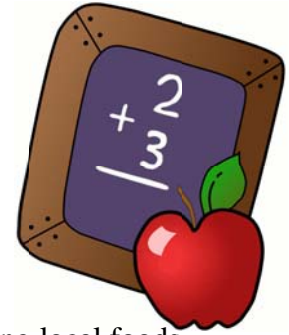


Resources

Nutrition in Schools



- Ⓢ Rethinking School Lunch: Tool Kit for improving school lunch using local foods.
www.ecoliteracy.org/programs/rsl-guide.html
- Ⓢ School Foods Tool Kit: Planning guide for improving school food & beverages.
www.cspinet.org/schoolfoodkit/
- Ⓢ The Vermont Healthy Schools Resource: Suggestions and Resources for school health and Wellness Committees to improve the nutrition and physical activity environment in schools. <http://healthymeals.nal.usda.gov>
- Ⓢ Making It Happen! A joint project of USDA's Team Nutrition and the Department of Health and Human Services Center for Disease Control and Prevention: Success stories from schools that have made changes to improve their nutrition quality. <http://www.fns.usda.gov/tn/Resources/makingithappen.html>
- Ⓢ Feeding the Children: Explores the variety of messages students take in from: foods served in school, classroom lessons, and advertisements.
www.rethinkingschools.org/archive/20_04/feed204.shtml
- Ⓢ Alliance for a Healthier Generation. The American Heart Association and the Clinton Foundation partnered to create this resource to identify cafeteria foods that meet the alliance's guidelines. www.healthiergeneration.org/schools.aspx
- Ⓢ Department of Defense Fresh Fruit and Vegetable Program.
www.fns.usda.gov/fdd/programs/dod/default.htm
- Ⓢ Suggestions for creating healthy changes in your school.
<http://www.healthylunches.org/createchange.htm>
- Ⓢ Fruits and Vegetables Galore: Published by the USDA. Tips on planning, purchasing, preparing, presenting, and promoting fruits and vegetables.
www.fns.usda.gov/tn/Resources/fv_galore.html
- Ⓢ Fruits and Veggies--More Matters: Provides recipe ideas, nutritional information, and features a new fruit or vegetable of the month.
www.fruitsandveggiesmatter.gov
- Ⓢ Healthy Eating Resources for Teachers, Parents and Food Service:

- <http://www.coopfoodstore.com/content/welcome-co-ops-kids>
- Ⓢ How to Improve School Foods: Contains information on promoting physical activity and a better nutrition in schools. <http://www.cspinet.org/schoolfoods>
 - Ⓢ Nutrition Standards for foods in schools. <http://www.iom.edu/Reports/2007/Nutrition-Standards-for-Foods-in-Schools-Leading-the-Way-toward-Healthier-Youth.aspx>
 - Ⓢ How to start a healthy food market in your school. <http://www.thefoodtrust.org/php/programs/school.market.program.php>
 - Ⓢ NH Farm to school program. <http://www.nhfarmtoschool.org/index.cfm>
 - Ⓢ Smart snack ideas for healthy kids. <http://www.ncactionforhealthykids.org/lib/01/SmartSnacksFINAL.pdf>
 - Ⓢ After school club <http://www.healnh.org/healql/schools/5210club/5210AfterSchoolDocuments.pdf>
 - Ⓢ Nutrition and physical activity self-assessment for child care. <http://www.center-trt.org/index.cfm?fa=opinterventions.intervention&intervention=napsacc&page=content>

Compiled by 30+5 with the help of “The Vermont Health Schools Resource 2007,” “Nourishing Choices,” and the ILSI Research Foundation/Center for Health Promotion.

