



## Innovative Approaches to Nutrition Education

Stefanie Giannini, SNS - Marquardt School District 15

Zach Shields - Decatur Public Schools Foundation

Regan Andreas Deering - Decatur Public Schools Foundation;  
Northeast Community Fund



# Agenda



Nutrition Education



Young Chefs Program

Marquardt School District 15



It Starts With Ag

Decatur School District 61



**How many hours of nutrition education are needed to influence behavior change?**

8-10

15-25

40-50

100+



# How many hours of nutrition education are needed to influence behavior change?

8-10

15-25

40-50

100+



# Nutrition Education in Schools



- Schools can help students establish good dietary behaviors by providing:
  - Healthful food and beverage options
  - Consistent nutrition messages
  - Nutrition education

Photo provided by USDA





# Nutrition Education in Schools

- Nutrition education teaches students:
  - The food groups and how to eat from them
  - What foods are high in calories, fat, sodium, etc.
  - To eat for better health throughout life





# Opportunities for Nutrition Education

Classroom

Cafeteria

Farm to School

Staff Meetings

PTO Meetings

Student Groups

Morning  
Announcements

Take-Home  
Materials

Assemblies

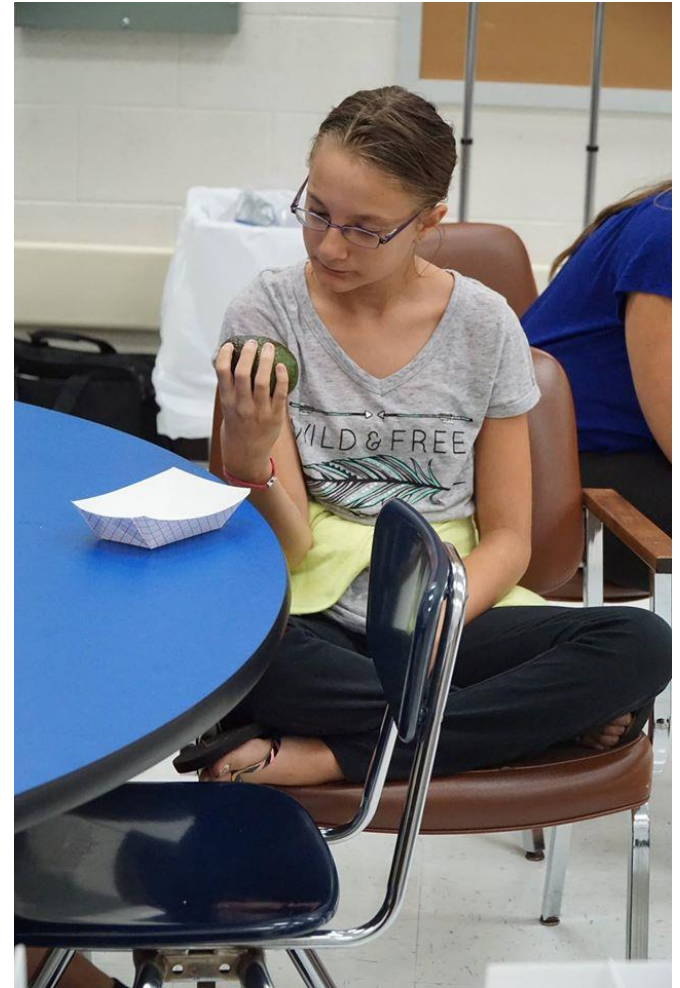
# Stefanie Giannini, SNS

- Assistant Director of Food & Nutrition Services
  - Marquardt School District 15  
Glendale Heights, IL
  - 2016-Present
- B.S. Food & Nutrition Management
  - Certificate in Child Nutrition





