

Policy Component: Other School-Based Activities to Promote Student Wellness

Goal

School cafeteria environments will support healthy eating habits by providing clean, safe and pleasant settings with adequate time for students to eat. School meal procedures will encourage participation by all students. Food service staff members will have the knowledge and skills to provide cost-effective quality meals served safely. Districts will encourage school staff members to be role models for healthy eating and physical activity behaviors through the provision of staff wellness activities. School staff members will not use food to reward or punish students.

Rationale

Students eat more healthful food safely in a supervised, pleasant environment that provides enough time to eat and socialize. Students' meal participation is increased when schools use appropriate school meal procedures. Appropriate training is needed for school food service staff members to prepare healthy, safe and cost-effective meals. School staff wellness programs encourage adults to be enthusiastic and healthy role models for students. Using food as reward or punishment is an inappropriate practice that negatively impacts the development of healthy eating behaviors.

Policy Recommendations

Policies for Other School-Based Activities to Promote Student Wellness will address the following areas:

- Surroundings for Eating
- Time for and Scheduling of Meals
- Free and Reduced-Price Meals
- Summer Food Service Program
- Financial Operation of Child Nutrition Programs
- Qualifications of Food Service Staff Members
- Training for Food Service Staff Members
- Food Safety
- Food Rewards and Punishment
- Sharing of Foods
- Staff Wellness

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Policy Recommendations

Specific guidance regarding the implementation of each policy recommendation for Other School-Based Activities to Promote Student Wellness follows under *Implementation Guidance*, after this section. Resources to assist with the implementation of each policy recommendation are found in *Resources* at the end of this section.

This section provides **recommendations** (not requirements) for policy language for Other School-Based Activities. This language represents recommended best practice for developing school nutrition and physical activity policies. School districts may choose to use the policy recommendations as written or revise them as needed to meet local needs and reflect community priorities. When developing nutrition and physical activity policies, districts will need to take into account their unique circumstances, challenges, opportunities and available resources. Policies should meet local needs and be adapted to the health concerns, food preferences and dietary practices of different ethnic groups.

Surroundings for Eating

School meals shall be served in clean and pleasant settings. A cafeteria environment that provides students with a relaxed, enjoyable climate shall be developed. The cafeteria environment is a place where students have adequate space to eat, clean and pleasant surroundings, adequate time to eat meals, and convenient access to hand washing or hand sanitizing facilities before meals.

Time for and Scheduling of Meals

Schools shall provide appropriate meal times with adequate time allotted for students to eat (at least 10 minutes for breakfast and 20 minutes for lunch after sitting down to eat). All schools must offer all full day students a daily lunch period of at least 20 minutes between 10 a.m. and 2 p.m.

Free and Reduced-Price Meals

Schools shall prevent the overt identification of students who are eligible for free and reduced-price school meals and shall make every effort to eliminate any social stigma attached to students who are eligible for free and reduced-price school meals.

Summer Food Service Program

Schools in which more than 50 percent of students are eligible for free or reduced-price school meals shall sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

Financial Operation of Child Nutrition Programs

The school food service program shall aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation shall not take precedence over the nutritional needs of the students. If additional funds are needed, they shall not be from the sale of foods that have little nutritional value and/or compete nutritionally with program meals.

Policy Recommendations

Qualifications of Food Service Staff Members

Qualified nutrition professionals shall administer the school meal programs. As part of the school district's responsibility to operate a food service program, continuing professional development shall be provided for all nutrition professionals in schools. Staff development programs shall include appropriate certification and/or training programs for school food service directors, managers and cafeteria workers, according to their levels of responsibility.



Training for Food Service Staff Members

All food service personnel shall have adequate preservice training in food service operations and regularly participate in professional development activities that address requirements for Child Nutrition Programs, menu planning and preparation, food safety, strategies for promoting healthy eating behaviors and other appropriate topics.

Food Safety

All foods made available at school shall comply with state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be implemented in school meal programs to prevent food-borne illness in schools.

