

kids teaching kids®

 Medical City **Children's** Hospital

2022

**NORTH TEXAS
PROGRAM REPORT**



volume 8

what is kids teaching kids®

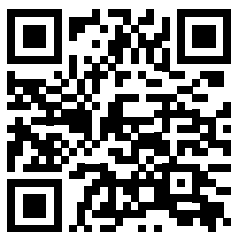
Since 2009, Medical City Children's Hospital's **kids teaching kids®** nutrition education program has made a positive impact on thousands of kids' snacking habits.

The program launched in response to our nation's childhood obesity epidemic and a desire to reduce the health risks often caused by unhealthy eating. The **kids teaching kids®** program offers students and their parents the knowledge and resources to help change their eating habits and engage in wellness and mindfulness activities.

Medical City Children's Hospital is committed to bringing healthier tomorrows to North Texas and beyond.

The program's three components include:

- **Schools: The 21-Day Snacking Challenge**
- **Restaurants: Kids Fit Menu!®**
- **Workplaces: The 21-Day Snacking Challenge @ Work**



To learn more about **kids teaching kids®**, visit the website by scanning the QR code with your mobile device.

SNACKING **CHALLENGE**

The **21-Day Snacking Challenge** helps elementary school kids learn how to make snacks that incorporate at least one serving of a fruit or vegetable at snack time. By challenging these young kids to repeatedly make healthy snacks, we are helping to improve their lifelong eating habits.

Our corporate supporters for the **21-Day Snacking Challenge**, including **Kroger, Reliant, United Way of Metropolitan Dallas** and **Dairy MAX** have awarded \$308,000 to North Texas school districts since 2017.

The annual **21-Day Snacking Challenge** begins with registered dietitians teaching high school culinary students about basic nutrition, how to read food labels and how to calculate nutrition facts for recipes. The students incorporate that knowledge and, staying within the nutrition criteria set by the dietitians, create fun-to-make, fun-to-eat snack recipes for elementary students that highlight healthy fruits and vegetables.

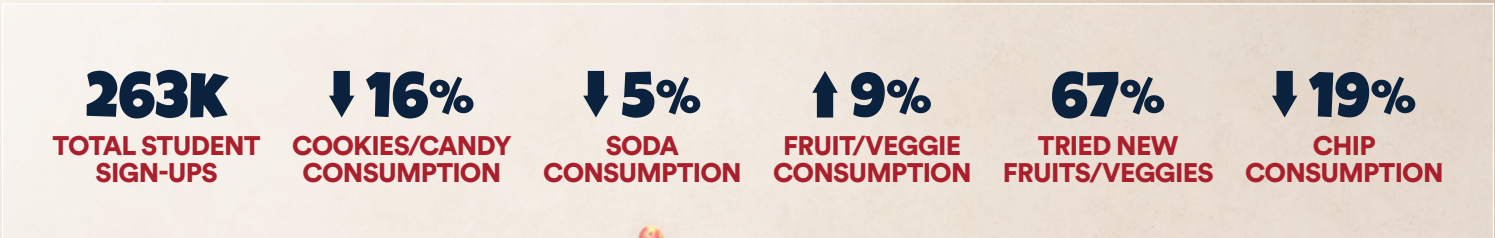


High school graphic design students get involved as they vie for the opportunity to design the digital snack recipe book. Photography and audio/visual students contribute pictures of the handmade snacks and create how-to videos. Early childhood teachers work with district educators to create educational videos on wellness and social/emotional learning topics.

The finished digital recipe book becomes the basis for the **21-Day Snacking Challenge**. Elementary students are encouraged by their school districts to have their parents sign them up for the challenge and to use the resources in the digital snack book to create healthy after-school snacks.

