



## **Muskegon Catholic Central**

### **Wellness Policies on Physical Activity & Nutrition**

#### **Preamble**

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas good health fosters student attendance and education;

#### **Preface**

The Michigan State Board of Education recognizes and acknowledges that “schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy.”(1) The Board believes that schools should provide a campus-wide environment where students are taught healthy eating and physical activity, knowledge, skills, and values. In addition, the campus-wide environment should provide ample opportunity to practice these skills on a daily basis.

A local school wellness policy is a written document that guides a local educational agency (LEA) (2) efforts to establish a school building environment that promotes student’s health, well-being, and ability to learn. The wellness policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the Healthy, Hunger-Free Kids Act of 2010(HHFKA). It is specific to LEA’s (local school districts, public school academies, and intermediate school districts), as opposed to School Food Authorities (3) that participate in the National School Lunch Program and / or the School Breakfast Program. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level so the unique needs of each school under the LEA’s jurisdiction can be addressed.(4)

#### **Wellness Committee and Policy Leadership:**

##### **Committee Role and Membership**

Muskegon Catholic Schools will convene a representative wellness committee to establish goals for and oversee the health policies and programs of Muskegon Catholic Central, including development, implementation, and periodic review and update of this school wide wellness policy.

The committee will represent all school levels (elementary and middle/high schools) and include, stakeholders from the following groups: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals, mental health and social services staff (e.g. school counselors, social workers), school administrators, school board members, and the general public. To the extent possible, the committee will include representatives from each school building and reflect the diversity of the community (5).

### **Wellness Policy Leadership**

Muskegon Catholic Schools will establish wellness policy leadership who have the authority and responsibility to ensure that MCC complies with this policy (6)

The designated administrators responsible for oversight are:

- Ken Rasp, President
- Allison Aldrich, MS/HS Principal
- Marie Jones, Elementary Principal
- Julie Winzer, Food Service Director

## **Nutrition**

### **Nutrition Education**

All students, K-12, shall receive nutrition education during their time as a student at Muskegon Catholic Schools. Nutrition Education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the MCC campus including dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training. (7)

**Nutrition Education** : MCC aims to teach, encourage, and support healthy eating by students. MCC will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level to provide students with the knowledge and skills necessary to promote and protect their health.
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities.
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;

**Qualifications of School Food Service Staff.** Qualified nutrition professionals will administer the school meal programs. As part of Muskegon Catholic Central's responsibility to operate a food service program, MCC will provide continuing professional development for all nutrition professionals. Staff development programs should include appropriate certification and/or training programs for child nutrition directors and cafeteria workers, according to their levels of responsibility.

## **NUTRITION PROMOTION**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs. Students and staff will receive nutrition messages throughout school buildings, classrooms and cafeterias. Muskegon Catholic Central will promote healthy food and beverage choices for all students throughout the school campus as well as encourage participation in school meal programs. (8)

**Communications with Parents.** MCC will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will send home nutrition information, post nutrition tips on the MCC website and provide nutrient analyses of school menus. MCC will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards for individual foods and beverages.

Muskegon Catholic Central will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or special events.

**Staff Wellness.** MCC values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The plan will be based on input solicited from school staff and outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. Muskegon Catholic Central has utilized the services of a chiropractor and a massage therapist for the benefit of the staff.

## **STANDARDS AND NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES**

Muskegon Catholic Central shall encourage students to make nutritious food choices and ensure that all foods and beverages sold to students on the school campus during the school day are consistent with federal and state regulations.

Reimbursable school meals must meet requirements found in the USDA's Nutrition Standards for School Meals (9). All foods and beverages sold to students outside the federally regulated child nutrition programs (referred to as competitive foods and beverages) must be consistent with USDA's Smart Snacks in Schools nutrition standards(10) and MDE administrative policy No. 21 regarding non-compliant food fund raiser guidance.(11). These standards apply in all areas where food and beverages are sold which may include, but are not limited to, a la carte lines, fundraising events, and vending machines.

### **School Meals**

Meals served through the National School Lunch Program will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fresh fruits and vegetables;
- serve only low-fat (1%) milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that all of the served grains are whole grain (Muskegon Catholic Central does have a few whole grain exemptions for MS-HS students) .
- A choice of at least two fruits and non-fried vegetables will be offered for sale with a school lunch at any location on the school site where school meals are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables.

