Why Whole Grains Matter to Kids’ Health

Danielle Hollar, PhD, MS, MHA
Culture of Wellness: Promoting Good Nutrition and Healthy Living (Socialization/Norm Development)

**Physical Activity:** Safe place for physical activity (structured and unstructured)

**Nutritious Foods:** NSLP provides significant proportion of daily nutrition requirements for many children

Ideal Locale for Systematic Dissemination of Nutrition & Healthy Lifestyle Information: Children, parents, teachers, staff, and foodservice
Meet The OrganWise Guys®
<table>
<thead>
<tr>
<th>Month</th>
<th>Foods of the Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>September</td>
<td>Whole Grains</td>
</tr>
<tr>
<td>October</td>
<td>Apples</td>
</tr>
<tr>
<td>November</td>
<td>Lean Meats</td>
</tr>
<tr>
<td>December</td>
<td>Tropical Fruits</td>
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<tr>
<td>January</td>
<td>Cruciferous Vegetables</td>
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<tr>
<td>February</td>
<td>Good Fats</td>
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<tr>
<td>March</td>
<td>Stems</td>
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<tr>
<td>April</td>
<td>Peas</td>
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<td>May</td>
<td>Eggs</td>
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<tr>
<td>June</td>
<td>Berries</td>
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</table>
OWG Foods of the Month Club
Monthly Posters

**September Foods of the Month**

**Whole Grains!**

- There's a Whole in my Food!
  
  The whole grain foods that we eat, like barley, rice, corn, oats, and wheat, are good for you and so delicious — found in many cereals, crackers, and pasta dishes. High fiber keeps your body lean and sweeps the whole intestine clean.

- Mr. Steam is (the intestine)

- High in Vitamins too!

**Ode to Tomatoes**

Tomatoes grow on a vine and I think they taste mighty fine! It's the red in my spaghetti sauce, it's the wedge in the green salad I toss. With potassium and vitamins A, K, and C, it's a smart food to eat, if you ask me!

- Mr. Rehrum (the brain)

**Tomatoes are really fruit!**

- Many shapes and colors

- Tomato Sauce over Whole Wheat Pasta

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OWG Foods of the Month Club
Buttons for Child Nutrition Professionals
| 16 | Turkey Sub on **Whole Wheat Bun**  
    | Hot Ham & Reduced Fat Cheese  
    | on **Whole Wheat Bun**  
    | Lettuce, **Tomatoes, Salsa**  
    | Fresh Orange  
    | Low Fat or 1% Milk |
|---|---|
| 17 | Pasta Choice with  
    | **Lean Meat Sauce**  
    | **Manager’s Choice**  
    | **Green Beans**  
    | Garden Salad with Spinach  
    | **Whole Wheat Rolls**  
    | Canned Pineapple in Light Syrup  
    | Low Fat or 1% Milk |
| 18 | Pizza with **Whole Wheat Crust**  
    | **Manager’s Choice**  
    | Garden Salad  
    | Oatmeal Cookie  
    | 100% Fruit Juice  
    | Low Fat or 1% Milk |
| 23 | **Whole Grain** Burrito  
    | **Manager’s Choice**  
    | Luncheon Salad Choice  
    | Lettuce, **Tomatoes, Salsa**  
    | Rice & Beans  
    | Fruit Medley  
    | Low Fat or 1% Milk |
| 24 | **Chili with Reduced Fat Grilled Cheese on Whole Wheat Bread**  
    | **Green Beans**  
    | **Corn**  
    | Canned Peaches in Light Syrup  
    | Low Fat or 1% Milk |
| 25 | Pizza with **Whole Wheat Crust**  
    | **Manager’s Choice**  
    | Carrot Sticks with Reduced Fat Ranch  
    | 100% Fruit Juice  
    | Low Fat or 1% Milk |