PROGRAM RESULTS

(SINCE 2014)



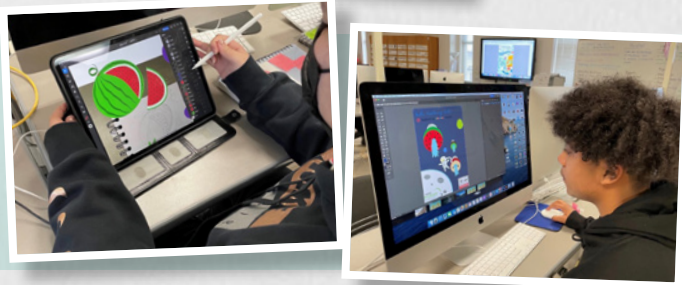
1

EDUCATION & SNACK DEMO



2

GRAPHIC DESIGN



3

VIDEOS



4

21-DAY SNACKING CHALLENGE



EDUCATING FUTURE CHEFS



Registered dietitians educated **800+** culinary students from **30** programs across Dallas-Fort Worth and San Antonio.

A survey administered to high school students before and after their educational experience helps us gauge the effectiveness of the program. The data shows that students are using and retaining the knowledge as we return to some of the same classrooms year after year. These future chefs are gaining both knowledge and skills to take with them as they continue their education and, potentially, enter the culinary industry.



SNACKING
CHALLENGE

BY THE NUMBERS

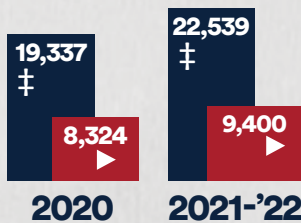
CULINARY STUDENT SURVEY (846 STUDENTS)

| QUESTION | ANSWER | BEFORE | AFTER |
|---|--------------|--------|-------|
| 1. Have you ever seen a nutrition facts panel? | YES | 98.7% | 99.6% |
| 2. Do you use the information on the nutrition facts panel? | YES | 81.7% | 89.7% |
| 3. What is the FIRST thing you need to look at on the nutrition facts panel in order to understand the rest of the information? | SERVING SIZE | 49.3% | 61.6% |

ELEMENTARY STUDENT PROGRESS

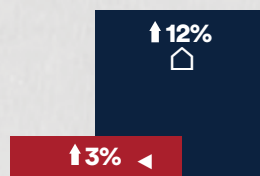
STUDENT SIGN-UPS & COMPLETIONS

‡ SIGNED UP vs. COMPLETED ▶



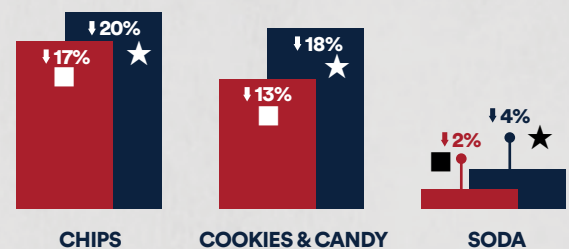
INCREASED FRUITS & VEGGIES CONSUMPTION

◀ 2020 vs. 2021-2022 🏠



REDUCED CONSUMPTION OF SNACKS BY TYPE

■ 2020 vs. 2021-2022 ★



343

SCHOOLS

22,539
STUDENTS

PROGRAM COVERAGE

EL PASO
COMING SOON!

**WE'RE GOING
NATIONWIDE!**
COMING SOON TO
SAVANNAH, GEORGIA!

NORTH TEXAS

Allen ISD
Arlington ISD
Birdville ISD
Coppell ISD
Dallas ISD
Frisco ISD
Keller ISD
Lewisville ISD

Northside ISD
Northwest ISD
Prosper ISD
Richardson ISD
Rockwall ISD
Sanger ISD
White Settlement ISD
Wylie ISD

AUSTIN
COMING SOON!

SAN ANTONIO

Northside ISD



21 DAY SNACKING CHALLENGE

ADVISORY COMMITTEE

The committee facilitates and coordinates the outreach of the ***kids teaching kids*® 21-Day Snacking Challenge**. Committee members are multidisciplinary representatives from each of the participating school districts and key community leaders who meet monthly during the school year to share ideas and best practices to better serve students and teachers. We are grateful for their insight and involvement!





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Kids Fit Menu!™

Data collected from the **21-Day Snacking Challenge** shows that kids are changing their ways of eating and chefs are following suit. Through the **Kids Fit Menu!®** program, an extension of **kids teaching kids®**, the high school culinary students' recipes are featured on restaurant menus. This helps restaurants provide healthy dining options for their family customers and gives students valuable, real-world experience.

600,000+

KIDS FIT MENU!® MEALS SOLD SINCE 2017!

