



NUTRITION ENVIRONMENT & SERVICES

UNDERSTANDING THE WSCC MENUS OF EVIDENCE-BASED PRACTICES

To make evidence-based practices (EBPs) more easily understood and accessible to schools, university partners of Healthy School Successful Students have developed Menus of Evidence-based Practices for each component of the WSCC model.

EBPs are shown to increase academic success, graduation rates, and student safety, while decreasing bullying and fostering a positive school climate. When school administrators and staff use EBPs, they are better able to produce successful outcomes for students and school communities.

With the variety of evidence-based strategies that the Menus provide allows schools and districts will be able to find a practice that fits their time and funding availability.

BENEFITS OF NUTRITION ENVIRONMENT AND SERVICES

- Schools are in a unique position to provide students with opportunities to learn about and practice healthy eating behaviors.
- Healthy eating benefits cognitive development and learning outcomes of children and adolescents.

EVIDENCE-BASED STRATEGIES

- Simple, discrete interventions tend to improve healthy eating behaviors, such as token incentives, a price reduction of healthy foods, and fruit and vegetable slicing.
- Presenting vegetables first and in isolation within school cafeterias increased vegetable consumption.
- Fruit and vegetable breaks for the class could eat together resulted in a high percentage of students eating.
- Including school gardens along with nutrition education resulted in significant increases in vegetable selection and consumption in the lunchroom.

DISCOVER YOUR STRATEGY

- Check out the Nutrition Environment and Services Menu of Evidence-based Practices to find what works for your school community!

CONTACT

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