**Whole Wheat Wrap with Salsa**  
Turkey Sandwich on **Whole Wheat**  
Baked Sweet Potato Fries  
Steamed Broccoli Florets  
Canned Peaches in Light Syrup  
Low Fat or 1% Milk  
Reduced Fat Cheese  
Turkey Sandwich on **Whole Wheat**  
Luncheon Salad Choice  
Lettuce & **Tomatoes**  
**Salad**  
Black Beans  
Canned Fruit Mix in Light Syrup  
Low Fat or 1% Milk  
Reduced Fat Cheese on **Whole Wheat Bun**  
Egg Salad on **Whole Wheat**  
Luncheon Salad Choice  
**Corn**  
California Blend  
Canned Peaches in Light Syrup  
Low Fat or 1% Milk  
Lean Meat Sauce  
Manager’s Choice  
Luncheon Salad Choice  
**Green Beans**  
Garden Salad with Spinach  
**Whole Wheat Rolls**  
**Fresh Peach**  
Low Fat or 1% Milk
## COUNTY SCHOOL DISTRICT

### Breakfast Cycle

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>Assorted Cereal Whole Wheat Toast Whole Wheat Coated Chicken Nuggets Boiled Eggs Juice or Fruit Milk</td>
<td>Assorted Cereal Whole Wheat Toast Whole Wheat Coated Cheese Toast Juice or Fruit Milk</td>
<td>Assorted Cereal Whole Wheat Toast Scrambled Eggs Turkey Canadian Bacon Juice or Fruit Milk</td>
<td>Assorted Cereal Whole Wheat Toast Breakfast Sandwich (Egg &amp; Cheese on Whole Wheat Bun) Juice or Fruit Milk</td>
<td>Assorted Cereal Graham Crackers Breakfast Breaks Juice or Fruit Milk</td>
</tr>
</tbody>
</table>
Tomatoes are one of the most popular “vegetables” eaten by Americans. Tomatoes, however, are actually members of the fruit family, but most people consider them vegetables. They are high in vitamins C, A, and K. Tomatoes contain large amounts of an antioxidant called lycopene, which may help guard against certain cancers. Tomato paste and sauces, which contain highly-concentrated, cooked tomatoes, have a greater amount of healthy lycopene than raw tomatoes.

Varieties - Did you know there are thousands of types of tomatoes?? The most popular kinds are classified into three groups: cherry, plum, and slicing tomatoes. Grape and cherry tomatoes are fun, sweet, and really delicious to eat alone or in a salad!

Selection - Cold temperatures can damage tomatoes, so avoid buying ones that are stored in a cold area and do not to put them in your refrigerator unless you cannot eat them soon. Pick plump tomatoes that have smooth skin with no bruises, cracks or blemishes.

Whole grains are unprocessed grains such as wheat, corn, rice, oats, barley, quinoa, sorghum, spelt, and rye. The word “whole” in front of a particular grain means that the grain is in its “whole” form and thus has not been refined, which is the process that removes the bran and germ from the grain. Refining a grain makes it less healthy because it removes dietary fiber, iron, and many vitamins. So, when choosing bread products, cereals, rice, and pasta, look for the whole grain varieties because eating whole grains has been shown to reduce the risks associated with obesity, including heart disease, stroke, cancer, and diabetes.

Because food labels are very confusing when it comes to whole grains, be sure to read the ingredient list on the package to make sure the word “whole” is listed with the first ingredient (example: whole wheat flour).

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**Simple Corn Salsa**

Prep: 5 minutes | Cook: 10 minutes

- 2 chopped tomatoes
- 1 cup chopped sweet corn or 1 cup corn kernels
- 1/4 cup fresh corn kernels (or 1 small can, drained)
- 1/8 tsp. sugar
- Salt and pepper to taste
- 4 tbsp. balsamic vinegar
- 1/4 cup finely chopped red onion
- 1 jalapeño pepper, or to taste

Heat the oil in a skillet over medium heat. Add corn and cook for 2 minutes. Add sugar, salt and pepper, and cook for another minute. Add vinegar and cook for 1 minute more. Transfer the corn into a serving bowl and cool slightly. Stir in the tomatoes, onion, cilantro and jalapeño pepper. Serve with grilled chicken, beef or pork. Salsa can be made in advance and stored in the refrigerator for up to 2 days.

