

Nutrition Kits

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New and existing grade-specific educational activities from national, state and local resources were used to develop the program, with guidance from Registered Dietitians.

The program initially reached grades K–5 in the title I schools (schools with greater than 50% of students participating in free- or reduced-price lunch) with funding assistance through SNAP-Ed and was called the Nutrition Education Program (NEP) School Enrichment Nutrition Kits (SEK).

In 2011, a USDA grant funded expansion of this program into grades K–2 in the non-title I LPS schools (schools with less than 50% of students participating in free- or reduced-price lunch). Then in 2017, a Team Nutrition Grant allowed for the expansion of the program into grades 3–5 in the non-title I schools as well.

Recent Developments & Future Directions

In 2018, Nebraska Extension in Lancaster County worked with LPS to offer all paper activities from the nutrition kits in an online format to save on printing costs. Grades 3–5 are now able to utilize the curriculum in a hybrid model of hands-on activities and online worksheets. This model



Teachers use the kit activities to present hands-on learning experiences (pictured are kindergartners fishing for food groups, 2005).

has saved Nebraska Extension approximately \$14,000 in the past two years.

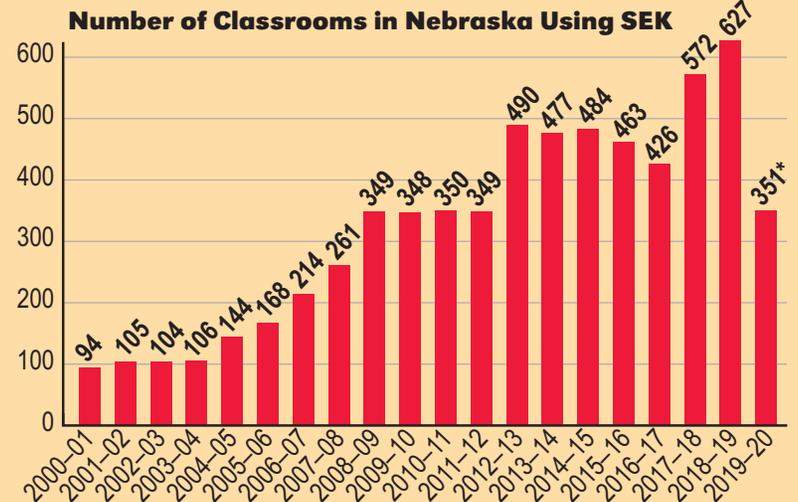
This school year, LPS is piloting the SEK curriculum as part of a core health curriculum. Each grade level has pairs of teachers that have taken 10 SEK activities and added instruction wording around the lessons to make it fit with LPS's overall instruction format. After this pilot year is complete, Nebraska Extension will be partnering with LPS to host a district-wide summer 2021 training on the overall revised health curriculum. For the 2021–2022 school year, teaching health will be part of LPS's core curriculum.

Kit Program Used Across Nebraska, and Beyond!

Based on the success in Lancaster County, the School Enrichment Nutrition Kits program has been implemented in schools across Nebraska. Over the past 20 years, the nutrition kit program has impacted over 120,000 Nebraska students in more than 6,480 classrooms!

Nebraska

Extension has received requests from other Extension programs across the nation and the Czech Republic to utilize the SEK curriculum and replicate the kits. Nebraska Extension's goal moving forward is to continue utilizing the nutrition kits in their current hands-on format and adapt the curriculum to an online format for others to utilize outside of the state.



*COVID-19 affected participation



RECIPE OF THE MONTH

By Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator in Lancaster Co.

Try this simple recipe for baking butternut or acorn squash. Did you know that winter squash varieties include: butternut squash, pumpkin, spaghetti squash and acorn squash?

BAKED BUTTERNUT SQUASH

(Makes 4 servings)

- 1 butternut (or acorn) squash, scrubbed with clean vegetable brush under running water**
- 2 tablespoons brown sugar**
- 1 teaspoon cinnamon**
- 1/4 teaspoon ginger**
- 2 tablespoons vegetable oil**

1. Wash hands with soap and water.
2. Scrub produce with clean vegetable brush under running water.
3. Preheat the oven to 400°F. Line baking sheet with foil and coat foil with vegetable cooking spray.
4. Cut squash in half lengthwise.
5. Scoop out the seeds and strings. Cut into 1/2-inch slices.
6. Place the squash in a bowl. Drizzle the squash with oil. Add brown sugar, cinnamon and ginger and toss to coat evenly.
7. Place squash on baking sheet.
8. Bake 20–25 minutes or until fork tender.
9. Store leftovers in a sealed container in the refrigerator.



Brenna Schimoder, Dietetic Intern

Nutrition Information per Serving (1/2 cup): Calories 140, Total Fat 7g, Saturated Fat 1g, Cholesterol 0mg, Sodium 5mg, Total Carbohydrates 21g, Fiber 3g, Total Sugars 9g, includes 7g, Added Sugars, Protein 1g, Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 8%

Source: Nutrition Education Program

"I have used it in my classroom every year since it has been available. The lessons are well planned and thought out. The students get excited for the hands-on activities and really understand each lesson. The lessons go with what we are teaching in health, or go beyond what we are teaching.

I love that you can pull a folder out and everything is there, ready to go."

—Lincoln Public Schools Teacher