

Policy Component: Nutrition Standards

Goal

School districts will provide students with access to a variety of affordable, nutritious and appealing foods that meet students' health and nutrition needs and accommodate ethnic and cultural food preferences. School meals will include a variety of healthy choices that meet USDA requirements and the Dietary Guidelines for Americans, and are modified, as appropriate, for special dietary needs. Districts will use the Dietary Guidelines and other appropriate nutrition guidelines to establish nutrition standards and provide clear guidance for all foods and beverages available everywhere on school grounds throughout the school day to encourage healthy choices for students. The standards will focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size. Policies will encourage the consumption of nutrient-dense foods, such as whole grains, fresh fruits, vegetables and low-fat dairy products.

Rationale

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Numerous studies have shown that students who eat breakfast and lunch at school consume a greater variety of healthy foods and more nutrients. Students consume more vegetables, drink more milk and fewer sweetened beverages, consume more grain mixtures, and eat fewer cookies, cakes and salty snacks than students who make other lunch choices. Over the past few decades, the availability of snack foods and beverages has increased at school, both in the cafeteria and through other school organizations including school stores, vending machines (e.g., soda and other sweetened beverages, snack chips and cookies) and fundraisers (e.g., candy and baked goods). These snacks are often low in nutrient density; they supply calories from added fat and/or sugar but relatively few, if any, vitamins and minerals. When children replace healthy meals with less nutritious snacks, they are often consuming inadequate nutrients and excess calories. When snacks of low nutrient density are consumed in addition to the school meal, children may be consuming too many calories. Nutrition standards help schools provide healthier food and beverage choices throughout the entire school environment.

Policy Recommendations

Policy recommendations for Nutrition Standards include (1) School Meals and (2) Other Foods and Beverages at School.

*This section provides **recommendations** (not requirements) for policy language for Nutrition Standards for School Foods and Beverages. This language represents recommended best practice for developing school nutrition and physical activity policies. School districts may choose to use the policy recommendations as written or revise them as needed to meet local needs and reflect community priorities. When developing nutrition and physical activity policies, districts will need to take into account their unique circumstances, challenges, opportunities and available resources. Policies should meet local needs and be adapted to the health concerns, food preferences and dietary practices of different ethnic groups.*

Policy Recommendations for School Meals

Policy Recommendations for School Meals

Policies for school meals will address the following areas:

- Nutrition Guidelines
- Menu Planning
- Breakfast Promotion
- Special Dietary Needs

Specific guidance regarding the implementation of each policy recommendation for Nutrition Standards for School Meals follows under *Implementation Guidance for School Meals*, after this section. Resources to assist with the implementation of each policy recommendation are found in *Resources* at the end of this section.

Nutrition Guidelines

School meals shall offer varied and nutritious food choices that are consistent with USDA nutrition standards and the Dietary Guidelines (which focus on increasing fruits, vegetables and whole grains). School meals shall:

- meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk (as recommended by the Dietary Guidelines for Americans) and nutritionally equivalent nondairy alternatives as defined by USDA;
- ensure that half of the grains served are whole grain, as recommended by the Dietary Guidelines for Americans; and
- share information about the nutritional content of meals with students, families and school staff members.



Menu Planning

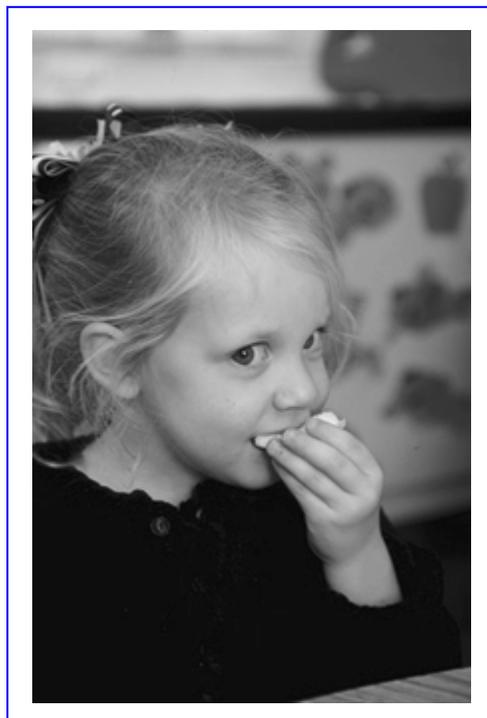
Menus shall be planned to be appealing and attractive to children. Schools meals shall be planned to incorporate the basic menu planning principles of balance, variety, contrast, color and eye appeal. Menus shall be planned with input from students, parents and other school personnel and shall take into account students' cultural norms and preferences. Schools shall engage students and parents, through surveys and taste-tests of new entrees, in selecting foods sold through the school meal programs in order to identify new, healthful and appealing food choices.

Policy Recommendations for School Meals

Breakfast

Districts shall help 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;
- to the extent possible, arrange bus schedules and use 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;
- notify parents and students of the availability of the School Breakfast Program, if the school serves breakfast to students; and
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.



Special Dietary Needs

With appropriate medical documentation, modified meals shall be prepared for students with food allergies or other special dietary needs.

Policy Recommendations for Other Foods and Beverages

Policy Recommendations for Other Foods and Beverages

Policies for other foods and beverages at school will address the following areas:

- Food or Beverage Contracts
- Cafeteria A La Carte Sales, Vending and School Stores
- School-Sponsored Events
- Fundraising
- Classroom Snacks
- Foods Brought into School
- Celebrations

Specific guidance regarding the implementation of each policy recommendation for Nutrition Standards for Other Foods and Beverages follows under *Implementation Guidance for Other Foods and Beverages*, after this section. Resources to assist with implementation of each policy recommendation are found in *Resources* at the end of this section.

District policy shall address nutrition standards for all foods and beverages sold or served to students outside of school meals, including cafeteria a la carte sales, vending, student stores, concession stands, fundraisers, classroom snacks, after-school programs, field trips, school events, parties, celebrations and meetings. To support children's health and school nutrition education efforts, all foods and beverages sold or served at school shall meet the district's nutrition standards.

Food or Beverage Contracts

Agreements with food or vending companies to sell foods or beverages in schools shall ensure that contractors will follow the district's nutrition standards.

Cafeteria A La Carte Sales, Vending and School Stores

Foods and beverages sold at school in the cafeteria, vending machines and school stores shall meet the district's nutrition standards.

School-Sponsored Events

Foods and beverages offered or sold at school-sponsored events during the school day shall meet the district's nutrition standards. School-sponsored events include, but are not limited to, athletic events, dances or performances.

Fundraising

School fundraising activities shall not involve food or beverages or shall only use foods and beverages that meet the district's nutrition standards. Schools shall encourage fundraising activities that promote physical activity. The school district shall make available to students, parents, teachers and school groups a list of ideas for acceptable fundraising activities, such as healthy foods and beverages or alternate nonfood fundraisers.

Policy Recommendations for Other Foods and Beverages

Classroom Snacks

Classroom snacks shall feature healthy choices that meet the district’s nutrition standards. School personnel shall not withhold student access to snacks as punishment.

Food Brought Into School

Districts shall encourage families to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the district’s nutrition standards for foods and beverages. Districts shall develop procedures to ensure that all food brought from home to be shared with other students is safe.

Celebrations

Districts shall limit celebrations that involve food during the school day. Foods and beverages served at school celebrations shall meet the district’s nutrition standards. The district shall disseminate a list of healthy party ideas to parents and teachers, including healthy food and beverage choices and alternative activities (e.g., increased recess time instead of a class party).