*Adapted from: http://www.bonappetit.com/recipe/salsa.aspx?videoid=1435*

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**Tomato & Vidalia Onion Salad — Very Easy & Healthy!**

**Makes 4 servings**

- 3 large ripe tomatoes, sliced
- 2 Vidalia or other sweet onions, thinly sliced
- Vinegar or vinaigrette to taste

Place tomato slices on a large platter, then put onion slices on top of tomatoes. Drizzle with your favorite vinaigrette.

*Adapted from: Beyond Grains: Create Fusion Food from the Atlantic Rim, 2005, Harris, Simon & Schuster*

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**Whole Grain Pita Pizza**

Preheat oven to 350°F. Lay pitas on a flat surface. Spread 1/2 of the sauce on each pita round. If you are using chopped fresh spinach, add it now, before the cheese, so it won’t dry out too much. Top each with cheese, and then vegetables. Drizzle with oil. Bake at 350°F for 15 minutes on cookie sheet.

*Adapted from: http://www.wholegrainsconest.org/pdf/SPR_IP_Dayed_EasyRecipes.pdf*

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**Eat More Whole Grains!**

Substitute whole-grain products for refined products. Make sure “whole” is listed before the first ingredient. Try stone-ground whole wheat bread instead of white bread; whole wheat hot dog buns; whole wheat pasta instead of regular pasta; or brown rice. It’s important to substitute the whole-grain product for the refined ones.

Try an unsweetened, whole grain cereal, or crackers on your salad, or in place of crackers with soup.

Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter. But remember to read the label on packaged popcorn so you don’t get too much fat and sodium in this healthy snack!

*Adapted from: http://www.nospyramid.niddk.nih.gov/pyramid/grains_popcorn.html*
WORD SCRAMBLE - WHOLE GRAINS

Grab Some Grains!
Unscramble the words and place the correct spelling in the boxes. Copy the letters from the numbered boxes into the boxes at the bottom of the page with the same number to decode the hidden message.

NRAB

PCNROPO

NRBOW ICER

LEISUM

EKAWTBHCU

HOEWL TEWAH ARDER

TEAMALO

LEWOH NIAGR YABELR

See page 35 for answers.
Make Half of Your Grains Whole

Whole grains contain the entire grain kernel: the bran, germ, and endosperm.

Whole grain kernel

- Bran
  - “Outer shell” protects seed
  - Fiber, B-vitamins, trace minerals

- Endosperm
  - Provides energy
  - Carbohydrates, protein

- Germ
  - Nourishment for the seed
  - Antioxidants, vitamins E, B-vitamins

Some Examples of Whole Grains:
- brown rice
- buckwheat
- bulgur (cracked wheat)
- oatmeal
- popcorn
- whole-wheat cereal
- muesli
- whole-grain barley
- whole-grain cornmeal
- whole rye
- whole-wheat bread
- whole-wheat crackers
- whole-wheat pasta
- whole-wheat sandwich buns and rolls
- whole-wheat tortillas
- wild rice
- whole cornmeal
- shredded wheat cereal

Whole Grain Tips—Check the ones you already do:

- Choose a whole grain, such as oatmeal, when you have hot cereal.
- Read the label on a cereal box to find the word “whole” listed with the first ingredient.
- For a change, try brown rice or whole-wheat pasta.
- When baking, substitute whole-wheat or oat flour for up to half of the flour in a recipe.
- Eat whole-grain crackers.
- Once a week or more, try a lowfat meatless meal or main dish that features whole grains (such as red beans and brown rice).
### OWG Foods of the Month Club

