# HealthierUS School Challenge Resources

## WEBSITES

### GENERAL:
- Alliance for a Healthier Generation (Healthy Schools Program): [https://schools.healthiergeneration.org/](https://schools.healthiergeneration.org/)

### MEALS CRITERIA (Breakfast, Competitive Foods, Lunch):

### PHYSICAL EDUCATION & PHYSICAL ACTIVITY:
- President’s Council on Fitness, Sports & Nutrition: [www.fitness.gov](http://www.fitness.gov)
- OSPI Health and Fitness Education: [http://www.k12.wa.us/HealthFitness/default.aspx](http://www.k12.wa.us/HealthFitness/default.aspx)
- Fuel Up To Play 60: [http://school.fueluptoplay60.com/home.php](http://school.fueluptoplay60.com/home.php)
- Brain Breaks: [http://www.emc.cmich.edu/BrainBreaks](http://www.emc.cmich.edu/BrainBreaks)
- National Association for Sport and Physical Education: [http://www.aahperd.org/naspe/](http://www.aahperd.org/naspe/)

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**WEBSITES**

**NUTRITION EDUCATION:**
- Choose MyPlate.gov  
  http://www.choosemyplate.gov/
- Eatsmart Nutrition education (Washington State Dairy Council)  
  http://www.eatsmart.org/
- Team Nutrition  
  http://www.fns.usda.gov/team-nutrition
- Team Nutrition Order Form  
  http://tn.ntis.gov/
- Fuel Up to Play 60 Challenge  
  http://school.fueluptoplay60.com/home.php
- Washington State Dairy Council  
  http://www.eatsmart.org

**SCHOOL WELLNESS POLICY**
- Action for Healthy Kids-Wellness Policy Tool  
  http://www.actionforhealthykids.org/resources
- Office of Superintendent of Public Instruction School Wellness Policy Best Practices  
  http://www.k12.wa.us/ChildNutrition/SchoolWellness/default.aspx
- School Nutrition Environment and Wellness Resources-TN  
  http://healthymeals.nal.usda.gov/school-wellness-resources

**OTHER CRITERIA FOR EXCELLENCE:**
- OSPI-Afterschool Snack Program/At-risk afterschool meals  
  http://www.k12.wa.us/ChildNutrition/Programs/CACFP/default.aspx
- OSPI-Summer Food Service program  
  http://www.k12.wa.us/ChildNutrition/programs/SummerPrograms/default.aspx
- OSPI-Resources on after school programs  
  http://healthyschools.ospi.k12.wa.us/waschool/components/phys_ed/after_school.html
- OSPI-Resources for recess programs  
  http://healthyschools.ospi.k12.wa.us/waschool/components/phys_ed/recess.html
- OSPI-Safe Routes to School Program  
  http://www.k12.wa.us/HealthFitness/SafeRoutes.aspx
- Safe Routes to School Washington  
  http://www.saferouteswa.org/
- Chefs Move To Schools Program  
  http://www.chefsmovetoschools.org/
- Farm to School Organization  
  http://www.farmtoschool.org/
- Washington State Farm to School Program  
  http://www.wafarmtoschool.org/
- Washington Sustainable Food &Farming Network  
  http://wsffn.org/
- Smarter Lunchrooms  
  http://smarterlunchrooms.org/ideas

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Application Materials
Bronze/Silver Application
Gold/Gold Award of Distinction Application
Information for submitting application by mail
Information for submitting application by email

WEBSITES
http://healthymeals.nal.usda.gov/hsmrs/HUSSC/
http://healthymeals.nal.usda.gov/hsmrs/HUSSC/
http://healthymeals.nal.usda.gov/hsmrs/HUSSC/index_mail.html

REPORTS
Center for Science in the Public Interest
Sweet Deals: School Fundraising Can Be Healthy and Profitable
http://cspinet.org/new/200702141.html

NEWS ARTICLES
A Short Exercise breaks in Bethel Schools help students stay alert
Tacoma News Tribune
December 13, 2013

VIDEO CLIPS
Active Kids Do Better-Let’s Move Active Schools (1:00 min)
Allyson Felix: Energize Your Day With School Breakfast (:31 sec)
Farm to School-Bellingham
Farm to School-Wenatchee
http://youtu.be/vVbF2HKsA44
http://www.youtube.com/watch?v=yQXYyigRyU8&feature=player_embedded
Farm to School Program, Bellingham Public Schools
The Lunch Room: Wenatchee’s Farm to School Movement

OTHER CONTACTS
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