Implementation Guidance for School Meals

Implementation Guidance for School Meals

Nutrition Guidelines

USDA Requirements: Schools must ensure that reimbursable school meals meet the program requirements and nutrition standards specified by the U.S. Department of Agriculture's (USDA) regulations for school meals (7 CFR Part 210 and Part 220), as well as all state and local requirements. The school nutrition program should ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well. Schools should strive to increase participation in USDA Child Nutrition Programs (e.g., National School Lunch Program, School Breakfast Program, After-School Snack Program and Summer Food Service Program).

*USDA School Wellness Policy regulations require that districts provide an assurance that **guidelines for school meals are not less restrictive than those set by the U.S. Department of Agriculture.***

School meals must meet USDA nutrient standards, as specified in the federal regulations. The nutrient standards specify the levels of nutrients that school meals must meet, as averaged over a week. More information on the nutrition requirements for school meals can be found in the resources listed below, and in *Nutrition Requirements and Guidelines* and *Menu Planning* under *Resources* at the end of this section.

- *A Menu Planner for Healthy School Meals*, U.S. Department of Agriculture: <http://www.fns.usda.gov/tn/Resources/menuplanner.html>
- *Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265)*: http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf
- *USDA Regulations for the National School Lunch Program*: <http://www.fns.usda.gov/cnd/Governance/regulations.htm>
- *USDA Regulations for the School Breakfast Program*: <http://www.fns.usda.gov/cnd/Governance/regulations.htm>

Dietary Guidelines: Menus should support and reinforce the Dietary Guidelines for Americans. The Dietary Guidelines encourage increased consumption of nutrient-dense foods and beverages such as whole grains, vegetables, fruits and low-fat dairy products while limiting levels of cholesterol, fat, saturated fat, trans fat, sodium and added sugars. Information on the Dietary Guidelines can be found at http://www.usda.gov/cnpp/dietary_guidelines.html.

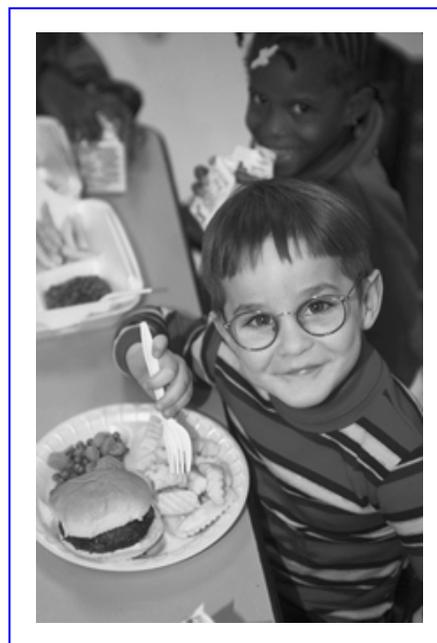
- **Fruits and Vegetables:** Schools are encouraged to increase the variety of fresh fruits and vegetables available in school meals. To the extent possible, schools should offer at least two different non-fried vegetables and two different fruit options each day and offer five different fruits and five different vegetables over the course of a week. Schools are also encouraged to serve fresh fruits and vegetables from local farmers when possible. Schools are encouraged to make fruits and vegetables readily available and use merchandising techniques to promote consumption. Useful resources to assist with planning, preparing and

Implementation Guidance for School Meals

promoting fruits and vegetables in school meals are listed below. Additional resources are found in *Fruits and Vegetables* and *Farm to School* under *Resources* at the end of this section.

- ♦ *Fruits & Vegetables Galore* (U.S. Department of Agriculture): http://www.fns.usda.gov/tn/Resources/fv_galore.html
- ♦ *Promoting Fruits and Vegetables in Schools: Wellness Policy Opportunities* (Produce for Better Health Foundation): <http://www.pbhfoundation.org/pulse/policy/programs/>

- **Whole-Grain Foods:** The Dietary Guidelines recommend that children consume whole grains often; at least half of the recommended daily servings of grains should be whole grains. A whole-grain food is one labeled as a whole-grain product or with a whole grain as the primary or first ingredient in the product's ingredient label. Whole grains are those grains or foods that are made with the entire grain seed (kernel), including the endosperm, bran and germ. Whole-grain products (such as whole-wheat bread and brown rice) provide more vitamins, minerals and fiber than refined enriched products (such as white bread and white rice). Examples of whole-grain products include whole-wheat flour, cracked wheat, brown rice, and oatmeal. Food product labels may also contain the whole-grain health claim: *"Diets rich in whole-grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart disease and certain cancers."* Foods that bear the whole-grain health claim must contain 51 percent or more whole grains by weight, and be low in fat.



- **Low-Fat Dairy:** Low-fat dairy products, including yogurt, milk and cheese, provide a significant amount of calcium and other needed nutrients while helping to lower students' fat and saturated fat consumption. Whole and 2 percent milk are major sources of saturated fat in children's diets. School-age children generally do not need the added fat calories from whole or 2 percent milk. Schools are encouraged to help students learn preferences for low-fat and nonfat (skim) milk. The resources below can assist schools with promoting low-fat dairy products.
 - ♦ *1% or Less School Kit*, Center for Science in the Public Interest: <http://www.cspinet.org/nutrition/1less.htm>
 - ♦ *Dairy and School Wellness*, National Dairy Council: <http://newenglanddairycouncil.com/health/counseling/pdf/DairyandSchoolWellness1.pdf>

Sharing Nutrition Information: Schools should make information available on the nutritional content of meals and other foods and beverages sold to students, families and school staff members. Nutrition information could be made available on menus, in school newsletters, on a school website, at PTA/PTO meetings and parent open houses, and on cafeteria menu boards, placards or other point-of-purchase materials. For additional information on communicating with families, see *Engaging Families* in *Section 7 – Communication and Promotion*.

Implementation Guidance for School Meals

Menu Planning

Input from the school community, including students, parents and school staff members, is important to the menu planning process. The school community is the customer base of the school food service program, so menus should be planned to reflect local preferences. School meals also provide an opportunity to reflect and celebrate ethnic communities through preparation techniques and use of food products. The Food and Nutrition Information Center maintains a list of ethnic and cultural food resources at <http://www.nal.usda.gov/fnic/etext/000010.html>. These resources can assist school food service programs with planning menus to address the food preferences of the local community.

Surveys can assist the school food service program with identifying customer satisfaction and providing ideas for new menu items. The National Food Service Management Institute has several surveys available at <http://www.nfsmi.org/Information/2005resourcecatalog.htm#SURVEYS>. Additional information on surveys is found in *Evaluation* under *Resources* in *Section 8 – Measurement and Evaluation*.

Students, parents and school staff members can also be involved in taste-testing new food items or recipes. For example, school food service personnel can:

- work with teachers and students in family and consumer sciences classes to prepare and taste new recipes;
- provide samples of new food items and recipes on the cafeteria serving lines; and
- provide samples of menu items at parent meetings, orientations and open houses.

Additional resources on menu planning can be found in *Menu Planning* under *Resources* at the end of this section. Additional information on engaging students in school nutrition programs can be found in *Engaging Students* in *Section 7 – Communication and Promotion*. Additional information on engaging parents and families can be found in *Engaging Families* in *Section 7 – Communication and Promotion*.

Breakfast

Breakfast consumption is clearly linked to academic achievement. Children who eat breakfast have higher test scores, work faster, make fewer errors and are more creative. They also behave better in school, are less likely to have disciplinary problems, are more cooperative and get along better with classmates. Breakfast eaters are healthier, have improved attendance and are less likely to visit the school nurse. Children who eat breakfast also have higher consumption of needed nutrients than those who don't.

