

Nutrition Resources for Schools

Third Annual
Comprehensive School Health and
Physical Education Coordinators' Meeting

January 31, 2012



Dietary Guidelines 2010

<http://health.gov/dietaryguidelines>

- Science-based nutrition and physical activity guidelines to help Americans
 - attain and maintain a healthy weight
 - reduce risk of chronic disease, e.g., cardiovascular disease, hypertension, type 2 diabetes, osteoporosis, cancer
 - promote overall health
- Two main concepts
 - Maintain calorie balance over time to achieve and sustain a healthy weight
 - Focus on consuming nutrient-dense foods and beverages





Create Daily Food Plan

<http://www.choosemyplate.gov/myplate/index.aspx>

Daily Food Plans

Daily Food Plan

Want to know the amount of each food group you need daily? Enter your information below to find out and receive a customized Daily Food Plan.

NOTE: Daily Food Plans are designed for the general public ages 2 and over; they are not therapeutic diets. Those with a specific health condition should consult with a health care provider for a dietary plan that is right for them. More tailored Daily Food Plans are available for [preschoolers \(2-5y\)](#) and women who are [pregnant or breastfeeding](#).

Age:

Sex:

Weight: pounds

Height, feet: feet Height, inches: inches

Physical Activity:
Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days.

Physical Activity:

Daily Food Plan

Eat these amounts from each food group daily. This plan is a 2200 calorie food pattern. It is based on average needs for someone like you. (A 15 year old female, 5 feet 5 inches tall, 140 pounds, physically active 30 to 60 minutes a day.) Your food needs also depend on your rate of growth and other factors. See a health care provider who can track your height and weight over time to identify your specific needs.

▶ Grains ¹	7 ounces	tips
▶ Vegetables ²	3 cups	tips
▶ Fruits	2 cups	tips
▶ Dairy	3 cups	tips
▶ Protein Foods	6 ounces	tips

Click the food groups above to learn more.

View, Print & Learn More:

- ▶ [Click here to view and print a PDF version of your results.](#)
- ▶ [Click here to view and print a PDF of a helpful Meal Tracking Worksheet.](#)
- ▶ [For a more detailed assessment of your diet quality and physical activity go to the SuperTracker.](#)

¹ Make Half Your Grains Whole

Aim for at least 3.5 ounces of whole grains a day.

² Vary Your Veggies

Aim for this much every week:

- Dark Green Vegetables = 2 cups weekly
- Orange Vegetables = 6 cups weekly
- Dry Beans & Peas = 2 cups weekly
- Starchy Vegetables = 6 cups weekly
- Other Vegetables = 5 cups weekly

& Empty Calories

Aim for 6 teaspoons of oils a day.

Limit your empty calories (extra fats & sugars) to 270 Calories.

 You will need the free Adobe Acrobat Reader plug-in to view and print the above PDF files.



Plan, Analyze and Track Diet and Physical Activity

<http://www.choosemyplate.gov/supertracker-tools/supertracker.html>

SuperTracker



United States Department of Agriculture

[Home](#) | [Food-A-Pedia](#) | [My Plan](#) | [Track Food & Activity](#) | [My Reports](#) | [My Features](#)

[CREATE PROFILE >](#) [LOG IN >](#)



SuperTracker:

My foods. My fitness. My health.

- Get your personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead.

Food-A-Pedia >

Look up nutrition info for over 8,000 foods and compare foods side-by-side.

Go

All Foods



Food Tracker >

Track the foods you eat and compare to your nutrition targets.

Go

All Foods



Physical Activity Tracker >

Enter your activities and track progress as you move.

Go

All Activities



Get Started >

Find out what and how much to eat.

Personalize your experience by creating your profile, and get a plan tailored for you.



Create Your Profile

Or, use the general plan.

My Weight Manager >

Get weight management guidance; enter your weight and track progress over time.



My Top 5 Goals >

Choose up to 5 personal goals; sign up for tips and support from your virtual coach.



My Reports >

Use reports to see how you are meeting goals and view your trends over time.





Plan, Analyze and Track Diet and Physical Activity

Today

01/30/12

Physical Activity Target

Week of 01/29/12 to 02/04/12

Target	AT LEAST 150 minutes per week
Actual	0 minutes

Daily Calorie Limit

Allowance	2000
Eaten	2846
Remaining	0

Daily Food Group Targets [More Info >](#)

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	6 oz.	2½ cup(s)	2 cup(s)	3 cup(s)	5¼ oz.
Eaten	5 oz.	2½ cup(s)	¾ cup(s)	2 cup(s)	23¼ oz.
Status	Under	OK	Under	Under	Over

Food Tracker

Search and add food to view how your daily choices stack up to your food group targets and daily limits. Make tracking and planning ahead simple by using the Copy Meals and Create a Combo features.

Search: for

[Food Details](#) | [My Favorite Foods List](#)

You added

Fruit punch, made with fruit juice and soda

to Snacks.

[See This Food Again](#)

Meals

Total Eaten: **2846** Calories

Breakfast 296 Calories

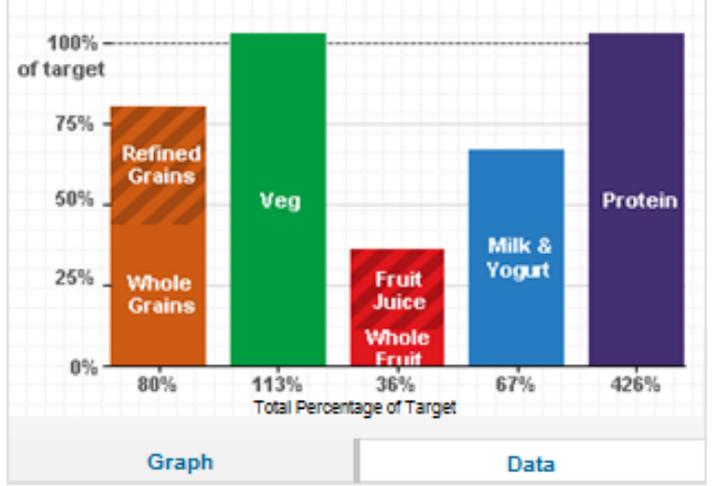
Apple Cinnamon Cheerios 180 Calories (71 Empty Calories*)

Milk, fat free (skim) 126 Calories (0 Empty Calories*)

Strawberries, raw 12 Calories (0 Empty Calories*)

Lunch 604 Calories

Turkey or chicken breast, luncheon meat, prepackaged or deli 88 Calories (11 Empty Calories*)



Related Links: [Nutrient Intake Report](#) | [View By Meal](#)

Daily Limits

Total Calories Eaten: **2846** ▲

Empty Calories* Eaten: **659** ▲

Empty Calories* Limit: 258 | Total Limit: 2000

<p>Oils</p> <p>Eaten: 3 tsp.</p> <p>Limit: 6 tsp.</p>	<p>Saturated Fat ▲</p> <p>Eaten: 44g</p> <p>Limit: 22g</p>	<p>Sodium** ▲</p> <p>Eaten: 5495mg</p> <p>Limit: 2300mg</p>
--	--	---



Nutrition Education Resources

USDA ChooseMyPlate.gov
United States Department of Agriculture

MyPlate | Weight Management & Calories | **Physical Activity** | SuperTracker & Other Tools | Printable Materials & Ordering | Healthy Eating Tips

Home > SuperTracker and Other Tools

Stay Connected:

Topics

- > SuperTracker
- > Daily Food Plans
- > How Many Calories Are Used?
- > Calories Count Chart for Mixed Dishes
- > Empty Calories Chart
- > Solid Fats Chart
- > **BMI Calculator**
- > Portion Distortion
- > Food Labeling

SuperTracker and Other Tools

SuperTracker and Other Tools

▶ The **SuperTracker** can help you plan, analyze, and track your diet and physical activity. You can look up individual foods to see or compare their nutritional value, find recommendations for what and how much you should eat, compare your food choices to these recommendations and to your nutrient needs, and assess personal physical activities and identify ways to improve. Find recommendations for what and how much you should eat.

Released December 22, 2011
[Press Release](#)
[Background Information](#)
[Secretary Vilsack's Video](#)

SuperTracker
The SuperTracker can help you plan, analyze, and track your diet and physical activity.

▶ The **Daily Food Plan** shows your daily food group targets - what and how much to eat within your Calorie allowance. The Plan is personalized for you, based on your age, gender, height, weight, and physical activity level.

▶ The **Daily Food Plan for Moms** shows you the foods and amounts that are right for you at each stage of your pregnancy or when breastfeeding. Enter your information to personalize the Plan.

▶ The **Daily Food Plan for Preschoolers** shows what and how much your child should eat to meet his or her needs. Use the Plan as a general guide to help you feed your preschool child.



BMI Calculator

CDC Home
Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People. Saving Money through Prevention.

A-Z Index A B C D E F G H I J K L M N O P Q R S T U V W X Y Z #

Healthy Weight - it's not a diet, it's a lifestyle!

