

NUTRITION RESOURCES

Menu Planning and Food Production

This list contains online resources for menu planning and food production in the U.S. Department of Agriculture (USDA) Child Nutrition Programs. Resources are listed by main category. Many Web sites contain information on multiple content areas. For additional content areas related to food and nutrition, see the Connecticut State Department of Education’s (CSDE) other resource lists on the [Resources for School Nutrition Programs](#) Web page. The CSDE updates these lists regularly.

The inclusion of commercial Web sites or products is for informational purposes only and does not constitute approval or endorsement by the CSDE.

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 Contents. Search for key words using the “Find” option in the PDF toolbar or go to “Edit” then “Find.”

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For more information, visit the CSDE’s [Nutrition Education](#) Web page or contact Susan S. Fiore, 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, 860-807-2075, susan.fiore@ct.gov.

This document is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesmp.pdf.

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Creating and Promoting Healthy School Meals

Creating and Promoting Healthy School Meals

- 10 Tips: The School Day Just Got Healthier* (USDA): www.choosemyplate.gov/ten-tips-school-day-just-got-healthier
- Best Practices Sharing Center*. Healthy Meals Resource System. U.S. Department of Agriculture. Searchable database of resources and tools developed by states and schools to help serve healthy menus that meet school meal regulations. <http://healthymeals.nal.usda.gov/best-practices>
- Best Practices for Marketing the School Nutrition Program*. National Food Service Management Institute, 2013. A self-assessment checklist containing six research-based marketing categories that influence marketing practices. www.nfsmi.org/documentlibraryfiles/PDF/20131031040436.pdf
- Branding the School Nutrition Program: Building the Foodservice Personality*. National Food Service Management Institute, 2011. www.nfsmi.org/ResourceOverview.aspx?ID=403
- Building Healthy School Lunches Videos*. Iowa Department of Education, 2013. Videos targeted to various age groups (grades K-5, 6-8 9-12 and adults) to help to explain the changes to school meals. http://educateiowa.gov/index.php?option=com_content&view=article&id=2666%3Abuilding-healthy-school-lunches-videos&catid=59%3Anutrition-programs&Itemid=4678
- Communication Tools for School Nutrition Programs*. National Food Service Management Institute. Newsletter templates, press release templates and tips to help school nutrition programs communicate effectively with their school boards, administrators and the community about the needs and value of the programs. www.nfsmi.org/ResourceOverview.aspx?ID=249
- Communication Tools for Staff, Parents, and the Community*. Iowa Department of Education; 2012. Tools to help school nutrition programs communicate effectively with the school staff, parents and the community about the needs and value of the child nutrition program. Each tool can be edited and customized to meet specific school needs. <http://healthymeals.nal.usda.gov/state-resources/new-school-meal-pattern-communication-tools>
- Create Healthier Meals*. Alliance for a Healthier Generation. Tools to help plan and promote healthy school menus including recipes, purchasing information, educating staff and strategies for increasing participation. https://schools.healthiergeneration.org/wellness_categories/school_meals/
- Creating Positive and Pleasant Mealtimes for Schools and Early Childhood Programs*. Montana Team Nutrition, 2011. Separate resources for school professionals and child care providers that address a variety of mealtime scenarios and tips for positive meal time practices. Materials include a video, poster, handouts, PowerPoint presentation and recorded webinar.. <http://healthymeals.nal.usda.gov/state-resources/creating-positive-and-pleasant-mealtimes-schools-and-early-childhood-programs>
- Cornell Center for Behavioral Economics in Child Nutrition Programs*. Resources to help researchers, food service directors and policy makers design sustainable research-based lunchrooms that subtly guide smarter choices. <http://ben.dyson.cornell.edu/>
- Fact Sheet: Athletic Programs and Afterschool Meal Service*. U.S. Department of Agriculture, 2012. Provides information on providing afterschool meals and snacks to students participating in athletic programs. www.fns.usda.gov/cnd/care/Regs-Policy/policymemo/2013/Athletics.pdf
- Fact Sheet: Calories in School Meals*. U.S. Department of Agriculture, 2012. Provides information on the new calorie maximums for school meals and tips to improve acceptance of school meals. www.fns.usda.gov/cnd/Governance/Legislation/HHFKAfactsheet-calories.pdf
- Five Facts You Should Know about School Meals*. Kids' Safe and Healthful Foods Project, 2013. www.healthyschoolfoodsnow.org/five-facts-you-should-know-about-school-meals/
- Healthy Eating Posters for School Snack Bars*. Children's Nutrition Research Center. Thirty downloadable full size 11x17 posters that were created during a study involving more than 10,000 sixth, seventh and eighth graders. Marketing research strategies commonly used by food companies to sell snacks like soda and chips were used to make school snack bar offerings healthier and increase students' fruit and vegetables consumption. <https://www.bcm.edu/departments/pediatrics/sections-divisions-centers/childrens-nutrition-research-center/nutrition-resources/posters>
- Healthy Food Choices in Schools*. Extension. An online resource dedicated to providing easily applicable tools and information including eating behavior insights, interventions and practical steps for school communities and parents to encourage their kids to make healthy food choices in schools. www.extension.org/healthy_food_choices_in_schools

Creating and Promoting Healthy School Meals

Infographic: Healthier School Meals Matter. Robert Wood Johnson Foundation, 2014. An infographic that shows how much school meals have improved since USDA's standards went into effect. It also summarizes the latest, best evidence that shows: 1) when schools offer fruits and veggies, kids eat more of them and have a healthier diet; and 2) strong school nutrition standards can help reduce obesity.

International School Meals Day. www.internationalschoolmealsday.com/

Just the Facts! Serving School Meals that Meet the 2010 Dietary Guidelines for Americans and the School Meal Patterns for Healthier School Meals. U.S. Department of Agriculture, 2012. Fact sheets to help schools incorporate the Dietary Guidelines recommendations within the school meal pattern requirements and nutrition standards, including: Just the Facts (Introduction); Use Low-fat Milk, Cheese and Yogurt; Jazz Up Your Menu With Fruits; Vary Your Vegetables; Serve More Dry Beans and Peas; Serve More Whole Grains; Limit Saturated Fat; Trim Trans Fat, Be Salt Savvy – Cut Back on Sodium; and Meeting the Challenge of Rising Food Costs.
www.teamnutrition.usda.gov/Resources/dgfactsheet_hsm.html

Marketing Your School Nutrition Program. National Food Service Management Institute, 2012. Tips for creating a promotional brochure and suggestions to help you market school nutrition in your community.
www.nfsmi.org/ResourceOverview.aspx?ID=415

Menu Planning and Meal Pattern Toolkit. State of Washington Office of Superintendent of Public Instruction. Posters, meal pattern promotion talking points and other resources.
www.k12.wa.us/ChildNutrition/Programs/NSLBP/NewMealPatterns.aspx

Outreach Toolkit to Promote California School Meal Programs. California Department of Education, 2013. Resources to promote school nutrition programs, improve community perception and increase meal participation.
www.nufs.sjsu.edu/calpronet/outreachtoolkit/index.htm