**Website:** Links to USDA Nutrition Materials for Child Nutrition Professionals

<table>
<thead>
<tr>
<th>Month</th>
<th>Foods of the Month</th>
<th>USDA Product Codes</th>
</tr>
</thead>
</table>
| September | Whole Grains Bread, flour, brown rice, pasta | Whole Grain Pastas (B428, B836)  
Rice, Brown, Long-Grain Parboiled (B537, B538)  
Rice, Brown 25 (B545)  
Whole Wheat Flour (B351, B360)  
Oats 3, Rolled (B445)  
Oats 25, Rolled (B444)  
Oats 50, Rolled (B450)  
Tomato Paste, Canned (A252)  
Tomato Sauce, Canned (A239)  
Tomatoes, Canned, Diced (A241)  
Salsa, Canned (A237)  
**Tomatoes ONLY For Processing**  
Tomato Totes (A254)  
Tomato Paste, Drum (A249) |
It's a good thing we were given clues!

CLUES:
1. Foods made from wheat, rice, oats, cornmeal, or barley is in this food group.
2. This food group gives the body energy.
3. Bread, cereal, pasta and oatmeal are foods in this group. It begins with the letter “C.”

GRAINS
Make half your grains whole

Most grains are naturally low in fat.

Whole grain choices are high in fiber!
Foods of the Month Tasting Events

Food tasting led by University Extension Nutrition Educator Bonnie Rowe in St. Johns County, FL

Food tasting led by Sodexo Foodservice Director Rick Herwaldt in Batavia, IL

Food tasting at Ojus Elementary, including School Board Member Dr. Martin Karp, in Miami-Dade, FL
Foods of the Month Tasting Events

Whole grain bread, olive oil, broccoli, and black bean and tomato tasting event at The Cushman School in Miami, FL
Foods of the Month for sale at Cushman School Farmer’s Market
School Assemblies

cheering for broccoli

Led by Univ. of FL
St. Johns County
Extension and
4-H High School
Students!!
USDA FNS Chief of Staff Eric Steiner, FL Dept. of Education Food & Nutrition Management Administrator Cathy Reed, and Dr. Danielle Hollar visit Sunrise Elementary during the USDA HealthierUS Silver award celebration!
In the Picture

Healthier Options for Public Schoolchildren (HOPS)
The OrganWise Guys

Department of Health and Human Services (DHHS) Secretary’s
Innovation in Prevention Award

Gold Rating
by The Cooper Institute
and The Michael and
Susan Dell Foundation
Healthier Options for Public Schoolchildren (HOPS) Study & The OrganWise Guys

Danielle Hollar, PhD, MHA, MS
Agatston Research Foundation; Department of Medicine
University of Miami Miller School of Medicine
Principal Investigator

Arthur S. Agatston, MD
Agatston Research Foundation; Department of Medicine
University of Miami Miller School of Medicine
Co-Principal Investigator

Michelle Lombardo D.C.
The OrganWise Guys Inc.
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Department of Pediatrics, Division of Pediatric Clinical Research
University of Miami School of Medicine
Director, HOPS Data Coordinating Center

Marie Almon, MS, RD
Nutrition Director

T. Lucas Hollar, PhD
Data Manager

Caitlin Heitz
Research Assistant
HOPS Aim
Test a set of interventions in the elementary school setting including:

- nutrition & healthy lifestyle education,
- modeling of education via school menus,
- and increased physical activity

*** Feasible, Replicable, & Effective ***
HOPS Design 2008-9

53 Research Schools (~23,951 Children)

80 Elementary Schools (~34,724 Children)

27 Program Schools (~10,773 Children)

Florida
Illinois
Indiana
Mississippi
New York
North Carolina
West Virginia

28 (including 16 elementary; 4,183 children)
After-School Sites
Florida only
HOPS Nutrition Standards

• Meet age-appropriate nutrient standards based on Recommended Dietary Allowances (RDAs)

• Follow the USDA 2005 Dietary Guidelines for Americans that emphasize:

  – Fruits, vegetables, and whole grains
  – *Quality* of calories matters, not reduction of calories
  – Balancing calories in and calories out is key
<table>
<thead>
<tr>
<th>Intervention Breakfast v. Control Breakfast</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Fats:</td>
<td>26.2% less total fat</td>
</tr>
<tr>
<td></td>
<td>20.7% less saturated fat</td>
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<tr>
<td>Dietary Fiber:</td>
<td>2.8 times more dietary fiber</td>
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</table>