Muskegon Catholic Central will engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal program in order to identify new, healthful, and appealing food choices.

**Free and Reduced-priced Meals.** MCC will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, MCC will utilize electronic identification and payment systems; promote the availability of school meals to all students; and/or use nontraditional methods for serving meals.

**Meal Times and Scheduling.** MCC will provide students with at least 20 minutes after sitting down for lunch; will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.:

- will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to follow recess periods for 4-6th grade and prior to recess for K-3<sup>rd</sup> grade.
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

**Sharing of Foods and Beverages.** MCC will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

**Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through cafeteria a la carte [snack] lines.)**

- **Elementary Schools.** The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools will be sold as balanced meals.
- **High Schools.** In middle/high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines) during the school day(12), or through programs for students after the school day, will meet the following nutrition and portion size standards:

**Beverages**

- **Allowed:** Plain water(with or without carbonation), unflavored low fat milk, flavored fat free or low fat milk, 100% fruit or vegetable juice, and 100% fruit or vegetable juice diluted with water and no added sweeteners, calorie-free flavored water(with or without carbonation), other flavored

and/or carbonated beverages that are labeled to contain <5 calories per 8 fl. Oz. or <10 calories per 20 fl. oz., no more than 12oz. portions of beverages with <40 calories per 8 fluid oz., or <60 calories per 12 fluid oz.(11)

### **Foods**

- A food item sold individually:
  - Will be a whole grain rich product
  - Have as the first ingredient a fruit, vegetable, a dairy product or a protein food
  - Be a combination of a food that contains at least ¼ cup of fruit and/or vegetable
  - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated fats;
  - will have no more than 35% of its *weight* from total sugars in foods
  - will contain no more than 480 mg of sodium for entrees and will contain no more than 200 mg. sodium for snack items.
  - Will have no more than 200 calories for a snack item and no more than 350 calories for an entrée. (13)

### **Portion Sizes:**

- Limit portion sizes of foods and beverages sold individually to those listed below:
  - The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals.

**Fundraising Activities.** To support children’s health and school nutrition-education efforts, school fundraising activities should not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. The standards do not apply during non-school hours, on weekends and at off campus fund raising events. The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards. MDE allows 2 fundraisers/week/school building and these may last one day. Muskegon Catholic

Central will allow periodic non-compliant food fundraisers that will follow all MDE guidelines (frequency). The standards do not affect sales of bulk food fundraisers, classroom parties, food brought from home or food given as a reward for performance or behavior.

- **Snacks.** Snacks served during the school day or in after-school care will make a positive contribution to children's diet and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. MCC will assess offering snacks based on the timing of school meals, children's nutritional needs, children's ages, and other considerations. Classroom holiday parties will have an emphasis on healthy treats/snacks when requested from parents.

### **Food and Beverage Marketing in Schools.**

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. (14)

School-based marketing will be consistent with nutrition education and health promotion. As such, Muskegon Catholic Central will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water and Smart Snack approved beverages and pricing structures that promote healthy options in a la carte lines.

### **Physical Activity Opportunities and Physical Education**

**Integrating Physical Activity into the Classroom Setting.** For students to receive the nationally recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Muskegon Catholic Central will offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Students, K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short and long term benefits of a physically active and healthy lifestyle.

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television or electronic devices.
- Opportunities for physical activity are incorporated into other subject lessons
- Classroom teachers provide short physical activity breaks between lessons or classes, as appropriate.

**Daily Physical Education (P.E.) K-12** All students in grades K-6 will receive Physical Education instruction weekly totaling 40 minutes per grade. Grades 7-12 will receive daily Physical Education if they are currently taking that class during the term. Physical Education is required over the course of instruction (9-12) for two terms which would be 18 weeks in duration. All physical education classes will be taught by a certified physical education teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

**Students**, K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short and long term benefits of a physically active and healthy lifestyle. (15):

**Daily Recess:** All elementary school students will have at least 20 minutes per day of supervised recess, preferably outdoors, during which Muskegon Catholic Central will encourage physical activity verbally and through the provision of space and equipment.