Healthy Weight

- Introduction
- Assessing Your Weight
- BMI - Body Mass Index**
 - [Adult BMI Calculator](#)
 - Adult - About BMI
 - Child and Teen BMI Calculator
 - Children's BMI Tool for Schools
 - Child and Teen - About BMI
 - Balancing Calories
 - Preventing Weight Gain
 - Losing Weight
 - Healthy Eating for a Healthy Weight
 - Physical Activity for Healthy Weight
 - Tips for Parents
 - The Health Effects of Overweight and Obesity
 - Other Resources

Related Links

- Overweight and Obesity
- Nutrition for Everyone
- Physical Activity for Everyone
- Division of Nutrition, Physical Activity, and Obesity

Body Mass Index

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

Calculate Your BMI

Adult BMI Calculator



Child and Teen BMI Calculator



Other BMI Calculators

Adult Body Mass Index Calculator Widget

Add this widget to your Web site to let anyone calculate their BMI. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems. This calculator provides BMI and the corresponding weight category. Use this calculator for adults, 20 years old and older.

The Children's BMI Tool for Schools

This Excel spreadsheet can be used by school, child care, and other professionals who want to compute Body Mass Index (BMI)-for-age for a group of up to 2000 children, such as for a school class room or grade.

We also have information on the following:

- About BMI for Adults:** Information about BMI and interpreting this number for adults
- About BMI for Children and Teens:** Information about BMI and interpreting the BMI percentile for children and teens

Note that the information about children and teens is written primarily for parents, but it may also be of interest to others, such as healthcare providers and the general public.

CDC Centers for Disease Control and Prevention
Your Online Source for Credible Health Information

A-Z Index A B C D E F G H I J K L M N O P Q R S T U V W X Y Z #

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 - Child and Teen - About BMI
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 - Preventing Weight Gain
 - Losing Weight
 - Healthy Eating for Healthy Weight
 - Physical Activity for Healthy Weight
 - Tips for Parents
 - The Health Effects of Overweight and Obesity
 - Other Resources

Related Links

- Overweight and Obesity
- Nutrition for Everyone
- Physical Activity for Everyone
- Division of Nutrition, Physical Activity and Obesity

BMI Percentile Calculator for Child and Teen English Version

This calculator provides BMI and the corresponding BMI-for-age percentile on a CDC BMI-for-age growth chart. Use this calculator for children and teens, aged 2 through 19 years old. For adults, 20 years old and older, use the [Adult BMI Calculator](#).

Measuring Height and Weight Accurately At Home

BMI Calculator for Child and Teen English | Metric

Birth Date:

month day year

Date of Measurement:

month day year

Sex:

boy girl

Height, to nearest 1/8 inch:

0 feet, 0 inches, 0 fractions of an inch
(12 inches = 1 foot; Example: 4 feet, 5 1/2 inches)

Weight, to nearest 1/4 (.25) pound:

0 pounds, 0 fractions of a pound
(8 ounces = 1/2 pounds; Example: 75 3/4 pounds)

Calculate

Contact Us:

- Division of Nutrition, Physical Activity and Obesity
4770 Buford Highway, NE, MS/K-24
Atlanta, GA 30341-3717
- 800-CDC-INFO (800-232-4636)
TTY: (888) 232-4348
24 Hours/Every Day
- cdcinfo@cdc.gov

<http://www.cdc.gov/healthyweight/assessing/bmi/index.html>



Portion Distortion (National Heart, Lung and Blood Institute)



DEPARTMENT OF HEALTH AND HUMAN SERVICES • NATIONAL INSTITUTES OF HEALTH
Portion Distortion II Interactive Quiz
 National Heart Lung and Blood Institute

Healthy Weight Home • BMI Calculator • Menu Planner • WeCan! • OEI Home

[Previous Question](#) • [Back to Beginning](#) • [Next Question](#)

Pizza

20 Years Ago
2 Pepperoni Pizza slices

Today
2 Large Pepperoni Pizza slices

500 calories

??? calories

Two slices of pepperoni pizza 20 years ago had 500 calories. How many calories do you think are in today's large pizza?

1,200 850 1,000

[Check Your Answer!](#)

Healthy Weight Home • BMI Calculator • Menu Planner • WeCan! • OEI Home Page • NHLBI Home • NIH Home
 Contact the NHLBI • Accessibility

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Chicken Caesar Salad

20 Years Ago

Today

390 calories, 1 1/2 cups

??? calories

A chicken Caesar salad had 390 calories 20 years ago. How many calories do you think are in today's chicken Caesar salad??

790 520 650

[Check Your Answer!](#)

Healthy Weight Home • BMI Calculator • Menu Planner • WeCan! • OEI Home Page • NHLBI Home • NIH Home
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Popcorn

20 Years Ago
270 calories, 5 cups

Today
??? calories

A box of popcorn had 270 calories 20 years ago. How many calories do you think are in today's tub of popcorn?

520 820 630

[Check Your Answer!](#)

Healthy Weight Home • BMI Calculator • Menu Planner • WeCan! • OEI Home Page • NHLBI Home • NIH Home
 Contact the NHLBI • Accessibility



Nutrition Facts Label (Food and Drug Administration)

<http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/default.htm>



- Resources
- Handouts
- Videos

What's On the Label?

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories From Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

1 Serving Size

2 Amount of Calories

3 Limit these Nutrients

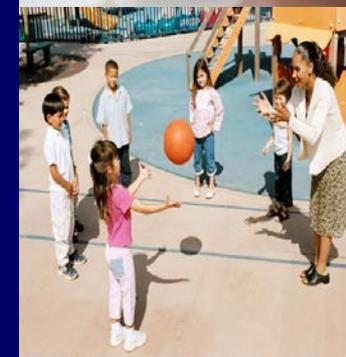
4 Get Enough of these Nutrients

5 Percent (%) Daily Value

6 Footnote with Daily Values (DV's)



More Sources for Science-Based Nutrition Resources



USDA National Nutrient Database

<http://ndb.nal.usda.gov/>



Browse

- ▶ [NDL Products and Services](#)
- ▶ [Nutrient Lists](#)
- ▶ [FNIC Resources](#)
- ▶ [Food Composition](#)
- ▶ [Macronutrients](#)
- ▶ [Vitamins/Minerals](#)
- ▶ [Phytonutrients](#)

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Welcome to the USDA National Nutrient Database for Standard Reference

Find nutrient information on nearly 8,000 foods using this new and improved search feature. You can now search by food item, group, or list to find the nutrient information for your food items. In addition, you can now access the [USDA Ground Beef Calculator](#) from the same search page.

Start your search here.

For more information and documentation on the current version of this database, see [About the Database](#). For assistance using this search application, visit the [FAQ page](#).

The Database used in this search program, The USDA National Nutrient Database for Standard Reference, is maintained by the Nutrient Data Laboratory, Beltsville Human Nutrition Research Center. The web site was jointly developed by the USDA Nutrient Data Laboratory, and the Food and Nutrition Information Center and Information Systems Division of the National Agricultural Library.

USDA Food and Nutrition Information Center (FNIC)

<http://fnic.nal.usda.gov>



The screenshot shows the USDA Food and Nutrition Information Center (FNIC) website. The header includes the USDA logo and the text 'United States Department of Agriculture National Agricultural Library' and 'FOOD AND NUTRITION INFORMATION CENTER'. Below the header is a navigation menu with links: Home, About FNIC, News, Topics A-Z, Resource Lists, Databases, and a partially visible 'Printable Page' link. A red arrow points to the 'Topics A-Z' link. The main content area features a search bar, a 'Browse by Audience' dropdown, and a 'Browse by Subject' sidebar with categories like Dietary Guidance, Lifecycle Nutrition, Diet and Disease, Food Composition, Weight and Obesity, Food Safety, Food Labeling, Dietary Supplements, Nutrition Assistance Programs, Surveys, Reports and Research, and Professional and Career Resources. The main content area also includes a 'Spotlights' section with various resources such as 'FNIC RSS News Feed', 'MyPlate SuperTracker', 'The National Prevention Strategy', 'National Diet and Nutrition Survey', 'Dietary Guidelines for Americans 2010', 'Help End Childhood Hunger', 'Let's Move!', 'Healthy Meals Resource System (HMRS)', 'SNAP-Education Connection', 'WIC Works Resource System (WRRS)', 'Nutrition Evidence Library (NEL)', 'Food Safety Research Information Office', and 'HONcode Certified'. A 'Consumer Corner' section is also visible.

- Topics A-Z
- Resource lists
- Education materials and resources
- Databases

FNIC Nutrition Education Page



United States Department of Agriculture
National Agricultural Library



FOOD AND NUTRITION
INFORMATION CENTER



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Professional and Career Resources

Nutrition Education



Find a variety of lesson plans and curricula as well as organizations and companies that provide nutrition education materials and resources for audiences from young to old.

On this page...

Models and Replicas in the NAL Collection

Models and Replicas in the National Agricultural Library Collection

Find a list of educational models of food, food composition, and anatomy that are available for borrowing from NAL.

Sources of Free or Low-Cost Materials

Sources of Free and Low-Cost Food and Nutrition Materials

USDA. NAL. Food and Nutrition Information Center. Provides links to organizations that provide free and low-cost food and nutrition related materials to distribute at programs and events.

Curricula and Lesson Plans

Cruciferous Crusaders Lesson Plans

Leafy Greens Council. Includes lesson plans for grades 3-5 that incorporate language arts, math, science/health and social studies in activities that increase student understanding of nutritional benefits of cruciferous vegetables and promote an increase in their consumption.

