the cheese below from the picture and riddle. Lift the flaps to see if you are correct.



This cheese is one of the oldest in the world. It comes from Greece. It can be made from goat, sheep or cow's milk. This cheese can be lower in fat.



This cheese has "eyes" or holes. It was first made in Switzerland. It can be made from reduced fat milk.



This cheese is named for a house. It is known for the size of its curds. This cheese can be low fat or fat free.

A message from the Child Nutrition Program

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Cafeteria Connections

**Look in this pocket to find fun activities!**

Smart Cafeteria Foods - Dairy

**Look in this pocket to find smart cafeteria foods with dairy!**



Food Group	Colors	Illustrations	3-D Objects	Pockets	National Health Calendar	Concepts to Highlight
<b>MEAT AND BEANS</b>	<ul style="list-style-type: none"> <li>▪ Purple (MyPlate color)</li> <li>▪ Red</li> <li>▪ Brown</li> </ul>	<ul style="list-style-type: none"> <li>▪ Meat and Beans food group cut-outs</li> <li>▪ MyPlate symbol</li> <li>▪ Maze from Cafeteria Connections - Meat &amp; Beans (all grades)</li> <li>▪ Guess this Bean</li> <li>▪ N.C. Commodities Map at</li> <li>▪ Children playing/being active</li> </ul>	<ul style="list-style-type: none"> <li>▪ Dried beans</li> <li>▪ Nuts and seeds</li> <li>▪ Empty packages for dried beans, nuts or seeds</li> <li>▪ Empty, clean container of peanut or other nut butter</li> <li>▪ Meat and bean group-related food models</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cafeteria Connections - Meat &amp; Beans</li> <li>▪ Recipe from Cafeteria Connections - Meat &amp; Beans (Grades 3-5)</li> <li>▪ MyPlate Coloring Page</li> <li>▪ Smart Cafeteria Foods - Meat and Beans Group Options</li> </ul>	<ul style="list-style-type: none"> <li>▪ National Food Month</li> <li>▪ Soy Foods Month</li> <li>▪ Pecan Month</li> <li>▪ Lima Bean Respect Day (20th)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Making the Connection slogan<sup>a</sup></li> <li>▪ Choosing lean and low fat choices</li> </ul>

<sup>a</sup> Red, Orange, Purple, Blue and Green...Make These Colors Your Routine!



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# Purple is for Protein Foods



**Make your body strong with smart choices like...**

### DID YOU KNOW?

Protein Foods help make you strong because they are high in protein and iron.



**Beef**



**Egg**



**Fish**



**Pork**



**Poultry**



**Tofu**

### Guess this Protein Food!

Peas, beans, nut and seeds also provide protein. See if you can guess these protein foods from the picture and riddle below. Lift the flaps to see if you are correct.



This bean can be used to make milk, tofu and other foods. It can be served in a dish or as a snack.



This is made by soaking, cooking and pressing beans together to make a cake.



You need these to grow a pumpkin. They are tasty in a recipe or as a snack.

Cafeteria Connections

**Look in this pocket to find fun activities!**

Smart Cafeteria Foods – Protein Foods

**Look in this pocket to find smart cafeteria foods with protein!**

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Food Group	Colors	Illustrations	3-D Objects	Pockets	National Health Calendar	Concepts to Highlight
OILS	<ul style="list-style-type: none"> <li>Yellow (MyPlate color)</li> </ul>	<ul style="list-style-type: none"> <li>Cut-outs depicting foods with healthy oils (i.e., fish, nuts, avocados.)</li> <li>MyPlate symbol</li> <li>Maze from Cafeteria Connections - Oils (all grades)</li> <li>Guess this Nut</li> <li>N.C. Commodities Map</li> <li>Children playing/being active</li> </ul>	<ul style="list-style-type: none"> <li>Sunflowers</li> <li>Nuts and seeds</li> <li>Empty, clean oil container</li> </ul>	<ul style="list-style-type: none"> <li>Cafeteria Connections - Oils</li> <li>Recipe from Cafeteria Connections - Oils (Grades 3-5)</li> <li>MyPlate Coloring Page</li> <li>Smart Cafeteria Foods - Options with Healthy Oils</li> </ul>	<ul style="list-style-type: none"> <li>American Stroke Month</li> <li>National High Blood Pressure Education Month</li> <li>National Physical Fitness and Sports Month</li> </ul>	<ul style="list-style-type: none"> <li>Making the Connection slogan<sup>a</sup></li> <li>Healthy oils</li> <li>Foods containing healthy oils</li> <li>Limiting saturated and trans fats</li> <li>Healthier food preparation methods (i.e., bake, roast, steam)</li> </ul>

<sup>a</sup> Red, Orange, Purple, Blue and Green...*Make These Colors Your Routine!*



Every Color Every Day, Strong and Healthy So You Can Play!

