March 24, 2017

TO: School Nutrition Administrators, Supervisors, and Training Managers/Specialists

FROM: Susan Thompson, MS RDN LDN
Continuing Education and Resource Development
School Nutrition Services

RE: Invitation to Smart Options: Teach the Leader workshop

North Carolina Department of Public Instruction, School Nutrition Services Section will offer a Smart Options: Teach the Leader workshop on June 20, 2017 at The Conference Center at Guilford Technical Community College, 7908 Leabourne Road, Colfax, NC 27235. Sign in for pre-registered participants will begin at 8:00 AM and the class will be conducted from 8:30 AM until 12:30 PM. A tentative agenda is attached for your review. Participants will be responsible for all related expenses of travel, lodging, meals, beverages, and snacks. Please feel free to bring beverages and snacks for consumption during the workshop if you desire as breaks and lunch will not be provided.

The workshop will offer the information and resources required for teaching the course Smart Options: School Meals Make a Difference in NC which is an approved School Nutrition Association (SNA) core course in the key area of nutrition. The Smart Options course is a continuing education course tailored for school nutrition professionals in North Carolina covering nutrition and physical activity guidelines, school nutrition regulations, methods for serving quality school meals, strategies for linking the cafeteria to the classroom with nutrition education, ways to market school meals, and school wellness. Smart Options was developed with assistance and review from an advisory committee of school nutrition administrators from across North Carolina and features local school success stories. Upon full completion of this Teach the Leader workshop, participants will receive a certificate and access to the leader materials for teaching the full Smart Options course in their School Food Authority (SFA). It will also provide 4 contact hour toward continuing education credit for professional development in the learning code 1300 General Nutrition; however, participants must be present for the entire workshop to receive professional development credit.

Please click on the link below to register by June 12, 2017. You must download and save this document before selecting the link to access online registration. Attempting to select the registration link from an email viewer may result in a "no longer available" page error.

https://onece.ncsu.edu/search/publicCourseSearchDetails.do?method=load&courseId=3598336

Your registration will be confirmed by email so please provide an accurate email address which may be used to communicate important course information to you prior to the workshop. If you have questions about registration, please contact Julie Talton at North Carolina State University McKimmon Center at jtalton@ncsu.edu or (919) 515-8185. If you have general questions about the workshop, please contact Susan Thompson at susan.thompson@dpi.nc.gov or (919)218-4090.

Please share this information with School Nutrition professionals in your SFA who may wish to participate and be eligible to teach the Smart Options: School Meals Make a Difference in NC workshop. We look forward to your participation in this important professional development opportunity!
Smart Options: Teach the Leader

Tentative Agenda

The Conference Center at Guilford Technical Community College
7908 Leabourne Road
Colfax, NC 27235
8:00 – 8:30 a.m. sign in
8:30 – 12:30 p.m. instruction
June 20, 2017

Course Description:
The workshop will offer the information and resources required for teaching the full course Smart Options: School Meals Make a Difference in NC which is an approved School Nutrition Association (SNA) core course in the key area of nutrition. The Smart Options course is a continuing education course tailored for school nutrition professionals in North Carolina covering nutrition and physical activity guidelines, school nutrition regulations, methods for serving quality school meals, strategies for linking the cafeteria to the classroom with nutrition education, ways to market school meals, and school wellness.

Objectives:
1. Understand the increasing prevalence of overweight and obesity in the United States
2. Identify contributing factors to the development of overweight and obesity
3. Understand how overweight and obesity as well as diet and physical activity increase the risk for chronic diseases, such as heart disease, diabetes and some cancers
4. Explain how inadequate nutrition and inactivity can affect academic performance
5. Identify the calories and nutrients found in food and beverages
6. Determine the importance of nutrients in food and beverages
7. Identify food and beverage sources for key nutrients
8. Explain child and adult recommendations for types and amounts of physical activity
9. Describe how MyPlate, the Dietary Guidelines and the Food Label work together as the Food Guidance System
10. Plan, prepare and serve appealing, healthy, tasty and ethnically diverse quality meals
11. Identify and utilize nutrition education resources for the cafeteria and the classroom
12. Identify and utilize marketing techniques and promotional resources
13. Understand Local Wellness Policy Requirements
14. Explain characteristics of and strategies to effectively teach adult learners

Outline of Instruction

I. Sign-in
II. Introductions
III. Background and Development
IV. Rationale
V. Helpful Hints
VI. A Taste of Smart Options
VII. Making It Work for You
VIII. Evaluation