



What does the **MAINE NUTRITION NETWORK** offer to Maine's School Teachers and School Nurses?

- ◆ Cash for your classroom - **\$100.00** (for each 25 hours of nutrition education) - given directly to teachers and school nurses to purchase nutrition education resources.
- ◆ **Free** grade appropriate nutrition program. **We are offering new programs this year!**
- ◆ **Free** optional one-day training session presented by nutrition professionals and Maine Department of Education health educators. **(This training is not required for participation.)**
- ◆ The opportunity to apply for **\$250.00** to host a School-wide Community Nutrition Event.
- ◆ **Free** access to nutrition and health resources on loan through the Health Education Resource Collection (HERC) at the University of Maine.
- ◆ **Free** quarterly newsletter packed with nutrition information and teaching ideas **AND** additional nutrition related resources sent to you throughout the year.
- ◆ An opportunity to receive scholarship funds for the Maine Schoolsite Wellness Conference at Sugarloaf/USA in June.

Interested?

Does your school have free/reduced meal eligibility of 50% or greater?

Contact:

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We're on the Web! www.maine-nutrition.org



Don't meet the guidelines?

We have 125 spaces available for elementary and middle school teachers in schools that do not meet the free/reduced meal eligibility above. Please contact us for more information!

Frequently Asked Questions About Maine-ly Nutrition:

Who can participate in Maine-ly Nutrition?

Any teacher or school nurse who is paid with state or local funds and who works in a school with 50% or more students eligible for free or reduced price meals are invited to participate. (Don't know if your school is eligible? Check with your principal or food service director.)

How do I sign up?

Complete the sign-on form and return it to the Maine Nutrition Network as soon as possible. We will need your principal's signature verifying that you are paid with state and/or local funds, not federal funds. We can provide additional funds for each additional 25 hour commitment. (See sign-on form)

Is Maine-ly Nutrition only for teachers?

The Maine Nutrition Network has funding approval for school teachers to participate. **School nurses** who provide nutrition education in the classroom can also participate. Other school staff, including Ed Techs and community members who work directly with participating classroom teachers cannot sign on to the program, but are welcome to attend the free training!

Am I required to follow the program I receive from the Maine Nutrition Network?

No! You may use this program to expand and enhance your current nutrition education or to add a new component to your teaching. You may choose to use all or part of the program or you may use other resources. If you use another program such as CATCH or Pyramid Café, you may count those hours toward the 25 hour requirement. Nutrition education can be integrated into any subject area.

You do not have to teach a separate nutrition unit to participate in this project.

Are all teachers required to attend training?

The free training is recommended for all participants, but is **NOT a participation requirement**. It is beneficial if at least one teacher per school can attend training to bring information back to the school. *Teachers attending training are paid mileage and served a delicious lunch, and leave with free resources, a door prize, enhanced knowledge, skills and valuable teaching ideas!*

Why do I have to provide documentation of my time? It's a hassle!

The Maine Nutrition Network is funded through the USDA. Documentation is required because the value of your teaching time is matched with federal dollars, and the forms are proof of the time you spend on nutrition education. These federal dollars and your documentation enable us to offer the Maine-ly Nutrition program to you and provide the resources and training that help you teach nutrition to your students!

What is the Maine Nutrition Network (MNN)?

The MNN is a group of partners with a commitment to nutrition education. We receive funding from the United States Department of Agriculture through a contract with the Maine Department of Health and Human Services to implement nutrition education activities in Maine, with a focus on limited-income populations.