



THE SCHOOL DISTRICT OF  
PHILADELPHIA

# EATRIGHT PHILLY

Inspiring health, wellness, and  
better learning.



2018/19 OUTCOMES REPORT

## Nutrition & Wellness: Helping Our Students Succeed!

**SNAP-Ed**  
Pennsylvania

Healthy Food.  
Healthy Moves.  
Healthy YOU.

Supplemental Nutrition Assistance Program—Education (SNAP-Ed) funding working in the School District of Philadelphia to educate, support and inspire healthy choices and healthy schools.

## From the Eat Right Philly Team

During the 2018-19 school year, the Eat Right Philly team continued to hone programming in order to fulfill **our mission: to educate, support, and inspire improved school wellness and culture so School District of Philadelphia students and their families can live a healthy lifestyle and achieve their fullest potential.** On page 3 you will see our program framework, which illustrates the comprehensive approach we take to support students, families, schools, and communities in making healthy changes.

Students and families continued to receive hands-on nutrition and cooking lessons, complete with a sample of their tasty, healthy creations! They're also benefiting from the work we're doing in schools and communities to create environments that make the healthy choice the easy choice. Countless school staff have risen to the challenge and are taking steps to prioritize health and wellness—knowing that healthy students are better learners! Our work wouldn't be possible without their collaboration and dedication, and we look forward to building upon their success in the future.

This year we also launched a number of ways for you to stay connected with Eat Right Philly. Follow us on Twitter and Instagram for daily tips and highlights, and check out our updated website for resources and information on programming. On our home page you can sign up for our monthly e-newsletter that provides ideas for healthy eating and physical activity and celebrates the great work our schools are doing. We can't wait to see what healthy changes the next school year brings!



In Health and Wellness,

*Lauren Nocito*

**Lauren Nocito MS, RD, LDN,**

Director, Nutrition Education and Eat Right  
Philly and the entire Eat Right Philly  
team and Partners

[www.philasd.org/nutrition](http://www.philasd.org/nutrition)



[eatrightphilly\\_sdp](https://www.instagram.com/eatrightphilly_sdp)



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# Who We Are

The Eat Right Philly team includes District staff within the Office of Curriculum, Instruction, and Assessment, as well as staff from six community partners. The District serves as the backbone organization for the program and works toward collective impact. We all work collaboratively to serve as many schools and students as possible.

While there are unique aspects to how we each deliver programming, we all work toward the same SNAP-Ed goals by performing similar activities:

- ▶ Educating students and families about eating healthy and being active
- ▶ Supporting schools in creating healthy environments
- ▶ Improving access to healthier choices in communities



TO FIND OUT WHAT PARTNER IS WORKING WITH YOUR SCHOOL, PLEASE VISIT OUR WEBSITE: [WWW.PHILASD.ORG/NUTRITION](http://WWW.PHILASD.ORG/NUTRITION)

# Why Eat Right Philly Is Needed

## *Healthy Students Are Better Learners*

### RESEARCH HAS SHOWN:<sup>1</sup>

### REPORTED ON THE 2017-18 SDP DISTRICT-WIDE SURVEY:<sup>2</sup>



Inadequate consumption of fruits and vegetables is associated with lower grades



**29%** of students did not eat vegetables the day before

**27%** of students did not eat fruits the day before



Students who are physically active tend to have better grades, attendance, cognitive performance, and classroom behaviors



**75%** of students were not physically active for at least 60 minutes every day the week before



Hunger due to insufficient food intake is associated with lower grades, higher rates of absenteeism, and an inability to focus



**15%** of parents and caregivers worried about having enough food the month before

**23%** of principals said that student food insecurity is a challenge to learning<sup>3</sup>

**18%** of teachers said that students reporting being hungry is a challenge to learning<sup>4</sup>

“

Look around a kindergarten classroom. Unless we **take action today**, about half of these kids will be obese adults and counted among the millions of new cases of diabetes, heart disease, stroke, and cancer—chronic diseases which are largely preventable. We need to improve our kids' nutrition and get them moving—not just to **improve their health**, but to **get them ready to learn**.<sup>5</sup>

”

<sup>1</sup> Centers for Disease Control and Prevention. (2014). *Health and Academic Achievement*.

