

# School Meals Tool Kit

## BUILDING HEALTHY COMMUNITIES



### Supporting School Meals with BHC:

We recognize that food service is an important part of healthy school communities as it provides students with the nutrition needed to stay energized, focused, and get ready to learn! Increasing the food quality, school meal participation and efficient delivery of school meals is critical to supporting children's health, especially in under-resourced communities with increased food insecurity.

### WAYS BHC CAN HELP:

Over the years, working with school districts like yours, we have identified a few common challenges food service providers may face. Below are resources for potential strategies aligned to optimizing food service systems and healthy food promotion.



[Creating a Positive Cafeteria Culture](#)



[Overcoming Labor Shortages](#)



[Providing Time for Students to Eat](#)



[Increasing Breakfast Participation](#)



## and Training:

- [Lead to Succeed](#) - These workforce tools and training modules have been developed specifically for school nutrition professionals seeking to Learn, Educate, Advance, and Develop in the school nutrition field.
- [Michigan Department of Education Tuesdays at 2pm](#) - Join School Nutrition Programs staff for an informal 30-minute webinar meeting. Staff will provide a brief description of the topic, and the remainder of the time is open for Q & A. After viewing recordings, certificates can be requested.
- [Institute of Child Nutrition \(ICN\) Free Webinars](#) - ICN's research-based education and training resources are designed to help district school nutrition directors/supervisors, managers, and nutrition assistants/technicians meet the challenges of the day-to-day operations of successful school nutrition programs.
- [USDA Food and Nutrition Service School Breakfast Implementation Resources](#)
- [USDA Food and Nutrition Team Nutrition Popular Event Idea Booklet](#) - Offers fun ways to promote nutrition and physical activity at your school.



## GRANT OPPORTUNITY:

Food service leaders can take advantage of district grant opportunities for available equipment and resources through our program partners at United

Dairy Industry of Michigan. Visit:

<https://milkmeansmore.org/grants/>

for more information.



Click to learn more!