

Resources for Module 4: Nutrition Services

Materials/Publications

- A Tool Kit for Healthy School Meals, Recipes and Training Materials*, U.S. Department of Agriculture/Team Nutrition, 1997, National Food Service Management Institute, <http://schoolmeals.nal.usda.gov/Recipes/index.html>
- Accommodating Children with Special Dietary Needs in the School Nutrition Programs: Guidance for School Food Service Staff*, U.S. Department of Agriculture/Food and Nutrition Service, 1995, www.fns.usda.gov/cnd/Guidance/special_dietary_needs.pdf
- Action Planning Guide for State Teams*, Action for Healthy Kids, 2002, <http://schoolmeals.nal.usda.gov/Recipes/index.html>
- Barriers to Good Nutrition Environment in Middle Grades*, Insight no. 17, 2001, www.nfsmi.org/Information/Newsletters/insight17.pdf
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- Competitive Foods and Foods of Minimal Nutritional Value*, Wisconsin Department of Public Instruction, 2001, www.dpi.state.wi.us/dpi/dfm/fns/pdf/competve.pdf
- Consensus Panel Recommendations for Competitive Food Standards*, California Center for Public Health Advocacy, 1999, http://www.publichealthadvocacy.org/school_food_standards/school_food_stan_pdfs/Nutrition%20Standards%20Report%20-%20Final.pdf
- Food Research Action Center. http://www.frac.org/html/federal_food_programs/cnreauthor/cnrc.htm
- Fruits and Vegetables Galore*. United States Department of Agriculture. www.fns.usda.gov/tn/Resources/fv_galore.html
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- Healthy Fundraising*, California Project LEAN, www.publichealthadvocacy.org/resources/Fundraising.pdf
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- Keys to Excellence in School Food and Nutrition Programs*, School Nutrition Association, 2003, www.asfsa.org/keys/
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- Nutrition, Physical Activity and Achievement Fact Sheet*, Action for Healthy Kids, 2002, http://actionforhealthykids.org/filelib/facts_and_findings/fs_npaa.pdf
- Portion Sizes and School-Age Children: Trends, Effects, Solutions*. http://www.fns.usda.gov/tn/Healthy/Portions_Kit/index.html
- Promote Healthy Eating*. National Food Service Management Institute, 2002, <http://www.nfsmi.org/Education/Satellite/ss27/partic.pdf>
- Resource Database*, Action for Healthy Kids, 2003, http://actionforhealthykids.org/site_map.php
- School Breakfast Programs: Energizing the Classroom*, Minnesota Department of Children, Families and Learning, 1998, cfl.state.mn.us/energize.pdf
- School Foods Tool Kit*, Center for Science in the Public Interest, 2003, cspinet.org/schoolfood/
- School nutrition services, Caldwell D, Nestle M, Rogers W, chapter in *Health Is Academic: A Guide to Coordinated School Health Programs*, Marx E, Wooley SF, Northrop D, editors, New York, NY: Teachers College Press, 1998, www.teacherscollegepress.com
- Square meals: Nourishing Children's Bodies and Minds*. Texas Department of Agriculture, http://www.squaremeals.org/fn/home/page/0,1248,2348_2349_0_0,00.html
- Strategies for Success II: Enhancing Academic Performance and Health Through Nutrition Education*, California Department of Education/Nutrition Education and Training Program, 2001, <http://www.cde.ca.gov/ls/nu/he/documents/strategy2.pdf>
- Taking the Fizz out of Soda Contracts: A Guide to Community Action, California Project Lean*, 2002, www.californiaprojectlean.org/consumer/takingfizz.html

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

- Team Nutrition Days and Beyond: How-to Kit*, U.S. Department of Agriculture/Team Nutrition 1997, www.fns.usda.gov/tn/Resources/howtokit.html
- Team Nutrition School Activity Planner: A How-to Guide for Team Nutrition Schools and Supporters*, U.S. Department of Agriculture/Team Nutrition, 1997, www.fns.usda.gov/tn/Resources/activityplanner.html
- The School Environment: Helping Students Learn to Eat Healthy*, U.S. Department of Agriculture, 2000, www.fns.usda.gov/tn/Resources/helpingstudents.html
- Training Guidelines for Healthy School Meals*, U.S. Department of Agriculture/Team Nutrition, 1996, <http://schoolmeals.nal.usda.gov/Training/indexexample1.html>
- Trimming the Fat: A Step by Step Guide For Implementing USDA's Food-based Menu System*, 1997, American School Food Service Association Emporium, <http://www.schoolnutrition.org/>
- What's Working Database*, Action for Healthy Kids, 2003, http://actionforhealthykids.org/site_map.php