



Upgrading Access to Nutrition Education Materials for the Child Nutrition Program on the Office of Superintendent of Public Instruction Website

Kara Breymeyer, MPH and Dietetics student, Nutritional Sciences, Winter 2011
Donna Parsons, MS, RD – Site Preceptor

BACKGROUND

Child Nutrition Programs (CNP) is the Washington State agency at Office of Superintendent of Public Instruction (OSPI) that administers and regulates the National School Lunch Program (NSLP) and six other child nutrition programs. Over 500,000 school-aged children participate in the NSLP on a daily basis in Washington State with an annual budget of \$359 million. About two-thirds of the budget goes to labor and indirect costs, leaving about \$1 for food per lunch serving.

Data shows a gap in meeting NSLP regulations for many nutrient requirements despite the ongoing efforts of CNP and Local Education Agencies (LEA) school food service departments to comply with the complex rules and deliver acceptable meals to students. The intention of this project is to provide a central portal to Internet resources that can assist busy LEA school food service staff locate information to improve nutrition quality of meals while meeting budget constraints and NSLP regulations.

Resource: Washington State Child Nutrition Programs 2011 Annual Report, Office of Superintendent of Public Instruction, accessed at <http://www.k12.wa.us/ChildNutrition/pubdocs/CNSProgram.pdf>

AIMS and JUSTIFICATIONS

AIMS:

- Improve and streamline access to various reliable Child Nutrition related Internet resources particularly for LEA food service departments participating in the NSLP
- Provide resources to assist in improving the nutritional environment in Washington's LEA food service

JUSTIFICATIONS:

- Plethora of information related to the National School Lunch Program and Child Nutrition related information on Internet
- Limited time and resources for Food Service directors and staff to spend time on Internet locating pertinent and reliable assistance
- In Washington between 2003-08, over 75% of LEA failed to meet requirements for more than three key nutrients including exceeding total fat, saturated fat and sodium
- Room for improvement and updates on current website



METHODS

- Explore and assess Child Nutrition Program State Agency websites for all 50 States and US Territories
- Develop criteria to determine the top 15 websites
- Extensive analysis of current OSPI website
- Determine criteria for inclusion of reliable resources that promote improvements that comply with NSLP requirements
- Compile resources beyond government such as advocacy groups, industry, private coalitions, universities, and professional organizations
- Assemble a categorized master list with all resources and corresponding links to specific webpages
- Expand website audience to include students, parents, community, educators
- Promote Team Nutrition grant award to Washington CNP
- Promote LEA across state that are making improvements to the nutritional quality of their food service departments
- Create mock-up of website and present project to preceptor and staff for feedback
- Encourage scheduled updating of current website by all OSPI NSLP Program Specialists staff to create interest and accountability by State Agency staff

PROJECT EVALUATION

- Use pre-existing OSPI evaluation style used in past surveys for consistency and ease of use for LEA staff
- Evaluation will address ease of utility, relevance of topics, and open text boxes for feedback
- Paper copies will be available to download, fill out and send back to OSPI
- Online "Survey Gizmo" will be sent out to users after 3-6 months for feedback
- Online user tracking system will be explored for data collection of number and frequency of users