Professional and Career Resources

- Art and Images
- Academic Nutrition and Food Science Programs and Other Educational Opportunities
- Associations and Foundations
- Calendars and Conferences
- Dietetics
- Online Learning
- Ethnic and Cultural Resources
- Food Dictionaries and Encyclopedia
- Food Science and Technology
- Food Service
- Grant Information
- Journals and Newsletters
- Listservs and Blogs
- Legislation and Policy
- Nutrition Education**
- Software

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FNIC Resource Lists

Food and Nutrition Information Center

National Agricultural Library USDA, 10301 Baltimore Ave., Room 105 Beltsville, MD 20705-2351



Food and Nutrition Fun for Elementary Age Children July 2009

This publication is a compilation of resources suitable for children. The resources include a variety of information forms, Web-based resources, and a variety of information forms available on the World Wide Web. Opinions expressed are those of the U.S. Department of Agriculture. Contact information for more resources is available on the back cover.

This publication has been reviewed by child care providers and child care workers in order to ensure that the resources that are included are appropriate for children while teaching them about nutrition. Resources that come from different cultures and that have been created specifically for children have been reviewed.

This Resource List is available on the Food and Nutrition Information Center's Web site at: <http://www.nal.usda.gov/fnic/publications>

Table of Contents:

- A. Kids in the Kitchen
- B. Food Fun
- C. Learning About Food
- D. Reading Fun
- E. Food From Around the World
- F. Physical Activity
- G. Online Booklists and Web Sites

Food and Nutrition Information Center

National Agricultural Library USDA, 10301 Baltimore Ave., Room 105 Beltsville, MD 20705-2351



Childhood Obesity: A Resource List for Educators and Researchers November 2010

This publication is a collection of resources on the topic of childhood obesity for educators and researchers. It is comprised of articles published in the World Wide Web, educational materials, and other resources with a public health emphasis. There is extensive literature on the clinical aspects of childhood obesity that is not included in this publication to cover it.

Materials included in this list may also be available to you through the National Agricultural Library (NAL). Lending and copy service information is available on the back cover. If you are not eligible for direct borrowing privileges, you may borrow through interlibrary loan. Materials cannot be purchased from the publisher. Information is provided if you wish to purchase any materials through interlibrary loan with the NAL. Materials can be purchased from the publisher if you wish to purchase any materials through interlibrary loan with the NAL. Materials can be purchased from the publisher if you wish to purchase any materials through interlibrary loan with the NAL.

This Resource List is available from the Food and Nutrition Information Center's Web site at: http://www.nal.usda.gov/fnic/pubs/bibs/topics/childhood_obesity

Table of Contents:

- I. Prevalence
- II. Assessment
- III. Outcomes, Predictors and Associated Factors
- IV. Dietary Practices
- V. Environmental Influences
- VI. Familial Impacts
- VII. Food Security/Financial Security
- VIII. Physical Activity
- IX. Prenatal Weight Gain
- X. Type II Diabetes/Metabolic Syndrome
- XI. Prevention and Intervention Approaches
- XII. Educational Materials
- XIII. National Contacts

Food and Nutrition Information Center

National Agricultural Library USDA, 10301 Baltimore Ave., Room 105 Beltsville, MD 20705-2351



Role of Nutrition in Learning and Behavior: A Resource List for Professionals August 2011

This Food and Nutrition Information Center (FNIC) Resource List is a compilation of resources on the role of nutrition in learning and behavior. It is comprised of articles published in the World Wide Web, educational materials, and other resources with a public health emphasis. There is extensive literature on the clinical aspects of nutrition in learning and behavior that is not included in this publication to cover it.

Materials which are part of the National Agricultural Library (NAL) are available to you through the National Agricultural Library (NAL). Lending and copy service information is provided at the end of this document. If you are not eligible for direct borrowing privileges, you may borrow through interlibrary loan. Materials cannot be purchased from the publisher. Information is provided if you wish to purchase any materials through interlibrary loan with the NAL. Materials can be purchased from the publisher if you wish to purchase any materials through interlibrary loan with the NAL.

This Resource List is available from the Food and Nutrition Information Center's Web site at: http://www.nal.usda.gov/fnic/pubs/learning_behavior

Table of Contents:

- I. General Role of Nutrition in Learning and Behavior in the United States
- II. Role of Nutrient Status in Learning and Behavior in the United States
- III. Role of School Meal Programs in Learning and Behavior in the United States
- IV. Relationship between School-Based Physical Activity and Learning and Behavior in Non-U.S. Countries
- V. General Role of Nutrition in Learning and Behavior in Non-U.S. Countries
- VI. Role of Nutrient Status in Learning and Behavior in Non-U.S. Countries
- VII. Role of School Meal Programs in Learning and Behavior in Non-U.S. Countries
- VIII. Web Sites

Food and Nutrition Information Center

National Agricultural Library USDA, 10301 Baltimore Ave., Room 105 Beltsville, MD 20705-2351



Health Literacy Resource List for Educators March 2007

This publication is a collection of resources on the topic of health literacy, tools for developing/evaluating materials and sources of easy-to-read nutrition materials. Many of the resources are Web-based; however, some are also available in print. Materials may also be available to borrow from the National Agricultural Library (NAL). Lending and copy service information is provided at the end of this document. If you are not eligible for direct borrowing privileges, you may borrow through interlibrary loan. Materials cannot be purchased from the publisher. Information is provided if you wish to purchase any materials through interlibrary loan with the NAL. Materials can be purchased from the publisher if you wish to purchase any materials through interlibrary loan with the NAL.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: http://www.nal.usda.gov/fnic/pubs/bibs/edu/health_literacy.pdf. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

Table of Contents:

- I. Health and Media Literacy
- II. Electronic Resources
- III. National Contacts
- IV. Developing and Evaluating Materials
- V. Electronic Resources
- VI. Tools for Assessing Readability
- VII. Sources of Easy-to-Read Nutrition Materials

USDA Team Nutrition

<http://teamnutrition.usda.gov/>

USDA United States Department of Agriculture
Food and Nutrition Service

Home About Team Nutrition FNS Newsroom Help Contact Us

Search FNS

- Search all USDA
- Search Tips
- Topics A-Z

Email Updates

Sign-up to receive free email updates

Browse by Audience

Information For ... ▾

Browse by Subject

- ▶ Join the Team
- ▶ HealthierUS Schools
- ▶ Local Wellness Policy
- ▶ Training Grants
- ▶ **Resource Library**
- ▶ Graphics Library
- ▶ MyPlate
- ▶ Eat Smart. Play Hard.

You are here: [Home](#)

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

What's New

- [Blast Off Game](#)
- [Choose MyPlate](#)
- [Chefs Move to Schools](#)

Spotlights

- Healthier Middle Schools: Everyone Can Help**
- Recipes for Healthy Kids: Winning Recipes**
- MyPlate for Kids Poster**
- HUSSC Success Story Videos**
- Fuel Up to Play 60: Resources for Schools**
- Food Buying Guide Online Calculator for Child Nutrition Programs**

HealthierUS School Challenge

Nutrition Standards for School Meals

Last modified: 01/25/2012

FNS Home | FNCS Home | USDA.gov
FOIA | Accessibility Statement | Privacy Policy | Non-Discrimination Statement | Information Quality | FirstGov | White House

USDA Healthy School Meals Resource System

http://healthymeals.nal.usda.gov

Training and technical assistance component of Team Nutrition



Search HMRS

- Search all USDA
- Advanced Search
- Search Tips

Browse by Subject

- Recipes
- Menu Planning
- Resource Library**
- HealthierUS School Challenge Resources
- Chefs Move to Schools
- Farm to School
- Local Wellness Policy
- State Sharing Center
- Professional & Career Resources

You are here: [Home](#) / [Resource Library](#)

Resource Library

Spotlights

- 

Education and Training Materials Database
The Education and Training Materials Database contains materials developed by universities, private and Federal government agencies for school nutrition programs. Each entry includes date, cost and ordering information, a
- 

Bulletin Board Resources
Help your students and staff learn with colorful bulletin board in your child
- 

Chef Resources
Tools for working with schools, Gardening, Child Nutrition Professional Nutrition Education.
- 

Child Nutrition Program Resources
Find promotional resource summaries, copyright-free
- 

Cooking with Kids
Help children learn about cooking. Locate recipes, activities
- 

Farm to School
When children and adults eat fruits and vegetables together, they partner with a local

Features of the Month
Celebrate various monthly health observances using these recipes and educational resources.

Food Safety
Includes the following sections:
 - Bulletin Board Resources
 - Choking Prevention
 - Emergency Preparedness
 - Fruit, Vegetable, and School Canteen
 - Games and Activities
 - General Information
 - Hand Washing
 - Hazard Analysis Critical Control Point
 - Packing Food Safely

Food Service
Resources for Child Nutrition Professionals serving beans, fruits and vegetables, special diets and environmental management

Fruit and Vegetable Resources
Find information, activities and recipes to use in the diets of children.

Grants
Find information on specific grants related to school nutrition as well as resources to locate grants and information

Newsletters
Find downloadable newsletters published to share information about eating and physical activity. Use them to update your website, a resource for parents, or for ideas to start your own

Nutrition Education
Find lesson plans, activities, tips, strategies, and more to make eating a fun part of your program!

Physical Activity
Help motivate your students to move more and sit less with these physical activity resources!