59,395
KIDS FIT MENU
MEALS SOLD IN
2020-2021!





Kids Fit Menu!

SUMMER MENTORSHIP

In the summer of 2018, we launched the **Kids Fit Menu!®** mentorship program, an extension of the **Kids Fit Menu!®** program through **Medical City Children's Hospital**. This eight-day, work-based training experience is a collaboration among **Medical City Children's Hospital**, our designated restaurant partners and select graduates of the culinary program. It is designed to refresh items on an existing **Kids Fit Menu!®** or establish a **Kids Fit Menu!®** with new restaurant partners.

This past summer, two graduates worked with registered dietitians and two restaurant partners to create Kids Fit meals for each brand. The culinary graduates are published on the restaurant's **Kids Fit Menu!®**, and the restaurant brand, in conjunction with **Medical City Healthcare** and its partners, awarded each student a \$1,500 scholarship.





The **21-Day Snacking Challenge @ Work** is a direct result of the overwhelming success of our kids' version of the **21-Day Snacking Challenge**. As parents participated in making healthy snacks with their children, they expressed the need for a challenge of their own at their workplace, where they feel that they do the most frequent and least healthy snacking.

Our mission for the **21-Day Snacking Challenge @ Work** is to educate and encourage adults to cultivate healthier habits, starting with eating more fruits and vegetables at snack time. **The 21 Snacks for 21 Days** digital recipe book utilizes the same snack recipes created by our high school culinary students so they're easy to make, eat and enjoy. The challenge is helping busy adults experience increased energy and productivity in the workplace, whether they are in the office or working remotely.

The program is available at no cost to companies, and we provide aggregated data regarding their employees' successes.

SNACKING TOGETHER!

In 2020 and 2021, **EIGHT** organizations with **2,097** employees committed to healthier snacking journeys!

**21 DAY
CHALLENGE
@ WORK**

**21 for 21
SNACKS DAYS**

Fast and Simple Recipes ■ From Hunger Busters to Sweet Treats



Volume 3

 Medical City Healthcare



Program Partners



Medical City Children's Hospital

partners with several professional organizations that offer support and added value to the ***kids teaching kids***[®] program.

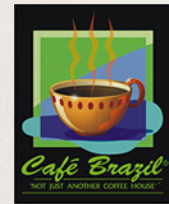
As ***kids teaching kids***[®] expands beyond nutrition education, program partners like **Texas Association for Health, Physical Education, Recreation and Dance (TAHPERD)** and **Social Emotional Learning Alliance for Texas (SEL4TX)** help provide content-rich resources for kids, families and teachers.

Corporate supporters from our **21-Day Snacking Challenge** offer incentives to schools to help keep students engaged throughout the challenge. This year's supporters include **Kroger, Reliant, United Way Metropolitan Dallas** and **Dairy MAX**. Additionally, culinary graduates earn scholarship money for working on the **Kids Fit Menu!**[®] **Summer Mentorship.**

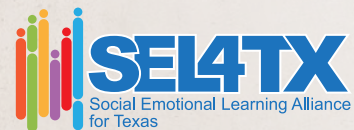
THANK YOU!

Kids Fit Menu!

PROGRAM PARTNERS



PROGRAM PARTNERS



Looking Forward

As we keenly felt the challenges brought on by the pandemic over the past two years, **Medical City Healthcare** adapted the ***kids teaching kids***® program to better serve our kids, their families and their teachers.

Significant changes include:

1. Moving the recipe book to an interactive, digital platform with expanded resources to increase accessibility.
2. Expanding the program beyond nutrition education to include wellness and mindfulness through a new series of educator and student-led videos.



While **kids teaching kids**® continues to make great strides, we still have big goals:

- Deepening our understanding of the needs of students and teachers to increase the impact of the program.
- Highlighting high school students' involvement in creating the **Kids Fit Menu!**® meals.
- Maximizing our partnerships with **TAHPERD** and **SEL4TX** to enhance our mindfulness and wellness education.
- Serving more students in Texas and beyond!

Now that the **21-Day Snacking Challenge** has been successful in many schools over the years, the upcoming 2022-23 campaign will allow us to take a deeper dive into the impact that these high school students are making in educating kids.



Medical City Healthcare™

kids teaching kids®



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