The importance of nutrition in schools

When I was in grade school way back in the previous century, hot lunches prepared by school cooks were nearly inedible. Most of the ingredients were said to be army surplus. The spinach was overcooked and slimy and had a yellowish tint. Thus, I used my lunch money to rent my friend’s bicycle during lunch hour rather than eat. However, on days when my mother fixed my sack lunch, I had a good delicious meal.

Decades later, I visited my son’s school on parent’s day. My wife and I ate lunch with our son in the cafeteria. To my surprise, the quality of the lunches had not improved. The creamed corn was scorched with a foul odor; the remaining items were poor substitutes for real food. Most people, parents and children alike, just ate the French fries dipped in ketchup.
Committee focus: developing nutrition curriculum for all students

The Moore Institute believes children and adolescents play an integral role in shaping the future health of our communities. That's why we've been working to develop and promote nutrition education curriculum for the youngest students to the oldest.

Our collective cultural knowledge and traditions surrounding food have changed dramatically over the past few decades. This has occurred in tandem with increasingly fast-paced and pressure-filled lives, constant digital distractions and far less physical activity. The food product industry has been quick to answer with fast and processed foods, and meals that can be put together in mere minutes. The resulting health impacts surround our communities in the form of epidemic rates of obesity, high blood pressure and diabetes.
Leslie Myatt, Ph.D., FRCOG, OHSU Moore Institute Associate Director for Women's Health, received the Distinguished Scientist Award at the recent Society for Reproductive Investigation (SRI) meeting. The award is presented annually to a member who has made "significant and lasting contributions" in reproductive medicine research.
Success story: one university's attempt to improve the health culture on campus

George Fox University implements Nutrition Matters Program to weave nutrition importance throughout campus culture

When you think of food on college campuses what comes to mind? For most of us we probably picture dorms with cafeterias offering mystery meat burgers, pizza, corn dogs, fries and soda dispensers. But George Fox University decided it wanted to change all of that.

George Fox is located just outside of Portland in Oregon's growing wine country. The campus has a 14:1 student to faculty ratio, helping the 4,000 plus students form a tight-knit community.
What we're reading

Check out a few of the articles we've been perusing

- **How California is reinventing school lunch**
  *University of California Newsroom*

- **Baby's first 1,000 days: the impact of nutrition**
  *NY Metro Parents*

- **Keeping the 'fresh' in kids' fresh fruits and vegetable program**
  *Civil Eats*

- **Epigenetics: How your life could change the cells of your grandkids**
  *ABC.net.au*
**Nutrition for Kids**

Moore Institute collaborator and dietician Connie Evers, R.D., created the [How to Teach Nutrition to Kids curriculum](#) for elementary aged children. It empowers children “to evaluate nutrition information, make smart food choices and creatively prepare food.”

**FoodSpan**

This [free curriculum from Johns Hopkins Center for a Livable Future](#) helps high school teachers and students understand the food system from farm to fork. It provides "a deep understanding of critical food system issues, empowers them to make healthy and responsible food choices, and encourages them to become advocates for food system change.”

**Wellness Wins**

Check out this [great site](#) offering tips and resources to improve nutrition and physical activity policies and practices in schools. It has ideas for parents, school officials and community leaders.

**Let's Get Healthy! Nurture Your Nature Epigenetics Game**

This [interactive game designed for middle school students](#) includes printable handouts, downloadable classroom lessons and activities about genetics and epigenetics. The project was funded by a pilot grant from the OHSU Moore Institute.

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**What's Next**

Mark your calendars for Oregon Nutrition Day Friday, May 19 in the OHSU Auditorium. The focus for our third annual day-long seminar is Nutrition in Action:
the successes and challenges of implementing nutrition programs in Oregon. A full list of speakers and topics is available on our website. Registration is now open. The event is $20 and includes lunch; parking is an additional $13. Continuing education units from the Commission on Dietetic Registration are available.

Questions? Comments? Drop us an email, we'd love to hear from you.