

Uniondale School District's Wellness Policies on Physical Activity and 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;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, nationally, the items most commonly sold from school vending machines, school stores and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Uniondale School District is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Uniondale School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings and adequate time for students to eat.

- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program (including after-school snacks), Summer Food Service Program, Fruit and Vegetable Snack Program and Child and Adult Care Food Program (including suppers).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health and Wellness Councils

The school district, and individual schools within the district, will create, strengthen or work within existing school health and wellness councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health and wellness council consists of a group of individuals representing the school and community and should include parents, students, representatives of the school food authority, members of the School Board, school administrators, teachers, health professionals and members of the public.)

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

The Board recognizes that a nutritional, well-balanced, reasonably-portioned diet is essential for student wellness. To help students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the District shall ensure that all foods and beverages available in school promote good nutrition, balance and seasonable portion sizes. The District shall ensure that reimbursable food meals meet or exceed the program requirements and nutrition standards found in federal guidelines.

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutritional requirements established by local, state and federal statutes and regulations;
- Offer a variety of fruits and vegetables¹;

¹To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

- Serve only low-fat (1%) and fat-free milk² and nutritionally-equivalent non-dairy alternatives (to be defined by the USDA); and
- Ensure that half of the served grains are whole grain³.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, cafeteria menu boards, placards or other point-of-purchase materials.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast or breakfast during morning break or recess.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

Free and Reduced-Priced Meals

Schools 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 meals⁴. Toward this end, school may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to students; and/or use non-traditional methods for serving schools meals, such as “grab-and-go” or classroom breakfast.

Summer Food Service Program

Schools in which more than 50% of students are eligible for free or reduced-price school meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year and preferably throughout the entire summer vacation; including food service trucks to deliver meals to community parks.

²As recommended by the *Dietary Guidelines for Americans 2005*.

³A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice and oatmeal.

⁴It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price or “paid” meals.

Meal Times and Scheduling

Schools:

- Should not schedule tutoring, club or organizational meetings or activities during meal times, unless students may eat during such activities;
- Will schedule meal times to accommodate the dietary requirements of the students;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers and cafeteria workers, according to their levels of responsibility⁵.

Sharing of Foods and Beverages

Schools should discourage students from sharing their foods and 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 VENDING MACHINES, CAFETERIA A LA CARTE (SNACK) LINES, FUNDRAISERS, SCHOOL STORES, ETC.)

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 should be sold as balanced meals. If available, foods and beverages sold individually, should be limited to low-fat and non-fat milk, fruits and non-fried vegetables.

⁵School nutrition staff development programs are available through the USDA, School Nutrition Association and National Food Service Management Institute.

Middle/Junior High and High Schools

In middle/junior high and high schools, all food and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte (snack) lines, vending machines, student stores or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Beverages

- **Allowed:** water or seltzer water⁶ without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent non-dairy beverages (to be defined by the USDA);
 - **Not Allowed:** soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).
 - **Required:** filtered and/or purified water available throughout the school day.
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Foods

- **A food item sold individually:**
 - 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 and trans fat combined;
 - Will have no more than 35% of its *weight* from added sugars⁷;
 - Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches and main dishes.
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⁶Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B or 7 CFR Part 210).

⁷If a food manufacturer fails to provide the *added* sugars contents of a food item, use the percentage of weight from *total* sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables and dairy foods from this total sugars limit.

- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% juice and that do not contain additional caloric sweeteners; cooked, dried or canned vegetables (that meet the above fat and sodium guidelines)⁸.
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Portion Sizes:

- Limit portion sizes of foods and beverages sold individually to those listed below:
 - One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky
 - One ounce for cookies;
 - Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items;
 - Four fluid ounces for frozen desserts; including, but not limited to, low-fat or fat-free ice cream;
 - Eight ounces for non-frozen yogurt;
 - Twelve fluid ounces for beverages, excluding water; and
 - 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. Fruits and non-fried vegetables are exempt from portion-size limits.
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Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel and parents.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the national school Lunch Program.
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⁸Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts and other perishable items.

Rewards

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior⁹, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

Schools will eliminate celebrations that involve food during the school day. Each party should include no food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers.

School-Sponsored Events (such as, but not limited to, athletic events, dances, or performances).

Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above).

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

The Uniondale School District aims to teach, encourage and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits and school gardens;
- 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;

⁹Unless this practice is allowed by a student's individual education plan (IEP).

- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.

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. Toward that end:

- 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;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites and provide nutrient analyses of school menus. School should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school 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 other take-home materials, special events or physical education homework.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools 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)¹⁰. School-based marketing of brands promoting predominantly low-nutrition foods and beverages¹¹ is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains and low-fat dairy products is encouraged.