Encouraging Breakfast Consumption: All students should start the day with a healthy breakfast, whether at home or at school. Districts are encouraged to promote breakfast consumption to students and families. *Breakfast: Key to Academic Excellence*, a handout that addresses the relationship of breakfast and learning, can help schools with these efforts.

- *Breakfast: Key to Academic Excellence*, Connecticut State Department of Education and New England Dairy and Food Council, 2002. Two handouts to promote the importance of eating breakfast: B1-Home is for schools without breakfast program and B2-School is for schools with a breakfast program. <http://www.state.ct.us/sde/deps/nutrition/SBP/index.htm> (Scroll down to bottom.)

Implementation Guidance for School Meals

School Breakfast Program: Schools are encouraged to participate in the USDA School Breakfast Program. Information on the requirements for the School Breakfast Program can be obtained at <http://www.fns.usda.gov/cnd/Breakfast/Default.htm> or by contacting the State Department of Education's (SDE) Bureau of Health and Nutrition Services and Child/Family/School Partnerships at (860) 807-2101.

Schools should consider methods of nontraditional breakfast service to increase participation, such as breakfast served in the classroom, breakfast bags distributed to students or a breakfast after first period program. The resources listed below can help schools increase breakfast participation through alternate serving methods.

- *Discover School Breakfast Toolkit*, U.S. Department of Agriculture: <http://www.fns.usda.gov/cnd/breakfast/toolkit/Default.htm>
- *Expanding Breakfast*, New England Dairy and Food Council: <http://www.newenglanddairyCouncil.org/foodservice/expanding-breakfast.html>
- *Expanding Breakfast Fact Sheets*, National Dairy Council: <http://www.nutritionexplorations.org/sfs/expanding-masters.asp>
- *Expanding Breakfast Manual and Video Kit, Second Edition*, School Nutrition Association: <http://www.schoolnutrition.org/Index.aspx?id=1092>

Additional resources to help schools implement a School Breakfast Program and promote student breakfast consumption are found in *Breakfast* under *Resources* at the end of this section.

Special Dietary Needs

For schools participating in USDA Child Nutrition Programs, USDA regulations require substitutions or modifications in meals for children who are considered disabled under Section 504 of the Rehabilitation Act of 1973 or the Individuals with Disabilities Education Act (IDEA) and whose disabilities restrict their diet, when the need is certified by a licensed physician. Substitutions are also required when a physician determines that a child's severe medical condition requires specific dietary modifications, even if the child is not considered disabled under Section 504 or IDEA.

School food service programs may (but are not required to) make food substitutions for children who are not disabled but who are medically certified as having a special medical or dietary need. These substitutions may be made on a case-by-case basis and must be documented by a statement signed by a recognized medical authority, including physicians, physician assistants, doctors of osteopathy and advanced practice registered nurses (APRN). The school nurse and food service personnel should communicate closely to implement meal plans for children with special dietary needs.

Specific procedures for handling meal accommodations for children with food allergies and other special dietary needs can be obtained by contacting SDE's Bureau of Health and Nutrition Services and Child/Family/School Partnerships at (860) 807-2101. Information regarding the USDA's requirements can be found in *Accommodating Children with Special Dietary Needs in the School Nutrition Programs: Guidance for School Food Service Staff* at http://www.fns.usda.gov/cnd/Guidance/special_dietary_needs.pdf. For more information, see *Special Diets* under *Resources* at the end of this section.

Implementation Guidance for Other Foods and Beverages

Implementation Guidance for Other Foods and Beverages

Food or Beverage Contracts

The school district should evaluate all agreements with food or vending companies to sell foods or beverages in schools for compliance with the district's nutrition standards. Foods and beverages sold at school must meet the district's nutrition standards. Districts may choose to develop their own nutrition standards or may follow SDE's recommendations, as outlined in *Summary of Connecticut's Healthy Snack Standards* (see page 108). A list of snack items that meet the Connecticut standards can be obtained by contacting the State Department of Education.

*USDA School Wellness Policy regulations require that districts include **nutrition guidelines for all foods available on the school campus during the school day**, with the objectives of promoting student health and reducing childhood obesity.*

Cafeteria A La Carte Sales, Vending and School Stores

Foods and beverages sold at school in the cafeteria, vending machines and school stores must meet the district's nutrition standards. Districts may choose to develop their own nutrition standards or may follow SDE's recommendations, as outlined in *Summary of Connecticut's Healthy Snack Standards* (see page 108). A list of snack items that meet the Connecticut standards can be obtained by contacting the State Department of Education.

School-Sponsored Events

Foods and beverages sold or served at school-sponsored events during the school day must meet the district's nutrition standards. Districts may choose to develop their own nutrition standards or may follow SDE's recommendations, as outlined in *Summary of Connecticut's Healthy Snack Standards* (see page 108). A list of snack items that meet the Connecticut standards can be obtained by contacting the State Department of Education.

Fundraising

Foods and beverages sold as fundraisers must meet the district's nutrition standards. Districts may choose to develop their own nutrition standards or may follow SDE's recommendations, as outlined in *Summary of Connecticut's Healthy Snack Standards* (see page 108). A list of snack items that meet the Connecticut standards can be obtained by contacting the State Department of Education.

The chart on the next page provides ideas for healthy fundraising activities. SDE's handout, *Healthy Fundraising*, provides schools with specific ideas on healthy fundraising alternatives (<http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>). For additional resources, see *Healthy Fundraisers and School Stores* under *Resources* at the end of this section.

Implementation Guidance for Other Foods and Beverages

Ideas for Healthy Fundraising Alternatives

Items You Can Sell

- Activity theme bags
- Air fresheners
- Bath accessories
- Balloon bouquets
- Batteries
- Books, calendars
- Brick/stone/tile memorials
- Bumper stickers and decals
- Buttons, pins
- Candles
- Christmas ornaments
- Christmas trees
- Coffee cups, mugs
- Cookbooks
- Crafts
- Coupon books
- Customized stickers
- Emergency kits for cars
- First aid kits
- Flowers and bulbs
- Foot warmers
- Football seats
- Garage sale
- Giant coloring books
- Gift baskets
- Gift certificates
- Gift items
- Gift wrap, boxes and bags
- Greeting cards
- Hats
- Holiday wreaths
- House decorations
- Hugging booth
- Jewelry
- Kissing on the cheek booth
- License plates or holders with school logo
- Lunch box auctions
- Magazine subscriptions
- Megaphones
- Mistletoe
- Monograms

Items You Can Sell, Continued

- Music, videos, CDs
- Newspaper space, ads
- Pet treats/toys/accessories
- Plants
- Pocket calendars
- Prepaid phone cards
- Raffle donations
- Rent a special parking space
- Scarves
- School art drawings
- School Frisbees
- School spirit gear
- Scratch-off cards
- Sell/rent wishes
- Souvenir cups
- Spirit/seasonal flags
- Stadium pillows
- Stationery
- Student directories
- Stuffed animals
- Temporary/henna tattoos
- T-shirts, sweatshirts
- Tupperware
- Valentine flowers
- Yearbook covers
- Yearbook graffiti

Healthy Foods

- Frozen bananas
- Fruit and nut baskets
- Fruit and yogurt parfaits
- Fruit smoothies
- Lunch box auctions
- Trail mix