School Gardens
Children have added motivation to eat fruits and vegetables that they helped grow! Find resources to start and maintain a school garden, and to connect the garden with the classroom.



Wellness Policy Resources
Schools and child cares are key settings for healthy nutrition and physical activity strategies. Use the resources here to make changes that support a healthy nutrition environment.



Whole Grains
MyPlate encourages you to "Make at least half your grains whole grains." Help students meet this goal! Resources for preparing and serving whole grains are also available.



What's in Season?
Contains fact sheets, mini posters, graphics, activities, recipes, and more!



International School Meal Programs
Child nutrition is a universal concern. Find links to school meal programs around the world, humanitarian school feeding, sustainable school feeding programs, and nutrition education / nutrition literacy programs.

USDA Healthy School Meals Resource System Education and Training Materials Database

http://healthymeals.nal.usda.gov/schoolmeals/Resource_Cafe/Resource_Search.php



USDA United States Department of Agriculture Healthy Meals Resource System

TEAM NUTRITION

Home About News Topics A-Z Get Connected Chefs Move to Schools Help Contact Us

You are here: Home / Education and Training Materials Database / Search

Resource Library

Education and Training Materials Database

The Education and Training Materials Database is a compilation of educational materials developed by universities, private industry, and local, State and Federal government agencies for school personnel and others working in Child Nutrition Programs. Each entry includes developer information, publication date, cost and ordering information, and an extensive review of the material.

[View only USDA Team Nutrition materials](#) [View only NFSMI materials](#) [View all State Developed Team Nutrition materials*](#)

* The development of State Team Nutrition materials was funded by the USDA, but the USDA does not necessarily endorse or approve of the material contents.

Search by Keyword

- Childhood Overweight and Obesity
- Cooking with Kids
- Cultural / Ethnic Resources
- Dietary Modifications / Special Needs
- Farm to School
- Food Allergies
- Food Safety
- Fruits and Vegetables
- Hand Washing
- Menu Planning
- School Gardens
- School Nutrition Environment
- Spanish Language Materials

[View all available keyword searches...](#)

Search by Audience

Select the target audience of interest from the drop-down list below, then click on the **Search** button below. You may also combine an audience search with a free text search to narrow your results.

See the [Search Tips](#) section for more information.

Target Audience:
- AND / OR -

Format:
- AND / OR -

Full Text Search:

[About the Database](#) [Search Tips](#) [Review criteria](#)

■ Search for specific topics, audiences and training formats

USDA Healthy School Meals Resource System Education and Training Materials Database

Nutrition Education

- Body Image
- Cooking with Kids
- Curriculum
- Eating Disorders
- Elementary School
- Food Labels
- Fruits and Vegetables
- Games and Activities
- High School
- K-12 Schools
- Middle School / Junior High School
- Parent Education & Involvement
- Physical Activity
- Portion Control
- Posters
- Pre-K / Preschool
- Role Models
- School Gardens

Nutrition.Gov

http://www.nutrition.gov

The screenshot shows the Nutrition.gov website homepage. At the top, there is a banner with the text "Nutrition.gov Smart Nutrition Starts Here" and "Addressing Current Issues Current Issues". Below the banner is a navigation bar with links: Home, About Us, Other Gov Sites, FAQ, Site Help, Contact Us, and En Español. The main content area is divided into several sections:

- Search Nutrition.gov:** A search bar with a "Go" button and links for "Advanced Search" and "Search Tips".
- Browse by Subject:** A list of categories including "What's In Food", "Smart Nutrition 101", "Life Stages", "Weight Management", "Nutrition and Health Issues", "Shopping, Cooking & Meal Planning", "Dietary Supplements", and "Food Assistance Programs".
- Current Issues:** A section titled "Nutrition.gov" with the subtitle "Providing easy, online access to government information on food and human nutrition for consumers." It includes a "In the News" section with articles like "USDA Launches New MyPlate SuperTracker" and "USDA Launches MIPlate, a Spanish Language Version of MyPlate".
- I Want To...:** A list of links for "Visit ChooseMyPlate.gov", "See Dietary Guidelines for Americans", "Look Up Calories or Nutrients in Food", "Find Dietary Supplement Fact Sheets", "Learn about Federal Nutrition Assistance Programs", and "Get Information on Food Safety".
- Spotlights:** A grid of featured articles and resources, including "Dietary Guidelines for Americans 2010", "Healthier Middle Schools: Everyone Can Help", "MyPlate SuperTracker", "Nutrition Education Resources", "Become a MyPlate Community Partner", "Help End Childhood Hunger", and "How Americans Rate Diet Quality".
- See Also:** A link to "Food and Nutrition Information Center".

- Easy access to vetted food and nutrition information from across the federal government
- Serves as a gateway to reliable information on nutrition, healthy eating, physical activity and food safety for consumers

Centers for Disease Control and Prevention (CDC) Nutrition

<http://www.cdc.gov/nutrition/index.html>



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People. Saving Money through Prevention.

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Nutrition

CDC nutrition efforts cover a wide spectrum of related topics. Good nutrition is vital to good health, disease prevention, and essential for healthy growth and development of children and adolescents.

Nutrition Topics

Nutrition for Everyone

While you know it is important to eat a healthy diet, it isn't always easy to sort through all of the information available about nutrition and food choices. The CDC has compiled a variety of resources with healthy eating tips and information.



FruitsAndVeggiesMatter.gov

Check out the new Fruit & Veggies Matter Web site for tips, recipes, and more! You can find easy ways to add more fruits and vegetables into your daily eating patterns.



Breastfeeding

Both babies and mothers gain many benefits from breastfeeding. CDC's Breastfeeding site has frequently asked questions, recommendations, national breastfeeding statistics as well as information on a variety of other topics.



Healthy Weight

A healthy lifestyle involves many choices. Among them, choosing a balanced diet or eating plan. So how do you choose a healthy eating plan?



Healthy Youth Nutrition Topics

This section provides information about school nutrition programs and policies, and statistics related to adolescent nutrition and health.



BAM! Body and Mind

Designed for kids 9-13 years old, BAM! Body and Mind gives them the information they need to make healthy lifestyle choices.



The State Indicator Report on Fruits & Vegetables, 2009 provides national and state-specific information on fruit and vegetable (F&V) consumption and policy and environmental supports. The behavioral indicators are derived from objectives for F&V outlined in *Healthy People 2010*. The policy and environmental indicators measure a state's ability to support the consumption of F&V through increased access, availability, and reduced price in schools and communities. The report can be used to inform decision makers and track progress.

The National Action Guide (PDF-160k) summarizes the national data on F&V consumption, policy, and environmental supports and provides potential actions that government and business leaders, coalitions, community-based

For Health Professionals

- Introduction
- Data and Statistics
- Policy and Legislation
- Programs and Campaigns
- Planning, Implementing, and Evaluating Interventions
- Research to Practice Series
- Tools for Addressing Nutrition Topics
- Training and Professional Development
- Key Organizations
- Reports and Recommendations
- Fact Sheets and Other Publications

[More »](#)

Other Healthy Lifestyle Topics

- Physical Activity
- Healthy Weight
- Division of Nutrition, Physical Activity and Obesity
- CDC's Healthy Living

Text size: [S](#) [M](#) [L](#) [XL](#)

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Contact Us:

- Centers for Disease Control and Prevention
1600 Clifton Rd
Atlanta, GA 30333
- 800-CDC-INFO
(800-232-4636)
TTY: (888) 232-6348
- [24 Hours/Every Day](mailto:cdcinfo@cdc.gov)
cdcinfo@cdc.gov

Centers for Disease Control and Prevention (CDC) Physical Activity

<http://www.cdc.gov/physicalactivity/index.html>



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People. Saving Money through Prevention.

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Physical Activity



Replay

Children
Older Adults
Adults

Text size:

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1600 Clifton Rd
Atlanta, GA 30333

 800-CDC-INFO
(800-232-4636)
TTY: (888) 232-6348
24 Hours/Every Day

 cdcinfo@cdc.gov



NATIONAL Physical Activity Plan

The U.S. National Physical Activity Plan  is a comprehensive set of policies, programs, and initiatives that aim to increase physical activity in all segments of the American population. The Plan is the product of a private-public sector collaborative. Hundreds of organizations are working together to change our communities in ways that will enable every American to be sufficiently physically active.

Physical Activity Topics

**Physical Activity for Everyone**
There is no need to think of strenuous exercise or boring workouts. Instead, do the fun activities you enjoy and watch the health benefits follow!

**Growing Stronger - Strength Training for Older Adults**
Growing Stronger is an exercise program based upon sound scientific research involving strengthening exercises.

**Physical Activity for a Healthy Weight**
Regular physical activity is important for good health, and it's especially important if you're trying to lose weight or to maintain a healthy weight.

**BAM! Body and Mind **
Designed for kids 9-13 years old, BAM! Body and Mind gives them the information they need to make healthy lifestyle choices.

For Health Professionals

- Introduction
- Reports and Recommendations
- Data and Statistics
- Active Environments
- Policy and Legislation
- Programs, Interventions, and Campaigns
- Planning, Implementing and Evaluating Interventions
- Promoting Physical Activity
- Training and Professional Development
- Key Organizations

State Indicator Report on Physical Activity 2010

The State Indicator Report on Physical Activity 2010  (PDF-1.5MB) provides information on physical activity behavior and policy and environmental supports within each state.

