

---

# **FEEDING CHILDREN: THE RD'S ROLE AT HOME, SCHOOL AND IN THE COMMUNITY**

**Catharine H. Powers, MS, RD, LD**

West Virginia Dietetic Association Annual Meeting

May 16, 2012

Children should have access to healthy food and be able to make healthy food choices wherever they are – at home, in school, and in the community. Improving the health of the Wyoming's children and reversing the childhood obesity epidemic is a shared responsibility and will take the commitment of parents, the foodservice industry, the media, and schools working together.

Parents, chefs, the school foodservice assistants, and often children too, cook for kids! The dietetic professional, key to translating the science of nutrition into tasty bites that will help children make substantive, healthful changes in the way they eat, requires a food education and fundamental food skills. This session will examine ways we can work together to deliver healthier meals to children in all settings. This session will also give you the tools to enhance your food knowledge, show you how make food a functional part of the nutrition message and expand your scope of practice to become the food AND nutrition expert.

There is a movement across the nation...a real focus on food and nutrition that dietitians can embrace and really take advantage of the limelight. It's our time!

After this presentation you will:

- Identify the current research, trends and programs related to feeding children. (Overview of 2010 Dietary Guidelines, Let's Move, Fuel Up to Play 60, Healthier US School Challenge, etc).
- Discuss techniques to prepare and serve menu items that are flavorful, nutrient rich and appealing to children at home, school and in the community.
- Identify ways of increasing your food knowledge and practical ways to enhance your food and nutrition practice by incorporating food education.

## **CALL TO ACTION FOR REGISTERED DIETITIANS AND DIETETIC TECHNICIAN, REGISTERED GET INVOLVED IN YOUR OWN WAY:**

- Use your expertise to influence others. In the office, on your blog, website, Facebook and at home. Help build awareness for important and effective school programs like Fuel Up to Play 60 and other wellness efforts going on in schools and communities such as Let's Move, HealthierUS School Challenge, Action for Healthy Kids, etc.
-

- 
- Sign-up to be a Fuel Up to Play 60 supporter and help empower kids to change their nutrition and physical activity environment
  - Be the nutrition expert at the table. Get involved in your local school's Wellness Committee or spend time at a school or community event teaching children and their parents about the importance of a healthy diet or how to prepare nutrient-rich foods.
  - Don't be afraid to toot your own horn. Let other RD's know what you are doing to help improve the lives of today's youth and encourage others to get involved in the action!
  - Get involved with the Academy of Nutrition and Dietetics Foundation Kids Eat Right Campaign. Participate in the online CEU course "Prevention Strategies for Childhood Obesity: What every RD Needs to Know".

### **FOR MORE INFORMATION**

Action for Healthy Kids, [www.actionforhealthykids.org](http://www.actionforhealthykids.org)

American Culinary Federation, Chef and the Child Foundation, [www.acfchefs.org](http://www.acfchefs.org)

Academy of Nutrition and Dietetics, Kids Eat Right, [www.kidseatright.org/volunteer](http://www.kidseatright.org/volunteer)

American Institute of Wine & Food, Days of Taste, [www.aiwf.org/site/days-of-taste.html](http://www.aiwf.org/site/days-of-taste.html)

Fuel up to Play 60, [FuelUpToPlay60.com](http://FuelUpToPlay60.com)

Healthy Kids Choice, Inc., [www.healthykidschoice.org](http://www.healthykidschoice.org)

National Food Service Management Institute, [www.NFSMI.org](http://www.NFSMI.org)

Nutrition Explorations, Kids' Nutrition at its Best, National Dairy Council.  
[www.nutritionexplorations.org](http://www.nutritionexplorations.org)

School Nutrition Association, [www.schoolnutrition.org](http://www.schoolnutrition.org)

U.S. Department of Agriculture, Food and Nutrition Services, Child Nutrition Programs, School Meals, [www.fns.usda.gov/cnd](http://www.fns.usda.gov/cnd)

U.S. Department of Agriculture, Food and Nutrition Services, Team Nutrition,  
[www.teamnutrition.usda.gov/Default.htm](http://www.teamnutrition.usda.gov/Default.htm)

Catharine Powers, MS, RD, LD  
[www.culinarynutritionassociates.com](http://www.culinarynutritionassociates.com)

[powers@culinarynutritionassociates.com](mailto:powers@culinarynutritionassociates.com)

---