<sup>2</sup> 2017-18 District-Wide Survey

<sup>3</sup> 17% moderate challenge, 6% great challenge

<sup>4</sup> 12% moderate challenge, 6% great challenge

<sup>5</sup> Action for Healthy Kids. (2013). *The Learning Connection: What You Need to Know to Ensure Your Kids are Healthy and Ready to Learn*.

# EAT RIGHT PHILLY

## Framework

A variety of factors influence the decisions our students and families make about nutrition and physical activity. We address those factors by delivering programming at the individual level, school level, and community level.

### Healthy Students and Families

Increasing knowledge, building skills, and working toward healthy behaviors



### Healthy Schools

Assisting schools with creating environments that support nutrition and physical activity



### Healthy Communities

Collaborating with partners to reshape communities and increase access to healthier choices

**"School programs that account for the individual, family, school, and community can positively influence both student health behaviors and learning."<sup>6</sup>**

<sup>6</sup> Centers for Disease Control and Prevention. (2017). *Health and Academics*.

# How Eat Right Philly Supports Students

Our educators deliver interactive lessons to students across all grade levels to increase their knowledge and skills, as well as their ability to set goals and intentions - with the ultimate goal of improving their behaviors around nutrition and physical activity.

ACROSS ALL EAT RIGHT PHILLY PARTNERS, WE TAUGHT:

55,202 K-12 Students



178 Schools



## The ABCs of Nutrition

The *Eat the Alphabet* curriculum, developed by the Eat Right Philly team at **Einstein**, encourages K to 2nd grade students to taste fruits, vegetables, and other foods they may have not tried before - from A to Z! Supporting the District's **Anchor Goal of "100% of 8 year-olds will read on or above grade level,"** students read books and do writing activities with each letter. Teachers appreciate how the lessons promote literacy by reinforcing letter recognition skills.

“ I love the ability to make cross-curricular connections through our nutrition lessons. ”

—SDP KINDERGARTEN TEACHER



## Chefs in Training

Eat Right Philly uses multiple curricula to teach 3rd to 12th grade students cooking techniques and build their skills and confidence around preparing healthy meals. Educators adapt lessons so that students of all skill levels can learn nutrition, food safety, and culinary concepts. Students participate in every aspect of the lesson, and educators encourage them to apply what they've learned in math and science, such as measuring ingredients and seeing how heat influences ingredients. Their favorite part? Tasting the final product!

“ What I think is most beneficial (besides the yummy recipes) is that 10 and 11 year olds are at the perfect age for learning the importance of a well-balanced diet. ”

—SDP 5TH GRADE TEACHER





## Empowering Our Youth

We teach students the importance of eating healthy and being active, then provide opportunities for them to apply what they've learned through real-world projects, youth councils, and internships. This allows them to build skills related to leadership and advocacy, and to be champions for the healthy changes they'd like to see.



### Saul Students Launch Water Campaign

The Eat Right Philly team at **Drexel** supported Environmental Science students at **Walter B. Saul High School** and their teacher Greg Smith in launching a school-wide water campaign. They created a video encouraging students to drink tap water, use the school's hydration stations, and reduce plastic waste, then showed it to their peers and handed out reusable water bottles. Because of their inspiring work, they were asked to give a toast celebrating tap water at the Philadelphia Water Department's "Philly Water Bar" at City Hall!



### Bethune Students Get HYPE About Physical Activity!

The Healthy You. Positive Energy. (HYPE) program is an initiative led by **The Food Trust** that supports youth councils in approximately 70 middle and high schools. In the 2018-19 school year, students at **Mary McLeod Bethune School** started their first HYPE council with the help of PE teacher Coach Collier and the Eat Right Philly team at **Vetri Community Partnership**. The council identified physical education and movement breaks as priorities, and they created a workout video in which students modeled fun ways to be active.