School Meals Get Healthier: Students and Experts React (Video). Kids' Safe and Healthful Foods Project, 2013. Students' responses to the USDA's new requirements for school meals, as well as experts' descriptions of what the changes mean for kids and their health. www.healthyschoolfoodsnow.org/?p=3287&preview=true

SMART School Meals Marketing Materials. Idaho State Department of Education, Child Nutrition Programs; 2012. Posters and brochure that outline the changes and benefits of the new meal pattern requirements and encourage students to eat more fruits and vegetables. <http://healthymeals.nal.usda.gov/state-resources/smart-school-meals-marketing-materials>

Smarter Lunchrooms. Cornell Center for Behavioral Economics in Child Nutrition Programs. A smarter lunchroom is one that nudges kids towards nutritious foods. This Web site provides strategies and resources to help schools creating sustainable research-based lunchrooms that guide smarter choices. <http://smarterlunchrooms.org/>

Smarter Lunchrooms. Healthy Meals Resource System, U.S. Department of Agriculture. Links to resources to promote healthy eating behaviors with simple changes to the school lunchroom environment.
<http://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>

Support Healthier School Lunches. Center for Science in the Public Interest. Fact sheets and resources to support healthier school lunches, such as tips for parents, educators, business officials and school food service, getting kids to eat healthier meals and making healthy lunches for less. <http://cspinet.org/nutritionpolicy/back2school.html>

The School Day Just Got Healthier. U.S. Department of Agriculture. Resources on the changes to school meals including brochures, fact sheets, FAQs, fliers, school lessons, templates and more.
www.fns.usda.gov/cnd/healthierschoolday/default.htm

The School Day Just Got Healthier. U.S. Department of Agriculture, DG TipSheet No. 21, August 2012.
www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet21SchoolDayJustGotHealthier.pdf

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Food Production

- Cooking for the New Generation: Storing, Cooking and Holding the New Generation Foods*, second edition. National Food Service Management Institute, 2008. Presents current best practices, procedures for receiving and storing processed products and safety measures such as temperature controls and use of monitoring logs, calibrating thermometers, use of correct equipment to prepare food according to manufacturer's instructions and resources for proper food handling using SOPs and HACCP-based principles. <http://nfsmi.org/documentlibraryfiles/pdf/20100422093304.pdf>
- Fat Saver Guide*. Food and Health Communications, 2009. How to substitution ingredients to lower fat content of recipes. www.foodandhealth.com/fatsavers.pdf
- Food Buying Guide for Child Nutrition Programs*. U.S. Department of Agriculture. Resource to determine the amount of food to purchase and the contribution each food makes toward the meal pattern requirements. Includes information on recipe analysis, child nutrition (CN) labeling and food purchasing. Also includes a resource section of useful Web pages and information on food service, food preparation, food safety and menu planning publications. www.fns.usda.gov/tn/Resources/foodbuyingguide.html
- Food Buying Guide Calculator for Child Nutrition Programs*. National Food Service Management Institute and U.S. Department of Agriculture, 2011. An online calculator for use with the USDA Food Buying Guide (FBG) for Child Nutrition Programs. It allows child nutrition professionals to build shopping lists of foods from the FBG and determine how much of each item to purchase to provide enough servings for the children in their program. <http://fbg.nfsmi.org/>
- Healthy Cuisine for Kids Trainers Manual*. National Food Service Management Institute, Revised 2005. Lessons and culinary demonstrations to help child nutrition professionals develop culinary skills needed to prepare and serve healthy and appealing meals. www.nfsmi.org/documentLibraryFiles/PDF%5C20080228094524.pdf
- On the Road to Professional Food Preparation*. National Food Service Management Institute. 2007. Focuses on basic skills needed to produce high quality foods for child nutrition programs. Lessons include The Recipe, Weights and Measures, Portion Control and Recipe Adjustment. <http://nfsmi.org/ResourceOverview.aspx?ID=99>

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Fruits and Vegetables

Fruits and Vegetables

- Add More Vegetables to Your Day: 10 Tips to Help You Eat More Vegetables.* U.S. Department of Agriculture, DG TipSheet No. 2, June 2011. www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet2AddMoreVegetables.pdf
- Best Practices Guide for Handling Fresh Produce.* U.S. Department of Agriculture, 2010. Provides suggestions for purchasing and receiving, washing and preparation, serving and storage. www.fns.usda.gov/fns/safety/pdf/best_practices.pdf
- Build a Healthy Plate with Fruits. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program.* U.S. Department of Agriculture, December 2012. www.teamnutrition.usda.gov/Resources/nutritionandwellness/fruits.pdf
- Build a Healthy Plate with Vegetables. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program.* U.S. Department of Agriculture, December 2012. www.teamnutrition.usda.gov/Resources/nutritionandwellness/vegetables.pdf
- Connecticut Ag in the Classroom.* <http://ctae.org/ag-in-the-classroom/>
- Crediting Fruits and Vegetables in the National School Lunch Program (Video).* Maine Department of Education, December 2012. www.youtube.com/watch?v=IK9fD9nNn7s
- Crediting Vegetables in Recipes (Video).* Maine Department of Education, January 2013. www.youtube.com/watch?v=HegOY600fbk
- Dole Superkids.* Lesson plans, games and activities about fruits and vegetables from the Dole Company. www.dole.com/superkids
- Enjoy More Fruits and Vegetables. School Age Children and Youth: Trends, Effects, Solutions.* North Carolina School Nutrition Action Committee (SNAC), a partnership of the N.C. Department of Public Instruction, the N.C. Division of Public Health and the N.C. Cooperative Extension Service, August 2008. www.ces.ncsu.edu/depts/fcs/pdfs/EnjoyMoreFandV_School_Age.pdf
- Focus on Fruits: 10 Tips to Help You Eat More Fruits.* U.S. Department of Agriculture, DG TipSheet No. 3, June 2011. www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet3FocusOnFruits.pdf
- Fruit and Vegetable Factsheets.* University of Nebraska–Lincoln. <http://lancaster.unl.edu/nep/fruitveggie.shtml>
- Fruits and Vegetables.* Centers for Disease Control and Prevention. General nutrition and food safety information for fruits and vegetables. www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html
- Fruits (Choose MyPlate).* U.S. Department of Agriculture. Information on the fruits group of Choose MyPlate. www.choosemyplate.gov/food-groups/fruits.html
- Fruits and Vegetables Menu Planning.* Healthy Meals Resource System, U.S. Department of Agriculture. Recipes, fact sheets and resources to help food service staff incorporate more fruits and vegetables into school menus. <http://healthymeals.nal.usda.gov/menu-planning/fruits-and-vegetables>
- Fruits and Vegetables.* Healthy Meals Resource System, U.S. Department of Agriculture. Recipes, fact sheets and other resources to help serve more fruits and vegetables. <http://healthymeals.nal.usda.gov/menu-planning/fruits-and-vegetables>
- Fruits & Vegetables Galore.* U.S. Department of Agriculture, 2004. A tool for school food-service professionals packed with tips on planning, purchasing, protecting, preparing, presenting and promoting fruits and vegetables. Includes ideas for dressing up the serving line to draw attention to fruits and vegetables to encourage children to make these selections and coordinating nutrition education with teachers. www.fns.usda.gov/tn/Resources/fv_galore.html
- Fruits & Veggies, More Matters.* U.S. Department of Agriculture. Links to resources on promoting fruits and vegetables. <http://fnic.nal.usda.gov/dietary-guidance/fruits-veggies-more-matters-resources/fruits-veggies-more-matters>
- Just the Facts: Jazz Up Your Menu With Fruits for Healthier School Meals.* U.S. Department of Agriculture, August 2012. http://teamnutrition.usda.gov/Resources/jtf_fruit.pdf
- Just the Facts: Vary Your Vegetables for Healthier School Meals.* U.S. Department of Agriculture, August 2012. http://teamnutrition.usda.gov/Resources/jtf_vegetables.pdf

