



Partnering Effectively with Teachers

When contacting teachers, be prepared to let them know what you can do to help them. Use these ideas to propose effective ways you can work with teachers to positively impact students' nutrition education and health behaviors at all grade levels. These ideas are grouped into methods employed in Bridges to Wellness and additional suggestions. Some school nutrition departments post information on the department Web site and/or create a brochure or flyer for teachers to introduce them to what opportunities the school nutrition department can make available to them.

Partnership Methods Incorporated into Bridges to Wellness:

- Offer scheduled cafeteria tours to show students aspects of food service and/or preparation in the kitchen. Be clear about how much advance notice is needed to schedule tours and how many students can be accommodated during a tour.
- Provide lists to help teachers identify age-appropriate nutrition education materials from credible sources, such as Bridges to Wellness and other nutrition education materials available through www.NutritionExplorations.org.
- Provide samples or snacks that reflect featured nutrients or food items from a nutrition education lesson.
- Bring fun games or other activities into the classroom, such as bingo or trivia games that reinforce nutrition education concepts.
- Explain how menus are planned for school meals, answering questions from students, and discussing student ideas for change.

Additional Suggestions:

- Present at staff or community meetings to share information about nutrition or nutrition education initiatives and programs. Venues could include school board meetings, faculty meetings, wellness committee meetings, PTA meetings, etc.

- Post information on the school nutrition department Web site and/or create a brochure or flyer for teachers to let them know what opportunities you can make available to them. Be sure to include Bridges to Wellness.
- Share information with teachers on finding guest speakers or guest teachers for classrooms from available community resources, including nutrition professionals on staff, the public health department, cooperative extension, local health care services or community health organizations, grocery stores, etc.
- Provide cooking or food preparation demonstrations for students.
- Help organize a tour of a local farm or a visit from a local farmer to bring agriculture to the classroom.
- Provide resource lists for age-appropriate literature that incorporates food, nutrition, and food safety topics.