MCC will discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Before and After School.** School wide extracurricular physical activity programs will be offered. MCC will offer age appropriate will offer interscholastic sports programs. MCC will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

**Muskegon Catholic Central** will implement other evidence based programs across the school setting to create environments that are conducive to healthy eating and physical activity and convey consistent health messages:

**Safe Routes to School** MCC will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school.



**Use of School Facilities Outside of School Hours.** School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

**Other school based activities that promote student wellness:** Muskegon Catholic Elementary will participate in Race for Education each Fall which consists of 1.5 hours of moderate physical activity (walking) as a school service project. The elementary school will also participate in Apple Crunch Day which encourages healthy eating.

## **Implementation, Assessment, Documentation and Updates**

**Implementation:** The Wellness Policy Leadership Team will ensure compliance with established school-wide nutrition and physical activity wellness policies. School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the President of the School.

**Triennial Assessment:** Muskegon Catholic Central will assess the Wellness Policy every three years, at a minimum. The assessment will determine compliance with the wellness policy and progress made in attaining the goals of the Wellness Policy. (16) The person responsible for the Triennial Assessment is Julie Winzer, Food Service Director.

**Documentation:** Muskegon Catholic Central will retain records to document compliance with the Wellness Policy requirements. Documentation maintained will include a copy or web address of the current Wellness Policy, how the policy is communicated to MCC stakeholders, a copy of the most recent assessment of the policy, and documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate. (17)

An electronic version of the The Wellness Policy is located on the MCC webpage: at [www.muskegoncatholic.org](http://www.muskegoncatholic.org).

Required documentation will be on the Food Service page under the Life link on the school website.

### **Updates to the policy:**

Muskegon Catholic Central will update or modify the Wellness Policy as school priorities change, community needs change, the successful attainment of wellness goals or new federal or state guidelines are issued. The Wellness Policy will be updated at least every three years following the Triennial Assessment. (18)

### **Public Updates:**

Muskegon Catholic Central will inform its stakeholders annually about the MCC wellness policy, including its content and any updates to and about the policy. The Triennial Assessment, including progress towards meeting the goals of the policy, will also be made available to the stakeholders. Muskegon Catholic will provide information on how the stakeholders can participate on the wellness committee and assist with the

development, implementation, and periodic review and update of the wellness policy. All communication will be culturally and linguistically appropriate and will be available via the district website and/or district wide communications (email, newsletters). (19)

- 1** Michigan State Board of Education policy on coordinated School Health Programs to Support Academic Achievement and Healthy Schools.
- 2** A commonly used synonym for a school district, an entity which operates local public primary and secondary schools in the United States.
- 3** The governing body which is responsible for the administration of one or more schools and which has the legal authority to operate a nonprofit school food service program therein or otherwise approved by the Food and Nutrition Service of the USDA to operate the National School Lunch Program.
- 4** Local School Wellness Policy Implementation Under the HHFKA:Summary of Final Rule
- 5** Alliance for a Healthier Generation Model Local Wellness Policy 2016
- 6** Local School Wellness Policy Implementation Under the HHFKA:Summary of Final Rule
- 7** Michigan Department of Education, Michigan Health Education Grade Level Content Expectations
- 8** Alliance for a Healthier Generation Model Local Wellness Policy 2016
- 9** USDA Nutrition Standards for School Meals
- 10** USDA Smart Snacks in Schools Nutrition Standards
- 11** Administrative Policy #21 clarifies that up to two exempt fundraisers per week are allowed per school building that do not meet the Smart Snacks in Schools nutrition standards
- 12** The period from the midnight before, to 30 minutes after the end of the official school day
- 13** USDA Smart Snacks in Schools Nutrition Standards
- 14** Change Lab Solutions.(2014) District Policy Restricting the advertising of food and beverages not permitted to be sold on School Grounds
- 15** Michigan State Board of Education Model Local Wellness Policy 2005
- 16** Local School Wellness Policy Implementation Under the HHFKA:Summary of Final Rule
- 17** Local School Wellness Policy Implementation Under the HHFKA:Summary of Final Rule
- 18** Alliance for a Healthier Generation Model Local Wellness Policy 2016
- 19** Alliance for a Healthier Generation Model Local Wellness Policy 2016