The National Action Guide  (PDF-237K) summarizes PA levels among Americans and also provides potential action items to support state-level policy and environmental changes to increase PA.

State Indicator Report on Physical Activity, 2010 Data Tables with Confidence Intervals  (PDF-305K) provides state-specific information summarized for each state's physical activity levels and compared to the nation.

Other Healthy Lifestyle Topics

[Nutrition](#)
[Healthy Weight](#)
[Division of Nutrition, Physical Activity and Obesity](#)

State Physical Activity Directory

Provides information about current physical activity programs taking place in the state health departments. Use this site to research programs, gather ideas, and share information.





vitalsigns
Learn about the latest public health data.
[Read CDC Vital Signs !\[\]\(0a4917feb32f4712878577ece213da6b_img.jpg\)](#)

National Food Service Management Institute (NFSMI)

http://www.nfsmi.org



National Food Service Management Institute
Building the Future Through Child Nutrition

THE UNIVERSITY OF MISSISSIPPI

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- Resources**
- [Document Library](#)
- [Cooks for Kids](#)
- [Culinary Techniques](#)
- [Financial Management: A Course for School Nutrition Directors](#)
- [Food Buying Guide Calculator](#)
- [BLT Modules](#)
- [Tools and Tips for Trainers](#)
- [USDA Recipes](#)
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- [Newsletters](#)
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- [Biosecurity Checklist for School](#)
- [Foodservice Programs Interactive](#)
- [Website](#)
- [Standard Operating Procedures](#)
- [Interactive Website](#)
- [Request Technical Assistance](#)
- [Related Links](#)
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NFSMI Resource Center

The Resource Center of the National Food Service Management Institute provides access to the Institute's wide array of education and training material, research, newsletters, and other online resources.



Document Library

As part of our commitment to distributing resources at little or no cost, NFSMI provides all materials and resources for free download.

Find the resource you want using title or keyword search, browse Education and Training or Applied Research titles alphabetically, or use the Subject Index. Connect to a description of the item and links to download it, view it, or print it.

Log-in using your profile to add the document to your personal document library. Reference it when you need it without downloading or printing it. If the document is updated, you will always have the most current version at your fingertips.

All resources are available for **FREE** to download and print what you need, and make as many copies as you like. You may use the materials for educational purposes as long as they are not being printed for resale. We also ask that you retain the NFSMI and USDA identifiers on all NFSMI materials that you download and reproduce.

Printed Materials

All resources are available for free download.

Print materials can be made available on CD or bulk print in quantities of 25 or more by special order. These print on demand special orders take 4 to 6 weeks to fill and are priced on a cost recovery basis, including shipping and handling. Call 800-321-3054 for information.

Videos

Videos can be viewed online in streaming video or downloaded from the Web site to be played on your computer. Most video materials are available on DVD by special order.

Spanish Versions

Call NFSMI at 800-321-3054 for information.



CSDE Resources



CSDE Healthy School Environment Resources List

http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/hse_resource_list.pdf

Healthy School Environment Resources

The Connecticut State Department of Education's (CSDE) *Healthy School Environment Resources* contains online resources to assist schools with promoting healthy eating and physical activity. Resources and Web sites are listed by main category. Many Web sites contain information on multiple content areas.

The CSDE updates this list regularly. Additional content areas not included in this list (e.g., general nutrition information, food safety, special dietary needs, menu planning, nutrient analysis and the U.S. Department of Agriculture Child Nutrition Programs) are found in the CSDE's *Nutrition Resources* at <http://www.sde.ct.gov/sde/cwp/view.asp?m=2626&eq=320754#Resources>.

Quick Tips: Click on the blue highlighted titles below to go directly to each section. Use the blue highlighted "Return to Contents" at the end of each section to get back to the Table of Contents. Search for key words using the "Find" option in the PDF toolbar or go to "Edit" then "Find."

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Healthy School Environment Resources

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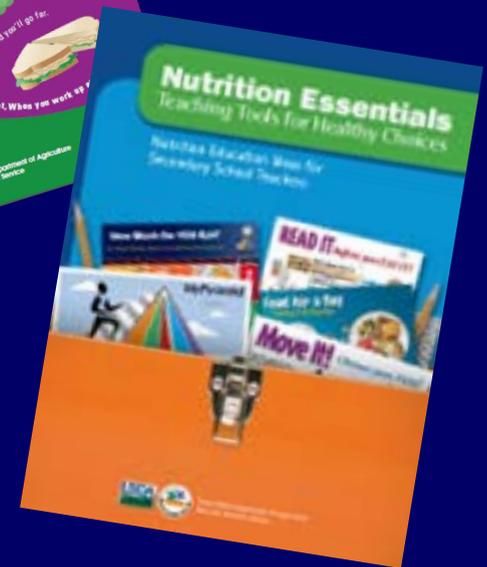
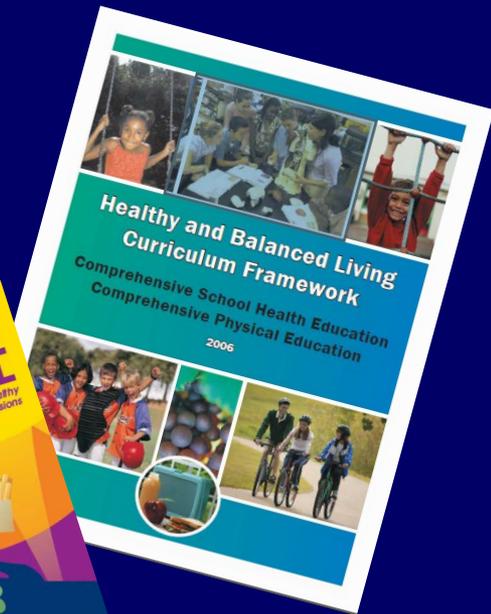
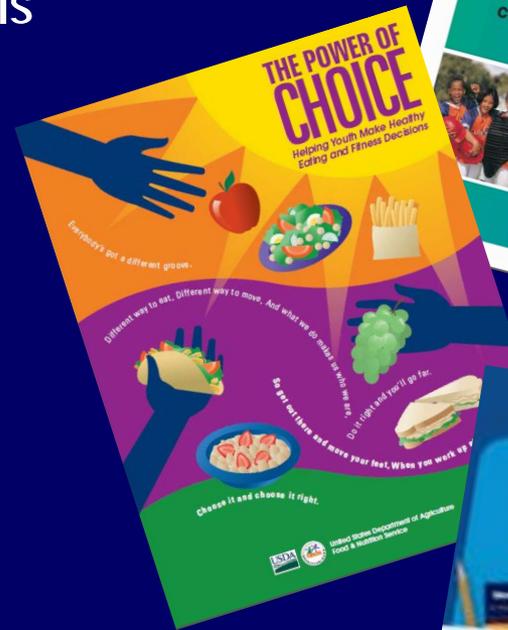
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For more information, visit the CSDE's Nutrition Education Web page at <http://www.sde.ct.gov/sde/cwp/view.asp?m=2626&eq=320754> or contact Susan S. Fowle, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457, 860-907-2075, susan.fowle@d.gov.

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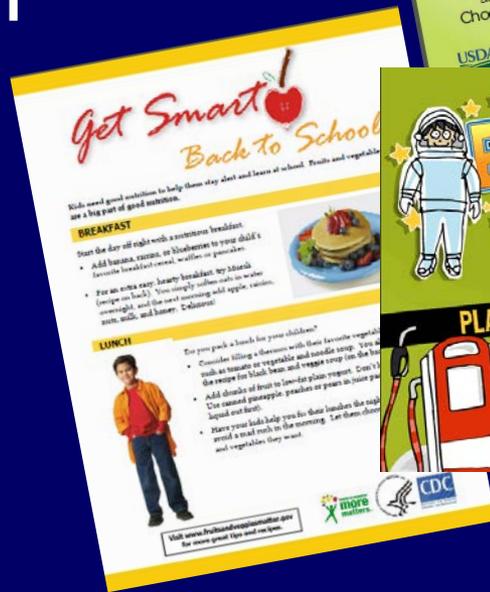
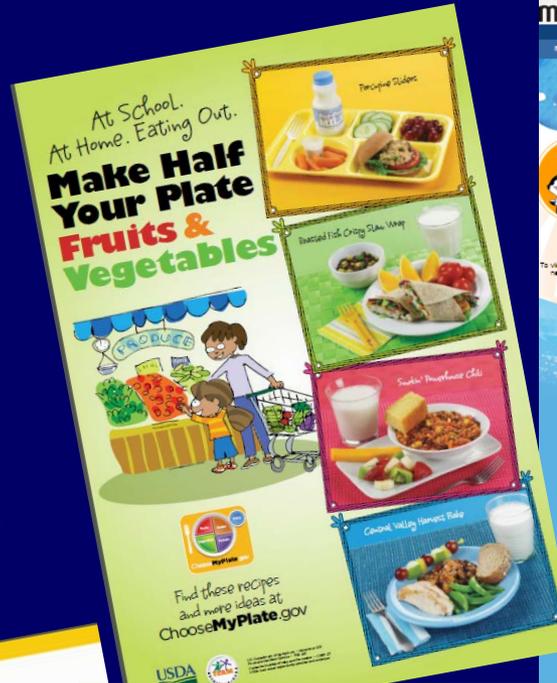
Nutrition Education