Food Rewards and Punishment

Schools shall not use foods or beverages as rewards for academic performance or good behavior, unless this practice is allowed by a student's individualized education plan (IEP). Schools shall not withhold food or beverages (including food served through school meals) as a punishment. Alternative rewards shall be developed and promoted.

Sharing of Foods

Schools shall discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns with allergies and other restrictions on some children's diets.

Staff Wellness

The district highly values the health and well-being of every staff member and shall plan and implement activities and policies that support personal efforts by staff members to maintain a healthy lifestyle and that encourage staff members to serve as role models.

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Surroundings for Eating

The physical cafeteria environment greatly impacts the atmosphere in which children eat. School practices should focus on making the dining experience more enjoyable for students. A pleasant eating environment includes the characteristics summarized below.

- The cafeteria has sufficient serving areas so that students don't have to spend too much time waiting in line.
- Dining areas are attractive and have sufficient space for seating; tables and chairs are the right size for the students.
- Schools encourage socializing among students, and between students and adults.
- Adults properly supervise school dining rooms and serve as role models to students.
- Creative, innovative methods are used to keep noise levels appropriate – no “eat in silence,” no whistles, no buzzing traffic lights.
- Facility design (including the size and location of the dining/kitchen area, lighting, building materials, windows, open space, adequate food-service equipment for food preparation and service, and food and staff safety), is given priority in renovations or new construction.
- Hand-washing equipment and supplies are in a convenient place so that students can wash their hands before eating, or students have access to hand sanitizing supplies before they eat meals or snacks.
- Drinking fountains are available for students to get water at meals and throughout the day.

Changing the Scene (<http://www.fns.usda.gov/tn/healthy/changing.html>) contains resources to help schools promote a pleasant eating environment. Additional resources can be found under *Resources* at the end of this section.

Time for and Scheduling of Meals

Meal periods should be scheduled at appropriate times. Schools should not schedule tutoring, pep rallies, club and organization meetings or other activities during meal times. Meal periods should be long enough for students to eat and socialize.

- Meals shall be scheduled at appropriate times, as near the middle of the day as possible, e.g., lunch shall be scheduled between 11 a.m. and 1 p.m. The U.S. Department of Agriculture's (USDA) regulations specify that lunches cannot be served before 10 a.m. or after 2 p.m. unless an exemption is requested from the State Department of Education. (Code of Federal Regulations for the National School Lunch Program, Part 210.10(f)(1), <http://www.fns.usda.gov/cnd/governance/regulations/7CFR210.pdf>).
- Scheduled meal times shall provide students with at least 10 minutes to **eat after sitting down** for breakfast and 20 minutes to **eat after sitting down** for lunch. This time does not include the time needed to walk to the cafeteria from the classroom, select and pay for the meal, sit down at a table and walk back to the classroom after the meal. *Note: Section 10-221o of the Connecticut General Statutes requires that all full day students are offered “a daily lunch period of not less than 20 minutes” (see Federal and State Laws Pertaining to Nutrition and Physical Activity in Section 2 – Steps for Creating Local Policy).*

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- Activities such as tutoring, clubs or organizational meetings or activities shall not be scheduled during meal times unless students may eat during such activities.
- For elementary grades, recess should be scheduled before lunch. Additional information on implementing recess before lunch is found in *Section 4 – Physical Education and Physical Activity*.
- Schools should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

A summary of the state and federal requirements for lunch periods is found in *SDE Circular Letter C-9, Federal and State Requirements for Provision and Timeframe of Daily Lunch Period for Students*, at <http://www.sde.ct.gov/sde/lib/sde/pdf/circ/circ07-08/C9.pdf>. Additional resources can be found in *Meal Schedules* under *Resources* at the end of this section.

Free and Reduced-Price Meals

USDA regulations prohibit schools from making others in the cafeteria aware of the eligibility status of children for free, reduced-price or paid meals. Schools must prevent the overt identification of students who are eligible for free and reduced-price school meals. Strategies to help schools prevent identification of income-eligible students include:

- using electronic identification and payment systems;
- providing meals at no charge to all children, regardless of income;
- promoting the availability of school meals to all students; and
- using nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

For additional information and resources on the requirements for free and reduced-price meals, contact Child Nutrition Programs in the Connecticut State Department of Education’s Bureau of Health/Nutrition, Family Services and Adult Education.

