



## School Year 2022-2023 upLIFT Topics

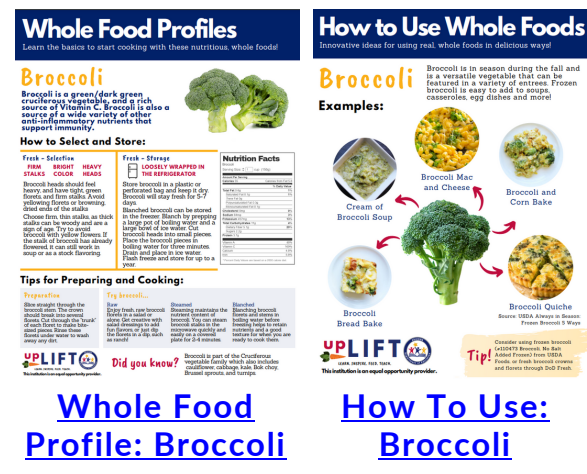
### Webinar Topic

September 2022

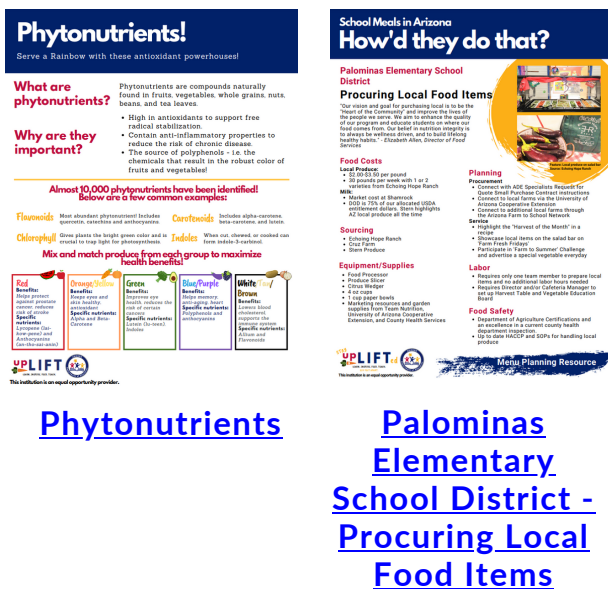
#### upLIFT Your Produce - Go Local!

(Recording) (Slides)

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



### Nutrition Knowledge Fact Sheet/How'd They Do That?



### Research Rundown

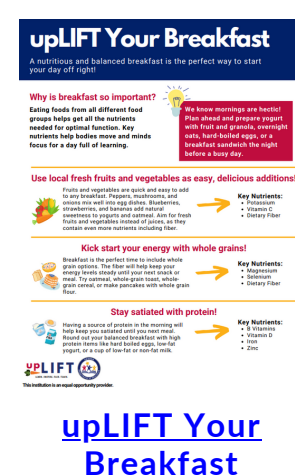
#1

[A Review of the Science of Colorful, Plant-Based Food and Practical Strategies for "Eating the Rainbow"](#)

October 2022

#### upLIFT Your Produce!

(Recording) (Slides)



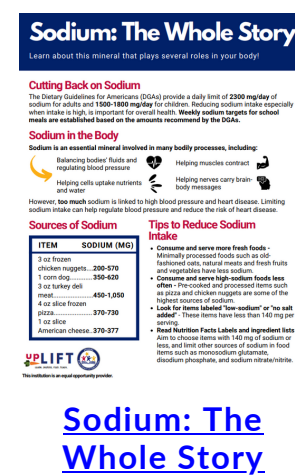
#2

[Agricultural Experiences Are Positively Associated with High School Students' Fruit and Vegetable Perceptions and Consumption](#)

November 2022

#### Setting up the Sodium Standards for School Meals

(Recording) (Slides)



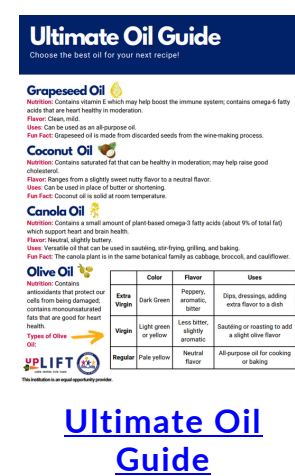
#3

[Association of the Healthy, Hunger-Free Kids Act With Dietary Quality Among Children in the US National School Lunch Program](#)

January 2023

#### upLIFT Your Menu! - Enhancing Your Equipment

(Recording) (Slides)



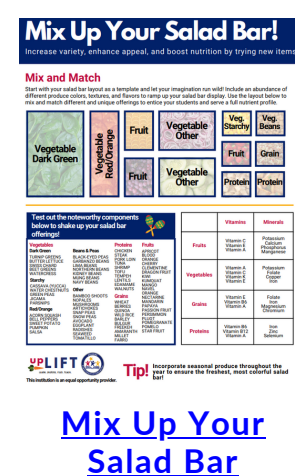
#4

[Promoting Vegetable Intake in Preschool Children: Independent and Combined Effects of Portion Size and Flavor Enhancement](#)

