

Resources

Meeting The Wellness Challenge



Whether you are in the midst of the approval process with your state's Department of Education or haven't yet formed your Writing Committee, these resources will be helpful every step of the way. Remember, once your Wellness Policy is approved, it still must be implemented, monitored and revised. It will help you to keep these Resources, compiled from SNA and the USDA Team Nutrition web sites, on hand. You may need them after you've attained your original Policy Goals. Click on the links below to tackle new issues that will improve the wellness of your students.

1. **Gold Kist, Inc. Company Web Site** (<http://www.goldkist.com>)
 - i. This newsletter, and other future publications will be posted as PDF files.
 2. **School Nutrition Association** (<http://www.schoolnutrition.org>)
 - i. Sample School Wellness Policies
 - ii. SNA Local Wellness Policy recommendations – 8 Goals listed
 - iii. Keys of Excellence – self-assessment
 - iv. Sample Superintendent PPT presentation, “Talking to Your School’s Administration,” can be downloaded
 - v. Healthy School Snacks and Beverages: Selected Policies and Guidelines (must be a member to access)
 3. **Action for Healthy Kids** (<http://www.actionforhealthykids.org/>)
 - i. After-school program for kids
 - ii. Review regulations and policies in other states, copy pieces from them that apply to your state/district, and insert them into your own Policy.
 4. **US Department of Agriculture (USDA) – Team Nutrition page - School Nutrition Success Stories** (<http://www.fns.usda.gov/tn>)
 5. **Centers for Disease Control and Prevention (CDC) - Healthy Schools Healthy Youth page** (<http://www.cdc.gov/HealthyYouth/>)
 6. **TX State Department Of Agriculture Nutrition Programs** (<http://www.squaremeals.com>)
 7. **National Association for Sport and Physical Education** (<http://www.aahperd.org>)
 8. **National Food Service Management Institute - gain knowledge for writing an effective Survey by viewing examples on their Research page (Goal Measurements)** (<http://www.nfsmi.org/Information/Research.html>)
 9. **National Conference of State Legislatures - Vending Machines in Schools** (<http://www.ncsl.org/programs/health/vending.htm>)
 10. **American Dietetic Association – Child Nutrition Reauthorization page** (http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_2160_ENU_HTML.htm)
 11. **National Association of School Boards of Education (NASBE) web site**
 - i. Healthy Policies for Healthy Kids (http://www.nasbe.org/Standard/17_Dec2004/rhiner.pdf)
 - ii. Fit, Healthy, and Ready to Learn: A School Health Policy Guide (<http://www.nasbe.org/HealthySchools/fithealthy.html>)
 12. **National Alliance for Nutrition and Activity (NANA) / Center for Science in the Public Interest -**
 - i. Model Local School Wellness Policies (<http://www.schoolwellnesspolicies.org/WellnessPolicies.html>)
 - ii. Policy Options (<http://www.cspinet.org/schoolfood>)
 13. **Healthy Schools Campaign** (http://healthyschoolscampaign.org/news/updates/2005-03_update.php) - School Wellness Policies
 14. **Center for Ecoliteracy** (http://www.ecoliteracy.org/programs/wellness_policy.html) – Model Wellness Policy Guide
 15. **Hampton, New Hampshire’s complete School District Policy is available at** <http://www.sau21.k12.nh.us> (go to SAU information - District Policies - Hampton section J), which includes their Wellness Policy on pp. 85-90, and which was contributed to by State Legislator and SNA Certified Trainer Nancy Stiles. Her Policy has acted a resource for other districts in her state.
- *For more links to other state articles, newsletters and sample policies, refer to the USDA Team Nutrition Website Resources: Wellness Policies (<http://www.kidseatwell.org/flyers/WellnessPolicyResources.pdf>)