

## **Web-based Resources**

## **ADDENDUM E**

### **Comprehensive**

#### Resources for Wellness Policies

- Team Nutrition, USDA <http://www.teamnutrition.usda.gov/library.html>
- Healthy School Meals Resource System, USDA <http://healthymeals.nal.usda.gov/>
- Action for Healthy Kids <http://www.actionforhealthykids.org/>
- Ohio Action for Healthy Kids <http://www.ohioactionforhealthykids.org/>
- School Nutrition Association <http://www.asfsa.org/>
- Model School Wellness Policies, National Alliance for Nutrition & Activity <http://www.schoolwellnesspolicies.org>

### **General Nutrition & Health**

#### Resources for informative purposes

- Dietary Guidelines for Americans 2010, <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>
- Guidelines for Foods and Beverages on School Campuses, USDA <http://www.fns.usda.gov/school-meals/local-school-wellness-policy> A site to help set nutrition guidelines for foods and beverages available on school campuses. Includes sample policy language, examples of existing policies in some districts, resources and implementation tools.
- Square Meals, Texas Dept. of Agriculture <http://www.squaremeals.org>

### **Nutrition Education**

#### Resources to help educate students

- Food and Health Communications, <http://foodandhealth.com/> (My Plate)
- Coordinated approach to Child Health (CATCH), University of Texas School of Public Health <http://www.sph.uth.tmc.edu/catch/> A program designed to promote physical activity, healthy food choices, and prevent tobacco use in elementary school aged children.
- Citizens for Healthy Options in Children's Education, Choice USA <http://www.choiceusa.net/> A website started by a group of concerned parents to support healthier meals at school. Includes information about school meals, teaching resources, lesson plans by age group, and information for foodservice professionals and administrators.
- 5-a-Day Teaching tools <http://www.5aday.org> Extensive information on fruits and veggies. Includes recipes, newsletters and current research.
- Dole 5 a Day <http://www.dole5aday.com/> Includes facts on fruits and veggies, recipes and fun. There are special sections for kids, parents, teachers, and school foodservice.
- Nutrition Explorations, National Dairy Council: <http://www.nutritionexplorations.org/>. This site provides dozens of fun and easy ways to teach and learn nutrition. There are in-depth sections for parents, teachers, and school food service professionals.
- Nutrition for Kids, 24 Carrot Press <http://www.nutritionforkids.com/>. Newsletters, activities, and books which can be ordered to help teach nutrition.
- Teach Free, Cattlemen's Beef Board and NCBA: <http://www.teachfree.org/>. Contains educational materials that can supplement the curriculum from preschool to grade 12. Includes

a catalog and downloadable resources and activities.

#### Kids and Teens, Interactive Nutrition Education Sites

- Eat Smart Play Hard, USDA Food and Nutrition Services  
<http://www.fns.usda.gov/eatsmartplayhard/>
- Smart Mouth, Center for Science in the Public Interest <http://www.cspinet.org/smartmouth/>
- BAM (Body and Mind), Centers for Disease Control <http://www.cdc.gov/bam/>. Kids Home Page, Food and Drug Administration
- Powerful Bones, Powerful Girls, The National Bone Health Campaign, CDC  
<http://www.bestbonesforever.gov/>

#### Meal Planning & Healthy Alternatives

- Resources for Foodservice Professionals, Team Nutrition, USDA  
<http://www.fns.usda.gov/tn/food-service-professionals>
- Downloadable resources for menu planning, purchasing, and training
- Recipes for Child Nutrition Programs, USDA: <http://www.fns.usda.gov/usda-recipes-schools>  
recipe index. Quality recipes for school food service.
- Fruits & Vegetables Galore, USDA <http://www.fns.usda.gov/tn/fruits-vegetables-galore-helping-kids-eat-more> Provides tips including PDFs to help foodservice promote consumption of fruits and veggies.
- Schools/Child Nutrition Connection, USDA Commodity Foods Network  
<http://www.commodityfoods.usda.gov/resources/sch-cnlinks.htm>. Provides tools with which to use commodity foods.
- A Guide to Healthy School Meals, DOE Massachusetts  
[http://www.doe.mass.edu/cnp/news03/hsm\\_guide.pdf](http://www.doe.mass.edu/cnp/news03/hsm_guide.pdf). PDF guide to healthy school meals prepared and provided by the Massachusetts DOE.
- Kids First, RI Team Nutrition Training Institute  
[http://www.foodsafeschools.org/FSAG\\_CD/Resources/RI/RILessonPlans/AboutUs.htm](http://www.foodsafeschools.org/FSAG_CD/Resources/RI/RILessonPlans/AboutUs.htm)  
Provides examples of how some district in Rhode Island are undertaking the challenge to improve child nutrition and physical activity in their schools.
- Healthy School Lunches, Physicians Committee for Responsible Medicine  
[www.healthyschoollunches.org](http://www.healthyschoollunches.org). A site dedicated to improving the quality of food in schools by educating government and school officials, food service workers, parents, and others about the food choices best able to promote children's current and long-term health.
- Schools Food Tool Kit, Center for Science in the Public Interest  
[www.cspinet.org/schoolfoodkit](http://www.cspinet.org/schoolfoodkit). A guide to improving school food and beverage. This kit can be downloaded online at no cost.
- Urban and Environmental Policy Institute, Occidental College  
[http://departments.oxy.edu/uepi/cfj/cfj\\_factsheetsarticlesetc.htm](http://departments.oxy.edu/uepi/cfj/cfj_factsheetsarticlesetc.htm). Fact sheets, articles and guides on improving child nutrition in schools.

