



The 21-Day Snacking Challenge is implemented in elementary and high school curricula in participating school districts. There are two ways to participate:

Elementary school nutrition education program

- 21-Day Snacking Challenge is offered to elementary school students generally through Health/Physical Education (PE) educators (and may be implemented as a standalone program without the CTE component)
- Participation aligns with Texas Essential Knowledge and Skills (TEKS) requirements for Health & PE as well as Texas Association for Health, Physical Education, Recreation & Dance (TAPHERD) standards
- Digital recipe book now includes links to supplemental, ageappropriate mental health and wellness information

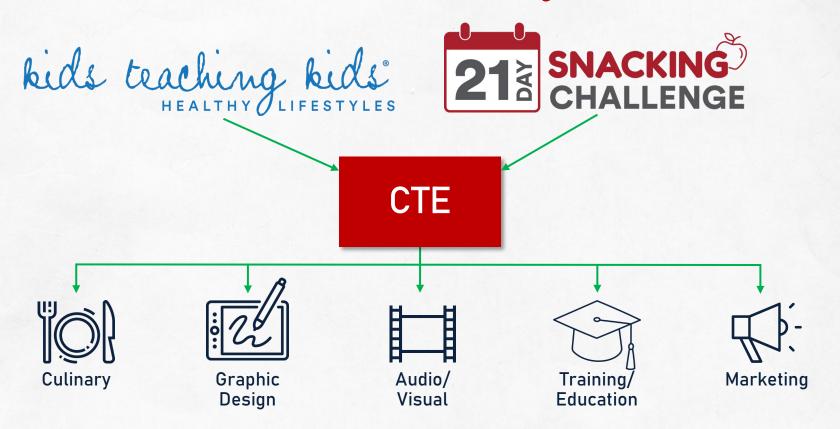
High school Career and Technical Education (CTE) program

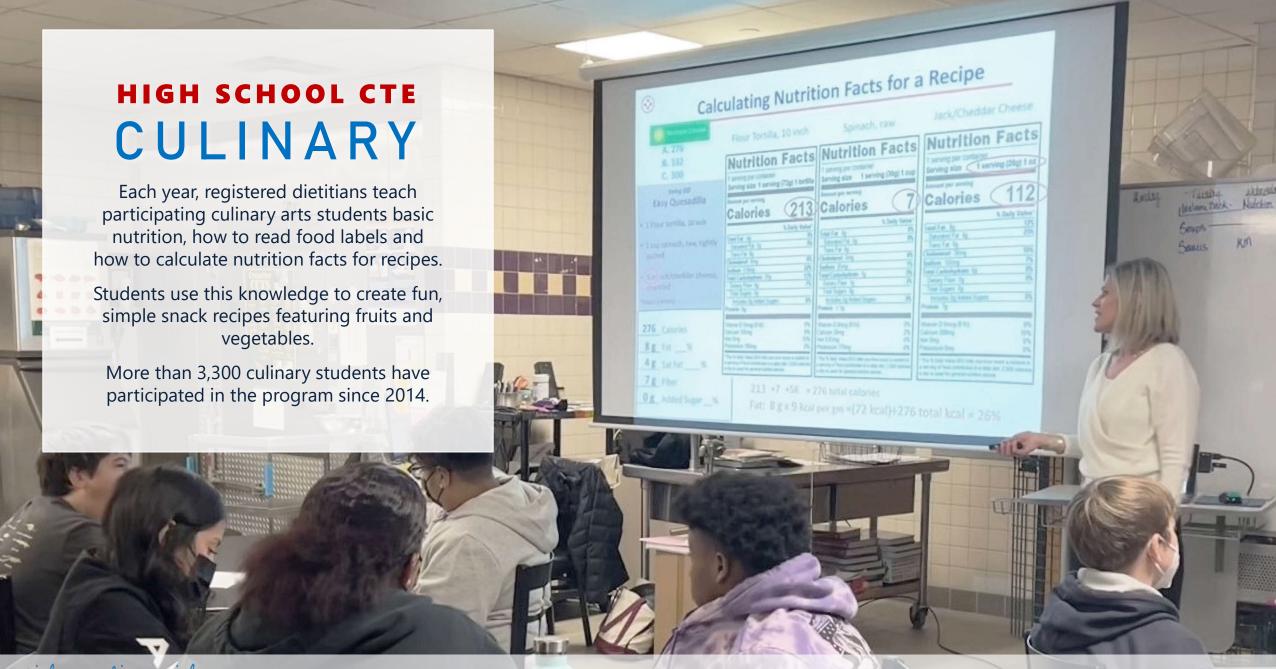
- Collaborate on lessons/activities for the 21-Day Snacking Challenge for elementary school students
- High school students in the Culinary, Graphic Design,
 Audio/Visual, Education & Training and/or Marketing classroom
 partner with kids teaching kids to help create the nutrition
 program for use in schools, restaurants and workplaces
- CTE program participants are making a genuine impact to the field of education and are providing real-world solutions for younger students and parents



High School Career and Technical Education Program

High school CTE students help create the 21-Day Snacking Challenge recipe book, hence the name, *kids teaching kids*.