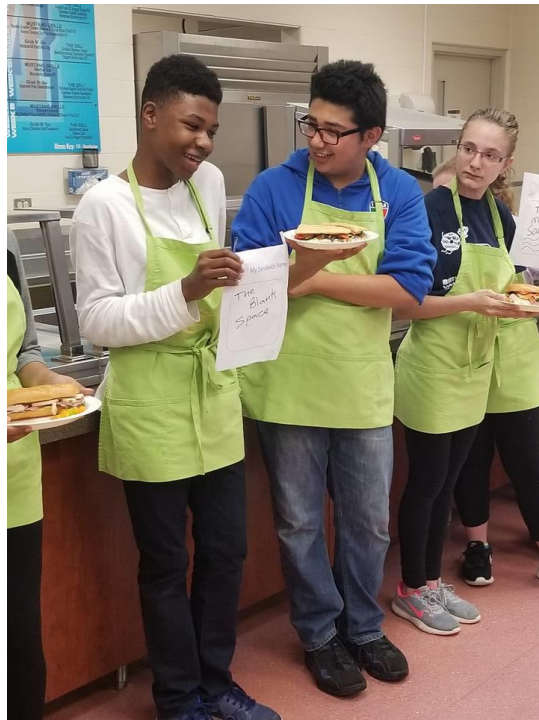
# Young Chefs - Education



# Young Chefs- Life Skills



# Young Chefs- Competition

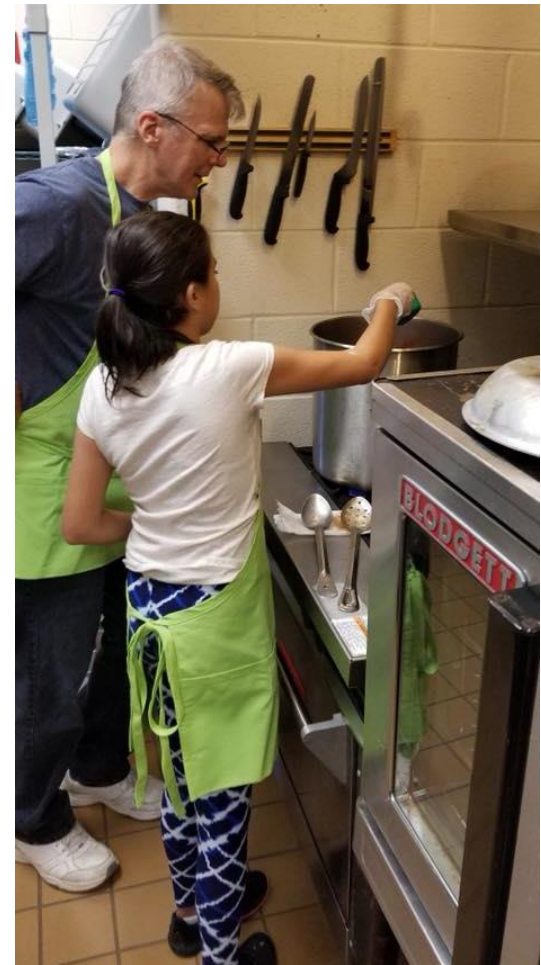




# Young Chefs- Field Trips

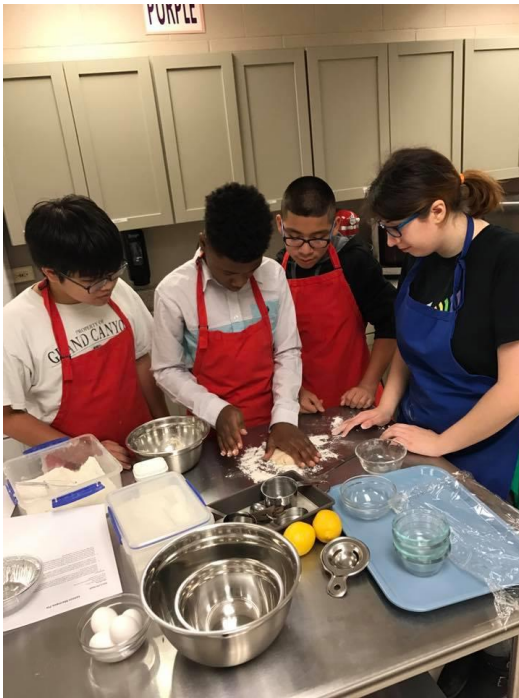


# Young Chefs- Community





# Young Chefs- High School Trips



# Young Chefs- Family



# The Dwayne O. Andreas Ag Academy



## **Zach Shields**

serves as Executive Director of the Decatur Public Schools Foundation, which has provided more than \$12 million private donor dollars to support enrichment activities that inspire students across every academic and artistic area. Established in 2018, the Foundation's *Dwayne O. Andreas Ag Academy* has introduced nearly 350 students to the world of agriculture, including the hands-on cultivation and harvest of produce at the Enterprise Living Science Farm.

## **Regan Andreas Deering**

serves as Chair/President of both the Decatur Public Schools Foundation and the Northeast Community Fund, which partnered with Andreas Academy students to provide fresh produce to low-income families. The NE Community Fund is Decatur's largest food distribution center, and emphasizes healthy nutrition options.



# The Dwayne O. Andreas Ag Academy



*Growing future leaders.*



*Strengthening the agricultural industry.*



*Building a community.*



*We are FFA.*



[https://drive.google.com/a/dps61.net/file/d/1eEV4n\\_BzEVEE3fCBdyfPK5u5NrP9hGxu/view?usp=sharing](https://drive.google.com/a/dps61.net/file/d/1eEV4n_BzEVEE3fCBdyfPK5u5NrP9hGxu/view?usp=sharing)





- ✓ COLLEGE, TRADES,  
AND CAREER EXPOSURE
- ✓ TEAMWORK
- ✓ PUBLIC SPEAKING SKILLS
- ✓ PROBLEM SOLVING SKILLS
- ✓ BUSINESS EXPERIENCE
- ✓ HANDS ON EXPERIENCE
- ✓ FIELD TRIPS
- ✓ IDENTIFY YOUR STRENGTHS
- ✓ CONFIDENCE BUILDING
- ✓ LEADERSHIP SKILLS



Dwayne O. Andreas  
**AG ACADEMY**  
AT EISENHOWER AND MACARTHUR HIGH SCHOOLS





2018-2019 (Year 1) – *198 Students enrolled*  
2019-2020 (Year 2) – *361 Students enrolled*





