

Appendix C: **Web Resources**

Banning Sodas in your School: A Short Organizing Tool.

<http://departments.oxy.edu/uepi/cfj/Articles/BanningSodasinYourSchool.pdf>

Successful strategies used by the Los Angeles United School District (2nd largest school district) to pass a motion to ban sodas in schools.

Beverage Intake in the United States. 02 June 2006. UNC Carolina Population Center 2006. <<http://www.beverageguidancepanel.org/>>

Caffeine. 02 June 2006 Wikipedia 2006 <http://en.wikipedia.org/wiki/Caffeine>

Caffeine Content of Foods and Drugs. 12 June 2006 Nutrition Action Healthletter 1996. <http://www.cspinet.org/nah/caffeine/caffeine_content.htm>

The Daily Healthy Beverage Guidelines. 02 June 2006. Unilever Health Institute 2006. <http://www.liptont.com/downloads/tea_health/beverage_guide/lipton_bevguide_poster.pdf>

California Project LEAN (Leaders Encouraging Activity & Nutrition)

<http://www.californiaprojectlean.org/>

A joint program of the California Department of Health Services and the Public Health Institute focusing on youth empowerment, policy and environmental change strategies, and community-based solutions to increase healthy eating and physical activity. Website contains resources for advocacy and policy efforts, fact sheets, lesson plans, program plans, and youth specific campaign information, and research and evaluation reports.

Centers for Disease Control, Division of Nutrition and Physical Activity

www.cdc.gov/nccdphp/dnpa/index.htm and obesity resources:

www.cdc.gov/nccdphp/dnpa/obesity/resources.htm

Features publications, data, and other resources for individuals, communities, and health care providers on nutrition and physical activity.

Competitive Food Standards Recommendations, California Center for Public Health Advocacy.

http://www.publichealthadvocacy.org/school_food_standards/school_food_standards_pdfs/standards.pdf

Provides recommendations on competitive foods and beverages in elementary and secondary schools; such as beverages that contain at least 50% fruit juice with no added sweeteners, water and low fat/nonfat milk.

Eat Smart. Play Hard.™

<http://www.fns.usda.gov/eatsmartplayhard/>

Campaign messages and materials include downloadable tip sheets, campaign overviews, and how to get involved.

Fit, Healthy, and Ready to Learn: A School Health Policy Guide-National Association of State Boards of Education.

http://www.nasbe.org/HealthySchools/Sample_Policies/healthy_eating.html

Food on the Run: Lessons from a Youth Nutrition and Physical Activity Advocacy Campaign.

<http://www.caprojectlean.org/>

Food on the Run trained student advocates to conduct research, set goals, and formulate policy solutions to improve their schools' food and physical activity environments. Advocacy workbooks and an award-winning teen web site www.caprojectlean.org were created to assist teens in the advocacy process.

Healthy Schools Policies to Encourage Healthy Eating

http://www.nasbe.org/HealthySchools/healthy_eating.html

Sample policies to adopt at the state, school district or school level to encourage healthy eating and healthy food choices in schools.

Indian Health Service Nutrition and Diabetes Programs

www.ihs.gov/medicalprograms/nutrition

www.ihs.gov/medicalprograms/diabetes

Lesson Plan to help reduce soda pop in schools-NOW TV show, PBS

http://www.pbs.org/now/printable/classroom_diet_print.html

A lesson plan and curriculum created by a Pennsylvania physical education teacher designed to increase awareness and understanding of soft drink consumption in schools. Includes lesson objectives, related national health standards, background information, teacher strategies and related resources.

Lesson Plan to help students age 9-11 years become media smart.

www.interact.uoregon.edu/MediaLit/mlr/courses/Sauerland/lesson.html

Liquid Candy: How Soft Drinks are Harming Americans' Health, Michael Jacobson, Center for Science in the Public Interest.

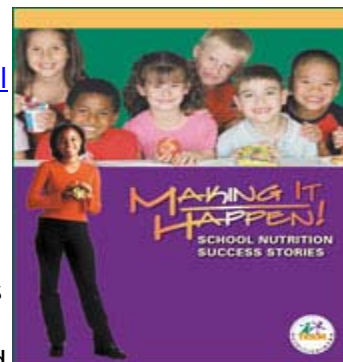
http://www.cspinet.org/new/pdf/liquid_candy_final_w_new_supplement.pdf

Making It Happen!

School Nutrition Success Stories

<http://teamnutrition.usda.gov/Resources/makingithappen.html>

Making It Happen! School Nutrition Success Stories shares stories from 32 schools and school districts that have made innovative changes to improve the nutritional quality of all foods and beverages offered and sold on school campuses. These success stories illustrate the wide variety of approaches used to improve student nutrition. The most consistent theme emerging from these case studies is that students will buy and consume healthful foods and beverages, and schools can make money from healthful options. Making It Happen! includes a variety of materials developed by some of the schools and contact information for each story.



MEE Productions and CANFIT
MEE (Motivational, Educational, Entertainment) Productions and California Nutrition and Fitness.

www.meeproductions.com and www.canfit.org

Model School Wellness Policies

National Alliance for Nutrition and Activity (NANA)

<http://www.schoolwellnesspolicies.org/WellnessPolicies.html>

National Diabetes Education Program (NDEP) American Indian and Alaska Native Community Partnership Guide: Supplement and Activity Plans

<http://www.ndep.nih.gov/diabetes/pubs/AI supplement.pdf>

Reaching School Board Members: A Guide for Creating a Clear, Concise, and Compelling Nutrition Policy Campaign.

<http://www.californiaprojectlean>. Select "Policy and Advocacy Tools"

This Guide utilizes multiple hours of feedback and discussion with California school board members, superintendents, school principals, and parents to help community groups create "win-win" situations when working on school district nutrition and physical activity issues. The Guide helps readers convey their nutrition policy message effectively while at the same time helping school board members gain the information they need to create effective nutrition policy.

School Beverage Bill Language, Sept. 2005, California

State legislative language that describes the beverages encouraged in schools, and those that are not permitted in vending machines and on school grounds in California.

http://www.leginfo.ca.gov/pub/bill/sen/sb_0951-1000/sb_965_bill_20050825_amended_asm.html

School Foods Tool Kit – Center for Science in the Public Interest.

http://www.cspinet.org/nutritionpolicy/policy_options.html#ImproveSchoolFoods

Website includes model policies and case studies for parents, teachers, community members, and health professionals to use to influence school nutrition.

Soft Drinks and School-Age Children.

[http://www.nutritionnc.com/TeamNutrition/SoftDrink\(8-19\).PDF](http://www.nutritionnc.com/TeamNutrition/SoftDrink(8-19).PDF)

Strategic Alliance for Healthy Food and Activity Environments.

<http://www.preventioninstitute.org/sa/enact/enact/>

ENACT is a concrete menu of strategies designed to help improve nutrition and activity environments on a local level in seven environments: childcare, school, after-school, neighborhood, workplace, healthcare, and government.

Taking the Fizz out of Soda Contracts: A Guide to Community Action, 2002, California Project LEAN.

<http://www.asu.edu/educ/epsI/CERU/Community%20Corner/CERU-0306-138-RCC.pdf>