Examples of marketing techniques include, but are not limited to, the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

Staff Wellness

The Uniondale School District highly 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. Each district/school should establish and maintain a staff wellness committee, composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee should develop, promote and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

¹⁰Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet and similar media when such materials are used in a class lesson or activity or as a research tool.

¹¹Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (PE) Kindergarten through Grade 12

All students in grades kindergarten through 12, including students with disabilities, special health-care needs and in alternative educational settings, will receive physical education for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should 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

All elementary, middle and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools 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.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School

The school district 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. When appropriate, the district will work together with local public works, public safety and/or police departments in those efforts. The school district will explore the availability of federal “safe routes to school” funds, administered by the State Department of Transportation, to finance such improvements. The school district will encourage students to use public transportation when available and appropriate for travel to school and will work with the local transit agency to provide transit passes for students.

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.

V. Monitoring and Policy Review

Monitoring

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school’s compliance to the school district superintendent or designee. The district health and wellness council will designate individuals to identify grants available to promote health and wellness objectives.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district’s established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the School Board and also distributed to all school health councils, parent/teacher organizations, school principals and school health services personnel in the district.

Policy Review

To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies¹². The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

¹²Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA) and *Opportunity to Learn Standards for Elementary, Middle and High School Physical Education* from the National Association for Sport and Physical Activity.

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.mqi
- *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%20final.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 <http://circ.ahajournals.org/content/110/15/2266.full.pdf/html>

School Health Councils

- *Promotion Healthy Youth, Schools and Communities: A Guide to Community – School Health Councils*, American Cancer Society <http://www.schoolwellnesspolicies.org/resources/AGuideToCommunitySchoolHealthCouncils.pdf>
- *Effective School Health Advisory Councils: Moving from Policy to Action*, Public Schools of North Carolina www.nchealthyschools.org/docs/schoolhealthadvisorycouncil/advisorycouncilsmanual.pdf

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>
- *Dietary Guidelines for Americans 2005*, U.S. Department of Health and Human Services and U.S. Department of Agriculture <http://www.nationalguidelines.org>
- *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*, Center for Disease Control and Prevention www.cdc.gov/mmwr/pdf/rr/rr4509.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)
<http://www.nfsmi.org/documentlibrarfiles/PDF/20080221023914.pdf>

Nutrition Standards for Foods and Beverages Sold Individually

- *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/schoolfoodkit/
- *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)

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
- National Farm-to-School Program website, hosted by the Center for Food and Justice
www.farmtoschool.org
- Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets and more at
www.5aday.org

Fundraising Activities

- *Guide to Healthy School Fundraising*, Action for Healthy Kids of Alabama
<http://www.actionforhealthykids.org/resources/files/alafhk-healthy-fundraising.pdf>

Snacks

- *Healthy School Snacks (forthcoming)*, Center for Science in the Public Interest

Rewards

- *Constructive Classroom Rewards*, Center for Science in the Public Interest
www.cspinet.org/nutritionpolicy/constuctiverewards.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/teamcenter/teamresources/AL/N&PA%2032%20-%20parties.pdf

Nutrition and Physical Activity Promotion and Food Marketing

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
- *The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions*
U.S. Department of Agriculture and U.S. Department of Agriculture's Food and Nutrition Service
www.fns.usda.gov/tn/resources/powerofchoice.html

Integrating Physical Activity into the Classroom Setting

- *Brain Breaks*, Michigan Department of Education
www.emc.cmich.edu/brainbreaks
- *Energizers*, East Carolina University
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
- *Review of Research on the Effects of Food Promotion to Children*, United Kingdom Food Standards Agency
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

Eating Disorders

- Academy for Eating Disorders
www.aedweb.org
- National Eating Disorders Association
www.nationaleatingdisorders.org
- Eating Disorders Coalition
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/HealthyWorkforce2010.pdf
- *Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program*, Wellness Councils of America
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
- *Physical Fitness and Activity in Schools*, American Academy of Pediatrics
<http://pediatrics.aapublications.org/cgi/reprint/105/5/1156>

Recess

- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute
www.nfsmi.org/Information/Newsletters/insight24.pdf

Physical Activity Opportunities Before and After School

- *The Case for High School Activities*, National Federation of State High School Associations
www.nfhs.org/scriptcontent/vacustom/vimdisplays/contentpagedisplay.cfm/contentid=71

Safe Routes to School

- *Safe Routes to Schools Tool Kit*, National Highway Traffic Safety Administration
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/

Monitoring and Policy Review

- *School Health Index*, Center for Disease Control and Prevention (CDC)
<http://apps.nccd.cdc.gov/shi/>