

STUDENTS CONNECT WITH SCHOOL NUTRITION PROFESSIONALS (VIDEO)

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When students from Armand Larive Middle School attended a Culinary Workshop in Umatilla, hosted by Oregon Department of Education and the Oregon Dairy and Nutrition Council, they saw their school nutrition professionals in action. This post debuts a great new video they created to share their experience.

The Culinary Workshop is one of six regional workshops offered to school nutrition professionals throughout Oregon to help improve child nutrition programs. "I want to make sure we have a variety of foods represented, because these folks help make the menus for schools," said Chef and Registered Dietitian Garrett Berdan.

Many of the recipes used for this workshop are from Food Hero (www.foodhero.org), an online resource with shopping hints, cooking tips and videos, to help Oregonians improve their health with affordable and healthy recipes.



While attending the workshop, Armand Larive Middle School students interviewed, taste-tested and even gave their feedback on the finished recipes to re-cap the day. This is one of many video projects they have done with video equipment provided through a Fuel Up to Play 60 Grant.

Fuel Up to Play 60 is a school nutrition and exercise program launched by the National Dairy Council and the NFL to improve health and encourage today's youth to live healthier lives. Grants are available to qualified K-12 schools to jump start healthy changes in the school environment.

"The students worked really hard on editing this," said Angie Treadwell, SNAP-Ed Program Coordinator. "There was lots of footage to sort through, and I think it was a really good experience for them in many ways, especially in gaining a deeper understanding of school food service."

As one of the many examples showing how the experience is paying off, Armand Larive Middle School's Ashley Treadwell received Honorable Mention in the National Scholastic Press Association Individual Award Contest for her video story titled "Cooking Class."