

Wellness Policy Resources

- Action for Healthy Kids site
<http://www.actionforhealthykids.org/AFHK/resources/searchbykeywordresults.php?keyword=policy>
 - A USDA kit called “Changing the Scene.” Your School Food Service director in your district might have a kit or she/he can contact the Department of Education, Bureau of Nutrition and Transportation.
 - Contact your local extension specialist.
 - Dr Laurie Anderson (CDC) slide presentation "Comparisons of Successful Interventions for Improving Diet Quality vs. Increasing Physical Activity" available on the USDA website:
http://www.usda.gov/wps/portal/!ut/p/ s.7_0 A/7_0 1OB?contentidonly=true&contentid=national_obesity_conference_agenda.xml
 - ISU Extension Publication: Tips for Preparing a School Wellness Policy:
<http://www.extension.iastate.edu/Publications/N3469.pdf>
 - Team Nutrition (FNS) has developed some materials (policy requirements):
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>
 - Local wellness policies:
 - North Carolina-NC Healthy Weight Initiative: www.NCHealthyWeight.com
 - Michigan. The Role of Michigan Schools in Promoting Healthy Weight: www.emc.cmich.edu
 - Sample policies are available from the National Association of State Boards of Education:
www.nasbe.org/HealthySchools/physical_activity.html
 - "What's Cooking in Connecticut Schools?" - a report of the CT Food Policy Council looking at actions schools are taking in our state to improve food and nutrition environments. There is a pretty good resource directory included. <http://www.foodpc.state.ct.us/images/Report.pdf>
 - Subject: The Maine Guide: <http://www.maine-nutrition.org/CTSpag.htm>
 - Team Nutrition has recently added a Local Wellness Policy Web page to their site. Information is available at the following URL: <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html> .
 - The USDA website at: www.fns.usda.gov/tn. Click on Local Wellness Policy.
 - These 2 websites offer examples of what different schools are doing and tools to help with the process:
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>
- and the below list are links that are found at the bottom of this webpage:
http://frac.org/html/federal_food_programs/cnreauthor/wellness_briefing.htm
- CSPI has a wonderful and comprehensive toolkit at the following website - you will find a lot of what you need to get started there: <http://www.cspinet.org/schoolfood/>
 - The Team Nutrition website at www.fns.usda.gov/tn/