## VI. Resources for Local School Wellness Policies on Nutrition and Physical Activity

### Crosscutting:

- *School Health Index*, Centers for Disease Control and Prevention, <<http://apps.nccd.cdc.gov/shi/>>
- Local Wellness Policy website, U.S. Department of Agriculture, <<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>>
- *Fit, Healthy, and Ready to Learn: a School Health Policy Guide*, National Association of State Boards of Education, <[www.nasbe.org/HealthySchools/fithealthy.mgi](http://www.nasbe.org/HealthySchools/fithealthy.mgi)>
- *Preventing Childhood Obesity: Health in the Balance*, the Institute of Medicine of the National Academies, <[www.iom.edu/report.asp?id=22596](http://www.iom.edu/report.asp?id=22596)>
- *The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools*, Action for Healthy Kids, <[www.actionforhealthykids.org/docs/specialreports/LC%20Color%20120204\\_final.pdf](http://www.actionforhealthykids.org/docs/specialreports/LC%20Color%20120204_final.pdf)>
- *Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobacco-free Lifestyle through School Health Programs*, Centers for Disease Control and Prevention, <[www.cdc.gov/healthyyouth/publications/pdf/ten\\_strategies.pdf](http://www.cdc.gov/healthyyouth/publications/pdf/ten_strategies.pdf)>
- *Health, Mental Health, and Safety Guidelines for Schools*, American Academy of Pediatrics and National Association of School Nurses, <<http://www.nationalguidelines.org>>
- *Cardiovascular Health Promotion in Schools*, American Heart Association [link to pdf]

### School Health Councils:

- *Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Councils*, American Cancer Society [link to PDF]
- *Effective School Health Advisory Councils: Moving from Policy to Action*, Public Schools of North Carolina, <[www.nchealthyschools.org/nchealthyschools/htdocs/SHAC\\_manual.pdf](http://www.nchealthyschools.org/nchealthyschools/htdocs/SHAC_manual.pdf)>

## **Nutrition:**

### **General Resources on Nutrition**

- *Making it Happen: School Nutrition Success Stories*, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education, <<http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/>>
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <[www.fns.usda.gov/tn/Healthy/changing.html](http://www.fns.usda.gov/tn/Healthy/changing.html)>
- *Dietary Guidelines for Americans 2005*, U.S. Department of Health and Human Services and U.S. Department of Agriculture, <[www.health.gov/dietaryguidelines/dga2005/document/](http://www.health.gov/dietaryguidelines/dga2005/document/)>
- *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*, Centers for Disease Control and Prevention, <[www.cdc.gov/mmwr/pdf/rr/rr4509.pdf](http://www.cdc.gov/mmwr/pdf/rr/rr4509.pdf)>
- *Healthy Food Policy Resource Guide*, California School Boards Association and California Project LEAN, <[www.csba.org/ps/hf.htm](http://www.csba.org/ps/hf.htm)>
- *Diet and Oral Health*, American Dental Association, <<http://www.ada.org/public/topics/diet.asp>>

### **School Meals**

- *Healthy School Meals Resource System*, U.S. Department of Agriculture, <<http://schoolmeals.nal.usda.gov/>>
- *School Nutrition Dietary Assessment Study–II*, a U.S. Department of Agriculture study of the foods served in the National School Lunch Program and the School Breakfast Program, <[www.cspinet.org/nutritionpolicy/SNDAllfind.pdf](http://www.cspinet.org/nutritionpolicy/SNDAllfind.pdf)>
- *Local Support for Nutrition Integrity in Schools*, American Dietetic Association, <[www.eatright.org/Member/Files/Local.pdf](http://www.eatright.org/Member/Files/Local.pdf)>
- *Nutrition Services: an Essential Component of Comprehensive Health Programs*, American Dietetic Association, <[www.eatright.org/Public/NutritionInformation/92\\_8243.cfm](http://www.eatright.org/Public/NutritionInformation/92_8243.cfm)>
- *HealthierUS School Challenge*, U.S. Department of Agriculture, <[www.fns.usda.gov/tn/HealthierUS/index.htm](http://www.fns.usda.gov/tn/HealthierUS/index.htm)>

*Breakfast for Learning*, Food Research and Action Center,  
<[www.frac.org/pdf/breakfastforlearning.PDF](http://www.frac.org/pdf/breakfastforlearning.PDF)>

