Research Rundown

**Article:**
Whole-grain Continuing Education for School Foodservice Personnel: Keeping Kids from Falling Short

**What did this study look at?**
The impact of providing whole grain continuing education for school foodservice personnel on their knowledge, attitudes, and intention surrounding whole grains.

**What did the continuing education entail?**
A 3-hour in-person training program covering whole grain basics, incorporating whole grain foods into school menus, and measuring and improving acceptance of whole grain foods in schools.

**Who were the personnel?**
Directors, cooks, front-line servers, and cashiers.

**How were their knowledge, attitudes, and intentions measured?**
A test was administered before and after the program. Also, a follow-up questionnaire was sent to all participants between 3 and 6 months after the program.

**Key findings:**
- Whole grain knowledge increased
- Intention to find whole grain recipes increased
- More whole grain products were offered in the participants' schools 3-6 months after the training
- Attitudes about storage and cost issues became less positive

**Put it into practice!**
- Organize a training on whole grains (or another nutrition topic) for your foodservice personnel
- Provide your foodservice personnel with resources related to nutrition continuing education
- Sign the Whole Grain Pledge! Visit https://www.azed.gov/hns/nslp/uplift for more information.

**Reference:**