The centerpiece of the 21-Day Snacking Challenge is the annual themed snack recipe book.

Graphic design students compete to develop the digital snack book. They present their designs for a cover and layouts for individual pages and recipes.

Students from eight districts submitted entries in 2021. The kids teaching kids program awarded \$1,000 to the winning classroom and \$500 each to two runner-up classrooms.





A/V students provide color and movement to the snack recipe book, which is produced in a digital format.

They photograph culinary students' snack creations and produce how-to videos aimed at making snack time simple and fun for younger kids.



www.kids-teaching-kids.com

GOT SNACKS?

kids teaching kids

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kids teaching kids® HEALTHY LIFESTYLES

Recipe Book 2024-2025



2024-2025 Recipe Book



Seashell Bittes

Irving ISD - Nimitz High School

Jasmine Rojas

Utensils/Equipment

- Cutting board
- Butter knife
- Measuring cup
- Mixing bowl
- Rubber spatula
- Spoon
- Serving plate
- Measuring spoon

Ingredients (Makes 1 serving)

- 1/2 cup Spinach, raw
- 1 each Strawberry, raw, large
- 2 oz Cream cheese, fat free
- 10 each Baked scoop tortilla chips
- 2 Tbsp Avocado

Nutrition Facts (Per Serving)

Calories 170
 Fat (g) 4.5
 Saturated Fat (g) 0.0
 Fiber (g) 3.0
 Sugar (g) 5.0
 Added Sugar (g) 0.0



Click or scan the QR code to see how it's made

Step-by-Step Directions

- Chop spinach and strawberries with a butter knife and add to a mixing bowl.
- 2. Add cream cheese to the bowl and mix until well combined.
- 3. Spoon the cream cheese mixture into five chips. Place the filled chips on a serving plate.
- 4. Dice the avocado. Evenly distribute the avocado pieces into the center of the cream cheese-filled chips.
- 5. Place the remaining chips on top of each cream cheese-filled chip at a 45-degree angle to resemble a clamshell. Enjoy!



Sanger ISD: The Bad Kitten





Dallas ISD: Rhythm





Childhood snacking trends are moving toward three snacks per day, with over 27% of daily calories coming from snacks.

(Source: National Institutes of Health, 2010)

kids teaching kids[®] Healthy Lifestyles

21-Day Snacking Challenge

- Our innovative, three-week nutrition education program is designed to help elementary students:
- Develop new, healthier after-school snacking habits
- Learn how to create fun, simple snacks using provided recipes
- Commit to eating at least one serving of fruits or vegetables daily
- Have access to wellness and activity videos

kids teaching kids® Healthy Lifestyles

Elementary School Nutrition Education Program

The annual 21-Day Snacking Challenge includes:

- Registration
- Informational materials for educators and parents are provided
- Sign-ups take place online

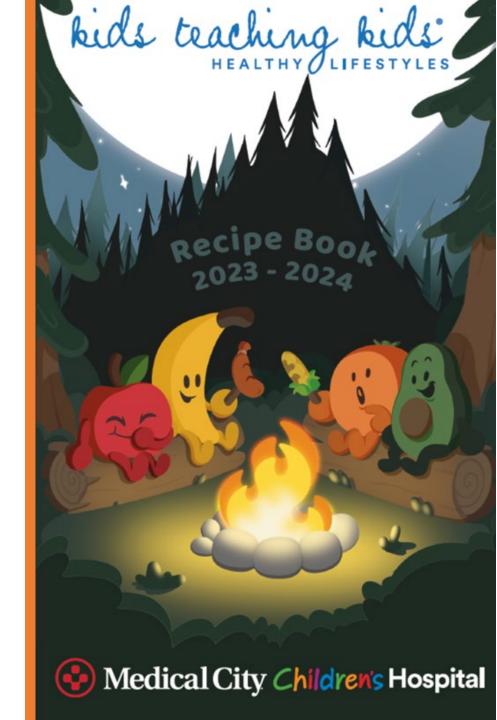


Challenge

- Students make and eat a healthy snack after school that includes fruits and/or vegetables
- Students and families are encouraged to view the wellness and activity videos on each snack page
- Recipe books, Healthy Snack Finder, how-to videos and other tools can be accessed at kids-teaching-kids.com

Final Assessment

- Online survey provides valuable information about the program's impact on students and families
- Students who complete the program and take the final assessment receive healthy snack-inspired gifts
- School districts can receive financial awards for program completions



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COLLATERAL

Medical City Healthcare + holy tracking holy JOIN THE SCAN TO LEADN MORE! A Please for Safe

Richardson ISD ex.