# Yellow is for Oils



**Stick to foods with healthy oils like...**



**DID YOU KNOW?**

Nut butters go beyond peanut butter. Try soy nut, sunflower, macadamia, hazelnut, walnut, almond or cashew butter. Delicious!

**Guess this Oil!**

Oils are a smarter choice than solid fats like butter, stick margarine and lard. Oils come from different parts of plants: root, stem/bark, leaves, flowers, seeds, and fruits. What are the types of oil can you make with the plant parts below?

Lift the flaps to see.



Cafeteria Connections

**Look in this pocket to find fun activities!**

Smart Cafeteria Foods – Oils

**Look in this pocket to find smart cafeteria foods with healthy oils!**

A message from the Child Nutrition Program

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## Using the Bulletin Board Templates

The templates are designed to fit a 3' x 4' bulletin board. The bulletin boards are available in either PDF or Publisher format. All of the bulletin board tool kit resources can be downloaded from [www.nutritionnc.com](http://www.nutritionnc.com), under **Resources for Schools**. Below are tips for using the bulletin board templates:

### Customizing

- The Publisher files of the bulletin boards allow for customization. In the lower left-hand corner of each bulletin board template, the text “Child Nutrition Program, **[Insert School System Name]** Schools” appears. This text must be updated prior to printing the boards. This can be done by clicking on the text box and editing the text – removing the red text and typing in the name of the Local Education Agency (LEA) in black text. Keep the original font type and size.
- The PDF files of the bulletin boards cannot easily be edited. This version of the bulletin boards does include the identifying statement, “A Message from the Child Nutrition Program”, in the lower left-hand corner.
- Inserting the school menu or *Smart Cafeteria Foods* list into one of the pockets on each bulletin board will help students and school staff further connect this nutrition education resource to their local Child Nutrition Program.

### Using Graphics and Identifying Credit

- The bulletin boards were developed by the North Carolina Nutrition Education and Training (NET) Program, Nutrition Services Branch, North Carolina Division of Public Health. Therefore, “N.C. Department of Health and Human Services, Division of Public Health” and the development date must appear on the bulletin board. Do not remove this text.
- The N.C. Department of Health and Human Services, Division of Public Health (NCDHHS/DPH) owns the license for the photos/graphics used on the bulletin boards. Therefore, photo use must be consistent with the NCDHHS/DPH purchase agreement. Photos cannot be removed and used on other materials.
- The “This institution is an equal opportunity provider and employer.” statement must appear on the bulletin boards. Do not remove this text.

### Printing the Bulletin Boards

- The Publisher file can be printed on a desktop printer in 8 ½ x 11” sections. Before printing the bulletin boards in Publisher, check the Overlap and Advanced Print Settings set up.
  - From the Print window, under More Print Options, set the Horizontal Overlap and Vertical Overlap to 0.25”. Using these settings will ensure that the bulletin board sections are evenly divided among the sheets of paper. Do not reduce the overlap to zero. Do not check Print a single tile. If you select Print a single tile, only one 8 ½ x 11” section of the bulletin board will be printed.
  - From the Print window, click on Printer Details and then Advanced Print Settings. From the Advanced Print Settings window, choose the Page Settings tab. Under Printer’s Marks, make sure that the Crop Marks setting is checked.
- The PDF of the 3' x 4' bulletin board must be printed on a large scale printer or plotter.
- The bulletin board attachments, pockets and flaps, are available as separate PDF files. The attachments can be printed on a desktop printer using 8 ½ x 11” sheets of paper. You may choose to print the pockets. Or you may opt to use other paper for the pockets, print the labels and attach the label to the pockets.



## Trimming

- Once the bulletin board sections have been printed, trim them before putting the pieces together.
- A paper cutter will allow for quicker trimming and straighter lines.
- Use the crop marks as a guide for trimming the bulletin board sections. Trim to the edge of the bulletin board border. Once trimmed, the sheets will be smaller than 8 ½ x 11”.
- Trim to the edge of the flaps, pockets and/or pocket labels.

