



# upLIFT

LEARN. INSPIRE. FEED. TEACH.



SY 23-24 upLIFT Initiative:

## School Year 2023-2024 upLIFT Topics

SCHOOL YEAR 2023-2024 UPLIFT INITIATIVE

UPLIFT YOUR VOICE!

TELL YOUR STORY #upLIFTyourvoice



### Webinar Topic

### Whole Food Profile/How to Use Whole Foods

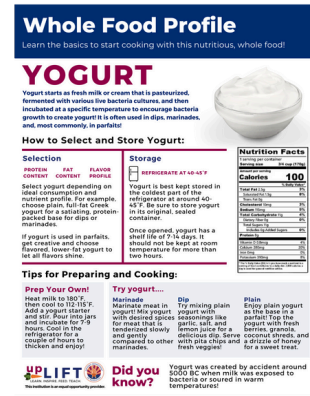
### Nutrition Knowledge Fact Sheet

### Research Rundown

September 2023

#### upLIFT Your Voice!

(Recording) (Slides)



Whole Food Profile: Yogurt



How To Use: Yogurt



Comparing Sugars

#1

[Nutrient Content and Compliance with Sodium Standards in Elementary School Meals in the United States Pre- and Post-COVID-19](#)

October 2023

#### upLIFT Your Stage!

(Recording) (Slides)



Whole Food Profile: Butternut Squash



How to Use: Butternut Squash



upLIFT Your Celebrations

#2

[District Wellness Policy Nutrition Standards Are Associated with Healthier District Food Procurement Practices in the United States](#)

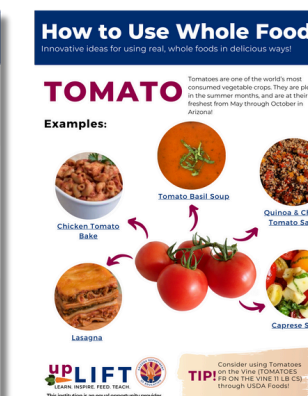
November 2023

#### upLIFT Your Meals with Scratch Cooking!

(Recording) (Slides)



Whole Food Profile: Tomato



How to Use: Tomato



Comparing Greens

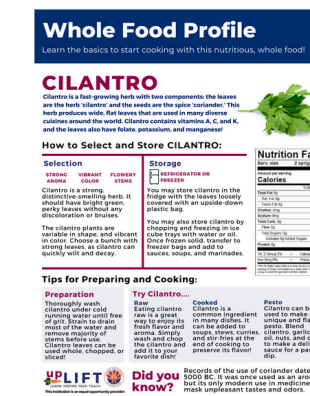
#3

[Taste Exposure Increases Intake and Nutrition Education Increases Willingness to Try an Unfamiliar Vegetable in Preschool Children: A Cluster Randomized Trial](#)

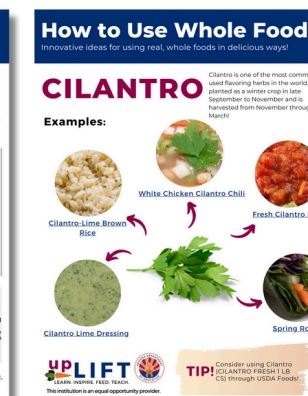
January 2024

#### upLIFT Your Program with HNS' Equipment Grant!

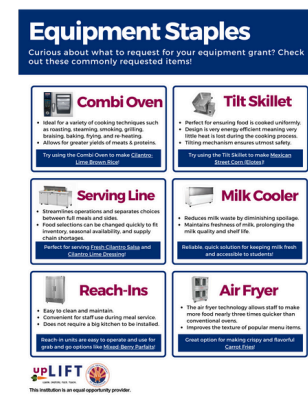
(Recording) (Slides)



Whole Food Profile: Cilantro



How to Use: Cilantro



Equipment Staples

#4

[Horticultural Activity Type, Psychological Well-Being, and Fruit and Vegetable Intake](#)

February 2024

#### Media and Marketing in School Nutrition Programs

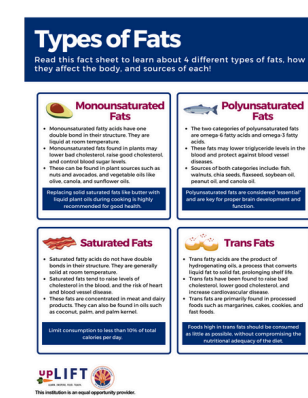
(Recording) (Slides)



Whole Food Profile: Olives



How to Use: Olives



Types of Fats

#5

[Community Eligibility: The Key to Hunger-Free Schools School Year 2022-2023](#)