Sell Custom Merchandise

- Bumper stickers and decals
- Calendars
- Cookbook made by school
- Logo air fresheners
- Scratch-off cards
- T-shirts/sweatshirts

Items Supporting Academics

- Read-A-Thon
- Science Fair
- Spelling Bee

Things You Can Do

- Auction (teacher does something for kids)
- Bike-a-thons
- Bowling night/bowl-a-thon
- Car wash (presell tickets as gifts)
- Carnivals (Halloween, Easter)
- Dances (kids, father/daughter, Sadie Hawkins)
- Family/glamour portraits
- Festivals
- Fun runs
- Gift wrapping
- Golf tournament
- Jump-rope-a-thons
- Magic show
- Raffle (movie passes, theme bags)
- Raffle (teachers do a silly activity)
- Read-a-thons
- Rent-a-teen helper (rake leaves, water gardens, mow lawns, wash dog)
- Recycling cans/bottles/paper
- Science fairs
- Singing telegrams
- Skate night/skate-a-thon
- Spelling bee
- Talent shows
- Tennis/horseshoe competition
- Treasure hunt/scavenger hunt
- Walk-a-thons
- Workshops/classes

Adapted with permission from *Creative Financing and Fundraising*. Shasta County Public Health, California Project Lean, Revised 2004. <http://www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf>

5 *Nutrition Standards for School Foods and Beverages*

Implementation Guidance for Other Foods and Beverages

Classroom Snacks

Foods and beverages available at school during the school day must meet the district's nutrition standards. Snacks served during the school day can make a positive contribution to children's diets and health if they emphasize fruits, vegetables, whole grains and low-fat dairy. Schools should assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations.

Younger children need snacks at times that allow them to come to their regular meals hungry but not starving. Their stomachs are small and their energy needs are high. Generally, most children need to eat within 3 to 4 hours of their last meal. With a long time span between breakfast and lunch (or lunch and the end of the school day), children may not be able to focus on learning without a healthy snack. Children do not have adults' ability to compensate for hunger. With a significant time span between meals, children can experience hunger symptoms (such as fatigue, irritability, inability to concentrate, weakness and stomach pains) that can interfere with learning.



After-School Snack Program: Eligible schools are encouraged to participate in the After-School Snack Program. Schools that participate in the After-School Snack Program must provide snacks that meet USDA requirements. Information on eligibility and implementation requirements for the After-School Snack Program can be obtained at <http://www.fns.usda.gov/cnd/Afterschool/default.htm> or by contacting SDE's Bureau of Health and Nutrition Services and Child/Family/School Partnerships at (860) 807-2101.

For additional resources, see *Healthy Snacks* under *Resources* at the end of this section.

Foods Brought Into School

Nutrition Guidance: Districts should provide families with information that encourages them to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the district's nutrition standards for foods and beverages.

Food Safety: Districts may want to consider prohibiting the service of foods from home when food will be shared with other students at school celebrations and other functions, and only allowing commercially prepared foods. When parents send in homemade food, it is difficult to ensure that the food is safe from bacterial contamination. To protect food safety, all food to be shared with other students should be commercially prepared, prepackaged, unopened and, when possible, individually wrapped. It is also difficult to ensure that foods sent from home are safe for children with food allergies. Schools can protect food-allergic children by providing nonfood celebrations or, if food is served, obtaining it from a known source such as the school food service program.

Resources on food safety are found in *Section 6 – Other School-Based Activities to Promote Student Wellness*.

Implementation Guidance for Other Foods and Beverages

Celebrations

Foods and beverages served at school celebrations and parties must meet the district's nutrition standards. Districts may consider determining an appropriate frequency for celebrations that involve food, e.g., limiting celebrations to no more than one party per class per month so that all birthdays are celebrated on one day each month instead of having multiple celebrations every week. Districts may choose to develop their own nutrition standards or may follow SDE's recommendations, as outlined in *Summary of Connecticut's Healthy Snack Standards* (see page 108). A list of snack items that meet the standards can be obtained by contacting the State Department of Education.

Providing healthy classroom celebrations demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them, and gives students an opportunity to practice healthy behaviors. Schools can help promote a positive learning environment by providing healthy celebrations that shift the focus from the food to the child. When food is served, make it count with healthy choices. Teachers and parents can even incorporate a fun nutrition lesson by involving children in the planning and preparation of healthy snacks.

Ideas for Activities

- Plan special party games and activities. Ask parents to provide game supplies, pencils, erasers, stickers and other small school supplies instead of food.
- Create a healthy party idea book. Ask school staff members and parents to send in healthy recipes and ideas for activities, games and crafts. Compile these ideas into a book that staff members and parents can use.
- Plan a special craft that children can create. Ask parents to provide craft supplies instead of food.
- Give children extra recess time instead of a class party. For birthdays, let the birthday child choose and lead an active game for everyone.
- Instead of food, ask parents to purchase a book for the classroom or school library in the birthday child's name. Read it to the class or invite the child's parents to come in and read it to the class.
- Instead of a party, organize a special community service project, e.g., invite senior citizens in for lunch, make "curechiefs" for chemotherapy patients and blankets for rescue dogs. Involve parents in planning the project and providing needed materials.
- Create a "Celebrate Me" book. Have classmates write stories or poems and draw pictures to describe what is special about the birthday child.
- Provide special time with the principal or another adult, such as taking a walk around the school at recess.
- Create a special birthday package. The birthday child wears a sash and crown, sits in a special chair and visits the principal's office for a special birthday surprise (pencil, sticker, birthday card, etc.).
- The birthday child is the teacher's assistant for the day, and gets to do special tasks like make deliveries to the office, lead the line, start an activity and choose a game or story.

Implementation Guidance for Other Foods and Beverages

Ideas for Healthy Foods

Note: Foods served at school celebrations must meet the district's nutrition standards. Check for food allergies before serving any foods or beverages.

- Low-fat or nonfat plain or flavored milk, 100 percent juice, water, flavored/sparkling water (without added sugars or sweeteners), sparkling punch (seltzer and 100 percent fruit juice).
- Fruit smoothies (blend berries, bananas and pineapple).
- Fresh fruit assortment, fruit and cheese kabobs, fruit salad, fruit with low-fat whipped topping.
- Dried fruit (raisins, cranberries, apricots, banana chips), 100 percent fruit snacks.
- Vegetable trays with low-fat dip.
- Celery and carrots with peanut butter and raisins.
- Whole-grain crackers with cheese cubes, string cheese or hummus.
- Waffles or pancakes topped with fruit.
- Pretzels, low-fat popcorn, rice cakes, bread sticks.
- Graham crackers, animal crackers.
- Angel food cake, plain or topped with fruit.
- Bagel slices with peanut butter or jam, whole-wheat English muffin, hot pretzels.
- Fruit or grain muffin (low-fat).
- Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon), pizza dippers with marinara sauce.
- Ham, cheese or turkey sandwiches or wraps (with low-fat condiments).
- Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits or banana splits (yogurt and fruit topped with cereal, granola or crushed graham crackers).
- Quesadillas or bean burrito with salsa.
- Low-fat breakfast or granola bars.
- Low-fat tortilla chips with salsa or bean dip.
- Trail/cereal mix (whole-grain, low-sugar cereals mixed with dried fruit, pretzels, etc.).
- Nuts and seeds.

The Connecticut State Department of Education's handout, *Healthy Celebrations*, provides schools with specific ideas for activities and healthy foods at school celebrations (<http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>). For additional resources, see *Celebrations* under *Resources* at the end of this section.

