



## Keeping Kids from Falling Short: Introducing Whole Grain Foods in the School Cafeteria

Interactive, fun training available to your school in two ways:

- 1) All-inclusive training program available on CD for delivery by your own in-house trainer
- 2) On-site training (3 CE hours) provided by Extension Educators directly to your staff.

### Part I: Whole Grain Basics

Participants will learn to:

- Describe whole and refined grain foods
- Explain health benefits from whole grain foods
- State daily grain and whole grain recommendations for children
- Identify whole grain foods using product package labeling and descriptions

### Part II: Keeping Kids from Falling Short - How Can We Get Kids to Eat Whole Grains?

Participants will be able to:

- Summarize factors that encourage children to eat whole grains
- Generate strategies that increase whole grain intake at school:
  - Recipe preparation, menu planning, purchasing whole grains, making whole grains tasty and appealing

### Part III: Improving Acceptance of Whole Grain Foods in Your School

Participants will learn strategies:

- To measure acceptance
- To market whole grain foods to children

Training CD can be purchased at the following web site:

<http://shop.extension.umn.edu/PublicationDetail.aspx?ID=1937>

### On site training

*On site training location must have licensed kitchen availability (for food preparation) and training area (tables, chairs, wall/screen for projector). Fee: \$30 per participant or \$600 for group registration of 20 or more participants. Optimal group size: 15-25 participants. Bring your aprons, hair nets, and appetites, because cooking and tasting will be an important aspect of this training time!*

Contact to arrange a training in your area:

Mary Caskey (320) 203-6102 or [caske002@umn.edu](mailto:caske002@umn.edu)

Trina Barno (612) 390-1879 or [barno001@umn.edu](mailto:barno001@umn.edu)