





STEP 4: Determining Interventions and Developing an Action Plan
 – by population, setting, and resources

**School Setting-Nutrition
 Intervention Action Step Examples**

SCHOOL SETTING	Intervention Action Step Examples
 Policy	Authorize and allocate more funds for healthy school meal programs, such as the USDA National School Lunch Program, School Breakfast Program, Special Milk Program, and Small Farms/School Meals Initiatives.
	Encourage school staff to attend professional development programs on current nutrition guidelines, best practices, and resources.
	Build support for shared local/state/federal funding for school meals programs.
	Incorporate the 5 A Day message into existing cafeteria/catering policies and food and nutrition assistance programs conducted (e.g., School Breakfast Program, School Lunch Program).
	Implement school breakfast programs and/or consider expanding breakfast programs by offering convenient and attractive meal options.
	Develop and implement guidelines to address using food as a discipline or reward for students.
	Develop and implement guidelines for healthful snacks and foods provided in vending machines, school stores, and other venues within the school's control.
	Encourage adherence to single-portion sizes as defined by the USDA Food Guide Pyramid in foods offered in the school setting, and outside the cafeteria.
	Develop and implement "party" guidelines for snacks and refreshments served at school parties, celebrations, and meetings.
	Encourage nonfood fundraisers such as flowers, gift wrap, sporting events, and family fun runs.
 Environment	Schedule lunch periods at reasonable hours around midday.
	Prohibit or restrict student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value.
	Provide an adequate amount of time for students to eat school meals.
 Practices	Educate school staff, parents, and community leaders about the issues affecting the health of children such as obesity, eating disorders, body size acceptance.
	Train district and school food service staff on meal planning, food production, and monitoring to ensure that meals meet the Dietary Guidelines for Americans.
	Provide students in pre-kindergarten through grade 12 with behavior-focused nutrition education, and integrate into an interactive curriculum.
	Provide food options such as fruits, vegetables, whole grains, and dairy products that are low in fat, calories, and added sugars.
	Work with existing school health services to establish links with professionals who can provide nutrition counseling and/or related services for families.

	Plan health-promotion activities for students, parents, and staff that encourage the consumption of fruits, vegetables, and low-fat dairy products, such as cooking demonstrations, school gardens, and nutrition guide speakers.
 Communication	Include information on 5 A Day and nutrition in school communications, such as monthly meal calendars, newsletters, back-to-school nights, and health fairs.



RESOURCES:

PROGRAMS and ACTIVITIES

American Dietetic Association and President’s Council on Physical Fitness and Sports

10 Tips to Healthy Eating and Physical Activity for You, A brochure for kids from 9-15 years. Resource includes educational booklets, brochures, and fact sheets. <http://www.ific.org/publications/brochures/tentipskidsbroch.cfm>

Better and Worse Snacks – Foods and Drinks for School Vending Machines

Center for Science in the Public Interest, 2003. http://cspinet.org/new/pdf/better_and_worst_snacks.pdf

California Project Lean – Creative Financing and Fundraising

(Leaders Encouraging Activity & Nutrition) works with state and local physical activity and nutrition leaders to conduct programs in communities throughout California.

www.co.shasta.ca.us/Departments/Public Health/CommunityHealth/proilean/fundraiser1.pdf

Community Nutrition Action Kit

This Kit (for use with grades 3-6, their families and community volunteers) was developed with the Cooperative Extension Service. This Kit contains youth activities, family/caregiver activities and community activities, with guidelines for implementation, reproducible handouts, resource information and references.

<http://www.nal.usda.gov/fnic/schoolmeals/Training/cak.html>

Connecticut State Department of Education-Nutrition Program

Website provides compilation of identified resources to assist schools in promoting healthy eating and physical activity for children, including the Nutrition Resource Catalog 2003, Environmental Resource List, and Nutrition-related websites. <http://www.state.ct.us/sde/deps/nutrition/index.htm>

Nutrition Resource Catalog, May 2003 – <http://www.state.ct.us/sde/deps/nutrition/CoverContents03.pdf>

Healthy School Nutrition Environment Resource List –

www.state.ct.us/sde/deps/nutrition/HSNE_Resource_List.pdf

CSPI School Nutrition Kit

School based tool with the goals of improving nutritional quality of the foods and beverages that our kids eat and drink at school and to protect our children’s health. The Kit consists of three parts: 1) How to Improve School Food and Beverage; 2) Model Materials and Policies; and 3) Case Studies. <http://www.cspinet.org/schoolfood>.

Dole 5 A Day

This site provides nutrition and 5 A Day education for students, teachers, and school food service staff. www.dole5aday.com

Produce for Better Health Foundation:

Information and resources for teachers on the 5 A Day The Color Way campaign. www.5aday.org

Food Guide Pyramid and Food Guide Pyramid for Young Children Handout.

The Food Guide Pyramid translates nutritional recommendations into the kinds and amounts of food to eat each day. The Food Guide Pyramid for Young Children is designed to simplify educational messages and focuses on children's food preferences and nutrition requirements. www.usda.gov/cnpp/pyramid.html and www.usda.gov/cnpp/KidsPyra.

Front and back one-page handout. www.nal.usda.gov/fnic/Fpyr/pyramid.html, under "Camera-ready (Black & White) Food Guide Pyramid".

U.S. Department of Agriculture

The School Environment: Helping Students Learn to Eat Healthy. U.S. Department of Agriculture, July 2000. Brochure and educational material providing an overview of what schools and communities can do to promote a healthy school nutrition environment. www.fns.usda.gov/tn/Resources/helpingstudents.html

A Menu Planner for Healthy School Meals.