Implementation Guidance for Other Foods and Beverages

Nutrition Standards for Foods and Beverages at School

The Connecticut State Department of Education has developed recommended standards for snack foods and beverages. These standards were developed as part of the Healthy Snack Pilot, funded by a 2003-2005 Team Nutrition grant from the U.S. Department of Agriculture to the Connecticut State Department of Education. The Healthy Snack Pilot was conducted by Connecticut Team Nutrition (a partnership of the Connecticut State Department of Education and the University of Connecticut), in collaboration with the Yale Center for Eating and Weight Disorders and the Department of Public Health. During the 2004-2005 school year, five pilot schools sold only those snack items which met the nutrition standards, both in the cafeteria and vending machines. The results of the pilot project can be obtained by contacting the Connecticut State Department of Education at (860) 807-2101.

Connecticut's Healthy Snack Standards focus on decreasing fat and sugar, increasing nutrient density, and moderating portion sizes for snack foods and beverages in school. They were developed by a committee with representation from a variety of state health organizations and agencies. The standards do not apply to reimbursable meals served in the USDA school nutrition programs, because nutrition standards already exist for school meals.

Schools are encouraged to use *Connecticut's Healthy Snack Standards for Foods and Beverages at School* to determine what snacks are available at school, including:

- a la carte sales in the cafeteria
- vending machines
- school stores
- fundraisers
- classroom parties
- other school events



A summary of the standards is found on the next two pages. To obtain a copy of the full standards, contact the Connecticut State Department of Education at (860) 807-2101.

The standards will be evaluated regularly and revised as needed to reflect changes in nutrition science and the availability of new healthy snack products. The Connecticut State Department of Education evaluates snack products for compliance with the Healthy Snack Standards and maintains a list of acceptable items. A list of snack items that meet the standards can be obtained by contacting the Connecticut State Department of Education.

Implementation Guidance for Other Foods and Beverages

Summary of Connecticut's Healthy Snack Standards

Recommendations: Foods sold during the school day meet USDA standards and the Connecticut healthy snack standards. The school day begins with the arrival of the first child at school and ends after the last scheduled instructional period. Foods that do not meet these standards are not available anywhere on school grounds until the end of the last scheduled instructional period.

Snack Categories: The healthy snack standards group snack items into three categories: (1) Beverages; (2) Snacks and Desserts; and (3) Fruits and Vegetables.

Beverages

Acceptable beverages include:

- **Milk** – No more than 32 grams total sugar per 8 ounce serving (4 grams per ounce) for skim or 1% flavored milks (includes both naturally occurring lactose or milk sugar and added sugar). Serve low-fat dairy products (skim and 1% milk). Milk may not contain artificial sweeteners.
- **Dairy Alternatives** such as soy milk and rice milk – No more than 32 grams total sugar per 8 ounce serving (4 grams per ounce). No more than 35 percent of total calories from fat and no more than 10 percent of calories from saturated fat per serving. Dairy alternatives may not contain artificial sweeteners.
- **Fruit or Vegetable Juice (100%)** – 100 percent juice is exempt from the sugar standard.
- **Water** – Includes flavored waters without added sugar, artificial sweeteners or caffeine, and water with added juice but no added sugars, sweeteners or artificial sweeteners.

Portion Sizes – Limit portion sizes of all beverages to no more than 12 ounces (except water without added juice).

Snacks and Desserts

This category addresses chips, crackers, popcorn, cereal, trail mix, nuts, seeds, peanut butter and other nut butters, jerky, cookies, animal/graham crackers and cereal bars, granola bars, bakery items (e.g., pastries, toaster pastries, muffins, soft pretzels), frozen desserts, ice cream, cheese, yogurt and smoothies (made with low-fat yogurt or other low-fat dairy alternatives and/or fruit/juice).

- **Fat** – No more than 35 percent of total calories from fat **and** 7 grams maximum per serving (with the exception of nuts, seeds, peanut and other nut butters and cheeses).
- **Saturated Fat and Trans Fat** – No more than 10 percent of calories from saturated fat and/or trans fat **and** 2 grams maximum per serving.
- **Added Sugar** – No more than 35 percent by weight **and** 15 grams maximum per serving (excludes sugars naturally occurring in fruits, vegetables and dairy). For smoothies (made with low-fat yogurt or other low-fat dairy alternatives and/or fruit/juice), yogurt and pudding, no more than 5 grams **total** sugar (added and naturally occurring) per ounce. Snacks may not contain artificial sweeteners.

Implementation Guidance for Other Foods and Beverages

Summary of Connecticut’s Healthy Snack Standards, Continued

Whole-Grain Foods – Encourage the availability of whole grains and foods containing fiber. Provide choices of whole grains and naturally occurring grains (those with minimal/trace amounts of added fat and no added sugar). Limit grain-based snack items made from enriched flour.

Portion Sizes – Serve reasonable portion sizes. If products meet the preceding standards for snacks and desserts, they may be served in single-serving portion sizes **or** in a package that does not exceed the serving size limits specified below.

Baked chips, popcorn, rice cakes, puffed snacks.....	1.25 oz.
Crackers, hard pretzels, pita chips, snack mix	1.75 oz.
Peanut butter–filled crackers and cheese-filled crackers	1.5 oz.
Trail mix, nuts, seeds, soy nuts.....	1.75 oz.
Jerky	1.25 oz.
Cereals	2 oz.
Cookies, animal crackers, graham crackers, cereal bars, granola bars.....	2 oz.
Bakery items, e.g., pastries, toaster pastries, muffins, bagels, soft pretzels	3 oz.
Frozen desserts, ice cream.....	4 oz.
Pudding	4 oz.
Yogurt	8 oz.
Smoothies (made with low-fat yogurt or other low-fat dairy alternatives and/or fruit/juice)	10 oz.
Cheese (low-fat recommended)	2 oz.
Nut butters, e.g., peanut butter, almond butter, soy butter	No more than 4 Tbsp.
Entrée items or other protein sources	No larger than the portion size typically provided for each age/ grade group under the USDA meal pattern

Fruits and Vegetables

Make **quality fruits and vegetables** available at any place snack items are sold. For example, dried fruit in vending machines, fresh fruit like pineapple slices or melon cubes or fresh vegetables like baby carrots in a la carte lines and school stores. (“Quality” means fruits and vegetables prepared and packaged without added fat, sugar or sodium.)

- **Fat** – No more than 35 percent of total calories from fat **and** 7 grams maximum per serving.
- **Saturated Fat and Trans Fat** – No more than 10 percent of calories from saturated fat and/or trans fat **and** 2 grams maximum per serving.
- **Added Sugar** – No more than 35 percent by weight **and** 15 grams maximum per serving.