### Community School Students Get Internship Experience

**Drexel's** Eat Right Philly team worked with Get Healthy Philly and the Mayor's Office of Education to mentor eight "Healthy Community Interns" from Community Schools. In their 30-week paid internships at the Department of Public Health, the interns and their mentors collaborated to develop and implement wellness projects for their schools:

- **South Philadelphia High School:**  
Water promotion
- **Kensington Health Sciences Academy:**  
Breakfast promotion
- **Murrell Dobbins CTE High School:**  
Community dinners and breakfast promotion
- **George Washington High School:**  
Cultural cookbook and garden clean-up

# How Eat Right Philly Supports Families

Similar to students, we educate and engage parents and caregivers to increase knowledge, build skills, and ultimately change behaviors around nutrition and physical activity. Not only do we want them to be healthy individuals, but we also want to positively influence the food and activity decisions they make at home for our students!

ACROSS ALL EAT RIGHT PHILLY  
PARTNERS, WE TAUGHT:

924 Parents/Caregivers 

56 Schools 



## Engaging Parents in Students' Nutrition Education

The Kindergarten Initiative (KI) is a holistic intervention used by the Eat Right Philly team at **The Food Trust** in 10 schools, reaching nearly 900 kindergarten students and their families. Students receive nutrition and physical activity lessons, taste test locally grown foods, and attend farm trips. They engage parents and caregivers by sending home newsletters, providing cooking workshops, inviting them to the farm trips, and connecting them to local, healthy foods through school gardens, produce stands, and food distribution programs.

*"My child is a very picky eater. Since the school year has begun, she has found interest in many new foods, especially vegetables which is my biggest challenge with her."* —KINDERGARTEN PARENT



## Meade Holds Wellness Event for Families

**General George G. Meade School** held their first annual "Magnificent Meade Wellness Day" in April 2019 with the help of the Eat Right Philly team at **SDP**! We worked with our partners to fill the schoolyard with resources and fun activities for families, including:

- Eat & Share produce stand selling affordable fruits and veggies
- Smoothie taste tests blended up on our smoothie bike
- Cooking demos from **Vetri Community Partnership's** Mobile Teaching Kitchen
- Taste tests of different "Rebel Crumble" flavors hosted by the student-led organization Rebel Ventures
- Basil seeds in honor of National Garden Month
- Raffles to win a free month subscription to a Hungry Harvest mini produce box



# *How Eat Right Philly* **Supports Schools**

Schools are a key environment for encouraging and supporting healthy behaviors, which in turn impact academic achievement and classroom behavior. That's why so much of our work focuses on improving school wellness and their ability to provide more opportunities for students and families to eat healthy and be active.

## **What We Do**

### **STEP 1:**

#### **SCHOOL WELLNESS TEAM**

Our first step in improving school wellness is working with existing school wellness teams or helping staff form one. Teams should include "wellness champions," staff in various roles, and even parents and students!

### **STEP 2:**

#### **IDENTIFY WELLNESS NEEDS**

It's important for schools to target areas that need improvement. We help them do this using the School Health Index, a tool that assesses current nutrition and physical activity policies and practices.

### **STEP 3:**

#### **PROVIDE TRAINING AND SUPPORT**

Once needs are identified, we work with schools to create a wellness action plan and provide tailored training and support to staff in reaching their goals.

## **WHAT WE COVER**

Visit our website to learn more about what we do in each area!



**Movement Breaks**



**Fundraisers**



**Rewards and Celebrations**



**Breakfast**



**Gardening**



**Hydration**



**Farm to School**



## Get Movin'!




One of the areas we spend a lot of time on is movement breaks or brain breaks. And for good reason—studies have shown that brief classroom physical activity breaks are associated with improved cognitive performance, classroom behavior, and educational outcomes!<sup>7</sup> We connect classroom teachers to movement break resources and provide training on how to effectively use them.