# Bre Holbert

National President, 2018-19





## ***National FFA Officers***

All-day leadership  
institute for DPS

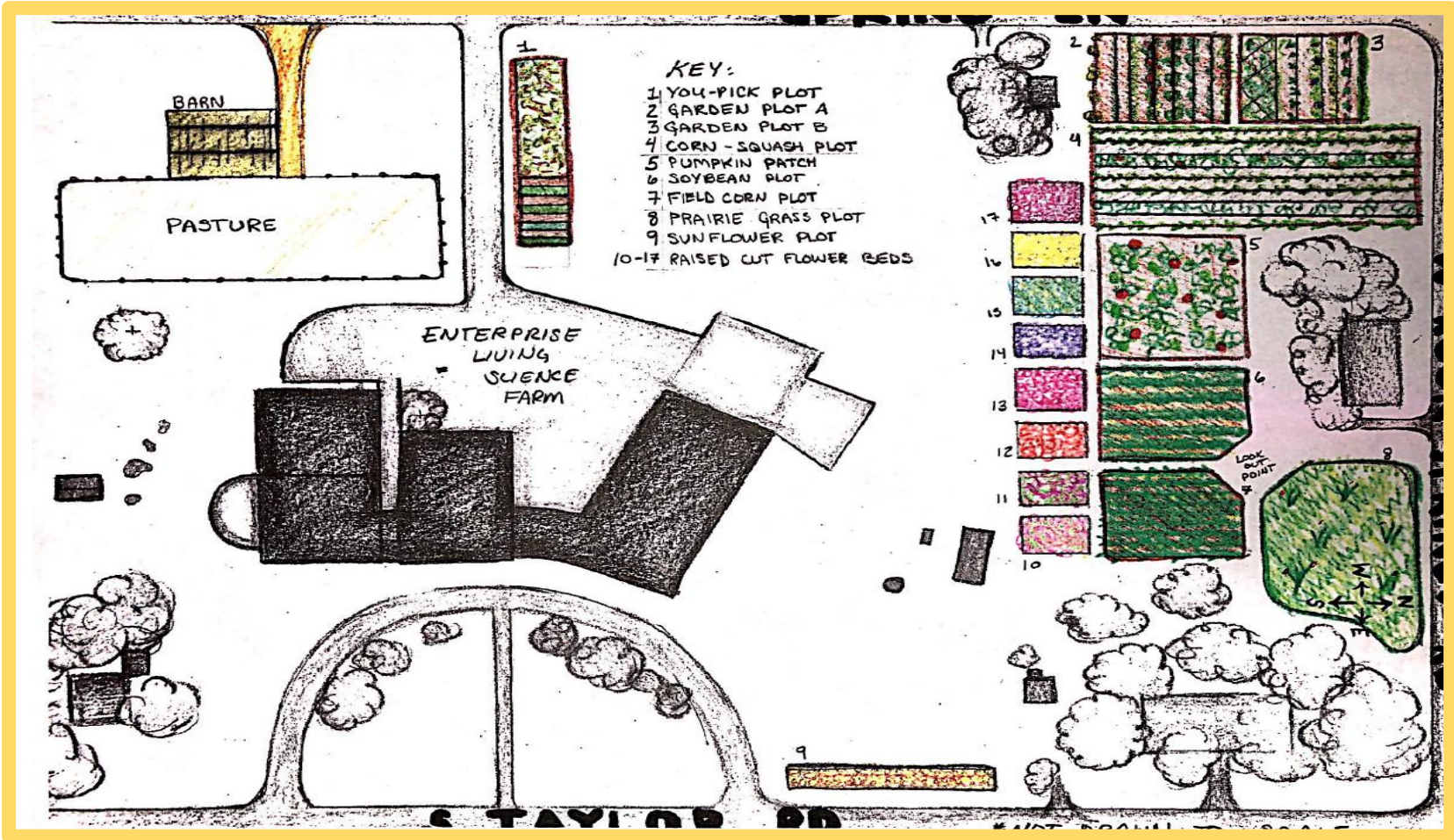
Eisenhower High School

February 4, 2019















# Young Agriculture Enthusiasts





# Tractor Enthusiast

















# WILL EWE ADOPT ME?

RESPONSIBILITIES  
INCLUDE:

- Feeding and Watering on  
specified days  
(Including weekends!)
- Training & Showing at a few  
shows
- Help with breeding decisions
- Basic day to day care
- Shearing wool

For more information, text  
Cassie (616)558-0169





## *The Legacy of Learning*

*Saturday, November 9<sup>th</sup>*

Please join our **Andreas Ag Academy Officers** as we host the 17<sup>th</sup> Annual Outstanding Alumni event at Millikin University

5 p.m. **Reception**

6 p.m. **Dinner and Program**

(We promise to be done by 8...)







Dwayne O. Andreas Ag Academy – MacArthur and Eisenhower High Schools



# Questions?

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[m](#)