Fruits and Vegetables

- Kid-Friendly Veggies and Fruits: 10 Tips for Making Healthy Foods More Fun for Children.* U.S. Department of Agriculture, DG TipSheet No. 11, June 2011. www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet11KidFriendlyVeggiesAndFruits.pdf
- Leafy Greens Safe Handling Posters.* Iowa State University, 2014. Proper care and handling of fresh leafy greens in foodservice. Available in English, Spanish and Mandarin Chinese. <http://store.extension.iastate.edu/product/hs7>
- Liven Up Your Meals with Vegetables and Fruits: 10 Tips to Improve Your Meals with Vegetables and Fruits.* U.S. Department of Agriculture, DG TipSheet No. 10, June 2011. www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet10LivenUpYourMeals.pdf
- Menu Planning with Fruits and Vegetables.* Healthy Meals Resource System, U.S. Department of Agriculture. Recipes, fact sheets and other resources to help serve more fruits and vegetables. <http://healthymeals.nal.usda.gov/menu-planning/fruits-and-vegetables>
- MyPlate for Kids: Make Half Your Plate Fruits and Vegetables Poster.* U.S. Department of Agriculture, November 2011. http://teamn nutrition.usda.gov/Resources/myplate_halfplateposter.html
- Preparation and Serving.* Healthy Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/menu-planning/fruits-and-vegetables/preparation-and-serving>
- Produce for Better Health Foundation.* www.pbhfoundation.org/
- Promoting and Supporting School Salad Bars: An Action Guide for State Health Practitioners.* Centers for Disease Control and Prevention, 2015. www.cdc.gov/nccdphp/dnpao/state-local-programs/pdf/promoting_supporting_school_saladbars.pdf
- Promoting Fruits and Vegetables in Schools: Wellness Policy Opportunities.* Produce for Better Health Foundation, December 2005. This document was developed to help school district personnel increase opportunities for students to eat more fruits and vegetables, as part of the Child Nutrition Reauthorization Wellness Policy requirement. It includes policies and strategies to help promote fruits and vegetables throughout the school day and campus. www.fns.usda.gov/cnd/FFVP/wellnesspolicies.pdf.pdf
- State Indicator Report on Fruits and Vegetables 2009.* Centers for Disease Control and Prevention, 2009. Provides information on fruit and vegetable consumption and policy and environmental support within each state. www.fruitsandveggiesmatter.gov/health_professionals/statereport.html
- There's a Rainbow on My Plate.* Produce for Better Health Foundation. 5 A Day Nutrition Education Program for kindergarten through Grade 6. www.pbhfoundation.org/about/history/past/rainbow
- Vegetables (Choose MyPlate).* U.S. Department of Agriculture. Information on the vegetables group of Choose MyPlate. www.choosemyplate.gov/food-groups/vegetables.html
- What's in Season.* Healthy Meals Resource System, U.S. Department of Agriculture. Resource on the fruits and vegetables that are fresh and in abundance each season. <http://healthymeals.nal.usda.gov/features-month/whats-season>
- 5 A Day and School-Age Children: Trends, Effects, Solutions.* North Carolina School Action Committee, 2003. Kit provides a planned approach to address the issue of fruit and vegetable consumption in schools, with strategies and resources to help improve the school nutrition environment. Includes position paper, PowerPoint presentation and supporting resources. www.fns.usda.gov/tn/Healthy/NC_5day.html

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Fruits and Vegetables

Legumes (Beans and Peas)

Beans Menu Planning. Healthy Meals Resource System, U.S. Department of Agriculture. Recipes, fact sheets and resources to help incorporate more beans into menus. <http://healthymeals.nal.usda.gov/menu-planning/beans>

Build a Healthy Plate with Beans. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program. U.S. Department of Agriculture, November 2012.
www.teamnutrition.usda.gov/Resources/nutritionandwellness/drybeans.pdf

California Dry Bean Advisory Board. Includes information on bean basics, cooking and recipes. <http://calbeans.org/>

Cooking with Dry Beans. University of Nebraska-Lincoln Extension. <http://food.unl.edu/web/fnh/cooking-with-dry-beans>

Cooks for Kids: Succulent Side Dishes. Institute of Child Nutrition.
www.nfsmi.org/documentlibraryfiles/PDF/20090625111321.pdf

Culinary Techniques for Healthy School Meals: Preparing Dry Beans and Peas. Institute of Child Nutrition.
www.theicn.org/ResourceOverview.aspx?ID=292

Idaho Bean Commission. Nutrition information and recipes. <http://bean.idaho.gov/>

Just the Facts: Serve More Dry Beans and Peas for Healthier School Meals. U.S. Department of Agriculture, August 2012.
http://teamnutrition.usda.gov/Resources/jtf_beans.pdf

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Limiting Added Sugars

Limiting Added Sugars

Build a Healthy Plate with Less Added Sugars. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program. U.S. Department of Agriculture, December 2012.

www.teamnutrition.usda.gov/Resources/nutritionandwellness/sugars.pdf

Cut Back on Your Kid's Sweet Treats: 10 Tips to Decrease Added Sugars. U.S. Department of Agriculture, DG TipSheet No. 13, June 2011. www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet13CutBackOnSweetTreats.pdf

Sugars 101. American Heart Association. www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Sugars-101_UCM_306024_Article.jsp

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Limiting Fat

Limiting Fat

Fats and Oils: Build a Healthy Plate with Options Low in Solid Fats. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program. U.S. Department of Agriculture, December 2012.

www.teamnutrition.usda.gov/Resources/nutritionandwellness/fats.pdf

Just the Facts: Limit Saturated Fat for Healthier School Meals. U.S. Department of Agriculture, August 2012.

http://teamnutrition.usda.gov/resources/jtf_satfat.pdf

Just the Facts: Trim Trans Fat for Healthier School Meals. U.S. Department of Agriculture, August 2012.

http://teamnutrition.usda.gov/resources/jtf_transfats.pdf

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Limiting Sodium

Limiting Sodium

Build a Healthy Plate with Less Salt and Sodium. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program. U.S. Department of Agriculture, December 2012.

www.teamnutrition.usda.gov/Resources/nutritionandwellness/sodium.pdf

Just the Facts: Be Salt Savvy – Cut Back on Sodium for Healthier School Meals. U.S. Department of Agriculture, August 2012.

http://teamnutrition.usda.gov/resources/jtf_sodium.pdf

Reducing Sodium Intake. National Food Service Management Institute, 2011.