- Connecting with Existing Curricula
- Curriculum Development
- Evaluating Nutrition Education Materials
- Farm to School
- Games and Activities
- Health Literacy
- Healthy Eating Calculators
- Nutrition Education Resources
- Nutrition Lessons and Programs
 - Preschool
 - Elementary
 - Middle and High
 - Multiple Ages
- Nutrition Presentations
- Nutrition Promotions
- Training for Teachers and Staff Members



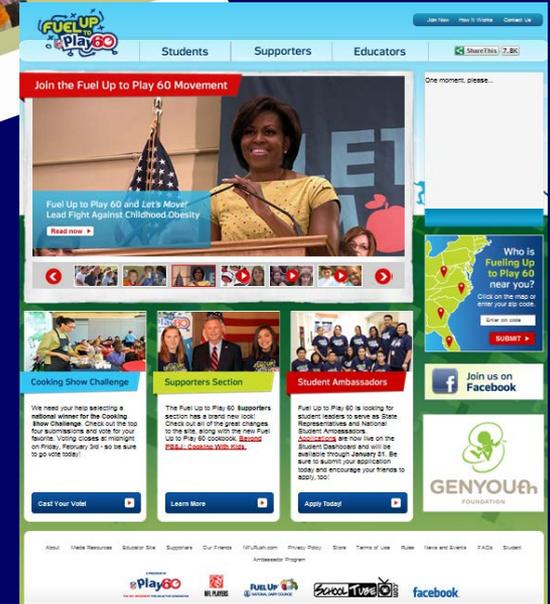
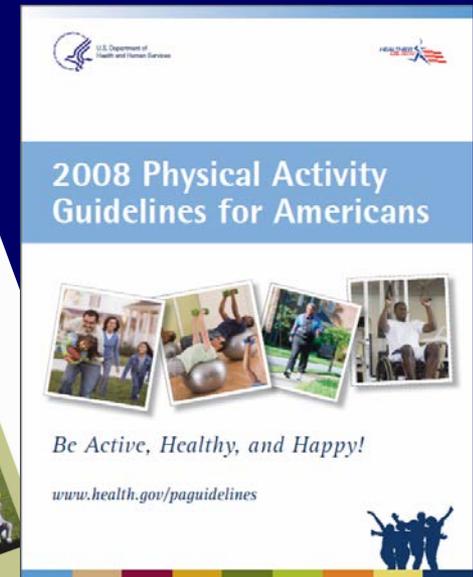
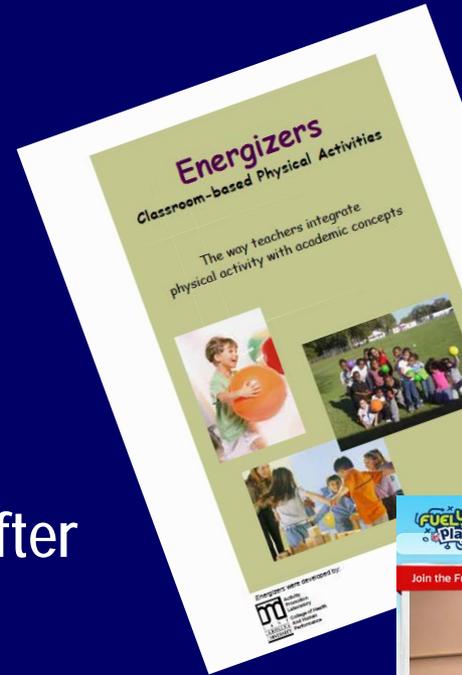
Promoting Nutrition and Physical Activity

- Handouts for Children, Parents and School Staff Members
- Interactive Websites for Children



Physical Activity and Physical Education

- Physical Activity and Physical Education
- Behavior Management
- Classroom-Based Physical Activity
- Data and Trends
- Evaluating Physical Education
- Guidelines and Standards
- Physical Activity Before and After School
- Promoting Physical Activity
- Recess
- Reducing Screen Time
- Safe Routes to School



CSDE Nutrition Resources List

http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/nutrition_resources.pdf

Nutrition Resources

The Connecticut State Department of Education's (CSDE) *Nutrition Resources* contains Web sites and online resources related to nutrition, food safety and the U.S. Department of Agriculture (USDA) Child Nutrition Programs. Resources and Web sites are listed by main category. Many Web sites contain information on multiple content areas.

The CSDE updates this list regularly. Additional content areas not included in this list (e.g., health and achievement, nutrition education, physical activity, childhood obesity and developing school policies to promote healthy lifestyles) are found in the CSDE's *Healthy School Environment Resource List* at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/hse_resource_list.pdf.

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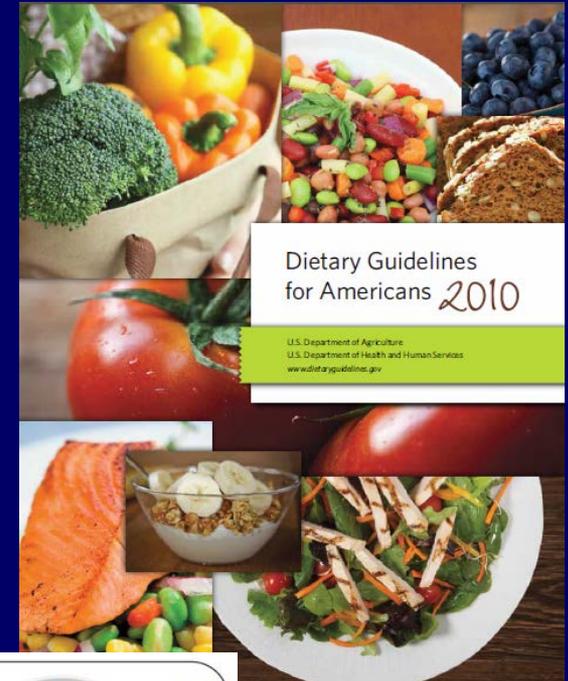
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Promoting Nutrition and Physical Activity

- Dietary Guidelines
- Food Labels
- Fruits and Vegetables
- Low-Fat Dairy
- Nutrition Myths and Fad Diets
- Resources for Nutrition Information
- Vegetarianism
- Whole Grains



CSDE Breakfast Handouts

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=333798>

Breakfast Key to Academic Excellence



**All children need breakfast every day
Bottom Line: It takes more than books for a child to learn**

Every student needs to eat breakfast because a hungry child cannot learn. Yet many children come to school without eating breakfast. Children may not eat breakfast because they do not have time or are not hungry when they wake up. With busy family schedules, many children are left to prepare breakfast on their own. Those who do eat may choose low-nutrient foods that do not sustain energy levels throughout the morning. Many core subjects are taught in the morning, so make sure breakfast fuels your child with the energy needed to perform better in school.

"Numerous studies, reviews and position papers... have found that increased participation in School Breakfast Programs is associated with better academic test scores, daily attendance and class participation, and it also has been linked to reductions in absenteeism and tardiness."

— David Satcher, M.D., Ph.D., 18th United States Surgeon General, Director, Satcher Health Leadership Institute at Morehouse School of Medicine, Testimony on Child Nutrition Reauthorization to the U.S. Senate Committee on Agriculture, Nutrition and Forestry, May 16, 2009

Benefits of Eating Breakfast

Children benefit because they:

- have a higher test score, work faster, make fewer errors and are more creative
- are less likely to be sent to the principal or visit the school nurse
- are better able to concentrate on learning
- are more cooperative and get along better with classmates
- are healthier and have improved attendance

Parents benefit because:

- mornings are easier
- children start the day ready to learn
- concerns about skipping breakfast are relieved

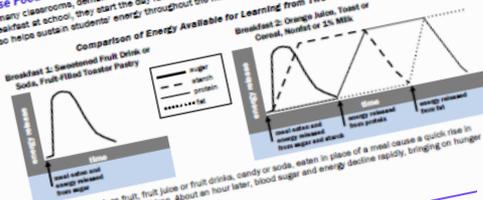
Teachers benefit because:

- behavior improves
- academic success improves
- attention increases

Wide Food Choices Enhance Learning

In many classrooms, demanding school subjects like math and science are taught in the morning. When children eat breakfast at school, they start the day fueled to learn so they can do their best on their hardest work. A good breakfast also helps sustain students' energy throughout the morning.

Comparison of Energy Available for Learning from Two Different Breakfasts



Breakfast 1: Sweetened Fruit Drink or Soda, Frosted Toast

Breakfast 2: Orange Juice, Toast or Cereal, Nuts or SN, Milk

Sugary foods, such as fruit, fruit juice or fruit drinks, candy or soda, eaten in place of a meal cause a quick rise in blood sugar and energy in children. About an hour later, blood sugar and energy decline rapidly, bringing on hunger symptoms.

Connecticut State Department of Education • September 2009

School Breakfast Key to Academic Excellence



**All children need breakfast every day
Bottom Line: It takes more than books for a child to learn**

Every student needs to eat breakfast because a hungry child cannot learn. Yet many children come to school without eating breakfast. Children may not eat breakfast because they do not have time or are not hungry when they wake up. With busy family schedules, many children are left to prepare breakfast on their own. Those who do eat may choose low-nutrient foods that do not sustain energy levels throughout the morning. For some children, food insecurity may be an issue. Others eat breakfast so early they are hungry again when they get to school. Whatever the reason, the School Breakfast Program can help. Many core subjects are taught in the morning, so make sure school breakfast fuels your child with the energy needed to perform better in school.