<table>
<thead>
<tr>
<th>Intervention Lunch v. Control Lunch</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Fats:</td>
<td>29.9% less total fat</td>
</tr>
<tr>
<td></td>
<td>21.8% less saturated fat</td>
</tr>
<tr>
<td>Dietary Fiber:</td>
<td>15% more dietary fiber</td>
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</table>

Dietary Intervention Results: Fiber

**Breakfast**
- Daily servings of whole grain breads and cold cereals in place of white/refined flour breads and high-sugar/non-whole grain cereals
- Servings of whole grain-breaded chicken nuggets instead of white/refined flour- breaded chicken nuggets

**Lunch**
- Daily servings of whole grain breads
- Serving only whole grain pizza, corn dogs with whole grain coating, and chicken nuggets with whole grain breading
- More frequent servings of whole, fresh fruits instead of canned fruits
- More frequent servings of salads and vegetables

Overall Demographics

- Hispanic: 50.90%
- White: 31.90%
- Black: 9.50%
- Multi-racial: 5.70%
- Asian/Pacific Islander: 2.90%
- Indian/Alaskan Native: 0.40%

School District of Osceola County

- 3,117 children in Intervention group
  - 55% Hispanic
  - 28% White
  - 9% Black
  - 8% Other

- 1,801 children in Control group
  - 41% White
  - 40% Hispanic
  - 9% Black
  - 10% Other

58.7% qualify for Free or Reduced Priced Meals in the United States Department of Agriculture (USDA) National School Lunch Program

Percentages not equal 100 in all cases due to rounding.
Why BMI Percentile vs. BMI?

Weight measure for children

Takes into consideration a child’s normal body fatness, which changes as the child matures
HOPS 1 & HOPS 2: BMI Percentile Change

HOPS 1:
Change in BMI Percentiles by Intervention Status
Fall 2004 to Spring 2005

HOPS 2:
Change in BMI Percentiles by Intervention Status
Fall 2005 to Spring 2006*

47th American Heart Association (AHA) Annual Conference on Cardiovascular Disease Epidemiology and Prevention
Feb 28 - Mar 3, 2007
HOPS 1 & HOPS 2: Academic Improvement

<table>
<thead>
<tr>
<th>Group</th>
<th>Academic Test Score</th>
<th>Treatment (# of Schools)</th>
<th>2004-2005</th>
<th>2005-2006</th>
<th>P-value (Fall 04-Spring 06)</th>
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</thead>
<tbody>
<tr>
<td>All</td>
<td>FCAT-Math</td>
<td>Intervention (4 schools)</td>
<td>296.40(59.26)</td>
<td>307.94(51.25)</td>
<td>0.0005</td>
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<td></td>
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<td>Control (1 school)</td>
<td>285.46(53.82)</td>
<td>276.15(60.91)</td>
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<tr>
<td>Hispanic</td>
<td>FCAT-Math</td>
<td>Intervention (4 schools)</td>
<td>291.32(59.76)</td>
<td>292.43(57.70)</td>
<td>0.08</td>
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<td>279.92(65.72)</td>
<td>281.73(55.77)</td>
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<td>FCAT-Reading</td>
<td>Intervention (4 schools)</td>
<td>284.73(61.56)</td>
<td>288.22(57.69)</td>
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<td></td>
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<td>Control (1 school)</td>
<td>269.87(72.08)</td>
<td>276.77(58.10)</td>
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<td>White</td>
<td>FCAT-Math</td>
<td>Intervention (4 schools)</td>
<td>319.84(43.53)</td>
<td>330.84(39.70)</td>
<td>0.016</td>
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<td>304.74(29.13)</td>
<td>299.74(36.56)</td>
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<td>315.47(54.64)</td>
<td>0.16</td>
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<td>306.37(45.10)</td>
<td>294.68(53.88)</td>
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<td>306.79(46.41)</td>
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<td>264.80(52.16)</td>
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<td>287.80(54.56)</td>
<td>279.60(33.21)</td>
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Healthy, Smart Results!