www.nfsmi.org/documentlibraryfiles/PDF/20120102035310.pdf

Salt and Sodium: 10 Tips to Help You Cut Back. U.S. Department of Agriculture, DG TipSheet No. 14, June 2011.

www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet14SaltAndSodium.pdf

Sodium Reduction. Healthy Meals Resource System, U.S. Department of Agriculture. Links to resources that provide tips to help plan menus with lower sodium. <http://healthymeals.nal.usda.gov/menu-planning/sodium-reduction>

Under Pressure: Sodium Reduction in the School Environment. Centers for Disease Control and Prevention, 2011. Practical strategies for improving the school food environment through sodium reduction.

www.cdc.gov/salt/pdfs/sodium_reduction_in_schools.pdf

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Low-cost Healthy Eating

Eat Well for Less. Oregon State University. Learning modules that provide ideas about how to plan healthful meals, prepare tasty, low-cost foods that are quick and easy and make food dollars last through the month (English and Spanish). <http://extension.oregonstate.edu/fcd/nutrition/ewfl/index.php>

Eating Better on a Budget: 10 Tips to Help You Stretch Your Food Dollars. U.S. Department of Agriculture, DG TipSheet No. 16, June 2011. www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet16EatingBetterOnABudget.pdf

Expanded Food and Nutrition Education Program. University of Connecticut. An educational outreach program targeted to low-income families that provides nutrition information and resources. www.cag.uconn.edu/nutsci/nutsci/outrch/EFNEP.html

Just the Facts: Meeting the Challenge of Rising Food Costs for Healthier School Meals. U.S. Department of Agriculture, August 2012. http://teamnnutrition.usda.gov/resources/jtf_costs.pdf

Recipes and Tips for Healthy, Thrifty Meals. U.S. Department of Agriculture, May 2000. www.cnpp.usda.gov/Publications/FoodPlans/MiscPubs/FoodPlansRecipeBook.pdf

Smart Shopping for Veggies and Fruits: 10 Tips for affordable vegetables and fruits. U.S. Department of Agriculture, DG TipSheet No. 9, June 2011. www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet5GotYourDairyToday.pdf

SNAP-Ed Connection. U.S. Department of Agriculture. Resources for the Supplemental Nutrition Assistance Program (SNAP) <http://snap.nal.usda.gov/>

Spend Smart Eat Smart. Iowa State University. www.extension.iastate.edu/foodsavings/fooddollar/

Supplemental Nutrition Assistance Program (SNAP) Education. University of Connecticut. Information and resources on the Food Stamp Program in Connecticut. www.canr.uconn.edu/ahs/snaped/

USDA Food Plans: Cost of Food. U.S. Department of Agriculture. The Thrifty, Low-Cost, Moderate-Cost and Liberal Food Plans each represent a nutritious diet at a different cost. www.cnpp.usda.gov/USDAFoodPlansCostoffFood.htm

30 Ways in 30 Days to Stretch Your Fruit & Vegetable Budget. Centers for Disease Control and Prevention. www.fruitsandveggiesmatter.gov/downloads/Stretch_FV_Budget.pdf

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Low-fat Dairy

Build a Healthy Plate with Milk. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program. U.S. Department of Agriculture, December 2012.
www.teamnutrition.usda.gov/Resources/nutritionandwellness/milk.pdf

Dairy (Choose MyPlate). U.S. Department of Agriculture. Information on the dairy group of Choose MyPlate.
www.choosemyplate.gov/food-groups/dairy.html

Dairy and School Wellness. National Dairy Council.
www.nationaldairycouncil.org/SiteCollectionDocuments/child_nutrition/nutrition_in_schools/DairyandSchoolWellnessblackwhite061206.pdf

Got Your Dairy Today? 10 Tips to Help You Eat and Drink More Fat-Free or Low-Fat Dairy Foods. U.S. Department of Agriculture, DG TipSheet No. 5, June 2011. www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet5GotYourDairyToday.pdf

Effects of Switching from Whole to Low-Fat/Fat-Free Milk in Public Schools, New York City, 2004-2009. Morbidity and Mortality Weekly Report, January 29, 2010 / 59(03);70-73.
www.cdc.gov/mmwr/preview/mmwrhtml/mm5903a2.htm?s_cid=mm5903a2_e%0d%0a

Make Celebrations Fun, Healthy & Active: 10 Tips to Creating Healthy, Active Events. U.S. Department of Agriculture, DG TipSheet No. 20, May 2012. www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet20MakeCelebrations.pdf

Just the Facts: Use Low-fat Milk, Cheese and Yogurt for Healthier School Meals. U.S. Department of Agriculture, August 2012.
http://teamnutrition.usda.gov/Resources/jtf_milk.pdf

Mooove to Low-fat Dairy. Florida Department of Health www.floridahealth.gov/programs-and-services/wic/nutrition-materials/mooove-to-lowfat-dairy/index.html

Mooove to low-fat or fat-free milk. Florida Interagency Food and Nutrition Committee..
www.uic.edu/orgs/cphp/resources/calcium,%20dairy%20and%20lactose/Handout%20Mooove8.2.05.pdf

1% or Less School Kit. Center for Science in the Public Interest. www.cspinet.org/nutrition/schoolkit.html

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Meat and Meat Alternates

Meat and Meat Alternates

Crediting Meat and Meat Alternates in the National School Lunch Program (Video). Maine Department of Education, December 2012. www.youtube.com/watch?v=WES8HiegOnk

Crediting Meat in Recipes (Video). Maine Department of Education, January 2013.
www.youtube.com/watch?v=e52So70wtdM

With Protein Foods, Variety Is Key. 10 Tips for Choosing Protein. U.S. Department of Agriculture, DG TipSheet No. 6, June 2011. www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet5GotYourDairyToday.pdf

Meat and Meat Alternates: Build a Healthy Plate with Protein. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program. U.S. Department of Agriculture, December 2012.
www.teamnutrition.usda.gov/Resources/nutritionandwellness/protein.pdf