Summer Food Service Program

A child’s need for nutrients does not end when school does. Schools are encouraged to offer meals during breaks in the school calendar and to coordinate with other agencies and community groups to operate, or assist with operating, a summer food service program for children and adolescents who are eligible for federal program support. Information on participation in the Summer Food Service Program can be obtained by contacting Child Nutrition Programs in SDE’s Bureau of Health/Nutrition, Family Services and Adult Education. Additional resources are found in *Summer Food Service Program* under *Resources* at the end of this section.

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Financial Operation of Child Nutrition Programs

The school food service program should be administered using sound financial and accounting practices. The National Food Service Management Institute's *Financial Management Information System* (<http://www.nfsmi.org/documentLibraryFiles/PDF/20080225031916.pdf>) is a tool to assist school food service directors with operational decision making and improving program quality and efficiency. It assists with interpreting the financial outcomes of decision making and with deciding whether the school food service program's financial health has changed from previous accounting periods.

The food service program should aim to be self-supporting; however, financial decisions should not compromise high quality standards for food and customer acceptance. Financial decisions should be based on students' nutrition needs, not on profits. Additional resources can be found in *Financial Management* under *Resources* at the end of this section.

Qualifications of Food Service Staff Members

There are no state requirements for qualifications of school food service staff members. Qualification requirements are determined locally by each school district. The Connecticut State Department of Education encourages districts to model qualifications for food service staff members on the recommendations from the National Food Service Management Institute and the School Nutrition Association.

The National Food Service Management Institute has several resources that address competencies and skills for school food service professionals (see *Qualifications of Food Service Staff Members* under *Resources* at the end of this section). The School Nutrition Association (SNA) maintains several certification and professional development programs for school food service professionals, as indicated below.

- **Certification:** Standards for academic education, specialized training and work experience as conditions of being awarded certification, and standards for continuing education as a condition of maintaining certification. <http://www.schoolnutrition.org/Content.aspx?id=126>
- **Credentialing Program:** Standards for academic and specialized training, knowledge and skills, as evidenced by passing a national credentialing exam. <http://www.schoolnutrition.org/Content.aspx?id=132>
- **Professional Development:** Programs developed to meet specific training needs for SNA members and to support the SNA certification and credentialing programs. <http://www.schoolnutrition.org/Content.aspx?id=10748>



Training for Food Service Staff Members

Training and professional development opportunities should assist school food service staff members with meeting USDA requirements, planning and preparing safe and healthy meals, promoting healthy eating behaviors and other issues appropriate to a healthy school nutrition environment. In Connecticut, several organizations and agencies provide training opportunities for school food service personnel, including workshops, courses, conferences and food shows.

- *School Nutrition Association of Connecticut:*
<http://www.snact.org/>
- *Connecticut State Department of Education*
Bureau of Health/Nutrition, Family Services and Adult Education
25 Industrial Park Road, Middletown, CT 06457
Phone: 860-807-2051
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&Q=320670>
- *New England Dairy and Food Council*
1034 Commonwealth Avenue, Boston, MA 02215
Phone: 617-734-6750
<http://www.newenglanddairyCouncil.org/>

The Connecticut State Department of Education maintains a nutrition resource library containing hundreds of materials on nutrition and food service management which districts can use to assist in planning and implementing training programs. Resources include a wide variety of educational materials, such as nutrition curriculums for all grade levels, videos, books, audiovisuals, puppets and games. The *Nutrition Resource Catalog* is available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320670#Catalog>.

At the national level, many resources are available for training school food service staff members.

- The National Food Service Management Institute provides a comprehensive resource catalog of training materials for school food service personnel, available at <http://www.nfsmi.org/Information/Guide.html>.
- USDA's Team Nutrition provides food service and nutrition education resources at <http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=209>.
- The Food and Nutrition Information Center of the National Agricultural Library provides a comprehensive list of resources at <http://www.nal.usda.gov/fnic/>, as well as a list of food service education opportunities at <http://www.nal.usda.gov/fnic/etext/000030.html>.