Portion Sizes – If products meet the preceding standards for fruits and vegetables, they may be served in the following portion sizes:

- ½ cup minimum for quality fruits and vegetables
- ½ cup or 1 ounce for vegetables or fruits with added fat
- 1.5 ounces for dried fruit

References

- A Food Labeling Guide – Appendix C*, U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition, Revised November 2000: <http://www.cfsan.fda.gov/~dms/flg-6c.html>
- Benefits of School Meal Participation*, Action for Healthy Kids, 2002: http://www.actionforhealthykids.org/filelib/facts_and_findings/fs_meal.pdf
- Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265)*: http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf
- Children's Diets in the Mid-1990s: Dietary Intake and Its Relationship with School Meal Participation*, U.S. Department of Agriculture, 2001: <http://www.fns.usda.gov/oane/MENU/Published/CNP/FILES/ChilDiet.pdf>
- Creative Financing and Fundraising*, California Project Lean, California Department of Health Services, Revised 2004: <http://www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf>
- Dietary Guidelines for Americans 2005*, U.S. Department of Agriculture and U.S. Department of Health and Human Services, 2005: http://www.usda.gov/cnpp/dietary_guidelines.html
- Dispensing Junk: How School Vending Undermines Efforts to Feed Children Well*, Center for Science in the Public Interest, May 2005: http://cspinet.org/dispensing_junk.pdf
- Eating Breakfast Greatly Improves Schoolchildren's Diet Quality*, U.S. Department of Agriculture, December 1999: <http://www.usda.gov/cnpp/insights.html> (Scroll down to number 15.)
- Model Local Wellness Policies on Physical Activity and Nutrition*, National Alliance for Nutrition and Activity, March 2005: <http://www.schoolwellnesspolicies.org/>
- Nutrition Services: An Essential Component of Comprehensive Health Programs*, Journal of the American Dietetic Association, 2003;103:505-514: http://www.eatright.org/cps/rde/xchg/SID-5303FFEA-C77103C5/ada/hs.xsl/advocacy_1729_ENU_HTML.htm
- School Breakfast Programs: Energizing the Classroom*, Minnesota Department of Children, Families and Learning, March 1998: <http://cfl.state.mn.us/energize.pdf>
- USDA Regulations for the National School Lunch Program, 7CFR Part 210*: <http://www.fns.usda.gov/cnd/Governance/regulations.htm>
- Wellness Policy Toolkit*, Wyoming Action for Healthy Kids, 2005: http://www.actionforhealthykids.org/filelib/toolsforteam/recom/WY_WY-Wellness%20Policy%20Toolkit.pdf

Resources

Resources are listed by main category. Many resources contain information on multiple content areas. For additional resources, consult each policy component section of the *Action Guide*.

Nutrition Requirements and Guidelines

Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265):
http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf

Dietary Guidelines for Americans 2005, U.S. Department of Agriculture and U.S. Department of Health and Human Services, 2005: http://www.usda.gov/cnpp/dietary_guidelines.html

Foods of Minimal Nutritional Value (Appendix B of 7 CFR Part 210 National School Lunch Program Regulations), U.S. Department of Agriculture, January 16, 2001:
<http://www.fns.usda.gov/cnd/menu/fmnv.htm>

HealthierUS School Challenge. Standards established by USDA to recognize schools that take specific steps to improve their school nutrition environment and address obesity.
<http://www.fns.usda.gov/tn/HealthierUS/index.html>

MyPyramid: <http://www.mypyramid.gov/>

State Department of Education Child Nutrition Programs:
<http://www.state.ct.us/sde/deps/nutrition/index.htm>

USDA Food and Nutrition Service: <http://www.fns.usda.gov/fns/default.htm>

USDA Regulations for the National School Lunch Program, 7CFR Part 210:
<http://www.fns.usda.gov/cnd/Governance/regulations.htm>

Menu Planning

A Menu Planner for Healthy School Meals, U.S. Department of Agriculture, 1998. Designed to educate school food service staffs on the link between nutrition and health. This nutrition resource includes chapters on meeting dietary guidelines and nutrition goals, food-based menu planning and nutrient standards, nutrient analysis, and basic principles and processes of menu planning. Also includes information about how to promote the school meals programs. <http://www.fns.usda.gov/tn/Resources/menuplanner.html>

A Tool Kit for Healthy School Meals, U.S. Department of Agriculture, 1995. Includes 53 recipes that meet the Dietary Guidelines, a promotion guide and a training manual with instructions on preparing, modifying and standardizing recipes. Each recipe includes a nutrient analysis. Some portions available at:
<http://www.nalusda.gov:8001/Training/train.html>

Celebrating Diversity: Approaching Families Through Their Food, National Center for Education in Maternal and Child Health, 1994: <http://www.ask.hrsa.gov/detail.cfm?id=MCHJ024>

Dairy and School Wellness, National Dairy Council, 2005:
<http://newenglanddairyCouncil.com/health/counseling/pdf/DairyandSchoolWellness1.pdf>

Ethnic and Cultural Resources, Food and Nutrition Information Center. List of websites and resources.
<http://www.nal.usda.gov/fnic/etext/000010.html>

Food Buying Guide for Child Nutrition Programs, U.S. Department of Agriculture, 2002. Resource to determine the amount of food to purchase and the contribution each food makes toward the meal pattern requirements. Includes information on recipe analysis, child nutrition labeling and food purchasing. Also includes a resource section of useful web pages and information on food service, food preparation, food safety and menu planning publications. <http://www.fns.usda.gov/tn/Resources/foodbuyingguide.html>

Healthy School Meals Resource System, U.S. Department of Agriculture. Resources and information for people working in USDA Child Nutrition Programs. <http://schoolmeals.nal.usda.gov>

Keys to Excellence in School Food and Nutrition Programs. A free online tool that offers an easy-to-use management and evaluation program that helps food-service directors assess their school nutrition programs. The Keys automatically tabulates results from 60 assessment criteria and provides ideas to help promote excellence in food service throughout the school community. <http://www.asfsa.org/keys/>

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Meal Planning and Preparation Service Resource List, Food and Nutrition Information Center, May 2003:
<http://www.nal.usda.gov/fnic/service/foodmp1.htm>

Mealtalk, U.S. Department of Agriculture. An e-mail discussion group intended as a communication tool to link the professionals who are operating the Child Nutrition Programs, such as the National School Lunch Program and the Child and Adult Care Food Program, so that they can share resources, information and innovative solutions to common day-to-day problems.
<http://schoolmeals.nal.usda.gov/Discussion/index.html>

Nutrient Analysis Protocols: How to Analyze Menus for USDA's School Meals Programs, U.S. Department of Agriculture, 2005. Establishes procedures for conducting an accurate nutrient analysis. Developed for school food authorities conducting their own nutrient analysis and for state agencies conducting SMI reviews. <http://www.fns.usda.gov/tn/Resources/nutrientanalysis.html>

School Nutrition Association Recipe Database: <http://docs.schoolnutrition.org/recipes/>

Surveys for Child Nutrition Programs, National Food Service Management Institute. Several surveys to assess student, parent and school staff member satisfaction with school food-service programs.
<http://www.nfsmi.org/Information/2005resourcecatalog.htm#SURVEYS>

USDA Recipes for Child Nutrition Programs, U.S. Department of Agriculture. Recipes from the 1988 *Quantity Recipes for School Food Service* and the 1995 *Tool Kit for Healthy School Meals*, updated to reflect the changes made in the 2002 edition of the *Food Buying Guide for Child Nutrition Programs*.
http://teamnutrition.usda.gov/Resources/usda_recipes.html

USDA's School Lunch Challenge Recipes. Collection of recipes developed by chefs and school food-service staff members working together as teams in the contests.
<http://schoolmeals.nal.usda.gov/Chef/recipechallenges.html>

1% or Less School Kit, Center for Science in the Public Interest. Provides resources for school food-service personnel, teachers and health educators to motivate schoolchildren and their families to choose 1 percent or fat-free milk. <http://cspinet.org/nutrition/schoolkit.html>; ordering information: <http://www.cspinet.org/nutrition/1less.htm>

Fruits and Vegetables

Connecticut Ag in the Classroom: <http://www.ctaitc.org/>

Dole 5 A Day. Lots of fruit and vegetable fun (lesson plans, games, activities) from Dole Company.
<http://www.dole5aday.com/>