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Menu Planning

Menu Planning

- Building Blocks for Fun and Healthy Meals: A Menu Planner for the Child and Adult Care Food Program.* U.S. Department of Agriculture, 2000. Contains information on the CACFP meal requirements, advice on how to serve high quality meals and snacks, menu planning, nutrition education ideas and tips, the Dietary Guidelines for Americans, the USDA Food Guide Pyramid, food safety facts, sample menus and more. *Note: Choose MyPlate replaces the Food Guide Pyramid.* www.fns.usda.gov/tn/Resources/buildingblocks.html
- Chefs Move to Schools.* U.S. Department of Agriculture. Resources and tools for chefs and schools to use in improving the way children interact with food, from the cafeteria to the classroom. www.chefsmovetoschools.org/
- Crediting Foods Video Series.* Maine Department of Education, December 2012. Short videos (10 minutes or less) on how to foods in the U.S. Department of Agriculture Child Nutrition Programs. The videos include How to Use the Food Buying Guide; Crediting Vegetables in Recipes Crediting Meat in Recipes; Crediting Grains in Recipes; How to Use the Food Buying Guide Calculator; Crediting Meat and Meat Alternates in the National School Lunch Program; Crediting Grains in the National School Lunch Program; Crediting Fruits and Vegetables in the National School Lunch Program; Resources for Crediting in the National School Lunch Program; How to Use the Food Buying Guide; How to Use the Food Buying Guide Calculator; and Resources for Crediting in the National School Lunch Program. www.youtube.com/user/mainechildnutrition
- Food Buying Guide for Child Nutrition Programs.* U.S. Department of Agriculture. Resource to determine the amount of food to purchase and the contribution each food makes toward the meal pattern requirements. Includes information on recipe analysis, child nutrition (CN) labeling and food purchasing. Also includes a resource section of useful Web pages and information on food service, food preparation, food safety and menu planning publications. www.fns.usda.gov/tn/Resources/foodbuyingguide.html
- Food Buying Guide Calculator for Child Nutrition Programs.* National Food Service Management Institute and U.S. Department of Agriculture, 2011. An online calculator for use with the USDA Food Buying Guide (FBG) for Child Nutrition Programs. It allows child nutrition professionals to build shopping lists of foods from the FBG and determine how much of each item to purchase to provide enough servings for the children in their program. <http://fbg.nfsmi.org/>
- How to Use the Food Buying Guide.* Maine Department of Education, January 2013. www.youtube.com/watch?v=wOCw2bH3XjU
- How to Use the Food Buying Guide Calculator.* Maine Department of Education, December 2012. www.youtube.com/watch?v=3PCNHgAraJ0
- Meal Patterns for School Nutrition Programs.* Connecticut State Department of Education. www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333770
- Menu Planning.* Connecticut State Department of Education. Resources to assist school nutrition programs with planning and promoting healthy school meals. www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333780
- Menu Planning.* Healthy Meals Resource System, U.S. Department of Agriculture. Links to resources to assist with menu planning in the USDA Child Nutrition Programs. <http://healthymeals.nal.usda.gov/menu-planning-0>
- Menu Planning Tools for All Child Nutrition Professionals.* Healthy Meals Resource System, U.S. Department of Agriculture.. <http://healthymeals.nal.usda.gov/menu-planning/menu-planning-tools/menu-planning-tools-all-child-nutrition-professionals>
- Menu Planning Tools for Child Care Providers.* Healthy Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/menu-planning/menu-planning-tools/menu-planning-tools-child-care-providers>
- Menu Planning Tools for School Food Service.* Healthy Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/menu-planning/menu-planning-tools/menu-planning-tools-school-food-service>
- Menu Planning under the National School Lunch Program (NSLP).* U.S. Department of Agriculture. Web site with links to resources containing information on planning nutritious meals in the NSLP. www.fns.usda.gov/cnd/menu/menu.planning.nslp.htm
- Menus Marketing Tools.* National Dairy Council. Create custom school menu calendars. www.nutritionexplorations.org/sfs/cafeteria_menu.asp
- Planning Healthy Menus: A Companion Booklet to the Florida Child Care Food Program Cookbook.* Florida Department of Health Bureau of Child Nutrition Programs, 2007. www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/_documents/planning-healthy-menus.pdf

Menu Planning

Resources for Crediting in the National School Lunch Program. Maine Department of Education, December 2012. www.youtube.com/watch?v=iHqbXusz9Uk

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Nutrient Analysis

Nutrient Analysis

Fast Food Explorer. Online searchable database of fast food nutrition facts. www.fatcalories.com/

Fiber Content of Foods. Continuum Health Partners, Inc.
www.wehealny.org/healthinfo/dietaryfiber/fibercontentchart.html

Food Composition. Food and Nutrition Information Center, U.S. Department of Agriculture.
<http://fnic.nal.usda.gov/food-composition>

Nutrition Analysis Tool. University of Illinois. Online program calculates nutrient analysis of your daily meals, compares your intake with the Recommended Dietary Allowances and provides lists of foods rich in nutrients that are lacking.
www.nat.uiuc.edu/

NutritionData Nutrition Facts Calorie Counter. Generates nutrition facts labels and provides simplified nutritional analyses for all foods and recipes. www.nutritiondata.com/

Online Conversion. Common weight and mass conversions. www.onlineconversion.com/weight_common.htm

Profile Showcase. Contains nutrition information for foodservice products. www.profilesshowcase.com/WEB-AFSPProfile/Share/firmHomePage.aspx

Recipe Analyzer. Dietitians of Canada. www.eattracker.ca/recipe_analyzer.aspx

Recipe Calculator. <http://recipes.sparkpeople.com/recipe-calculator.asp>

The Calorie Counter. Provides nutrition information for foods and beverages in a Nutrition Facts label format.
www.thecaloriecounter.com/

USDA-Approved Nutrient Analysis Software. Healthy Meals Resource System, U.S. Department of Agriculture. Software programs allowed for Nutrient Standard Menu Planning (NSMP), other School Meal Initiative (SMI) requirements and the nutrient analysis portion of the six cents certification under Option 1.
<http://healthymeals.nal.usda.gov/menu-planning/software-approved-usda-administrative-reviews/list-approved-software-nsmptsmi>

USDA National Nutrient Data Library. Search USDA's database of nutrient content for thousands of foods.
www.nal.usda.gov/fnic/foodcomp/search/

What's in the Foods You Eat. Agricultural Research Service of USDA. A searchable database where users can view a 60-nutrient profile for each of more than 13,000 foods. www.ars.usda.gov/Services/docs.htm?docid=7783

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Recipes

Recipes

Chef Tuesdays. Idaho Department of Education. A series of chef-designed recipes for school lunch programs. Each recipe includes a marketing flier to help schools market the new recipes to students.
www.sde.idaho.gov/site/cnp/chef/chefTuesdays.htm

Child Care Recipes: Food for Health and Fun. U.S. Department of Agriculture, 1999. Access all 141 recipes (plus variations) in these standardized recipes for the Child and Adult Care Food Program.
www.fns.usda.gov/tn/Resources/childcare_recipes.html

Epicurious Food. Includes recipes, an extensive food dictionary, metric conversion chart and lots of other food-related information. www.epicurious.com/recipesmenus

Florida Child Care Food Program Cookbook. Florida Department of Health Bureau of Child Nutrition Programs, 2007. A compilation of standardized recipes from CACFP child care providers that include nutrition information and CACFP contribution. www.doh.state.fl.us/CCFP/Nutrition/Children/cookbook.htm

Fruit and Veggie Quantity Cookbook. New Hampshire Obesity Prevention Program, October 2011. Recipes designed for use in schools, child care settings and other congregate meal sites and restaurants. These recipes identify USDA commodity fruits, vegetables and beans and identify the USDA food components.
www.dhhs.nh.gov/dphs/nhp/documents/cookbook.pdf

Healthy Recipes. Oregon State University. Online resource to help families and individuals plan meals and prepare tasty, low-cost foods that are quick and easy. Nutrition information is provided for all recipes, reinforcing the Dietary Guidelines for Americans as part of a healthy lifestyle. <http://oregonstate.edu/dept/kbrec/recipes-0>