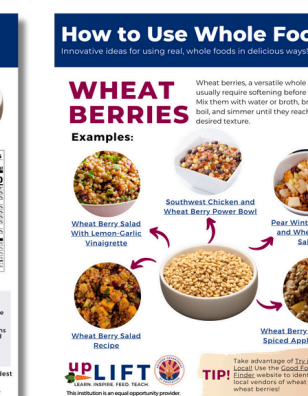
March 2024

#### Unlocking Opportunities: Grants, Awards, and Recognition for Your Program!

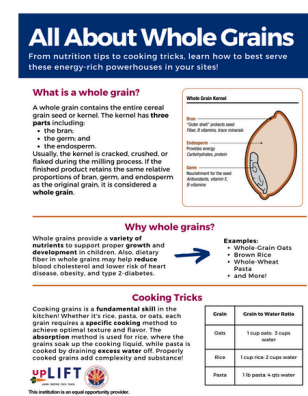
(Recording) (Slides)



Whole Food Profile: Wheat Berries



How to Use: Wheat Berries



All About Whole Grains

#6

[Considering Nature and Nurture in the Etiology and Prevention of Picky Eating: A Narrative Review](#)

April 2024

#### Plant-Powered Promotions: Marketing Strategies for Plant-Based Menus

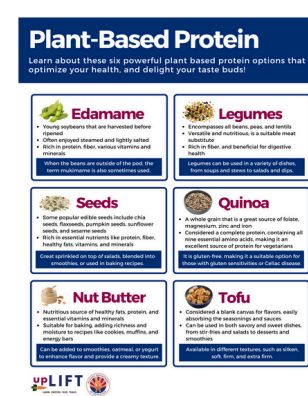
(Recording) (Slides)



Whole Food Profile: Pinto Beans



How to Use: Pinto Beans



Plant-Based Protein

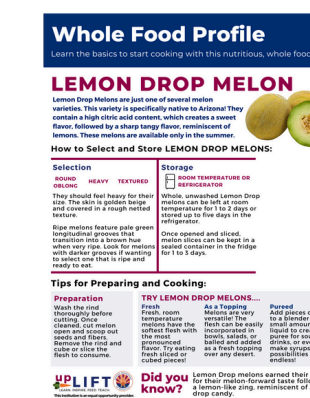
#7

[Influence of an Educational Intervention on Eating Habits in School-Aged Children](#)

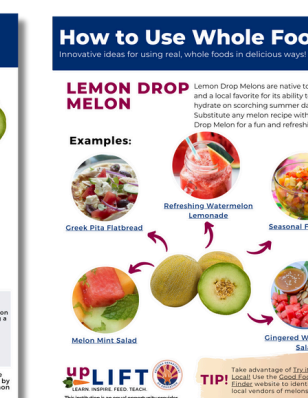
May 2024

#### upLIFT Your Summer Meal Program!

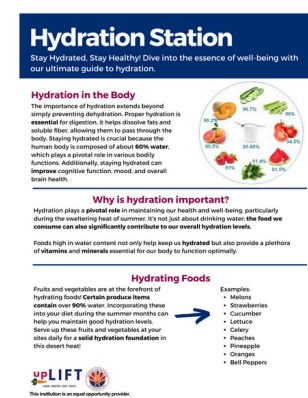
(Recording) (Slides)



Whole Food Profile: Lemon Drop Melon



How to Use: Lemon Drop Melon



Hydration Station

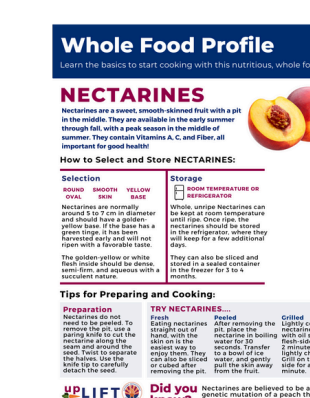
#8

[Marginal, Low, and Very-Low Food Security Among Children Are Associated with Intake of Select Dietary Factors During Summer](#)

June 2024

#### Procuring Local for Summer!

(Recording) (Slides)



Whole Food Profile: Nectarines



How to Use: Nectarines



Spice Things Up!

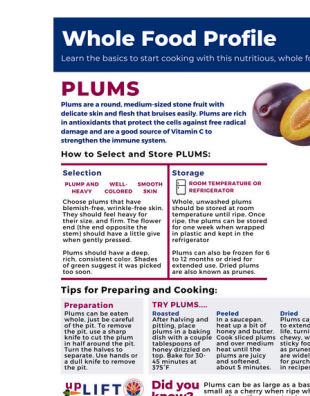
#9

[Cafeteria Assessment for Elementary Schools \(CAFES\): Development, Reliability Testing, and Predictive Validity Analysis](#)

July 2024

#### Turnip Your Voice!

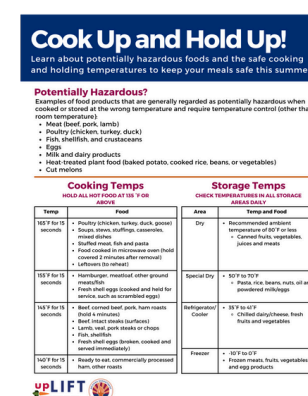
(Recording) (Slides)



Whole Food Profile: Plums



How to Use: Plums



Cook Up and Hold Up

#10

[Promoting Healthy Eating Among Young People—A Review of the Impact of School-Based Interventions](#)