Eat Your Colors Every Day: Salad Bar and Salad Options Pilot Project, Produce for Better Health Foundation. A healthy eating program for elementary, middle and high schools designed to increase student consumption of fresh fruits and vegetables by implementing, enhancing and expanding salad bars, salad options and a variety of other fruit and vegetable options and activities.
<http://www.5aday.com/html/industry/floridasalad.php>

Fruit and Vegetable Snack Program Resource Center, United Fresh Fruit and Vegetable Association. Information and resources on USDA's Fruit and Vegetable Snack Program and how adding fresh fruit and vegetable snacks during the school day can transform schools into models of healthy behavior and improved learning environments. <http://www.uffva.org/fvpilotprogram.htm>

Fruits & Vegetables Galore, U.S. Department of Agriculture, 2004. A tool for school food-service professionals packed with tips on planning, purchasing, protecting, preparing, presenting and promoting fruits and vegetables. Includes ideas for dressing up the serving line to draw attention to fruits and vegetables to encourage children to make these selections, and coordinating nutrition education with teachers.
http://www.fns.usda.gov/tn/Resources/fv_galore.html

National Cancer Institute's 5 A Day. Includes resources, recipes and information on 5 A Day.
<http://www.dccps.nci.nih.gov/5aday/>

Produce for Better Health Foundation: <http://www.pbhfoundation.org/>

Promoting Fruits and Vegetables in Schools: Wellness Policy Opportunities, Produce for Better Health Foundation, December 2005. This document was developed to help school district personnel increase opportunities for students to eat more fruits and vegetables, as part of the Child Nutrition Reauthorization Wellness Policy requirement. It includes policies and strategies to help promote fruits and vegetables throughout the school day and campus. <http://www.pbhfoundation.org/pulse/policy/programs/>

There's a Rainbow on My Plate, Produce for Better Health Foundation. 5 A Day Nutrition Education Program for kindergarten through Grade 6. http://www.5aday.com/html/educators/educators_home.php

Wellness Policy Opportunities, Produce for Better Health Foundation. Information and materials on 5 a Day for kids, teachers and consumers. <http://www.5aday.com/>

5 A Day and Foodservice: <http://www.5aday.org/html/industry/foodservice.php>

5 A Day and School-Age Children: Trends, Effects, Solutions, North Carolina School Action Committee, 2003. Kit provides a planned approach to address the issue of fruit and vegetable consumption in schools, with strategies and resources to help improve the school nutrition environment. Includes position paper, PowerPoint presentation, and supporting resources. <http://schoolmeals.nal.usda.gov/Training/NC5aday/index.html>

5 A Day Recipe Database, Centers for Disease Control and Prevention. Searchable database of recipes that meet the 5 A Day requirements. <http://www.cdc.gov/nccdphp/dnpa/5aday/recipes/index.htm>

5 A Day Recipe Tips: http://www.5aday.org/html/recipes/recipe_tips.php

5 A Day the Color Way School Foodservice Promotion Book, Produce for Better Health Foundation: <http://www.5aday.com/pdfs/industry/promotion.pdf>

Farm to School

Center for Ecoliteracy. Rethinking School Lunch (RSL) program uses a systems approach to address the crisis in childhood obesity, provide nutrition education and teach ecological knowledge. RSL guide provides a planning framework that contains tools and creative solutions to the challenges of improving school lunch programs, academic performance, ecological knowledge and the well-being of our children. <http://www.ecoliteracy.org/programs/rsl.html>

Hartford Food System, Project Farm Fresh Start. Program to increase the purchase of locally grown produce by the Hartford school system's food service and to encourage young people to make high-quality, nutritious food a regular part of their diet. http://www.hartfordfood.org/programs/project_farm.html

Kids Gardening: <http://www.kidsgardening.com/>

National Farm to School. Farm to School programs connect schools with local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing health and nutrition education opportunities, and supporting local small farmers. <http://www.farmtoschool.org/index.htm>

Small Farms/School Meal Initiative: A Step-By Step Guide on How to Bring Small Farms and Local Schools Together, U.S. Department of Agriculture, 2000: <http://www.fns.usda.gov/cnd/lunch/Downloadable/small.pdf>

Breakfast

Breakfast – Key to Academic Excellence, Connecticut State Department of Education and New England Dairy and Food Council, 2002. Two handouts to promote the importance of eating breakfast: B1-Home is for schools without a breakfast program and B2-School is for schools with a breakfast program. <http://www.state.ct.us/sde/deps/nutrition/SBP/index.htm> (Scroll down to bottom.)

Child Nutrition Fact Sheet: School Breakfast Program, Food Research & Action Center, 2004: <http://www.frac.org/pdf/cnsbp.PDF>

Discover School Breakfast Toolkit, U.S. Department of Agriculture, 2004. Designed to help increase access to the School Breakfast Program, determine the type of meal service most suited to school needs, and develop a marketing plan to capture and keep customers. <http://www.fns.usda.gov/cnd/breakfast/toolkit/Default.htm>

Expanding Breakfast, New England Dairy and Food Council: <http://www.newenglanddairyandfoodcouncil.org/foodservice/expanding-breakfast.html>

Expanding Breakfast Fact Sheets, National Dairy Council. Includes "Everyone Wins with an Expanding Breakfast Program;" "A Proven Way to Improve Student Learning, Achievement and Health;" "Introducing a Great Way to Give Your Children a Nutritious Start Every Day;" and "Breakfast at School – How Cool is That?" <http://www.nutritionexplorations.org/sfs/expanding-masters.asp>

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Expanding Breakfast Manual and Video Kit – Second Edition, School Nutrition Association. Designed to help schools start an alternative breakfast service. This self-study manual addresses the common questions and logistics of implementing a breakfast program and provides guidance to make necessary financial evaluations. The notebook is divided into three basic sections: budgeting issues, breakfast service methods, and the development of an actual operations plan. A companion video is included.

<http://www.schoolnutrition.org/Index.aspx?id=1092>

School Breakfast for First Class Learning, Midwest 5 Start Child Nutrition Task Force, 1999. Includes 10 lessons in three categories to help promote and operate a School Breakfast Program: Value of Breakfast; How to Implement a School Breakfast Program; and Enhancing School Breakfast Programs. Each lesson has content overview, objectives, target audience, estimate of time needed, materials list and script. Several lessons have handouts which can be copied and distributed or made into transparencies. Includes PowerPoint presentation to educate decision makers on the importance of breakfast.

<http://schoolmeals.nal.usda.gov/Training/5startoolkit/firstclass.html>

School Breakfast Program, U.S. Department of Agriculture:

<http://www.fns.usda.gov/cnd/Breakfast/Default.htm>

School Breakfast Program Menu Planning, U.S. Department of Agriculture:

<http://www.fns.usda.gov/cnd/Breakfast/Menu/sbp-menu-planning.htm>

USDA Regulations for the School Breakfast Program:

<http://www.fns.usda.gov/cnd/Governance/regulations.htm>

Special Diets

Accommodating Children with Special Dietary Needs in the School Nutrition Programs, U.S. Department of Agriculture, 2001: http://www.fns.usda.gov/cnd/Guidance/special_dietary_needs.pdf or

http://www.fns.usda.gov/cnd/Guidance/accommodating_children.doc

Feeding Children with Special Needs: An Annotated Bibliography, National Food Service Management Institute, December 2001: <http://www.nfsmi.org/Information/bib/spneedsbib.htm>

Guidelines for Managing Life-Threatening Food Allergies in Connecticut Schools, Connecticut State Department of Education, 2006: <http://www.state.ct.us/sde/deps/Student/Health/Index.htm>

Managing Nutrition Services for Children with Special Needs, National Food Service Management Institute, 1994: <http://www.nfsmi.org/Information/Newsletters/insight1.html>

Resources on Food Allergies, Special Diets and Special Needs in Schools:

<http://schoolmeals.nal.usda.gov/Resource/specialdiets.html>

Healthy Fundraisers and School Stores

All It Takes is Nutritious SEN\$E: Students Encouraging Nutritious Snacks Everyday! Some Montana schools have found out that students will choose healthful items if they are readily accessible and affordable at student stores. This toolkit guides schools through key concepts and considerations necessary to make these positive changes. In the end, the school store will not only continue to be profitable, it will contribute to student health and well-being in the school. <http://www.opi.state.mt.us/schoolfood/nutritionense.htm>

Beyond the Bake Sale, National Public Radio, 2002. Series on how public schools are turning to private money, the benefits and the consequences.