- *School Breakfast Scorecard*, Food Research and Action Center,  
<[www.frac.org/School\\_Breakfast\\_Report/2004/](http://www.frac.org/School_Breakfast_Report/2004/)>
- *Arkansas Child Health Advisory Committee Recommendations* [includes recommendation for professional development for child nutrition professionals in schools],  
<[www.healthyarkansas.com/advisory\\_committee/pdf/final\\_recommendations.pdf](http://www.healthyarkansas.com/advisory_committee/pdf/final_recommendations.pdf)>

### **Meal Times and Scheduling**

- *Eating at School: A Summary of NFSMI Research on Time Required by Students to Eat Lunch*, National Food Service Management Institute (NFSMI) [Attach PDF file]
- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute,  
<[www.nfsmi.org/Information/Newsletters/insight24.pdf](http://www.nfsmi.org/Information/Newsletters/insight24.pdf)>

### **Nutrition Standards for Foods and Beverages Sold Individually**

- *Recommendations for Competitive Foods Standards* (a report by the National Consensus Panel on School Nutrition), California Center for Public Health Advocacy,  
<[www.publichealthadvocacy.org/school\\_food\\_standards/school\\_food\\_standards/Nutrition%20Standards%20Report%20-%20Final.pdf](http://www.publichealthadvocacy.org/school_food_standards/school_food_standards/Nutrition%20Standards%20Report%20-%20Final.pdf)>
- State policies for competitive foods in schools, U.S. Department of Agriculture,  
<[www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state\\_policies\\_2002.htm](http://www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state_policies_2002.htm)>
- *Nutrition Integrity in Schools*, (forthcoming), National Alliance for Nutrition and Activity
- *School Foods Tool Kit*, Center for Science in the Public Interest,  
<[www.cspinet.org/schoolfood/](http://www.cspinet.org/schoolfood/)>
- *Foods Sold in Competition with USDA School Meal Programs* (a report to Congress), U.S. Department of Agriculture,  
<[www.cspinet.org/nutritionpolicy/Foods\\_Sold\\_in\\_Competition\\_with\\_USDA\\_School\\_Meal\\_Programs.pdf](http://www.cspinet.org/nutritionpolicy/Foods_Sold_in_Competition_with_USDA_School_Meal_Programs.pdf)>
- *FAQ on School Pouring Rights Contracts*, American Dental Association,  
<[http://www.ada.org/public/topics/softdrink\\_faq.asp](http://www.ada.org/public/topics/softdrink_faq.asp)>

## Fruit and Vegetable Promotion in Schools

- *Fruits and Vegetables Galore: Helping Kids Eat More*, U.S. Department of Agriculture, <[www.fns.usda.gov/tn/Resources/fv\\_galore.html](http://www.fns.usda.gov/tn/Resources/fv_galore.html)>
- *School Foodservice Guide: Successful Implementation Models for Increased Fruit and Vegetable Consumption*, Produce for Better Health Foundation. Order on-line for \$29.95 at <[www.shop5aday.com/acatalog/School\\_Food\\_Service\\_Guide.html](http://www.shop5aday.com/acatalog/School_Food_Service_Guide.html)>.
- *School Foodservice Guide: Promotions, Activities, and Resources to Increase Fruit and Vegetable Consumption*, Produce for Better Health Foundation. Order on-line for \$9.95 at <[www.shop5aday.com/acatalog/School\\_Food\\_Service\\_Guide.html](http://www.shop5aday.com/acatalog/School_Food_Service_Guide.html)>
- National Farm-to-School Program website, hosted by the Center for Food and Justice, <[www.farmentoschool.org](http://www.farmentoschool.org)>
- Fruit and Vegetable Snack Program Resource Center, hosted by United Fresh Fruit and Vegetable Association, <<http://www.uffva.org/fvpilotprogram.htm>>
- Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets, and more at <[www.5aday.org](http://www.5aday.org)>

## Fundraising Activities

- *Creative Financing and Fun Fundraising*, Shasta County Public Health, <[www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf](http://www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf)>
- *Guide to Healthy School Fundraising*, Action for Healthy Kids of Alabama, <[www.actionforhealthykids.org/AFHK/team\\_center/team\\_resources/AL/N&PA%2031%20-%20Fundraising.pdf](http://www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2031%20-%20Fundraising.pdf)>