Additional training resources are found in *Training for Food Service Staff Members* under *Resources* at the end of this section.

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Food Safety

Connecticut Food Safety Requirements: Serving safe food is a critical responsibility for school food service personnel and a key aspect of a healthy school environment. All school food service operations must comply with the requirements of the State of Connecticut Public Health Code 19-13-B42 *Sanitation of Places Dispensing Foods or Beverages*. This includes compliance with the Connecticut Qualified Food Operator (QFO) legislation. Additional information on Connecticut's food safety regulations can be found at the websites listed below, and in *Food Safety* under *Resources* at the end of this section.

- Department of Public Health Food Protection Program: <http://www.ct.gov/dph/cwp/view.asp?a=3140&q=387486>
- Connecticut Public Health Code 19-13-B42: http://www.dir.ct.gov/dph/PHC/docs/19_Sanitation_of_Food_Fair.doc
- Connecticut Qualified Food Operator (QFO) Regulation: http://www.ct.gov/dph/lib/dph/environmental_health/food_protection/pdf/qfo_responsibilities.pdf
- Responsibilities of Child Nutrition Programs Regarding the Qualified Food Operator (QFO) Requirement: http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/QFO_Handout.pdf
- Compliance Guide for Food Service Inspection Form: <http://www.ct.gov/dph/cwp/view.asp?a=3140&q=387486> (scroll down to "Food Service Inspection")

Federal HACCP Requirement: Section 111 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265) requires that all schools participating in Child Nutrition Programs implement a school food safety program, in the preparation and service of each meal served to children, that complies with any hazard analysis and critical control point system established by USDA. Hazard Analysis Critical Control Points (HACCP) is a preventative food safety program to control food safety hazards during all aspects of food service operations. It reduces the risk of food-borne hazards by focusing on each step of the food preparation process from receiving to service. When properly implemented, HACCP-based food safety programs will help ensure the safety of school meals served to children.

Federal Food Safety Inspections Requirement: Section 111 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265) requires that all schools participating in the National School Lunch Program and School Breakfast Program must have a minimum of two food safety and sanitation inspections per year. Schools are also required to post their most recent health inspection in a visible public location and provide a copy of the report to any member of the public on request. For additional information, see *SDE Operational Memorandum 14-07, Food Safety Inspection*, March 12, 2007, at http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/07/OM_14_07.pdf.

Sharing of Foods

District policies should discourage students from sharing foods and beverages to prevent potential problems for children with food allergies or other dietary restrictions. Additional guidance on providing a safe school environment for children with food allergies can be found in the SDE's *Guidelines for Managing Life-Threatening Food Allergies in Connecticut Schools*, available at http://www.sde.ct.gov/sde/lib/sde/PDF/deps/student/health/Food_Allergies.pdf. Resources on special diets can be found in *Section 5 – Nutrition Standards for School Foods and Beverages*.

Food Rewards and Punishment

Food as a Reward: Adults often use food rewards because they are an easy, inexpensive and powerful tool to bring about immediate short-term behavior change. Yet, using food as a reward has many negative consequences that go far beyond the short-term benefits of good classroom behavior or performance. Rewarding students with unhealthy foods:

- undermines schools' efforts to teach students about good nutrition by modeling unhealthy behavior and contradicting the nutrition principles taught in the classroom;
- interferes with children learning to eat in response to hunger and satiety cues (this teaches children to eat when they are not hungry as a reward to themselves, and may contribute to the development of disordered eating);
- increases preference for unhealthy foods (research shows that food preferences for both sweet and nonsweet food increase significantly when foods are presented as rewards); and
- encourages overconsumption of unhealthy foods (foods that supply calories from fat and sugar, but few nutrients).

Alternatives to Food as a Reward: The chart on the next page provides specific ideas on alternatives to using food as a reward. For additional resources, see the SDE handout, *Alternatives to Food as a Reward* (<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Resources>), and *Alternatives to Food as a Reward* under *Resources* at the end of this section.