<http://www.npr.org/programs/morning/features/2002/oct/schools/index.html>

Concessions, North Carolina School Nutrition Action Council, 2005. Two-page summary of standards for healthy foods and beverages at concessions. <http://www.nutritionnc.com/TeamNutrition/indextn.htm>

Constructive Classroom Rewards, Center for Science in the Public Interest, 2004. Ideas for rewards that don't undermine children's health.

http://www.cspinet.org/nutritionpolicy/policy_options.html#ImproveSchoolFoods (Scroll down to bullet under "Rewards in the Classroom" in section entitled "Improve School Foods.")

Creative Financing and Fundraising, California Project Lean, Revised 2004. Ideas for healthy fundraising.

<http://www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf>

Fundraising, North Carolina School Nutrition Action Council, 2005:

<http://www.nutritionnc.com/TeamNutrition/indextn.htm>

- Guide to Healthy School Stores*, Alabama Department of Public Health Nutrition & Physical Activity Unit, 2004: <http://actionforhealthykids.org/filelib/toolsforteam/recom/N&PA%2035%20-%20school%20store.pdf>
- Healthy Foods and Healthy Finances: How Schools Are Making Nutrition Changes That Make Financial Sense*, Action for Healthy Kids, 2003: http://www.actionforhealthykids.org/newsroom_facts.php
- Healthy Fundraising/Health Related Fundraising*. Commercial site with links to businesses that sell healthy products. <http://www.fundraiser-finder.com/fundraising-cat/healthy.php>
- Healthy Fundraising: Promoting a Healthy School Environment*, Connecticut State Department of Education, 2005: <http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>
- Healthy Fundraising & Vending Options*, Produce for Better Health Foundation: <http://www.5aday.com/html/educators/options.php>
- Non-Food Ways to Raise Funds and Reward a Job Well Done*, Texas Department of Agriculture, 2004: http://www.squaremeals.org/vgn/tda/files/2348/3614_1034_NonFoodRewards.pdf
- School Fund Raiser Ideas – Alternatives to Selling Junk Food and Sodas*: <http://departments.oxy.edu/uepi/cfj/resources/AlternativeFundRaisers.htm>
- School Stores*, North Carolina School Nutrition Action Council, 2005. Two-page summary of ideas for healthy foods and developing policy on foods sold in school stores. http://actionforhealthykids.org/filelib/toolsforteam/recom/NC_NC%20-%20schoolstores.pdf
- Twenty Ways to Raise Funds Without Candy*, Illinois Nutrition Education and Training Program: <http://www.kidseatwell.org/flyers/twentywaystoraiseffunds.pdf>

Healthy Snacks

- After-School Snack Program*, U.S. Department of Agriculture: <http://www.fns.usda.gov/cnd/Afterschool/default.htm>
- Afterschool Snacks Cycle Menus*, U.S. Department of Agriculture: <http://www.fns.usda.gov/cnd/menu/cyclemenu.htm>
- Healthy School Snacks*, Center for Science in the Public Interest, 2005. Provides healthy snack ideas for teachers, parents and others to provide in the classroom, after-school programs and outside of school. <http://cspinet.org/healthysnacks/>
- Healthy Snack and Fundraising Ideas*, University of Wyoming Cooperative Extension Service. Two variations of a two-page handout providing ideas for healthy snacks at school and healthy food or nonfood fundraising ideas. http://www.uwyo.edu/winwyoming/School_related/Snack-HO-B+W-2-03.pdf and <http://www.uwyo.edu/winwyoming/HSNE-Snack-HO.pdf>
- Nourish Their Bodies, Feed Their Minds*, Food Research & Action Council and National Dairy Council, 2004. Resource guide provides after-school and summer programs with detailed information on how to participate in the federal child nutrition programs, why and how to draw down federal funds for good nutrition in these programs, and how to add nutrition education to programming. http://www.frac.org/Afterschool_Guide.pdf
- Snack Food Calculator*, California Project Lean. An online snack food calculator to determine if an individual food item meets nutrition standards for fat, saturated fat and sugar established by California's legislation. <http://www.californiaprojectlean.org/calculator/>
- Suggestions for Nutritious Snacks*, Texas Department of Agriculture, 2004. Handout in English and Spanish on healthy snacks for home and school. http://www.squaremeals.org/vgn/tda/files/983/1629_Nutrisnacks.pdf

Celebrations

- Ghoulishly Great Ideas for Halloween Parties and Trick-or-Treating*, Center for Science in the Public Interest, 2005. Tips to help parents, teachers, health professionals and others create more healthful Halloween celebrations. The tips include shifting some of the focus from low-nutrition foods to activities and crafts, and recipes and suggestions for healthier alternatives to candy. <http://cspinet.org/new/pdf/halloween.pdf>
- Healthy Celebrations: Promoting a Healthy School Environment*, Connecticut State Department of Education, 2004: <http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>

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Let's Celebrate! Ready to think outside the cake box? Texas Department of Agriculture, 2005:
http://www.squaremeals.org/fn/render/channel/items/0.1249,2348_2503_0_0.00.html

Let's Party: Party Ideas for School and Home, West Virginia Department of Education, 1994:
<http://wvde.state.wv.us/ctrc/materials.html>

Let's Play: Innovative Games and Activities for Kids, West Virginia Department of Education, 2002:
<http://wvde.state.wv.us/ctrc/materials.html>

School Celebrations, North Carolina School Nutrition Action Council, 2005:
<http://www.nutritionnc.com/TeamNutrition/indextn.htm>

Nutrition Standards

Choosing Healthy Foods and Beverages for Meetings, Conferences and Events, Centers for Disease Control and Prevention, 2003. Guidelines for selecting healthier foods and beverages for meetings, conferences and other work-related events. http://www.cdc.gov/nccddphp/dnpsa/pdf/Healthy_Worksite_Food.pdf

Eat Smart: North Carolina's Recommended Standards for all Foods Available in School, North Carolina Department of Health and Human Services, 2004: <http://www.eatsmartmovemorenc.com/>

Food for Thought: Healthy Food Guidelines for Schools, Lexington-Fayette County Health Department, 2003. Contains practical ideas for making healthy, appealing foods available to students in schools outside of school meal programs, including classroom parties and snacks in vending machines, school stores and meetings. <http://www.lexingtonhealthdepartment.org/template.asp?id=234>

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5 *Nutrition Standards for School Foods and Beverages*

Additional resources can be found in the *Healthy School Nutrition Environment Resource List* available at <http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>. This list is updated regularly.