↑ Ms. Shour's class at Hamilton Disston School loved using Activity Works and won an Eat Right Philly competition!

## Activity Works Helps Schools Increase Movement Breaks

The Eat Right Philly team at **SDP** works with Activity Works, who provides free access to their online movement break program for all SDP teachers! They can choose from a variety of brief, interactive videos that incorporate physical activity and reinforce core curriculum concepts.

	2017-18	2018-19
 # of schools using Activity Works	28	40
 # of teachers/classrooms using Activity Works	77	188
 Total movement break minutes	1,160,850	3,398,799

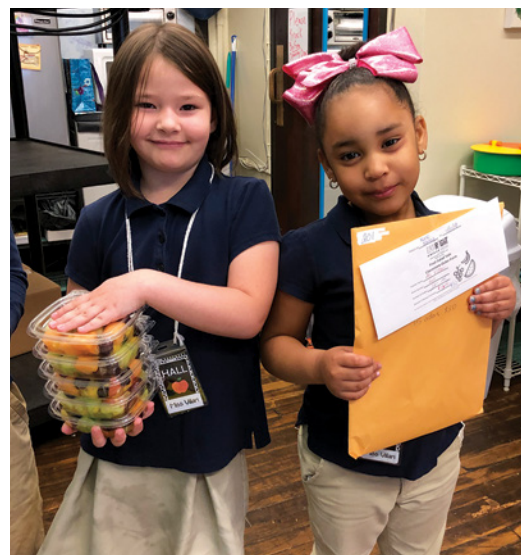
<sup>7</sup>Centers for Disease Control and Prevention. (2014). *Health and Academic Achievement*.



## From Doughnuts to Smoothies

Fundraisers, celebrations, and rewards for students are great opportunities for school staff to get creative with nutrition and physical activity! We help schools make the switch to things that send the right message to students.

- The Eat Right Philly team at **Health Promotion Council** helped the wellness council at **George W. Childs School** change the reward for student of the month from doughnuts with the principal to a smoothie celebration.
- **SDP's** team helped schools raise a total of \$2,815 from fruit salad fundraisers!
- **Einstein** worked with the counselor at **James Logan School** to reward students whose attendance increased by helping them cook breakfast for their parents as a thank-you for getting them to school.





## Most Important Meal of the Day

Eat Right Philly wants students to eat breakfast every morning. Why? Student participation in the USDA School Breakfast Program is associated with increased academic grades and standardized test scores, reduced absenteeism, and improved cognitive performance.<sup>8</sup> We work with SDP's Division of Food Services to encourage students to eat breakfast so they start the day ready to learn!



↑ Prince Hall, one of the winning schools in 2017-18, hosted the 2018-19 kick-off with Dr. Hite and Swoop, the Philadelphia Eagles mascot!

## Schools Compete in the Mad for Breakfast Challenge

During National School Breakfast Week in March 2019, Eat Right Philly helped the Division of Food Services kick off the Mad for Breakfast Challenge, a friendly competition between schools to increase breakfast participation. The team at **SDP** helped schools reach their goals by educating students on the importance of breakfast, hosting breakfast promotions, and doing student poster contests. The winners were **Clara Barton School, Edward Heston School, and Fox Chase School**—who transitioned their entire school to the “breakfast in the classroom” model and increased participation from **34% in February to 62% in March!**

<sup>8</sup> Centers for Disease Control and Prevention. (2014). *Health and Academic Achievement*.



## Growing Green Thumbs

We support school gardening efforts so students can grow their own produce and follow fruits and vegetables from seed to plate! We provide gardening education and engage staff and community members to make gardens more sustainable.

**AUNI's** Eat Right Philly team has been engaging with many schools around food access and growing spaces. Together with school staff, AUNI identified teacher champions at **Middle Years Alternative, Parkway West High School, and the Workshop School**. These schools did not have outdoor growing space, so each champion received a Tower Garden in their classroom to support nutrition education and healthy food tastings. Students worked to plant the unit, care for the plants, and harvest the produce.