Let's Cook Healthy School Meals. Project Bread, 2013. Contains 100 recipes that have been kid-tested in cafeteria kitchens and meet the new USDA school meal requirements.
http://support.projectbread.org/site/DocServer/Project_Bread_s_Let_s_Cook_Healthy_Meals_Cookbook.pdf?docID=8082

Measuring Success with Standardized Recipes. National Food Service Management Institute, 2002. Addresses the benefits of using and developing standardized recipes. Designed to assist school food service and child care managers and employees with development and use of standardized recipes in their operations.
www.nfsmi.org/ResourceOverview.aspx?ID=88

New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks. Vermont Agency of Education, 2013.
http://education.vermont.gov/documents/EDU-New_School_Cuisine_Cookbook.pdf

Now We're Cooking! A Collection of Simple Scratch Recipes Served in Minnesota Schools. Minnesota Department of Health, 2012.
www.health.state.mn.us/divs/hpcd/chp/cdrr/nutrition/greattrays/pdfs/NowCooking.pdf

Recipe Finder Database. Healthy Meals Resource System, U.S. Department of Agriculture. Find standardized recipes, quantity recipes, USDA recipes, recipes from industry and more.
<http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php>

Recipe Finder Database. U.S. Department of Agriculture, SNAP-Ed Connection. An online database of healthy recipes designed for food stamp educators, but can be used by any nutrition educator working with low-income audiences. Recipes are compatible with the Dietary Guidelines and provide nutrition and cost information. The database can be searched by cost, nutrition education topic, theme, menu items, audience and cooking equipment. Also available in Spanish. <http://recipefinder.nal.usda.gov/>

Recipe Finder Database, SNAP-Ed Connection. U.S. Department of Agriculture. An online database of healthy recipes designed for food stamp educators, but can be used by any nutrition educator working with low-income audiences. Recipes are compatible with the Dietary Guidelines and provide nutrition and cost information. The database can be searched by cost, nutrition education topic, theme, menu items, audience and cooking equipment. Also available in Spanish. <http://recipefinder.nal.usda.gov/>

Recipe Source. Contains thousands of recipes, including special diet, holiday and many regional and ethnic.
<http://recipessource.com/>

Recipes for Child Nutrition Programs. Healthy Meals Resource System, U.S. Department of Agriculture. Includes recipes for schools, child care and all child nutrition programs. <http://healthymeals.nal.usda.gov/recipes>

Recipes for Healthy Kids: Cookbooks for Child Care Centers and Schools. U.S. Department of Agriculture, 2012. Standardized kid-approved recipes from the USDA's Recipes for Healthy Kids competition for use in child care centers and schools. www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers-0

Recipes

Recipes for Healthy Kids: Cookbook for Homes. U.S. Department of Agriculture, 2012. Standardized kid-approved recipes from the USDA's Recipes for Healthy Kids competition for use in child care homes.
www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes

Recipes for School Food Service. Healthy Meals Resource System, U.S. Department of Agriculture. Includes standardized recipes, USDA recipes and recipes from industry and growers. <http://healthymeals.nal.usda.gov/recipes/recipes-school-food-service>

Taste Testing and Evaluating Recipes. Healthy Meals Resource System, U.S. Department of Agriculture. Links to resources.
<http://healthymeals.nal.usda.gov/recipes/taste-testing-and-evaluating-recipes>

USDA Recipes for Schools. U.S. Department of Agriculture, Revised 2006. Includes updated recipes from the 1988 *Quantity Recipes for School Food Service* and the 1995 *Tool Kit for Healthy School Meals*.
http://teamn nutrition.usda.gov/Resources/usda_recipes.html

What's Cooking? USDA Mixing Bowl. A searchable collection of recipes and other resources including quantity recipes.
www.whatscooking.fns.usda.gov/

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Sample Menus for Child Care

Sample Menus for Child Care

The inclusion of sample menus is for informational purposes only. It does not constitute approval or endorsement by the Connecticut State Department of Education. Programs are responsible for ensuring that all local menus meet the U.S. Department of Agriculture meal pattern requirements.

First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care – Menu Planning Guide. Delaware Department of Education, January 2011. Sixteen weeks of approved menu cycles and recipes with shopping lists and budget-saving shopping tips.

<http://healthymeals.nal.usda.gov/hsmrs/Delaware/nhpsmenuplanning.pdf>

Menus That Move. Ohio Department of Education, 2012. A set of seasonal cycle menus to help schools serve tasty meals that fit within the USDA's new meal guidelines. Each seasonal cycle menu contains five weekly menus that have been entered into the USDA Menu Certification Worksheet and meet both the required meal components and also nutrient standards that have been entered into USDA-approved software.

<http://education.ohio.gov/GD/Templates/Pages/ODE/ODEDetail.aspx?page=3&TopicRelationID=828&ContentID=131143&Content=135303>

Model Supper and Snack Menus. Food Research and Action Council (no date). Sample menus for afterschool meals.

http://frac.org/newsite/wp-content/uploads/2009/05/lunch_or_meal_sample_menu.pdf

Sample 20-Day Menu. Montana CACFP, Montana Department of Public Health and Human Services, June 2010.

<http://web.hhs.mt.gov/hcsd/childcare/cacfp/documents/sample20daymenu.pdf>

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Sample Menus for Schools

Sample Menus for Schools

The inclusion of sample menus is for informational purposes only. It does not constitute approval or endorsement by the Connecticut State Department of Education. Programs are responsible for ensuring that all local menus meet the U.S. Department of Agriculture meal pattern requirements.

Afterschool Snacks Cycle Menus. U.S. Department of Agriculture. www.fns.usda.gov/cnd/care/Regs-Policy/Snacks/Cycle_Menu.htm

Chef Designed School Meals. Idaho Department of Education. A two-week cycle of school meals designed by a chef and dietitian and tested and approved by Idaho students. The menus have been planned to meet the new USDA meal pattern and use three to ten USDA Foods in each meal. Includes recipes, nutrient analysis marketing flier and meal contribution. www.sde.idaho.gov/site/cnp/chef/chefDesign.htm

Fresh Start for School Breakfast: A School Nutrition Breakfast Resource. School Nutrition Association & Alliance for a Healthier Generation, 2013. Student-friendly two-week cycle menus that can fit into any style of breakfast operation (grab and go, hot line and breakfast in the classroom) while meeting the USDA's new meal standards. https://schools.healthiergeneration.org/_asset/7147w8/Fresh-Start-For-Bkfst_FINAL-3.pdf

Healthy, Hunger-Free Kids Act of 2010: Before/ After Sample Menu. U.S. Department of Agriculture. www.fns.usda.gov/cnd/Governance/Legislation/cnr_chart.pdf

Healthier Kansas Menus. Kansas Department of Education, 2012. Six-week lunch menus and four-week breakfast menus that meet the USDA's new meal requirements. Includes recipes, lunch preparation instructions, serving tips, production records and purchasing guide. www.kn-eat.org/SNP/SNP_Menus/SNP_Resources_Healthier_Kansas_Menus.htm

Iowa Gold Star Cycle Menus. Iowa Department of Education, 2011. These five-week pilot-tested seasonal menus offer increased whole grains, fruits and vegetables and legumes, optional locally grown Iowa produce and healthy USDA Foods. <https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/iowa-gold-star-cycle-menus>

