



Getting Started

Bridges to Wellness (BTW) helps connect school meals with classroom learning. It's what makes these activities unique! Here are the key elements needed for *BTW* success:

- Work with teachers to let them know about the *BTW* lessons and determine if they or school nutrition staff will teach the lessons. Implement activities during and outside of classroom time.
- Follow up with students 1-2 weeks after the lessons on the out-of-the-classroom activities
- Coordinate with cafeteria managers in each school to plan and implement cafeteria connections.
- Let your wellness team know that you are using *BTW* materials.
- Solicit constructive student suggestions for cafeteria menus and offerings.

Step-by-Step Planning

1. Let teachers know the lessons are available and you would like to work together in connecting school meals with classroom learning. Make sure all involved have copies of the lessons and nutrition backgrounder. For helpful strategies, be sure to check out the Tips for Contacting Teachers. [<http://www.NutritionExplorations.org/pdf/sfs/tips-bw.pdf>]
2. Decide who will be conducting the cafeteria connections. Whether it is the cafeteria manager or other school nutrition staff, make sure this individual also has a copy of the lessons. Districts with nutrition educators/coordinators outside of the school nutrition department may also plan for their participation in the cafeteria connections.
3. Schedule the appropriate amount of classroom and cafeteria time for each lesson. Coordinate these times to ensure the Cafeteria Connections follow up occurs within a reasonable amount of time after teaching the classroom lessons. Be sure to schedule enough lead time so teachers and school nutrition staff can secure necessary materials and supplies. There may be some preparation of food samples, some time needed to plan cafeteria activities, and time to prepare to deliver the lesson and respond to student questions.
4. Once the cafeteria and classroom components are coordinated, you are ready to have fun and implement *Bridges to Wellness™: Connecting School Meals with Classroom Learning!*