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. Order information at www.fns.usda.gov/tn/Resources/menuplanner.html

A Tool Kit for Healthy School Meals.

Includes 53 recipes that meet the Dietary Guidelines, a promotion guide and training manual with instructions on preparing, modifying and standardizing recipes. Each recipe includes a nutrient analysis. Available at <http://schoolmeals.nal.usda.gov/Training/train.html>

Guidelines for Training Food Service Professionals to Achieve Healthy School Meals.

www.nal.usda.gov/fnic/schoolmeals/Training/gtf.html

Healthy School Meals Resource System <http://schoolmeals.nal.usda.gov/>

National School Lunch Program/School Breakfast Program Foods of Minimal Nutritional Value. U.S.

Department of Agriculture, January 16, 2001. www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/fmnv.pdf

Fruits and Vegetables Galore: Helping Kids Eat More:

This site is a tool for food service professionals with information on planning, purchasing, protecting, preparing, presenting, and promoting fruits and vegetables. The site includes suggestions to get students excited about eating healthfully. www.fns.usda.gov/tn/Resources/fv_galore.html

Eat Smart, Play Hard: Practical suggestions to motivate children and caregivers to eat healthy and play hard. The campaign messages and materials are fun for children and informative for caregivers.

www.fns.usda.gov/eatsmartplayhard

Healthy School Meals Resource System –

Database with training materials, menus, and recipes and other resources.

<http://www.nal.usda.gov/fnic/schoolmeals/index.html>

USDA's Team Nutrition – Join Team Nutrition –

USDA's initiative to improve lifelong physical activity and healthy eating for children. This website includes information about Team Nutrition, an application and wonderful resources for school food service staff, administrators and educators. <http://www.fns.usda.gov/tn/>

GUIDELINES

Action for Healthy Kids

Action for Health Kids is an integrated, national-state effort, that is addressing the epidemic of overweight, undernourished, and sedentary youth, by focusing on changes in the school environment. This site includes tools and resources designed to help support positive changes in children's nutrition and physical activity behaviors. www.actionforhealthykids.org

Impact of Competitive Foods on the National School Lunch Program and School Breakfast Program – Fact Sheet. Action for Healthy Kids, 2003. www.actionforhealthykids.org/docs/fs_usdacomp.pdf

Healthy Foods and Healthy Finances: How Schools are Making Nutrition Changes that Make Financial Sense. Action for Healthy Kids, 2003. www.actionforhealthykids.org/docs/hpf_fs_finances.pdf

Healthy-Eating Guidelines for Schools. Pinpoints the definition of healthy-eating guidelines and their importance in school planning. Includes actual guidelines from selected programs across the U.S. www.actionforhealthykids.org/docs/hpf_fs_guidelines.pdf

American School Food Service Association - ASFSA -

Professional organization for food service staff that provides education and training; sets standards through certification and credentialing; gathers and transmits regulatory, legislative, industry, nutritional and other types of information related to school nutrition; and represents the nutritional interests of all children. www.asfsa.org

CDC's School Health Policies and Programs Study (SHPPS) 2000.

The School Health Policies and Programs Study (SHPPS) is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Results include Fact Sheets, State-level summaries, and State Report Cards. <http://www.cdc.gov/HealthyYouth/shpps/index.htm>

Connecticut's State Health Program Report Card

http://www.cdc.gov/HealthyYouth/shpps/report_cards/pdf/connecticut.pdf

School Health Policies and Programs Fact Sheets by topic area

<http://www.cdc.gov/HealthyYouth/shpps/factsheets/index.htm>

Centers for Disease Control and Prevention/Nutrition

Guidelines for School Health Programs to Promote Lifelong Healthy Eating. www.cdc.gov/mmwr/preview/mmwrhtml/00042446.htm

National Association of State Boards of Education

Fit, Healthy, and Ready to Learn: A School Health Policy Guide: Developed by the National Association of State Boards of Education to provide direction on establishing an overall policy framework for school health programs and specific policies on various topics. It is designed for use by states, school districts, and individual schools, public or private. The policy guide is organized around sample policies that reflect best practice, which can be adapted to fit local circumstances. www.nasbe.org/HealthySchools/fithealthy.mqi

National School Lunch Program (NSLP)

Information and regulations regarding USDA's School Lunch Program. www.fns.usda.gov/cnd/Lunch/default.htm

School Breakfast Program (SBP)

The School Breakfast Program (SBP) provides cash assistance to States to operate nonprofit breakfast programs in schools and residential childcare institutions. The program operates in more than 72,000 schools and institutions, serving a daily average of some 7.4 million children. Information and regulations regarding USDA's School Breakfast Program. www.fns.usda.gov/cnd/Breakfast/DEfault.htm

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

Free Online tool and comprehensive manual that provides practical advice for improving school foods. Kit includes topics such as: How to improve school foods and beverages, model materials and policies, and case studies
<http://cspinet.org/schoolfood/>

Taking the Fizz out of Soda Contracts: A Guide to Community Action

This guide provides an array of resources that can be utilized when discussing school district policy on soda and other sugary drinks with parents, students, community members and school decision-makers. The guide includes fact sheets on youth soda consumption and the related health consequences. It also details the commercial implications of school soda contracts and provides a school soda report card that can be used to determine the potential health impact of soda on a school campus. California Project LEAN, 2002.
<http://www.asu.edu/educ/eps/CERU/Community%20Corner/CERU-0306-138-RCC.pdf>