Food as Punishment: Schools participating in the USDA school meal programs (e.g., National School Lunch Program, School Breakfast Program and After-School Snack Program) are prohibited from restricting student access to school meals for any reason, including as a punishment for student behavior. Other inappropriate practices using food as punishment include:

- denying students access to cafeteria snack or a la carte lines;
- denying students access to certain types of foods; and
- preventing children from eating classroom snacks (when snacks are normally allowed) as a consequence of individual or class behavior.

District policies should prohibit school staff members from withholding access to meals and snacks as punishment, both in the classroom and cafeteria. Restricting access to meals, snacks or other foods and beverages is an inappropriate form of punishment. District policies should encourage the development of alternative practices for promoting appropriate behavior. For additional information, see *Behavior Management* under *Resources* in *Section 4 – Physical Education and Physical Activity*.

Implementation Guidance

Ideas for Alternatives to Using Food as a Reward

Elementary Students

- Make deliveries to office
- Teach class
- Sit by friends
- Eat lunch with teacher or principal
- Eat lunch outdoors with the class
- Have lunch or breakfast in the classroom
- Private lunch in classroom with a friend
- Be a helper in another classroom
- Play a favorite game or do puzzles
- Stickers, pencils, bookmarks
- Certificates
- Fun video
- Extra recess
- Walk with the principal or teacher
- Fun physical activity break
- School supplies
- Trip to treasure box filled with nonfood items (stickers, temporary tattoos, pencils, erasers, bookmarks, desktop tents)
- Dance to favorite music in the classroom
- Paperback book
- Show-and-tell
- Bank system – Earn play money for privileges
- Teacher or volunteer reads special book to class
- Teacher performs special skill (singing, cartwheel, guitar playing, etc.)
- Read outdoors or enjoy class outdoors
- Have extra art time
- Have “free choice” time at end of the day or end of class period
- Listen with headset to a book on audiotape
- Items that can only be used on special occasions (special art supplies, computer games, toys)

Middle School

- Sit with friends
- Listen to music while working at desk
- Five-minute chat break at end of class
- Reduced homework or “no homework” pass
- Extra credit
- Fun video
- Fun brainteaser activities
- Computer time
- Assemblies
- Field trips
- Eat lunch outside or have class outside

High School

- Extra credit
- Fun video
- Reduced homework
- Donated coupons to video stores, music stores or movies
- Drawings for donated prizes among students who meet certain grade standards

Adapted with permission from *Alternatives to Using Food as a Reward*. Michigan State University Extension, 2003. <http://www.tn.fcs.msue.msu.edu/foodrewards.pdf> and *Non-Food Ways to Raise Funds and Reward a Job Well Done*. Texas Department of Agriculture, 2004. http://www.squaremeals.org/vgn/tda/files/2348/13149_Non%20Food%20Ways%20to%20Reward.pdf.

Staff Wellness

Health promotion services for all school staff members can positively affect their eating and physical activity behaviors and their effectiveness in teaching and modeling healthy behaviors. Districts should encourage all school staff members to improve their own personal health and wellness in order to improve staff morale, create positive role modeling, build the commitment of the staff to promote the health of students, and build the commitment of the staff to help improve the school nutrition and physical activity environment.

Staff wellness is not institutionalized in many school settings. School-site health promotion programs for staff members impact not only the health of the school faculty and staff, but can also have effects on students, their families and community members. Examples of health promotion programs for school staff members include:

- health screenings
- physical activity and fitness programs
- nutrition education
- weight management
- smoking cessation
- influenza vaccinations
- stress management

Once wellness and health promotion programs are available, districts should encourage staff members to participate in these programs. Examples of promotion ideas include:

- introducing wellness programs to new staff members at orientation sessions;
- presenting information at regular staff meetings;
- including flyers and brochures with paychecks;
- putting information into newsletter articles, brochures and e-mail messages; and
- offering health insurance discounts for participants.

The *School Health Index* (<https://apps.nccd.cdc.gov/shi/Default.aspx>) provides an assessment tool to help districts evaluate existing staff wellness practices and procedures. Districts may wish to consider incorporating staff wellness programs as part of the School Health Team's responsibility.