- The **OrganWise Guys/HOPS** nutrition and healthy lifestyle education (including **both** nutrition and physical activity components) combined with role-modeling by school foodservice staff produce statistically significant results:
  - **Weight measures** significant improvements in body mass index z scores and weight z scores of intervention v. controls.
  - **Blood pressure measures** significant improvements in intervention children v. controls.
  - **Academic achievement scores** were significantly higher for intervention children v. controls.
- Health and academic improvements are especially strong in low-income children
- Structured physical activity enhances results
- Special attention needs to be placed on identifying effective interventions for black children
- Prevention models should consider including summer programming
Results Presented at Professional Meetings

American Academy of Pediatrics National Conference & Exhibition
American College of Cardiology Scientific Sessions
American Dietetic Association, Food & Nutrition Conference and Exposition
American Heart Association, Scientific Sessions
American Heart Association, Annual Conference on Cardiovascular Epidemiology and Prevention
American Public Health Association Annual Meeting & Exposition
CDC/DHHS National Prevention Summit
FL After School Alliance Annual Meeting
FL School Health Association Annual Conference
Galaxy III Educational Programs (University Extension)
National School Board Association Annual Conference
Obesity Society Annual Scientific Meeting
School Nutrition Association Annual Nutrition Conference
Society for Nutrition Education Annual Conference
USDA National Leadership Summit
OrganWise Guys Partnerships:
Creating the conditions for success that all children need to thrive

Government Partners:
School Boards and Superintendents, elementary school principals, staff, foodservice departments, and especially children
Area Health Education Centers (FL Keys)
State Departments of Education and Agriculture
State Departments of Public Health
United States Department of Agriculture (federal, regional, local affiliates)
United States Department of Health and Human Services
University Extension (Nutrition Educators, 4H Leaders and High School Students, Master Gardeners)

Private Partners:
Blue Foundation for a Healthier Florida
Health Care Service Corporation (Blue Cross Blue Shield of IL, NM, OK, & TX)
Health Foundation of South Florida
Mississippi Food Network
The Oliver Foundation
Organic Gardening (magazine)
Sodexo
W. K. Kellogg Foundation
And many more! (hopefully you!)
$1.57 Million 4-Year W.K. Kellogg Foundation Delta HOPE (MS, LA, AR, NY)
$2 Million W.K. Kellogg Foundation Katrina Relief Grant (MS, LA, TX, FL)
$1.8 Million Initiative 5-Year (BCBS of Louisiana Foundation/LSU AgCenter)
$250,000+ Initiative (BCBS of Mississippi Foundation/Mississippi State)
$900,000 Initiative (WellPoint, HealthMPowers GA)
$100,000 Initiative (Blue Foundation for a Healthier Florida)
$250,000 originally, now $1 Million+ 5-year project Four-State Initiative (Health Care Services Corp. TX, NM, IL, OK)
NEW
6-State $2 Million W.K. Kellogg Foundation grant
OrganWise Guys Partnerships:
Creating the conditions for success that all children need to thrive

University Partners:
Louisiana State University AgCenter
Marshall University (WV Extension)
Michigan State University Extension
Mississippi State University Extension
New Mexico State University Extension
Purdue University Extension (pending)
TX A&M University; Institute for Obesity Research and Program Evaluation
University of Arkansas Extension
University of Florida Department of Consumer and Family Sciences (Extension)
University of Miami Miller School of Medicine, Dept. of Clinical Pediatrics

USDA Supplemental Nutrition Assistance Program (SNAP) Education + University Extension-School Partnerships = Sustainable Nutrition and Healthy Lifestyle School-based Programming
USDA Supplemental Nutrition Assistance Program (SNAP)
Education
Dark Yellow – ongoing
Light Yellow - putting in plan upcoming year!
The OrganWise Guys
Comprehensive School Program

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