

Resources for school policymakers

Available from the Illinois NET Loan Library

School board members and school staff can check out items from the Illinois NET Loan Library online at www.kidseatwell.org or by calling 1-800-455-5843. The only cost is shipping materials back to the library.



496 RM *Fit, Healthy, and Ready to Learn*, National Association of State Boards of Education (NASBE), 2000. Resource for policymakers including sample policy language that can be adapted as needed to address nutrition, physical activity and tobacco-use in schools.
www.nasbe.org/NASBE_Bookstore/Safe_Healthy.html

577 RM *Healthy Eating 101*, National School Board Association (NSBA), 2001.

584 RM *Physical Activity 101*, NSBA, 2000.

These packets contain information on adopting coordinated school nutrition and physical activity policies that promote healthy choices and provide the framework for a supportive school environment.

852 RM *School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide – Elementary School*, U.S. Department of Health and Human Services (DHHS) and Centers for Disease Control and Prevention (CDC), 2000.

590 RM *School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide – Middle School/High School*, U.S. DHHS and CDC, 2000.

These assessment tools may also be downloaded at: www.cdc.gov/nccdphp/dash/SHI/index.htm

641 RM *Changing the Scene-Improving the School Nutrition Environment*, U.S. Department of Agriculture (USDA), 2000. This guide will help you educate staff and parents, set up a health action council and complete an assessment of the current school environment. It offers ideas to guide improvement and a nutrition policy guide.



Other policy resources

School Health Resource Database, NSBA. Contains more than 2,800 items, including sample policies, articles, audio-visual materials and training tools that address health issues districts face. Phone: (703) 838-6722; email: schoolhealth@nsba.org

Guidelines for School Health Programs to Promote Lifelong Healthy Eating, CDC, 1996, free. Available from: Centers for Disease Control and Prevention; phone: (770) 488-3168; email: ccdinfo@cdc.gov; website: www.cdc.gov/nccdphp/dash/guidelines/nutguide.htm

Guidelines for School Health Programs to Promote Lifelong Physical Activity, CDC, 1997, free. Available from: Centers for Disease Control and Prevention; phone: (770) 488-3168; email: ccdinfo@cdc.gov; website: www.cdc.gov/nccdphp/dash/guidelines/physact.htm

Foods Sold in Competition with USDA School Meal Programs: A Report to Congress, USDA, 2001.
Available from website: www.fns.usda.gov/cnd/lunch

Action for Healthy Kids — For an index of what's working in nutrition and physical activity in schools, policy resources and funding resources, visit this comprehensive website:
www.ActionForHealthyKids.org

State and district policies for sale of food

Competitive Foods and Foods of Minimal Nutritional Value: Fostering Nutrition Integrity in A La Carte Sales and Other Foods Available at School, Wisconsin Department of Public Instruction, October 2001. Reviews positive and negative aspects of a la carte sales. Available from website:
www.dpi.state.wi.us/dpi/dfm/fns/pdf/competve.pdf

Healthy School Food Policies: A Checklist, Center for Food and Justice, 2002. A compilation of school food policies implemented. Available at: <http://departments.oxy.edu/uepi/cfj>

Standards for School Nutrition Policy, West Virginia State Board of Ed – Regulations governing West Virginia Schools. Contains nutrition standards for all foods sold at school. Available from website:
<http://wvde.state.wv.us/policies/p4321.1.html>

Funding for school health programs

Physical Education in Progress grants, U.S. Department of Education. Information available from website at: www.pepgrant.info

Healthy Youth Funding Database, CDC - Database of grant opportunities to support school health programs. Available from website at: www2.cdc.gov/nccdphp/shpfp/

Additional resources for districts

Illinois Nutrition Education & Training Program – provides nutrition education training resources and technical assistance to school staff. Phone: 1-800-466-7998.

Nutrition Programs and Support Services, Illinois State Board of Education – provides training, resources and technical assistance for USDA nutrition programs. Phone: 1-800-545-7892.

Team Nutrition, United States Department of Agriculture – federal initiative to promote lifelong healthy eating and physical activity for children. Provides free resources for schools that join Team Nutrition. Most resources are available from the Illinois NET Loan Library or can be ordered/downloaded from the Team Nutrition website at: www.fns.usda.gov/tn



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