"Numerous studies, reviews and position papers... have found that increased participation in School Breakfast Programs is associated with better academic test scores, daily attendance and class participation, and it also has been linked to reductions in absenteeism and tardiness."

— David Satcher, M.D., Ph.D., 18th United States Surgeon General, Director, Satcher Health Leadership Institute at Morehouse School of Medicine, Testimony on Child Nutrition Reauthorization to the U.S. Senate Committee on Agriculture, Nutrition and Forestry, May 16, 2009

Benefits of School Breakfast

Children benefit because they:

- have higher test scores, work faster, make fewer errors
- are more creative
- are less likely to be sent to the principal or visit the school nurse
- are better able to concentrate on learning
- are more cooperative and get along better with classmates
- are healthier and have improved attendance

Parents benefit because:

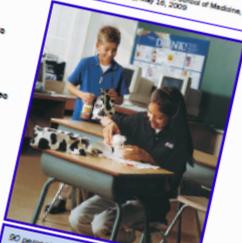
- mornings are easier
- children start the day ready to learn
- concerns about skipping breakfast are relieved

Teachers benefit because:

- behavior improves
- academic success improves
- attention increases

Principals/Superintendents benefit because:

- attendance increases
- test scores increase
- discipline problems decrease



School Breakfast: A Smart Choice for Busy Parents

In many classrooms, demanding school subjects like math and science are taught in the morning. When children eat breakfast at school, they start the day fueled to learn so they can do their best on their hardest work. School breakfasts are planned to meet one-fourth of children's daily nutrient needs, so they also help sustain students' energy throughout the morning.

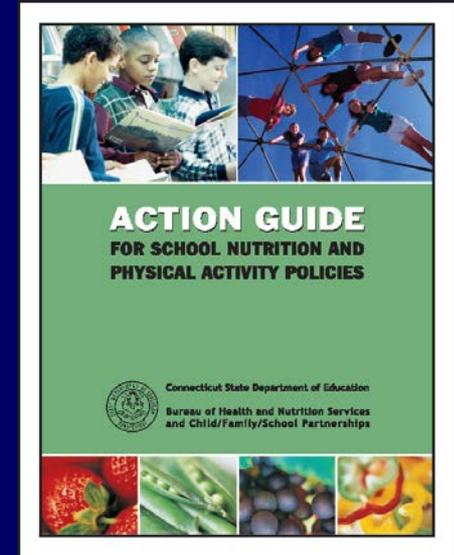
90 percent of Connecticut teachers surveyed indicate that the School Breakfast Program is a positive influence on the school day.
— Teachers' Perceptions of the School Breakfast Program, End Hunger! CT, 2009

Connecticut State Department of Education • September 2009

- Breakfast: Key to Excellence (B1 for schools without a SBP)
- Breakfast: Key to Excellence (B2 for schools with a SBP)

Action Guide for School Nutrition and Physical Activity Policies

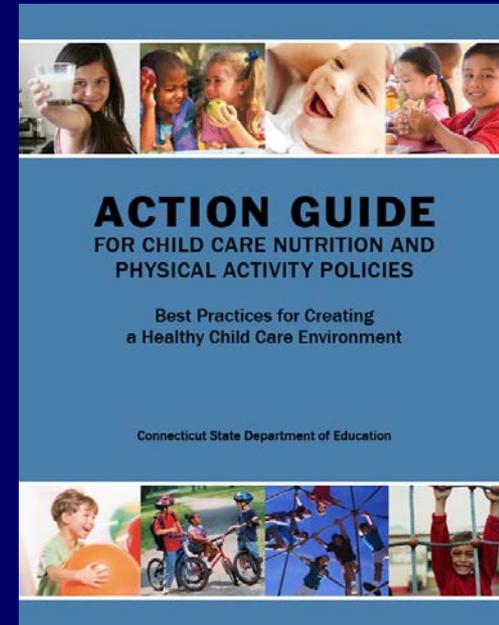
- Encourages healthy lifestyles in students by promoting the development and implementation of comprehensive nutrition and physical activity policies
- Addresses six policy components
 - Nutrition Education and Promotion
 - Physical Education and Physical Activity
 - Nutrition Standards
 - Other School-Based Activities to Promote Student Wellness
 - Communication and Promotion
 - Measurement and Evaluation



CSDE, 2006
(Revised 2009)

Action Guide for Child Care Nutrition and Physical Activity Policies

- Helps child care programs and communities encourage healthy lifestyles in children by developing and implementing comprehensive nutrition and physical activity policies
- Addresses policy recommendations, rationale, implementation strategies and resources for six policy components
 - Nutrition Standards
 - Eating Environment
 - Nutrition Education
 - Physical Activity
 - Communication and Promotion
 - Evaluation

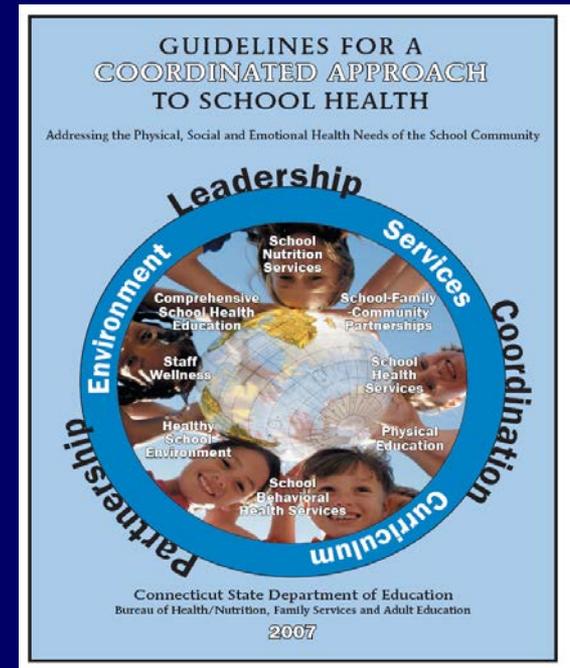


CSDE, June 2010

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322594>

Guidelines for a Coordinated Approach to School Health

- Ensuring leadership
- Organizing school health teams
- Conducting an assessment
- Creating an action plan
- Developing a communication plan
- Policies and recommendations for each of the eight coordinated school health components



CSDE, 2007

CSDE Healthy Connections Web page

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=333798>



Stefan Pryor
Commissioner

- Teachers & Administrators
- Parents & Community
- Students
- Adult Education
- School & District



e-News Clippings



Connecticut's Coordinated Approach to School Health



Coordinated School Health (CSH) is a system designed to improve health and academic achievement. CSH improves students' health and their capacity to learn through the support of families, communities and schools working together.

A coordinated approach to school health aligns health and education efforts and leads to improved physical, mental and developmental outcomes for students. Research has consistently concluded that student health and academic achievement are directly connected and, in fact, that student health is one of the most significant influences on learning and achievement.

About Coordinated School Health

- Coordinated School Health [Fact Sheet](#)
- [State Board of Education Position Statements](#)
- [Overview of Coordinated School Health](#)
- [School Health Teams, Conducting an Assessment and Developing Action Plans](#)
- [Health and Achievement](#)
- [Coordinated School Health Leadership Project](#)
- [Success Stories](#)

What's New!

Third Annual Meeting of Health and Physical Education Coordinators

Join health education and physical education coordinators from across the state to develop and share strategies that promote student health and wellness and its direct connection to academic achievement. [Download event flyer!](#)



Physically Active Classrooms Institute

Making the ConneCTion - Physical Activity and Academic Achievement

Research has shown that students who are more physically active are better learners. Learn how to make your classrooms more physically active! [Download event flyer!](#)

Quick Links

- [Data/Research/Studies](#)
- [e-Bulletins](#)
- [Professional Development /Events](#)
- [Publications/Resources](#)
- **Topic Areas**
 - [Adolescent and School Health](#)
 - [Alcohol and Drug Use](#)
 - [Asthma](#)
 - [Bullying and Harassment](#)
 - [Childhood Obesity](#)
 - [Health Disparities](#)
 - [Injury and Violence](#)
 - [Lesbian, Gay, Bisexual, Transgender and Questioning Youth Health](#)
 - [Nutrition and Physical Activity](#)
 - [School Connectedness](#)
 - [Sexual Risk Behaviors](#)
 - [Tobacco](#)

Eight Components

1. [Comprehensive School Health Education](#)
2. [Healthy School Environment](#)
3. [Physical Education](#)
4. [School Behavioral Health](#)
 - [Primary Mental Health](#)
 - [School Guidance/ Counseling](#)
 - [School Psychology](#)
 - [School Social Work](#)
5. [School Health Services](#)
6. [School Nutrition Services](#)
7. [School-Family-Community Partnerships](#)
8. [Staff Wellness-PDF](#)



CSDE School Nutrition Programs Web page

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320676>



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- [Teachers & Administrators](#)
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- [School & District](#)



School Nutrition Programs

- [Child Nutrition Programs](#)
- [Program Guidance](#)
- [Forms](#)
- [Resources](#)
- [Nutrition Education](#)