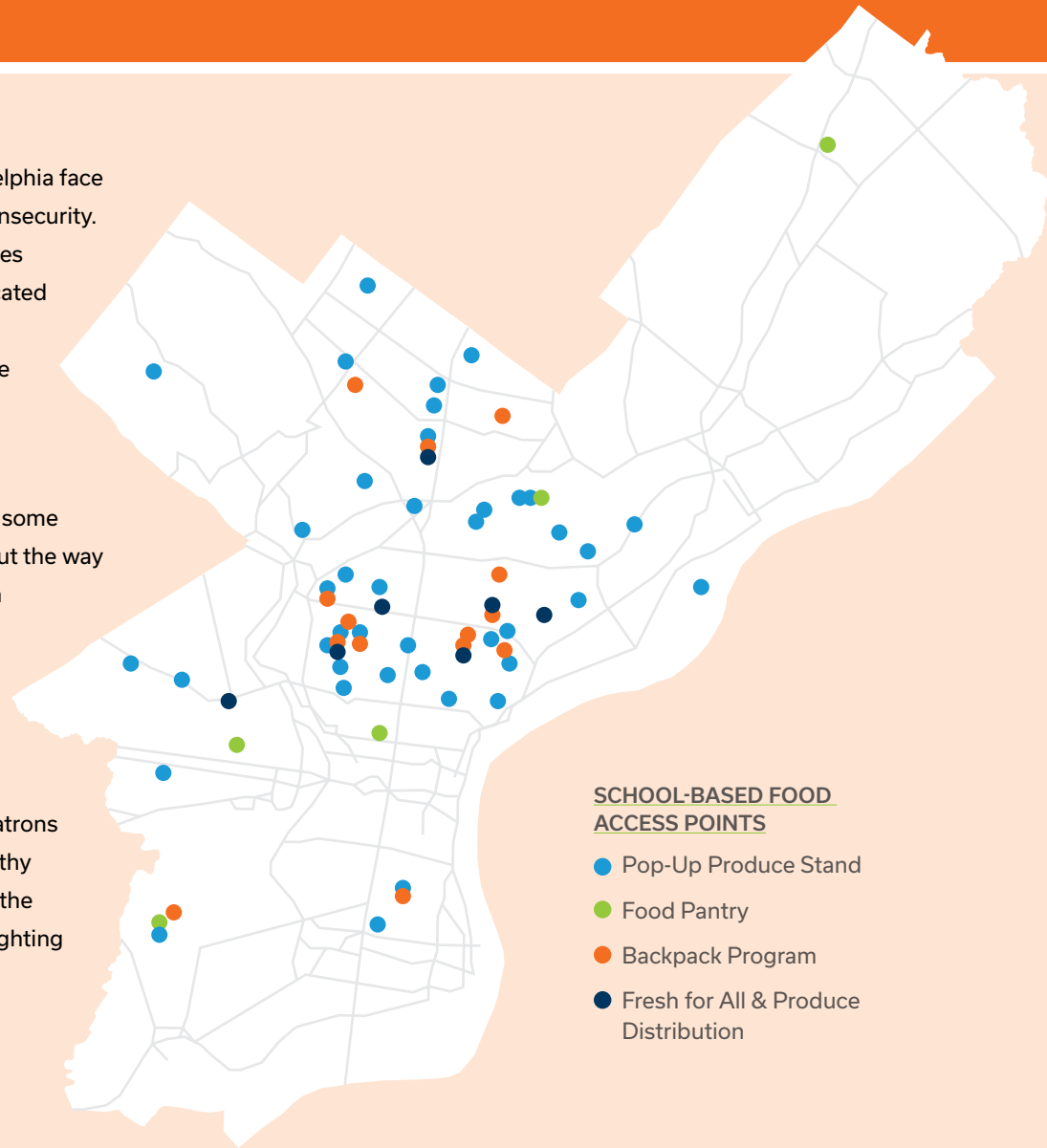


# *How Eat Right Philly* **Supports Communities**

Eat Right Philly connects schools to community partners that support access to fresh fruits, vegetables, and other healthy foods to make eating healthy a little bit easier for our families.