## Putting the Pieces Together

- Use colored construction paper, cardstock or folders for the pockets.
- Heavier weight paper, even cardstock, may be desirable for the bulletin board background and/or flaps.
- Laminate interactive pieces, such as flaps and pockets, to increase durability.
- Double-sided tape, removable poster tape or mounting squares can be helpful in putting the bulletin board together and posting it.
- Note that the bulletin board template that is printed is part of the design as well as a map or guide to putting the attachments in the correct locations and placing the appropriate handouts in the pockets.

## Involving Others

- Recruit other school staff and volunteers to be involved with the bulletin boards. Collaborate to print the bulletin boards or pull together the resources needed.
- Work with teachers to coordinate bulletin board themes with classroom lessons.
- Bulletin boards are a great project for students to get involved with. Allow students to be involved in putting the bulletin boards together. They will be excited to see their work on display.



## Creating Bulletin Boards

Creating bulletin boards for **Making the Connection** is made easier for your school through the tips found in this document and through example bulletin boards and graphics available at [www.nutritionnc.com](http://www.nutritionnc.com), under Resources for Schools. Below are several general tips to get you started:

### Placement

- Make sure you have permission to use an existing bulletin board or to install a new one. There may be rules regarding placement. Check with the school administration.
- Make sure that the bulletin board is placed where students can easily see and access it. Think about the height and placement for kids versus adults.
- Think about where students naturally gather. Perhaps there is a place where students are caught up waiting in the cafeteria line? The perfect captive audience!

### Size

- Bulletin boards range in size from eighteen inches by twenty-four inches up to four feet by sixteen feet. If a bulletin board must be purchased, consider the amount of space available for a bulletin board in the cafeteria. Will there be enough room to display the theme on a relatively small board? Will the theme be swallowed by a board that is too large?

### Backgrounds

- Choose a bulletin board background that can work with many different borders and accents.
- Try simple fabric, like gingham or muslin. Fabric has the advantage of being reusable and even washable. Plus, staple and tack holes tend not to show on fabric. Check clearance tables at fabric stores for bargains.
- Classic butcher paper, a sheet, a table cloth, wallpaper and wrapping paper are other background options. Perhaps your school can lend paper to the Child Nutrition Program.

### Borders

- Choose eye-popping colors, three-dimensional objects and dynamic illustrations to set the tone of bulletin boards.

### Accents

- Bulletin boards are not just decorative but educational, too. Make sure that the accents chosen incorporate key learning concepts.
- Use a variety of bright colors, large letters, three-dimensional objects and meaningful illustrations.



- Make the board interactive when possible. Provide theme-related flaps to lift, pockets to fill, Velcro pull-offs, games to complete or dials to spin.
- Celebrate holidays and events with bulletin board accents. Why not recognize a celebration from the *National Health Calendar* found in **Making the Connection?**
- Make sure you don't overload the visuals. Leave ample blank space on the board.
- Change the bulletin board theme and related accents at least monthly. Bulletin boards lose their effectiveness if left the same for too long.

### Student Involvement

- Provide opportunities for students to design and assemble bulletin boards.
- Consider having cafeteria staff set up the basic background and then let students take over. Designing a bulletin board can be a learning experience in itself. It also is likely to give students a sense of ownership. Students from one classroom might work together, for example, to create a bulletin board related to one theme. Classrooms could then rotate the responsibility of decorating the bulletin board as themes change.
- Offer a contest for the best classroom-designed bulletin board. Students throughout the school can participate by voting on their favorite choice.
- Continue students' involvement once the bulletin board is complete by making it interactive, as suggested above. Think of the bulletin board as a "student activity center". Consider allowing students to post recipes related to the theme or have them post theme-related trivia for other students to enjoy. Maybe students would like to post ways that they like to eat or prepare certain fruits or veggies? The possibilities are endless!

### Staff Involvement

- Work with the art teacher, music teacher, PE teacher, school nurse, classroom teachers and others to generate ideas, pull together resources and coordinate bulletin board themes with lessons.

### Saving Materials

- Save materials in resealable plastic bags, unused trash bags, pillow cases or small storage boxes.
- Develop a file of ideas that can be used for future years to avoid having to reinvent new bulletin boards each year. If an idea works, reuse it.
- Take photos of each bulletin board so that it will be easy to put back together the next time around.
- If fabric is used as a background, consider washing it and storing it neatly in a plastic bag over the summer.
- Put bulletin board supplies together in a tackle box for easy access (stapler, staples, border, tape, glue, etc).
- Discard old, faded and worn-out materials.

### Bulletin Board Resources

- Go to the Links section under Resources for Schools at [www.nutritionnc.com](http://www.nutritionnc.com) for more helpful bulletin board resources.