Menus That Move. Ohio Department of Education, 2012. A set of seasonal cycle menus to help schools serve tasty meals that fit within the USDA's new meal guidelines. Each seasonal cycle menu contains five weekly menus that have been entered into the USDA Menu Certification Worksheet and meet both the required meal components and also nutrient standards that have been entered into USDA-approved software. <http://education.ohio.gov/GD/Templates/Pages/ODE/ODEDetail.aspx?page=3&TopicRelationID=828&ContentID=131143&Content=135303>

Model Supper and Snack Menus. Food Research and Action Council (no date). Sample menus for afterschool meals. http://frac.org/newsite/wp-content/uploads/2009/05/lunch_or_meal_sample_menu.pdf

Sample Cycle Menu. Minnesota Department of Health, 2012. Three sample cycle lunch menus (grades K-5, 6-8 and 9-12) with nutrition information. www.health.state.mn.us/divs/hpcd/chp/cdrr/nutrition/greattrays/pdfs/SampleCycleMenu.pdf

Sample Menus. National Dairy Council. Sample lunch and breakfast menus for each grade group (K-5, 6-8 and 9-12) including nutrient analysis. www.nationaldairycouncil.org/ChildNutrition/Pages/NutritioninSchools.aspx

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Signage and Posters

Signage and Posters

The inclusion of commercial Web sites or products is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education.

- 1 Great Tray.* Learning Zone Express. Commercial site selling posters, dry erase boards, and other nutrition education resources to educate and encourage students to make healthy choices for school lunch.
www.learningzonexpress.com/c-129-foodservice.aspx
- Build a Healthy Lunch Reimbursable Meal Identification System.* Iowa Team Nutrition; 2012. This kit assists students in selecting their meal choices and reduces unintentional purchase of food items not included in the reimbursable meal. It was designed to help identify foods that are part of the reimbursable meal for the day at the near or beginning of the serving line, in compliance with the USDA's requirement for identifying reimbursable meals.
<http://healthymeals.nal.usda.gov/state-resources/build-healthy-lunch-reimbursable-meal-identification-system>
- Build-a-Tray Program.* Commercial site selling an interactive game and signage that prompt students to make healthy, nutritious choices at school and comply with the USDA offer versus serve requirements.
www.theartworksshop.com/products/build-a-tray
- Color Your Tray.* Commercial site selling erase menu boards for Choose MyPlate. <http://coloryourtray.com/>
- Communication Tools for Staff, Parents, and the Community.* Iowa Department of Education; 2012. Tools to help school nutrition programs communicate effectively with the school staff, parents and the community about the needs and value of the child nutrition program. Each tool can be edited and customized to meet specific school needs.
<http://healthymeals.nal.usda.gov/state-resources/new-school-meal-pattern-communication-tools>
- Connecticut Grown Fruit and Vegetable Posters.* Start with Half a Cup. www.swhacct.org/#!/page2/cjg9
- Dig In Posters.* U.S. Department of Agriculture, 2013. A series of posters to promote fruits and vegetables.
http://teamn nutrition.usda.gov/Resources/dig_in.html#posters
- Dancing Beans Poster (Want to Eat Smart to Play Hard?)*
http://teamn nutrition.usda.gov/Resources/DigIn/diginposter_dancing.pdf
- Graphics Library.* U.S. Department of Agriculture. Team Nutrition graphics for use on school menus and promotional materials. <http://teamn nutrition.usda.gov/graphics.html>
- Healthy eating posters for school snack bars.* Children's Nutrition Research Center at Baylor College of Medicine.
<https://www.bcm.edu/departments/pediatrics/sections-divisions-centers/childrens-nutrition-research-center/nutrition-resources/posters>
- Leafy Green DJ Poster (Dark Green Veggies in the House Tonight).*
http://teamn nutrition.usda.gov/Resources/DigIn/diginposter_dj.pdf
- Race Car Poster (You've Got the Power):* http://teamn nutrition.usda.gov/Resources/DigIn/diginposter_racecar.pdf
- Eat Smart to Play Hard Poster.* U.S. Department of Agriculture, 2013.
<http://teamn nutrition.usda.gov/Resources/eatsmartposter.pdf>
- Estimating Quantities from Self-Serve Bars.* Idaho State Department of Education.
http://healthymeals.nal.usda.gov/hsmrs/Idaho/SMART/Salad_Bar_Portion_Poster.pdf
- Food and Health Communications.* Commercial site selling nutrition resources and posters. <https://foodandhealth.com/>
- John Bennett Creative Solutions for School Marketing.* Commercial site selling point-of-service communication materials for reimbursable meals, such as posters, dry erase boards, static clings, banners, bookmarks and stickers.
www.schoolmealsmarketing.com/signage_for_new_regs.html
- Learning Zone Express.* Commercial site selling nutrition education and line signage resources for school nutrition programs. www.learningzonexpress.com/school-foodservice.html
- Lunch Offer Versus Serve Poster.* Connecticut State Department of Education, 2013.
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/lunchposter_OVS.pdf
- Lunch Meal Pattern Components Poster.* Connecticut State Department of Education, 2013.
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/lunchposter_components.pdf

Signage and Posters

Marketing Child Nutrition Programs. Public Schools of North Carolina. Marketing information and signage examples.
<http://childnutrition.ncpublicschools.gov/information-resources/marketing-child-nutrition-programs>

MyPlate Graphics for School Meals. U.S. Department of Agriculture, 2013. Messages for elementary school menus that encourage healthy choices, including graphics on MyPlate, milk, fruits and vegetables.
<http://teammnutrition.usda.gov/graphics.html>

NEAT Solutions, Inc. Commercial site selling nutrition education resources for children including posters, bookmarks, books and teaching aids. www.neatsolutions.com/

NCES Health and Nutrition Education. Commercial site selling nutrition education resources including posters, books, manuals, videos and teaching aids. www.ncescatalog.com/

Nutrition Posters and Motivational Nutrition Quotes. Wellness Proposals. Free downloadable nutrition posters.
<http://wellnessproposals.com/wellness-library/nutrition/nutrition-posters/>

Nutrition Posters for Kids and Teens. Wellness Proposals. Free downloadable nutrition posters.
<http://wellnessproposals.com/wellness-library/nutrition/nutrition-posters-kids-teens/>

Offer versus Serve Sign for Lunch. Connecticut State Department of Education, September 2012.
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/ovs_poster.pdf

Produce for Better Health Foundation Online Store. Commercial site selling posters and other nutrition education resources for fruits and vegetables. www.pbhcatalog.org/

Rock Your Tray Videos. Nutrition Education Store, 2013. Commercial site selling two short simple videos that help students understand the meal pattern requirements for breakfast and lunch including offer versus serve.
http://nutritioneducationstore.com/products/Rock_Your_Tray_National_School_Lunch_Program_Training_Video_Program-563-12.html

School Nutrition Association Emporium. Commercial site selling MyPlate posters and other promotional materials.
<http://emporium.schoolnutrition.org/>

SMART School Meals Marketing Materials. Idaho State Department of Education, Child Nutrition Programs; 2012. Posters and brochure that outline the changes and benefits of the new meal pattern requirements and encourage students to eat more fruits and vegetables. <http://healthymeals.nal.usda.gov/state-resources/smart-school-meals-marketing-materials>