We know many families in Philadelphia face challenges like poverty and food insecurity. The Eat Right Philly team addresses these challenges with many dedicated community partners. Over 50 schools now have pop-up produce stands, fresh food distributions, and even food pantries.

None of these are new ideas, and some have been happening for years, but the way these initiatives have grown when partners work together amazes us every day. We are thankful for our community partners, Principals and school staff that value this work, student and community volunteers, and the patrons of these programs that know healthy choices are the best choices. See the spotlights on the next page highlighting some of this amazing work.



Check our webpage for the most up-to-date information on school-based healthy food access:  
[www.philasd.org/nutrition](http://www.philasd.org/nutrition)

**THANK YOU** to our colleagues at the Mayor's Office of Education, Community Schools Team for coordinating healthy food distribution work in their designated schools (Cramp, Dobbins, Gideon, KHSA, Logan, Tildon, Locke, Southwark, George Washington).





**SPECIAL THANKS** to other local organizations and groups supporting this work in various ways: Common Market, Produce in a SNAP/Hungry Harvest, Turning Points for Children, Zia Food Bank, and PhitPhilly.



## Eat & Share Pop-up Produce Stands

Eat Right Philly works closely with Share Food Program to bring monthly produce stands to **34 schools**. Families and the school community are able to purchase fresh produce at cost, utilizing various payments methods, while getting helpful recipes and healthy eating tips. Shopping for fruits and veggies has never been easier!

*"We look forward to the produce stand each month, my son tells me we can use our food stamps to buy fruit."* —PHILADELPHIA PARENT

	2017-18	2018-19
# of Schools		
	25	34
lbs. of Produce		
	40,653	72,985
Total Patrons		
	5,594	8,842
EBT Utilization (% of sales)		
	13%	19%

Supported by SNAP-Ed funding



## Philabundance Backpack Program & Produce Distribution

Philabundance is committed to increasing access to healthy food for families throughout the Delaware Valley. The School District of Philadelphia is thankful for their generous work on the backpack program and the fresh produce programs happening at over 20 schools. Each month, Philabundance provides shelf-stable food packages and/or fresh produce and groceries to all participating sites.

*"Thank you for everything with this program this year—the kids have really appreciated and enjoyed the monthly deliveries, and we are grateful to have this opportunity to help address food insecurity in our school community and neighborhood!"* —WILLIAM CRAMP SCHOOL STAFF

### HIGHLIGHT

This work has been happening for two and a half years and during that time **over 337,032 pounds of produce** have been distributed to our families.



Philabundance is able to provide this through generous donations from Feeding America, Giant Family Foundation, Red Nose Day, Joy in Childhood Foundation, Citizens Bank, and Preferred Meals.

# Partnerships

Our work wouldn't be possible without continuing to build and maintain partnerships with other SDP offices and external community organizations. Joining forces and aligning efforts to achieve shared goals leads to greater impact for our students, families, schools, and communities!

## THANKS TO OUR PARTNERS



### Get Healthy Philly

A division of the Philadelphia Department of Public Health



### Mayor's Office of Education Community Schools

A huge thank you to staff from the Get Healthy Philly team and Mayor's Office of Education's Community Schools team. Their staff support Eat Right Philly directly in the schools and collaboratively to work toward making healthy changes throughout Philadelphia.



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Eat Right Philly focuses on supporting our schools through a unique public health lens that connects wellness with academic success.

