



NEWTRITION!

UPDATES ON NUTRITION AT YOUR SCHOOL

JANUARY 2014

Opaa! Enhances Director of Nutrition Services Development Program

Wellness & Nutrition Webinar Series Expands Training Commitment

To serve each of our client school districts more effectively, Opaa! has committed to the certification of each of our Directors of Nutrition Services, through the School Nutrition Association (SNA). Over the past two years, we have created our own

training programs; approved by SNA for continuing education units. January 2014 marks the expansion of our previous efforts, with the introduction of Opaa!'s new webinar series entitled, "Wednesday with Wellness & Nutrition." The Wellness & Nutrition team will host seven webinars before the end of the school year and continue the series throughout the 2014-15 school year.

Each of these webinars will provide one continuing education credit toward School Nutrition Association Certification for our Director of Nutrition Services.



Opaa! introduces new webinar series to educate our staff and better serve our clients.

Upcoming Webinar Topics:

- **Let's Plan a Wellness & Nutrition Fair** – How to successfully plan and implement a wellness and nutrition fair in your district.
- **Food Allergies & Sensitivities** – Working with parents, children, teachers and administration to address students with special diet needs.
- **HealthierUS School Challenge Certification** – Nationally recognize your school through promotion of good nutrition and physical activity.
- **Healthy, Hunger-Free Kids Act Breakfast Guidelines 2014-15** – Learn the most up-to-date USDA regulations for breakfast starting July 2014.
- **Understanding Gluten Free Diets** – What is a gluten free diet and how do you make meal substitutions?
- **Healthy, Hunger Free Kids Act Lunch Guidelines 2014-15** – Learn the most up-to-date USDA regulations for lunch starting July 2014.
- **USDA's "Smart Snacks in School" Nutrition Standards** – Introducing nutrition standards for all foods sold in school to promote healthier eating.