

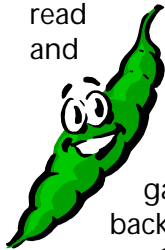
WSU PUYALLUP HIGHLIGHT

April 7, 2006

Smart Facts for Menu Backs Program works to Improve Family Nutrition

Washington State University Extension Nutrition Education Program, located at WSU Puyallup, has expanded the reach of *Smart Facts for Menu Backs!* First piloted in just a few elementary schools in 2003, *Smart Facts for Menu Backs!* is now distributed to over 180,000 families statewide through a partnership with the Office of the Superintendent of Public Instruction, Child Nutrition Office. *Smart Facts* supplies accurate, up-to-date, family-oriented nutrition information for the backs of elementary school lunch menus.

Gayle Alleman, Extension Nutritionist in Kitsap County writes the fun-filled interesting nutrition articles and Kathleen Manenica in Puyallup reviews the menu backs and has them translated into Spanish. *Smart Facts for Menu Backs!* are designed to be read together by the family. They include easy tips and strategies to increase fruit and vegetable intake and physical activity levels of elementary school families.



Each menu back includes "Nutrition Facts"; "Kids Can Cook" a simple recipe; "Families on the Move" ideas for families to be active together; and, "Now It's Your Turn" a puzzle or game related to the information presented on the menu back.



Smart Facts for Menu Backs! is distributed monthly in an electronic, "camera-ready" format in English and Spanish. Food service directors use the menu back in its entirety or the portions that fit their available space.

Beginning with the 2005-06 school year, Washington State University partnered with the Office of the Superintendent of Public Instruction, Child Nutrition Programs to provide the service to schools statewide. An on-line survey in the spring of 2006, indicated that 80 percent of the food service directors who used the materials found them "very useful." The project was first piloted in two districts in 2003-04 and expanded to a larger number of schools 2004-05. A survey of families in 2004, showed that 42% of families reported that they had increased their consumption of fruits and vegetables and 27% indicated increasing the amount of physical activity

It's Spring!

¡Llegó la primavera!



Be active in the garden

Trabaje en el jardín.

WSU Puyallup: Solutions for the Region- Programs for Its People.

Weekly Highlights is provided by the people and programs of WSU Puyallup. To include a highlight in an upcoming announcement, please contact either Tanyalee Erwin, terwin@wsu.edu, 253-445-4504, or Jon Newkirk, jnewkirk@wsu.edu, 253-445-4568. If your email is set to text messages only and you wish to see the graphical version of this Highlight, please email Tanyalee and she will send this Highlight as an attachment.