Sticker



Car Pool Sign





EVENT PORTAL

kids tracking kids 21- Day Snacking Challenge - Lewisville

Medical City Childrens Hospital
 Oct 2 - 22, 2023
 ♥ North Texas

☆ Home

Please add this page to your favorites during the challenge. / Agregue esta página a sus favoritos durante el desafío.

A three-week nutrition education program designed to help elementary students improve their snacking habits. / Un programa educativo de nutrición de tres semanas diseñado para ayudar a los estudiantes de primaria a mejorar sus hábitos de merienda.



Event Info



e-Books



Snacking Log



Healthy Snack Finder



Final Assessment



Messages



Sponsors



My Students





Our Sponsors













2023-24 district report

All district results

Program progress

330 Participating schools

Students participating < 2 years

Students participating 2+ years

21,490 Students registered

4,166 Students registered

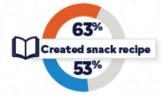




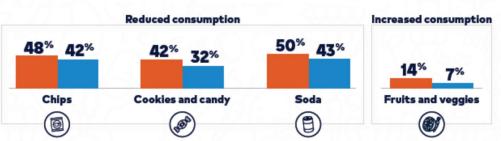








Dietary habit changes







The annual 21-Day Snacking Challenge is a fun way for high school students to teach elementary school students about healthy eating and lifestyles - all under the watchful eye of experts and educators.

- Registered dietitians teach basic nutrition to high school culinary students who use that knowledge to create fun-to-make, fun-to-eat snack recipes for kids.
- Graphic design students vie for the opportunity to design the digital snack recipe book.
- Photography and audiovisual students contribute pictures of snacks and how-to videos.
- Education and training students create educational videos on wellness topics.
- Physical education teachers create fun activity videos that can be shown and performed at school

Elementary students are then encouraged to use the digital snack recipe book to create healthy snacks and practice wellness for 21 days - the time it takes to create a healthy habit!





Data category legend



Elementary student progress

During registration we ask parents to share their kids' current snacking habits. During the final assessment (two weeks after the challenge ends), we ask the same questions to compare responses before and after the challenge.



We ask parents, during the registration period, to tell us if they feel food insecure at home.



Percent of wellness and activity videos viewed We ask parents if they viewed the videos with their child during the challenge.



Percent of students WHO tried a new fruit or vegetable

We ask if the child if they tried a new fruit or vegetable during the 21-Day Snacking Challenge that they have never had before.

STUDENT GIFT — Cutting Mat



CTE & PE Incentive



CTE:

If their student's project makes the digital book, their classroom will earn funds.

PE Sign-up Incentive:

Each school that has 20%+ of their school censes registered for the 21-Day Snacking Challenge, that PE teacher will earn a \$50 Amazon gift card and free TAHPERD annual membership.

PE Scholarship:

For PE teachers that earn the Sign-up incentive are in the running. Show at least three Wellness and three Activity videos to their students during the 21-Day Snacking Challenge and get 50%+ of their students to complete the challenge vs sign-ups will get a **TAHPERD conference scholarship**. This covers registration fee and hotel room stay to either summer '25 or annual winter '25. (\$650-\$900 value)

CTE '23-'24 SUPPORT \$22,850

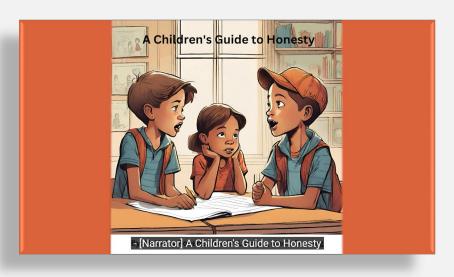




Culinary Audio/Visual



Medical City Healthcare



Education & Training Audio/Visual

PE Incentive Recap '23-'24



\$56,170 Awarded to PE

- ✓ TAHPERD New or Renewal Membership 122 (\$8,540 value)
- ✓ TAHPERD Scholarship (Summer or Annual conference) 58 (\$33,630 value)
- ✓ Amazon Gift Card122 (\$8,150 value)
- ✓ Classroom funds for Activity Video contest 10 (\$5,850 value)



2023-24 School Year Participation and Success!

19

School Districts

330

Schools

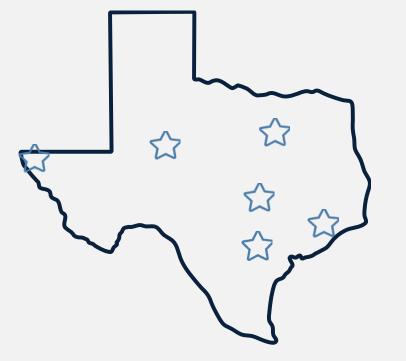
25,854

Elementary School
Students

900+

High School CTE Students

2024-25 School Districts Participation



North Texas

San Antonio

Houston

Ector County

Austin

El Paso



PE Registration

PE Leads, please register your school district for our annual 21-Day Snacking Challenge.