Additional resources on staff wellness are found in *Staff Wellness* under *Resources* at the end of this section.

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References

- Alternatives to Using Food as a Reward*, Michigan State University Extension, 2003:
www.msue.msu.edu/fnh/tn/foodrewards.pdf
- Changing the Scene: Improving the School Nutrition Environment*, U.S. Department of Agriculture, 2000:
<http://www.fns.usda.gov/tn/healthy/changing.html>
- Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265)*:
http://www.fns.usda.gov/cnd/Governance/Legislation/Historical/PL_108-265.pdf
- Federal and State Requirements for Provision and Timeframe of Daily Lunch Period for Students*, Connecticut State Department of Education, Circular Letter C-9, November 13, 2007:
<http://www.sde.ct.gov/sde/lib/sde/pdf/circ/circ07-08/C9.pdf>
- Health, Mental Health and Safety Guidelines for Schools (Section 8-03: Provision of Wellness Programs for Staff)*: <http://www.nationalguidelines.org/guideline.cfm?guideNum=8-03>
- Non-Food Ways to Raise Funds and Reward a Job Well Done*, Texas Department of Agriculture, 2004:
http://www.squaremeals.org/vgn/tda/files/2348/13149_Non%20Food%20Ways%20to%20Reward.pdf
- Prohibition against Denying Meals and Milk to Children as a Disciplinary Action (FNS Instruction 791-1)*, U.S. Department of Agriculture, 1988: <http://www.schoolwellnesspolicies.org/resources/ProhibitionAgainstDenyingMealsAsPunishment.pdf>
- Richard B. Russell National School Lunch Act*: <http://www.fns.usda.gov/cnd/Governance/Legislation/NSLA-10-2008.pdf>
- School Nutrition Association Local Wellness Policy Recommendations*, School Nutrition Association, 2005:
http://www.schoolnutrition.org/uploadedFiles_old/SchoolNutrition.org/Child_Nutrition/Local_School_Wellness_Policies/SNALocalWellnessPolicyGuidelinesFinal.pdf
- The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265, Section 204*:
http://www.fns.usda.gov/cnd/Governance/Legislation/Historical/PL_108-265.pdf
- USDA Regulations for the National School Lunch Program, 7 CFR 210*:
<http://www.fns.usda.gov/cnd/Governance/regulations.htm>

Resources

Resources are listed by main category. Many resources contain information on multiple content areas. For additional resources, consult each policy component section of the *Action Guide*.

Alternatives to Food as a Reward

Click on the SDE's [Healthy School Environment Resource List](#), then click on *Alternatives to Food as Reward* under *Food at School* to access resources on this topic.

Financial Management

Click on the SDE's [Nutrition-Related Resources](#), then click on *Financial Management* under *Resources for Child Nutrition Programs* to access resources on this topic.

Food Safety

Click on the SDE's [Nutrition-Related Resources](#), then click on *Food Safety* to access resources on this topic.

Meal Schedules

Click on the SDE's [Healthy School Environment Resource List](#), then click on *Meal Schedules* under *Food at School* to access resources on this topic.

Qualifications of Food Service Staff Members

Click on the SDE's [Nutrition-Related Resources](#), then click on *Qualifications of Food Service Staff* under *Resources for Child Nutrition Programs* to access resources on this topic.

Staff Wellness

Click on the SDE's [Healthy School Environment Resource List](#), then click on *Staff Wellness* under *School Policies to Promote Healthy Lifestyles* to access resources on this topic.

Summer Food Service Program

Click on SDE's [Nutrition-Related Resources](#), then click on *Summer Food Service Program* under *Resources for Child Nutrition Programs* to access resources on this topic.

Training for Food Service Staff Members

Click on the SDE's [Nutrition-Related Resources](#), then click on *Training for Food Service Staff* under *Resources for Child Nutrition Programs* to access resources on this topic.

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Additional resources can be found in the SDE's *Healthy School Environment Resource List* (http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/hse_resource_list.pdf) and *Nutrition-Related Resources* (http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/nutrition_resources.pdf). These lists are updated regularly.