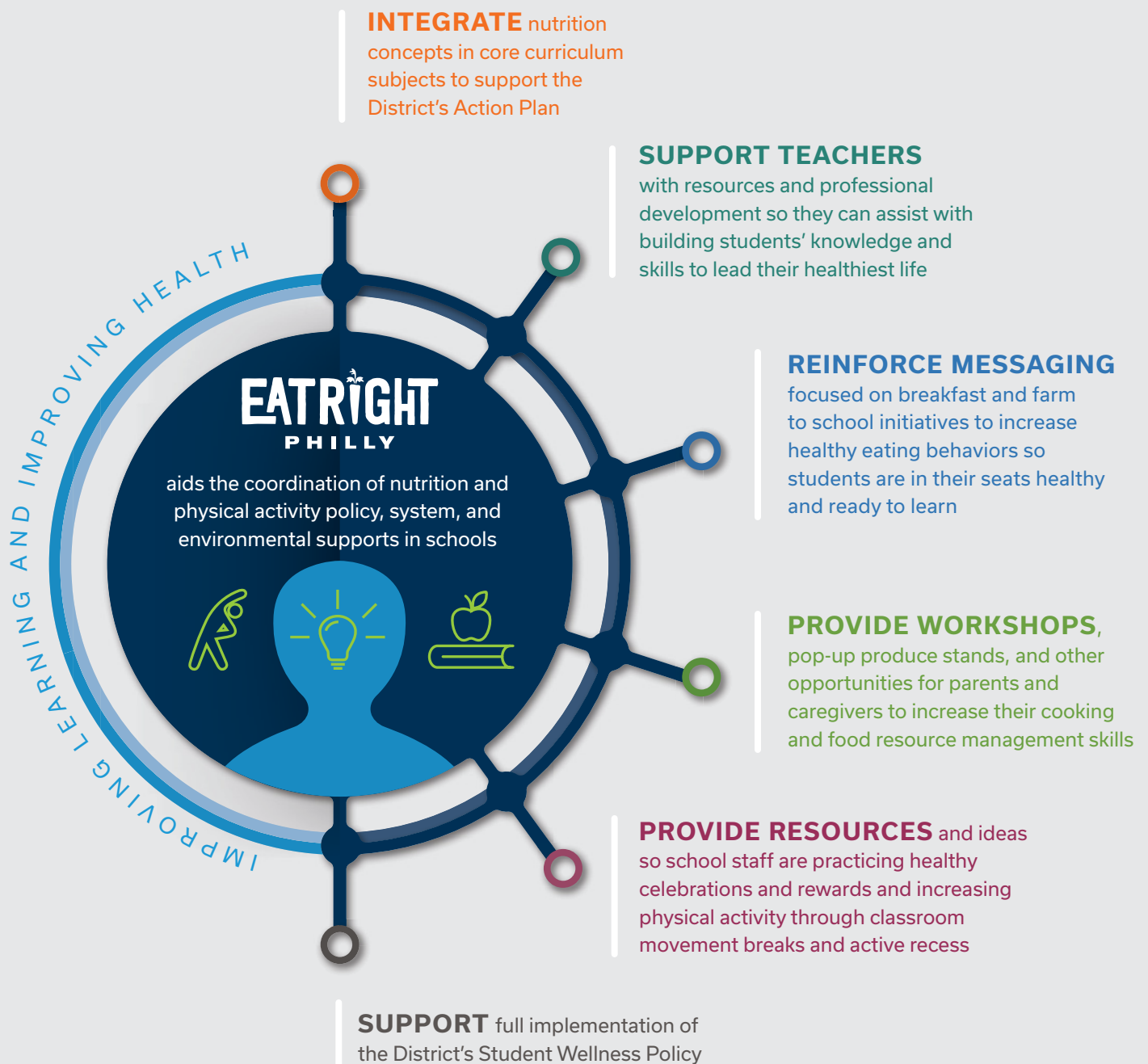
”

—DR. MALIKA SAVOY-BROOKS,  
SDP CHIEF OF ACADEMIC  
SUPPORTS



# Looking to the Future

In 2019-20, Eat Right Philly will continue to enhance strategies and outcomes through collaborative efforts with many SDP Offices. This supports the CDC's Whole School, Whole Community, Whole Child model because we know it needs to be a collaborative approach to learning and health.





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