PE Registration Form

PE Video

Career and Technical Education Registration

Please sign up all your CTE classrooms that would like to work on creating the digital book.

Career and Technical Education Program Participation Form

CTE Video

Audio/Visual Guidelines 日

Culinary Guidelines 译

Education & Training Guidelines 🔼

Graphic Design Guidelines 译

Marketing Guidelines 译

Only PE teachers participating in the 21–Day Snacking Challenge at their campus qualify.

Wellness

Only for Education and Training instructors.

Program Partners

Program Partners of the 2024-25 *kids teaching kids*[®] 21-Day Snacking Challenge

















Easy Quick Buenos Nachos

Ashley Perez, Jaelen West, Jaiden Flora, Angalina Alva, Alex Acevedo Northside ISD - Harlan High School

Nutrition Facts Per Serving

Calories 180 Fat (g) 7.0 Saturated Fat (g) 1.5 Fiber (g) 6.0 Sugar (g) 4.0 Added Sugar (g) 0.0

Equipment

- Butter Knife
- Cutting Board
- Measuring Cup
- Mixing Bowl

- Can Opener
- Colander
- Measuring Spoons
- Fork

- Spoon
- Microwave-Safe Serving Plate
- Microwave

Ingredients (Makes 1 serving; 7 chips)

- ½ cup Red Bell Pepper, medium,
 1/8 each Avocado, medium raw, chopped (1/4 inch squares)
- 2 Tbsp Black Beans, canned, drained and rinsed
- 2 Tbsp Pico de Gallo

- 1 pinch Salt
- 1 pinch Pepper
- 1 tsp Lime Juice

- 7 each Baked Scoop Tortilla Chips
- 1 Tbsp Monterey Jack Cheese. shredded, low-fat
- 7 each Cilantro leaves

Step-by-Step Directions

CLICK OR SCAN TO WATCH THE VIDEO



- Use a butter knife to cut both ends of the bell pepper and discard. Remove the core and seeds. Dice the bell pepper and add 1/2 cup to the mixing bowl.
- With an adult's permission, use a can opener to open the can of black beans. Drain and rinse. Add 2 tbsp. into a mixing bowl. Measure and add pico de gallo and avocado to make a salsa mixture.
- With a fork and a spoon, mash the salsa mixture together.
- Add a pinch of salt and pepper and mix well.
- Next, add 1 tsp lime juice to the salsa mix.
- Place 4-7 baked scoop tortilla chips on a microwave safe plate. Use a spoon to evenly distribute the salsa mixture into the chips (use 4 chips if you like your nachos with a lot of filling or up to 7 chips if you prefer not as much filling in your nachos).
- Evenly distribute the cheese on top of each chip. Microwave for 15 seconds or until the cheese is melted.
- Remove from the microwave. Garnish each chip with a cilantro leaf.



What is a STROKE?



A stroke is a medical emergency where blood flow to the brain is either reduced or stopped. depriving brain tissue of essential oxygen and nutrients. A stroke may cause loss in brain function and affect movement and speech.

To learn more about strokes, click or scan the QR code.

Spot a Stroke F.A.S.T.



Video brought to you by American Heart Association REGISTER YOUR COMPANY!



Healthy snacks help make work a snap!

Encouraging healthy eating and mental wellness habits is easy with the 21-Day Snacking Challenge. Give your employees the tools they need to succeed — click or scan the QR code with your phone's camera to register your company today.



Fall 2024

participation report



Lewisville ISD employees

Congratulations on completing the 21-Day Snacking Challenge @ Work!

Your participation shows the value you place on the health and well-being of your employees. Below is a snapshot of the data collected from your participating employees.

842 Employees signed up

Employees completed

6% Completion

% of employees that experienced...



energy



Elevated mood



Increased productivity



Weight loss

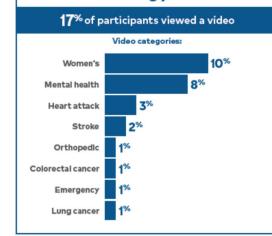


Other positive impacts



No change

Understanding your health



Reduced chip 46% consumption Reduced cookies/candy consumption

Nutritional habits

Reduced soda **39**% consumption

Increased fruits or veggies







Interested in registering your district for the 2025-26 school year?

Contact:

Ryan Eason, <u>ryan.eason@medicalcityhealth.com</u> or Karen Burnell, <u>kmburnell@gmail.com</u>