[Afterschool Snack Program](#)

[Fresh Fruit and Vegetable Program \(FFVP\)](#)

[National School Lunch Program \(NSLP\)](#)

[School Breakfast Program \(SBP\)](#)

[Seamless Summer Food Service Program \(SSFP\)](#)

[Special Milk Program \(SMP\)](#)

Online Agreements and Claiming

Procedures, User IDs, Passwords and Access [\[PDF\]](#)
Online Security Enhancements [\[PDF\]](#)

Operational Memos

Program Guidance

Requirements and guidance for the USDA school nutrition programs

Contact

County	Consultant	E-mail Address	Phone
Hartford, Windham and New Haven (Towns/Cities beginning with N-W)	Teri Dandaneau	teridandaneau@ct.gov	860-607-2079
Uitchfield, Middlesex and Tolland	Ronniula Brown	ronniula.brown@ct.gov	860-607-2129
Fairfield, New London and New Haven (Towns/Cities beginning with A-M)	Jackie Schipke	jackie.schipke@ct.gov	860-607-2122

Connecticut State Department of Education
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Fax: 860-607-2127

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CSDE Nutrition Education Web page

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=320754>



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Nutrition Education

[Connecticut Nutrition Standards](#)

[Healthy Food Certification](#)

[Child Nutrition Programs](#)

[School Nutrition Programs](#)

[Resources](#)



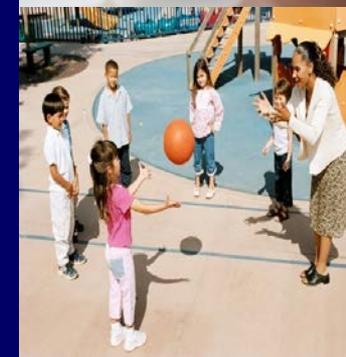
- [Action Guide for School Nutrition and Physical Activity Policies](#)
- [Child Care Nutrition and Physical Activity Policies](#)
- [Child Nutrition Programs](#)
- [Coordinated School Health](#)
- [Comprehensive School Health Education](#)
- [Connecticut Nutrition Standards](#)
- [Connecticut Team Nutrition Grant](#)
- [Guidelines for a Coordinated Approach to School Health \[PDF\]](#)
- [Health and Achievement](#)
- [Healthy and Balanced Living Curriculum Framework \[PDF\]](#)
- [Healthy Food Certification](#)
- [School Foods and Beverages \(Federal and State Requirements\)](#)
- [School Wellness Policies](#)
- [State Board of Education Position Statement on a Coordinated Approach to School Health \[PDF\]](#)
- [State Board of Education Position Statement on Nutrition and Physical Activity \[PDF\]](#)

Contact

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Nutrition Education Coordinator
Connecticut State Department of Education
Bureau of Health, Nutrition, Family Services and Adult Education
25 Industrial Park Road, Middletown, CT 06457
Fax: 860-807-2127

CSDE Team Nutrition Grant

- Develop a sustainable **Connecticut Child Nutrition Training Institute** to provide statewide training, technical assistance and resources for sponsors of the USDA Child Nutrition Programs
 - Build the state's capacity to provide **quality professional development** that readily responds to changing needs
 - Provide the support needed for Connecticut's child nutrition programs to serve **healthy and appealing meals**



<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=333840>

Connecticut Child Nutrition Training Institute

- Conduct statewide needs assessment of school nutrition programs
- Develop standing advisory council of state partners
- Develop menu of training programs for child nutrition programs
- Create professional training cadre
- Develop Web site
- Conduct training for school nutrition programs on the *Dietary Guidelines for Americans*



Connecticut Child Nutrition Cadre of Trainers

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=333840>

Connecticut Child Nutrition Cadre of Trainers

Overview

In collaboration with the Connecticut State Department of Education (CSDE), the State Education Resource Center (SERC) is developing a professional training cadre to conduct quality, interactive, best-practice-based professional development for the U.S. Department of Agriculture (USDA) Child Nutrition Programs. This team is being developed as part of the Connecticut Child Nutrition Training Institute through a USDA Team Nutrition grant to the CSDE for the period of September 30, 2011 through September 30, 2013. For more information on Connecticut's Team Nutrition grant, visit the CSDE's [Team Nutrition Web page](#).

During the grant period, the Institute will identify and train an initial cadre of six members to provide training for school nutrition programs on the *Dietary Guidelines for Americans*. This team will be expanded to 12 members by September 2013.

The *Dietary Guidelines* training will help school food service personnel plan and prepare school meals to increase the amount and variety of whole grains, fruits and vegetables (particularly dark green, red or orange vegetables and cooked dry beans or peas); reduce saturated fat, sodium and added sugars; and eliminate trans fats.

The cadre will be the cornerstone of the state's capacity to provide quality sustainable professional development that readily responds to changing needs and emerging trends. The cadre will build capacity and promote program improvement across the state by:

- increasing the number of qualified professional trainers available to Child Nutrition Programs to address priority training areas, such as food service management, nutrition education and a healthy school environment;
- strengthening connections between Child Nutrition Programs and other components of a coordinated approach to school health and school wellness policies; and
- facilitating networking among food service professionals for improved outcomes in Child Nutrition Programs.

Application Deadline: February 28, 2012

Criteria for Cadre Members

All cadre members will demonstrate extensive expertise in their field, such as food service management, Child Nutrition Programs and nutrition education. Additionally, cadre members will demonstrate the following skills and qualities:

- exceptional communication, presentation and facilitation skills, including those needed to engage different audiences;
- professional credibility and expert knowledge of subject;
- enthusiasm, self-direction, reliability and ability to see a project through to completion;
- ability to work as part of a team; and
- professional appearance, conduct and demeanor.

Responsibilities of Cadre Members

All cadre members will be required to attend, actively engage in and contribute to cadre activities. Through September 2013, these commitments include attending all required cadre orientation meetings and conducting four regional workshops. Selected cadre members will:

- attend a two-day orientation workshop in spring 2012 to orient cadre members to the Institute's goals and cadre criteria and to address best practice strategies for training, facilitation and working with adult learners;
- attend a three-hour training in fall 2012 on the content for the spring 2013 workshop series on implementing the *Dietary Guidelines for Americans* in school meals;
- conduct a three-hour practice session in spring 2013 for the *Dietary Guidelines* workshop;
- attend other meetings as needed from April 2012 through September 2013;
- co-teach four regional workshops during March to June 2013 to assist



school food service personnel with implementing the *Dietary Guidelines* in school meals; and

- adhere to the training guidelines provided by the CSDE and SERC.

The Institute will develop additional training programs to provide ongoing professional development for USDA Child Nutrition Programs beyond the Team Nutrition grant completion date of September 2013. Cadre members with successful evaluations will continue with the training cadre. Cadre members will retain active status by:

- participating in training for new and active members;
- conducting one or more quality, interactive, standards-based workshops each year;
- demonstrating the skills and qualities identified in the cadre criteria (see page 1);
- providing expertise and leadership to schools, communities and families;
- performing other related duties as defined by the CSDE and SERC;
- informing the CSDE and SERC of all activities and services in which the cadre is represented.



Compensation

Cadre members will receive a stipend for attending the required orientation training activities and teaching each workshop. For the *Dietary Guidelines* workshop series in spring 2013, the following rates apply:

- \$600 stipend for completing the required training activities (see *Responsibilities of Cadre Members* on page 1);

Connecticut Child Nutrition Cadre of Trainers, continued

- \$250 stipend for each workshop (four regional workshops per cadre member); and
- mileage reimbursement at the federal rate for travel to and from workshop locations.

All materials required for training activities will be provided to cadre members at no cost.

Application Process

The cadre application must be completed online on the [SERC Web site](#). Applicants must also submit their resume and the signed Statements of Commitment and Support (see page 3). The application deadline is February 28, 2012.

Questions

For additional information, please contact:

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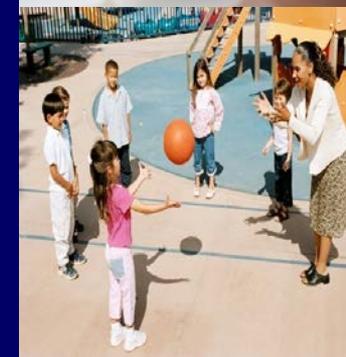
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Child Care Component

- Conduct training for CACFP child care centers and family day care homes on the *Dietary Guidelines for Americans*
- Develop a Connecticut Healthy Child Care Challenge that encourages child care settings to provide a healthy child care environment
 - addresses nutrition standards, nutrition education and physical activity
 - 10 CACFP center pilots



CSDE HealthierUS Challenge (HUSSC) Grant

- To create healthier school environments by increasing the number of Connecticut schools that apply for and meet the HUSSC criteria
- HUSSC recognizes schools that meet specific criteria for nutrition standards, nutrition education and physical activity

CSDE HUSSC Webinar

Tuesday, February 7, 1-3 p.m.

Register at

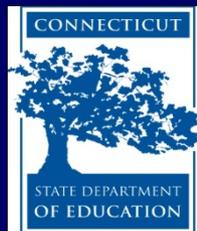
<https://www2.gotomeeting.com/register/679972026>

<http://www.fns.usda.gov/tn/healthierus/index.html>



Contact Information

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