February 2023

#### upLIFT Your Salad Bar!

(Recording) (Slides)



#5

[New School Meal Regulations Increase Fruit Consumption and Do Not Increase Total Plate Waste](#)

March 2023

#### Prepare for the Proposed Rule

(Recording) (Slides)



#6

[A Systematic Review of School Meal 'Nudge' Interventions to Improve Youth Food Behaviors](#)

April 2023

#### Incorporating Cultural Flavors in School Meals

(Recording) (Slides)



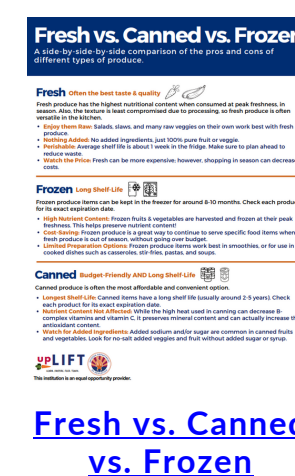
#7

[Sugary Drinks, Artificially-Sweetened Beverages, and Cardiovascular Disease: NutriNet- Santé Cohort](#)

May 2023

#### Your Summer Menu with DoD Fresh!

(Recording) (Slides)



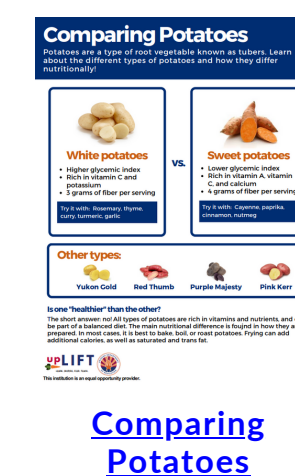
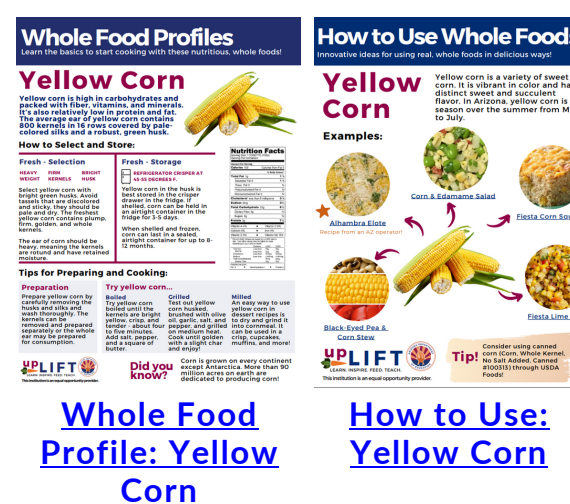
#8

[Food Marketing Influences Children's Attitudes, Preferences and Consumption: A Systematic Critical Review](#)

June 2023

#### Go local with the Farm Fresh Challenge!

(Recording) (Slides)



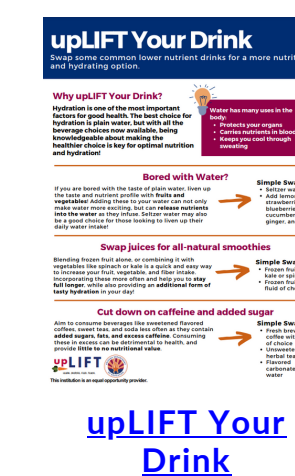
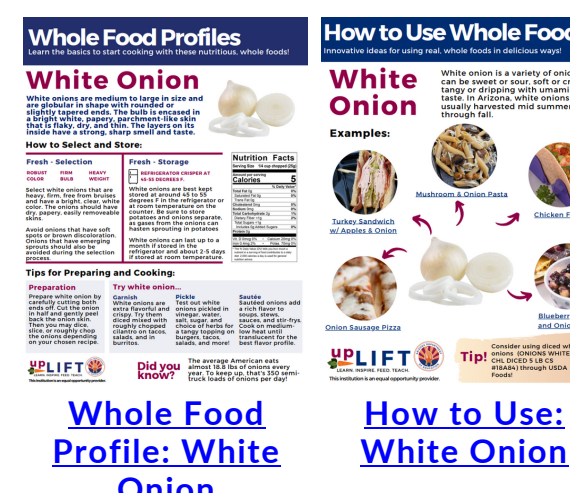
#9

[Sustenance and Sustainability: Maximizing the Impact of School Gardens on Health Outcomes](#)

July 2023

#### Turnip Your Summer Program

(Recording) (Slides)



#10

[Does the Summer Food Service Program \(SFS\) Make a Difference? A Comparison of Nutrient Content of Home and SFS Lunches Consumed by West Virginia Students Children](#)