Smarter Lunchrooms Posters and Signage. Alpha Graphics. Commercial site selling posters and signage for the cafeteria serving line. <http://smarterlunchrooms.org/resource/alphagraphics-products>

Veggie Rock Star Poster (They're Tasty and They know It). http://teammnutrition.usda.gov/Resources/DigIn/diginposter_rockstars.pdf

Veggie Roller Coaster Poster (A Lot Can Happen When You Eat Your Colors):
http://teammnutrition.usda.gov/Resources/DigIn/diginposter_coaster.pdf

Video Game Poster (Take Your Game to the Next Level):
http://teammnutrition.usda.gov/Resources/DigIn/diginposter_video.pdf

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Vegetarian Meals

Vegetarian Meals

Building a Healthy Vegetarian Meal: Myths and Facts. Academy of Nutrition and Dietetics.

www.eatright.org/resource/food/nutrition/vegetarian-and-special-diets/building-a-healthy-vegetarian-meal-myths-and-facts

Feeding Vegan Kids. Vegetarian Resource Group. www.vrg.org/nutshell/kids.htm

KidsHealth Vegetarianism. Nemours Foundation.

http://kidshealth.org/parent/nutrition_center/healthy_eating/vegetarianism.html#cat20738

Healthy Eating for Vegetarians: 10 Tips for Vegetarians. U.S. Department of Agriculture, DG TipSheet No. 8, June 2011.

www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet8HealthyEatingForVegetarians.pdf

Nutrition 101: A Taste of Food and Fitness. Lesson 6 – Vegetarian Diets. National Food Service Management Institute, 2012.

www.theicn.org/documentlibraryfiles/PDF/20120814022445.pdf

Position of the Academy of Nutrition and Dietetics: Vegetarian Diets. Journal of the Academy of Nutrition and Dietetics, July 2009 (Volume 114, Number 8, Pages 1257-1276). Volume 109, Issue 7, Pages 1266-1282).

www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/vegetarian-diets

Vegan Nutrition in Pregnancy and Childhood. Vegetarian Resource Group. www.vrg.org/nutrition/pregnancy.htm

Vegetarian Awareness Month. Food and Nutrition Information Center, U.S. Department of Agriculture. Links to many resources. <http://healthymeals.nal.usda.gov/features-month/october/vegetarian-awareness-month>

Vegetarian Diets/Variations in Meal Requirements. Healthy Meals Resource System, U.S. Department of Agriculture.

Resources and recipes for planning vegetarian meals. <http://healthymeals.nal.usda.gov/resource-library/special-diets/vegetarian-diets-variations-meal-requirements>

Vegetarian Nutrition. Food and Nutrition Information Center, U.S. Department of Agriculture. Links to many Web sites.

<http://fnic.nal.usda.gov/lifecycle-nutrition/vegetarian-nutrition>

Vegetarian Nutrition Resource List. Food and Nutrition Information Center, U.S. Department of Agriculture, May 2014.

www.nal.usda.gov/fnic/pubs/vegetarian.pdf

Vegetarian Resource Group. Recipes, nutrition information, links and ideas for those interested in eating a vegetarian diet.

www.vrg.org/

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Whole Grains

Whole Grains

- Build a Healthy Plate with Whole Grains. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program.* U.S. Department of Agriculture, December 2012.
www.teamnutrition.usda.gov/Resources/nutritionandwellness/whole_grains.pdf
- Child Care Fact Sheets: What are Whole Grain Foods?* National Food Service Management Institute, 2009.
www.nfsmi.org/documentlibraryfiles/PDF/20090210040517.pdf
- Choosing Whole-Grain Foods: 10 Tips for Purchasing and Storing Whole-Grain Foods.* U.S. Department of Agriculture, DG TipSheet No. 22, May 2012. www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet22ChoosingWholeGrainFoods.pdf
- Cooking with Whole Grains.* Idaho State Department of Education. Child Nutrition Programs, 2010. Training kit to help school food service personnel serve whole grains in school meals. <http://healthymeals.nal.usda.gov/state-resources/cooking-whole-grains>
- Cooking Whole Grains.* Whole Grains Council. Guidelines for cooking whole grains from scratch.
www.wholegrainscouncil.org/recipes/cooking-whole-grains
- Crediting Grains in Recipes (Video).* Maine Department of Education, January 2013. www.youtube.com/watch?v=-moemZbsbn0
- Crediting Grains in the National School Lunch Program (Video).* Maine Department of Education, December 2012.
www.youtube.com/watch?v=9sBqNBt5ALg
- Go With the Whole Grain.* Bell Institute of Health and Nutrition, General Mills, 2009. An educational tool kit that provides practical resources to help people learn about and choose more whole grain. Includes leader guide, handouts and slide presentation. www.bellinstitute.com/Whole_Grain.aspx
- Grains (Choose MyPlate).* U.S. Department of Agriculture. Information on the grains group of Choose MyPlate.
www.choosemyplate.gov/food-groups/grains.html
- HealthierUS Challenge Whole Grains Resource.* U.S. Department of Agriculture, 2009. Information on whole grains criteria, how to identify whole grain products and offer them more frequently in school menus.
<http://teamnutrition.usda.gov/HealthierUS/wholegrainsresource.pdf>
- Healthy Whole Wheat Kit.* University of Pennsylvania, 2009. A set of handouts that can be used to educate students to consume more whole grain foods both at school and home. The kit includes three lessons (The Whole-Wheat Kernel; Whole Wheat Health Benefits; and Identifying Whole Wheat Foods) and four handouts (Whole Wheat Kernel, Whole Wheat. Get the Healthy Choice, Take a Look at Whole Wheat Bread Labels; and Things to Remember About Whole Wheat). www.projectpa.org/v15_26/media/Whole_Wheat_Contents_Web.zip
- Identifying Whole Grain Products.* Whole Grains Council. www.wholegrainscouncil.org/whole-grains-101/identifying-whole-grain-products
- Just the Facts: Serve More Whole Grains for Healthier School Meals.* U.S. Department of Agriculture, August 2012.
http://teamnutrition.usda.gov/Resources/jtf_grains.pdf
- Make Half Your Grains Whole: 10 Tips to Help You Eat Whole Grains.* U.S. Department of Agriculture, DG TipSheet No. 4, June 2011. www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet4MakeHalfYourGrainsWhole.pdf
- Menu Planning with Whole Grains.* Healthy Meals Resource System, U.S. Department of Agriculture. Recipes, fact sheets and other resources to help serve more whole grains. <http://healthymeals.nal.usda.gov/menu-planning/whole-grains>
- Schools and Whole Grains.* Whole Grains Council. Information and resources to support increased consumption of whole grains in schools. www.wholegrainscouncil.org/resources/schools-and-whole-grains
- The Scoop on Whole Grains.* Food and Drug Administration, May 6, 2009.
www.fda.gov/ForConsumers/ConsumerUpdates/ucm151902.htm
- Wheat Foods Council.* Resources, recipes and information on general nutrition, increasing carbohydrates and fat diets.
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