## Snacks

- *Healthy School Snacks*, (forthcoming), Center for Science in the Public Interest
- Materials to Assist After-school and Summer Programs and Homeless Shelters in Using the Child Nutrition Programs (website), Food Research and Action Center, <[www.frac.org/html/building\\_blocks/afterschsummertoc.html](http://www.frac.org/html/building_blocks/afterschsummertoc.html)>

## Rewards

- *Constructive Classroom Rewards*, Center for Science in the Public Interest, <[www.cspinet.org/nutritionpolicy/constructive\\_rewards.pdf](http://www.cspinet.org/nutritionpolicy/constructive_rewards.pdf)>
- *Alternatives to Using Food as a Reward*, Michigan State University Extension, <[www.tn.fcs.msue.msu.edu/foodrewards.pdf](http://www.tn.fcs.msue.msu.edu/foodrewards.pdf)>
- *Prohibition against Denying Meals and Milk to Children as a Disciplinary Action*, U.S. Department of Agriculture Food and Nutrition Service [Link to PDF]

## Celebrations

- *Guide to Healthy School Parties*, Action for Healthy Kids of Alabama, <[www.actionforhealthykids.org/AFHK/team\\_center/team\\_resources/AL/N&PA%2032%20-%20parties.pdf](http://www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2032%20-%20parties.pdf)>
- *Classroom Party Ideas*, University of California Cooperative Extension Ventura County and California Children's 5 A Day Power Play! Campaign, <<http://ucce.ucdavis.edu/files/filelibrary/2372/15801.pdf>>

## **Nutrition and Physical Activity Promotion and Food Marketing:**

### Health Education

- *National Health Education Standards*, American Association for Health Education, <[http://www.aahperd.org/aahe/pdf\\_files/standards.pdf](http://www.aahperd.org/aahe/pdf_files/standards.pdf)>

### Nutrition Education and Promotion

- U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them), <[www.fns.usda.gov/tn/Educators/index.htm](http://www.fns.usda.gov/tn/Educators/index.htm)>
- *The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions*, U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and Nutrition Service, <[www.fns.usda.gov/tn/resources/power\\_of\\_choice.html](http://www.fns.usda.gov/tn/resources/power_of_choice.html)>
- *Nutrition Education Resources and Programs Designed for Adolescents*, compiled by the American Dietetic Association,

[www.eatright.org/Public/index\\_19218.cfm](http://www.eatright.org/Public/index_19218.cfm)

### **Integrating Physical Activity into the Classroom Setting**

- *Brain Breaks*, Michigan Department of Education, [www.emc.cmich.edu/brainbreaks](http://www.emc.cmich.edu/brainbreaks)
- *Energizers*, East Carolina University, [www.ncpe4me.com/energizers.html](http://www.ncpe4me.com/energizers.html)

### **Food Marketing to Children**

- *Pestering Parents: How Food Companies Market Obesity to Children*, Center for Science in the Public Interest, [www.cspinet.org/pesteringparents](http://www.cspinet.org/pesteringparents)
- *Review of Research on the Effects of Food Promotion to Children*, United Kingdom Food Standards Agency, [www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf](http://www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf)
- *Marketing Food to Children* (a report on ways that different countries regulate food marketing to children [including marketing in schools]), World Health Organization (WHO), <http://whqlibdoc.who.int/publications/2004/9241591579.pdf>
- *Guidelines for Responsible Food Marketing to Children*, Center for Science in the Public Interest, <http://cspinet.org/marketingguidelines.pdf>
- *Commercial Activities in Schools*, U.S. General Accounting Office, [www.gao.gov/new.items/d04810.pdf](http://www.gao.gov/new.items/d04810.pdf)

### **Eating Disorders**

- Academy for Eating Disorders, [www.aedweb.org](http://www.aedweb.org)
- National Eating Disorders Association, [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
- Eating Disorders Coalition, [www.eatingdisorderscoalition.org](http://www.eatingdisorderscoalition.org)

### **Staff Wellness**

- *School Staff Wellness*, National Association of State Boards of Education [link to pdf]
- *Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small*, Partnership for Prevention,



<[www.prevent.org/publications/Healthy\\_Workforce\\_2010.pdf](http://www.prevent.org/publications/Healthy_Workforce_2010.pdf)>

- *Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program*, Wellness Councils of America, <[www.welcoa.org/wellworkplace/index.php?category=7](http://www.welcoa.org/wellworkplace/index.php?category=7)>
- *Protecting Our Assets: Promoting and Preserving School Employee Wellness*, (forthcoming), Directors of Health Promotion and Education (DHPE)