#### Fundraising and Classroom Parties

- Fundraising in Schools, Action for Healthy Kids <http://www.actionforhealthykids.org/resources>

- School Fund Raiser Ideas, Healthy School Food Coalition  
<http://departments.oxy.edu/uepi/cfj/resources/AlternativeFundRaisers.htm>
- Alternative Fundraising, No Junk Food
- <http://www.nojunkfood.org/fundraising/>
- Creative Financing and Fun Fundraising, Shasta County Public Health  
[www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf](http://www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf)
- Healthy Celebrations, Connecticut State Department of Education  
<http://www.cspinet.org/nutritionpolicy/healthycelebrationsCT.pdf>
- Healthy Food for School, Capital Health  
<http://www.cdha.nshealth.ca/publichealth/schoolAgeChildren.html#healthy>
- Eat Smart Move More, NC Division of Public Health
- <http://www.eatsmartmovemorenc.com/ObesityInNC/ObesityInNC.html>

### Childhood Obesity

- Obesity: The Health Debate and Policy Challenges, Health Policy Institute of Ohio  
[www.healthpolicyohio.org](http://www.healthpolicyohio.org). Provides an overview of obesity and public policy for Ohio.
- Children & Nutrition, American Heart Association <http://www.heart.org/HEARTORG/> Links to American Heart Association Programs, Heart & Stroke Encyclopedia entries and Scientific Statements related to children and nutrition.
- American Obesity Association, <http://obesity.org/subs/childhood/> Informative website on childhood obesity, statistics, causes and prevention.

### Diabetes

- Diabetes Management in School, USDA <http://healthymeals.nal.usda.gov/resource-library/special-diets/diabetes-management-school-and-child-care> Team Nutrition's website on managing diabetes in the school. Includes fact sheets and research on diabetes.
- Diabetes Management in Schools, American Diabetes Association
- <http://www.diabetes.org/living-with-diabetes/parents-and-kids/diabetes-care-at-school/>
- Guidelines for Training School Employees, Texas Diabetes Council  
<http://www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=97&redirect=true#main>  
Guidelines for training school personnel to handle diabetes

### Web-Based Resources for Physical Activity

- VERB for Parents & Teachers, CDC <http://www.cdc.gov/youthcampaign/> Teaching materials for the tween age group.
- Body and Mind, CDC <http://www.bam.gov/teachers/index.htm> A resource to help incorporate CDEC health, safety, and science topics into classroom activities.
- iWalk <http://www.iwalktoschool.org> The official website of international walk to school.
- Coordinated Approach to Child Health (CATCH), University of Texas School of Public Health  
<http://www.sph.uth.tmc.edu/catch/> A program designed to promote physical activity, healthy food choices, and prevent tobacco use in elementary school aged children.
- Sports, play, and active recreation for kids! (SPARK) <http://www.sparkpe.org/> Curriculum and lessons for integrating physical activity into the classroom.

- Energizers, North Carolina Physical Education <http://www.eatsmartmovemorenc.com/Energizers/Elementary.html> Classroom based physical activity ideas.
- Recess Before Lunch Policy, Guidebook emphasizing the importance of recess before lunch. <http://healthymeals.nal.usda.gov/state-resources/recess-lunch-guide-success>
- In-Line Skating 101 <http://www.in-lineskating101.com/> Program developed to allow students to experience in-line skating in a safe environment.
- Skatetime School Programs <http://www.skatetime.com/home.htm> Resource for running a skatetime program at school.
- HeartPower! American Heart Association <http://www.americanheart.org/heartpower> Lesson ideas and activities for teachers to implement in the classroom. Ideas on ways for students to be more physically active that include planning for physical activity, suitable activities, and a daily checklist for physical activity.
- PE Central <http://www.pecentral.org> Resources for health and physical educators.
- After School Physical Activity, San Diego county Office of Education <http://www.afterschoolpa.com> Physical activity ideas for after school.