

2-2008

South Dakota Nutrition Network: Delivering Nutrition Education to Benefit Children and Adults in Low Income Settings

South Dakota Cooperative Extension Service

Follow this and additional works at: http://openprairie.sdstate.edu/extension_circ

 Part of the [Agriculture Commons](#)

Recommended Citation

Extension Service, South Dakota Cooperative, "South Dakota Nutrition Network: Delivering Nutrition Education to Benefit Children and Adults in Low Income Settings" (2008). *Extension Circulars*. Paper 489.
http://openprairie.sdstate.edu/extension_circ/489

This Circular is brought to you for free and open access by the SDSU Extension at Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. It has been accepted for inclusion in Extension Circulars by an authorized administrator of Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. For more information, please contact michael.biondo@sdstate.edu.

SD Nutrition Network Goals

Promote healthy eating and a physically active lifestyle among low-income South Dakotans. Network partners encourage an increase in consumer demand for healthy food and physical activity.

Encourage behavioral changes such as eating more fruits and vegetables, whole grains, and legumes; selecting low-fat or fat free dairy products and lean meats, poultry, and fish; and limiting empty calories from sweets and fat.

Recent successful activities

- Teachers trained to implement the Pathways* curriculum for American Indian children with SD content standards.
- Educators received copies of Fun with Foodella* Activity Book and Eagle book series* for lower elementary children.
- Curriculum was provided to middle and high school teachers.
- Interactive bulletin boards provided.

*Recommended Resources

—*Pathways* from National Heart, Lung, & Blood Institute

—*Fun with Foodella and Nutrition Expeditions* prepared by SD Team Nutrition available <http://doe/sd/gov/oess/cans/nutrition/curriculum.asp>

—*Eagle Series*, Centers for Disease Control, <http://www.cdc.gov/diabetes/pubs/eagle.htm>

South Dakota Nutrition Network

Delivering nutrition
education to benefit
children and adults
in low income settings.

South Dakota

Cooperative Extension

Family Nutrition Program

South Dakota Nutrition Network

South Dakota
Cooperative Extension
SNF 212 Box 2275A
Brookings, SD 57007

Phone: 605-688-4039

Fax: 605-688-6360

E-mail: karlys.wells@sdsu.edu

South Dakota State University is an Affirmative Action/Equal Opportunity Employer and offers all benefits, services, education, and employment without regard for race, color, creed, religion, national origin, ancestry, citizenship, age, gender, sexual orientation, disability, or Vietnam Era veteran status.

EC 926: 200 printed at \$.?? each. February 2008.



South Dakota
Cooperative Extension Service





Benefits of Nutrition Network Partnerships



South Dakota youth

- One-third of all students are at risk of being overweight or obese (based on BMI for age).
- The South Dakota Youth Risk Behavior Survey shows that 34% of youth did not participate in at least 20 minutes of vigorous physical activity on three or more of the past seven days.
- Dietary habits show that 24% of South Dakota youth (grade 9-12) drinking three or more glasses of milk per day, 51% reported eating breakfast four or more times during the past seven days, and 17% ate five or more servings of fruit or vegetables a day during the past seven days.
- Food choices are often limited by availability with many communities having only one grocery/convenience store.

Nutrition education is key for behavior change that should lead to improved health. Eating habits are established early in life and carry through to adulthood. As a result, the food that children eat now will influence their health in later life. Making informed food choices is an integral part of a child's normal growth and development. The link between diet and chronic disease has long been recognized and, as a result, nutrition education has become a necessary and important part of all education.

South Dakota Nutrition Network assists schools and agencies with choosing and providing resources and training to deliver nutrition education to low income children and communities.

Schools who enter into partnerships with Nutrition Network will report to the Network their hours of time and effort spent preparing for and delivering nutrition education.

Time and effort that is reported will be matched with Federal dollars which will help to reimburse schools for costs related to delivering the nutrition lessons. Eligible expenses include educational reinforcements, food for sampling and demonstrations, teaching supplies (paper, markers, paints, etc.)

Programs that would like to introduce or expand nutrition education for income eligible people can access Nutrition Network funding to promote their activities.

The organization's funding source to earn in-kind support must be non-federal dollars. In-kind funds may not be used to match other federal grants with the exception of the following:

- 15.050 Aid to Indian Tribal Governments
- 15.022 Tribal Self-Governance
- 15.024 Indian Self Determination Contract Support
- 15.025 Services to Indian Children, Elderly, and Families
- 15.026 Indian Adult Education
- 15.042 Indian School Equalization Program (Primary and Secondary Education)
- 15.046 Administrative Cost Grants for Indian Schools
- 15.144 Indian Child Welfare Act, Title II
- 15.226 Payments in Lieu of Taxes Section 6902
- 15.227 Distribution of Receipts to State and Local Governments