## **Physical Activity Opportunities and Physical Education:**

### **General Resources on Physical Activity**

- *Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People*, Centers for Disease Control and Prevention, <[www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm)>
- *Healthy People 2010: Physical Activity and Fitness*, Centers for Disease Control and Prevention and President's Council on Physical Fitness and Sports, <[www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#\\_Toc490380803](http://www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#_Toc490380803)>
- *Physical Fitness and Activity in Schools*, American Academy of Pediatrics, <<http://pediatrics.aappublications.org/cgi/reprint/105/5/1156>>

### **Physical Education**

- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368&section=5>>
- *Opportunity to Learn: Standards for Middle School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726&section=5>>
- *Opportunity to Learn: Standards for High School Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727&section=5>>
- *Substitution for Instructional Physical Education Programs*, National Association for Sport and Physical Education,

[www.aahperd.org/naspe/pdf\\_files/pos\\_papers/substitution.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/substitution.pdf)>

- *Blueprint for Change, Our Nation's Broken Physical Education System: Why It Needs to be Fixed, and How We Can Do It Together*, PE4life, [www.pe4life.org/articles/blueprint2004.pdf](http://www.pe4life.org/articles/blueprint2004.pdf)>

## Recess

- *Recess in Elementary Schools*, National Association for Sport and Physical Education, [www.aahperd.org/naspe/pdf\\_files/pos\\_papers/current\\_res.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/current_res.pdf)>
- *Recess Before Lunch Policy: Kids Play and then Eat*, Montana Team Nutrition, [www.opi.state.mt.us/schoolfood/recessBL.html](http://www.opi.state.mt.us/schoolfood/recessBL.html)>
- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute, [www.nfsmi.org/Information/Newsletters/insight24.pdf](http://www.nfsmi.org/Information/Newsletters/insight24.pdf)>
- The American Association for the Child's Right to Play, <http://www.ipausa.org/recess.htm>>

## Physical Activity Opportunities Before and After School

- *Guidelines for After School Physical Activity and Intramural Sport Programs*, National Association for Sport and Physical Education, [www.aahperd.org/naspe/pdf\\_files/pos\\_papers/intramural\\_guidelines.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf)>
- *The Case for High School Activities*, National Federation of State High School Associations, [www.nfhs.org/scriptcontent/va\\_custom/vimdisplays/contentpagedisplay.cfm?content\\_id=71](http://www.nfhs.org/scriptcontent/va_custom/vimdisplays/contentpagedisplay.cfm?content_id=71)>
- *Rights and Responsibilities of Interscholastic Athletes*, National Association for Sport and Physical Education, [www.aahperd.org/naspe/pdf\\_files/pos\\_papers/RightandResponsibilities.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/RightandResponsibilities.pdf)>

## Safe Routes to School

- *Safe Routes to Schools Tool Kit*, National Highway Traffic Safety Administration, [www.nhtsa.dot.gov/people/injury/pedbimot/bike/saferouteshtml/](http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/saferouteshtml/)>
- *KidsWalk to School Program*, Centers for Disease Control and Prevention, [www.cdc.gov/nccdphp/dnpa/kidswalk/](http://www.cdc.gov/nccdphp/dnpa/kidswalk/)>

- *Walkability Check List*, Pedestrian and Bicycle Information Center, Partnership for a Walkable America, U.S. Department of Transportation, and U.S. Environmental Protection Agency, <[www.walkinginfo.org/walkingchecklist.htm](http://www.walkinginfo.org/walkingchecklist.htm)>

### **Monitoring and Policy Review:**

- *School Health Index*, Centers for Disease Control and Prevention (CDC), <<http://apps.nccd.cdc.gov/shi/>>
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <[www.fns.usda.gov/tn/Healthy/changing.html](http://www.fns.usda.gov/tn/Healthy/changing.html)>
- *Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity*, Action for Healthy Kids, <[www.actionforhealthykids.org/docs/specialreports/report\\_small.pdf](http://www.actionforhealthykids.org/docs/specialreports/report_small.pdf)>
- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368&section=5>>
- *Opportunity to Learn: Standards for Middle School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726&section=5>>
- *Opportunity to Learn: Standards for High School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727&section=5>>