

## Resource List for Wellness Policies in Schools and Child Care

This document contains websites and online resources for developing, implementing, evaluating, and promoting wellness policies in schools and child care settings. Resources are listed by main category. Many websites contain information on multiple content areas. The inclusion of commercial websites is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

For resources on the requirements for the U.S. Department of Agriculture's (USDA) [Child Nutrition Programs](#), see the CSDE's document, [Resource List for Child Nutrition Programs](#). For resources on competitive foods (such as fundraisers, school stores, and vending machines), see the CSDE's document, [Resource List for Competitive Foods in Schools](#). For resources on promoting physical activity, see the CSDE's document, [Resource List for Physical Activity and Physical Education](#). For additional resource lists related to nutrition and healthy school environments, visit the CSDE's [Resources for Child Nutrition Programs](#) webpage.



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## Contents

Action Planning.....	3
Alternatives to Food Rewards.....	3
Assessment.....	4
Celebrations .....	5
Child Care Nutrition and Physical Activity Policies .....	6
Commercialism in Schools .....	9
Community Partnerships .....	9
Data and Trends.....	10
Developing and Implementing Policies.....	12
Employee Wellness.....	15
Engaging Families .....	16
Engaging Students .....	17
Evaluation .....	18
Grants and Funding.....	19
Legislation .....	20
Marketing and Promotion.....	21
Meal Schedules .....	23
Modeling Healthy Behaviors .....	24
Sample Policies.....	25
School Health Teams.....	25
School Wellness Policy Requirements .....	26
Success Stories.....	26
Whole School, Whole Community, Whole Child (WSCC).....	27

**Quick search tips:** Click on the blue titles above to go directly to each section. Search for key words using the “Find” option in the PDF toolbar, or go to “Edit” then “Find.”

# Resource List for Wellness Policies in Schools and Child Care

## Action Planning

Action Planning Form for Child Care Policies (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/CACFPactionplan.pdf>

Action Planning Form for Child Care Policies: Sample for Increasing Whole Grains:

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/CACFPactionplansample.pdf>

Developing an Action Plan, Section 4 of The Active Communities Tool Action Planning Guide (Centers for Disease Control and Prevention):

<https://www.cdc.gov/physicalactivity/community-strategies/active-communities-tool/pdf/active-communities-toolkit-action-planning-guide-508.pdf#page=10>

Make an Action Plan (The Nemours Foundation):

<https://healthykidshealthyfuture.org/learn-more/quiz/action-plan/>

Sample Sustainable Food Action Plan (Eco-Schools USA): [https://www.nwf.org/-/media/PDFs/Eco-schools/Sustainable-Food\\_Action-Plan.ashx?la=en&hash=1EB3EB0C77BBB90F89BE0E6ADB7BBC7BB6853349](https://www.nwf.org/-/media/PDFs/Eco-schools/Sustainable-Food_Action-Plan.ashx?la=en&hash=1EB3EB0C77BBB90F89BE0E6ADB7BBC7BB6853349)

School Nutrition S.T.A.R. Program Action Plan (ICN):

<https://theicn.org/resources/850/s-t-a-r/109439/star-other-action-plan.pdf>

Schools As Nutrition Hubs: Afterschool Meal Program Action Planning Template (School Nutrition Foundation):

[https://schoolnutrition.org/uploadedFiles/Resources\\_and\\_Research/Operations/Supper-Action-Plan.pdf](https://schoolnutrition.org/uploadedFiles/Resources_and_Research/Operations/Supper-Action-Plan.pdf)

Team Action Plan Template (Centers for Disease Control and Prevention):

[https://www.cdc.gov/healthyschools/tths/fus\\_team-action-plan-template-508.pdf](https://www.cdc.gov/healthyschools/tths/fus_team-action-plan-template-508.pdf)

## Alternatives to Food Rewards

Alternatives to Food as Reward: Promoting a Healthy School Environment (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/FoodRewards.pdf>

Alternatives to Using Food as a Reward (Michigan State University Extension):

<https://healthymeals.fns.usda.gov/hsmrs/Michigan/foodrewards.pdf>

Constructive Classroom Rewards: Promoting Good Habits While Protecting Children's Health (Center for Science in the Public Interest): <https://cspinet.org/resource/constructive-classroom-rewards-fact-sheet>

Non-Food Rewards (Alliance for a Healthier Generation):

<https://www.healthiergeneration.org/take-action/schools/wellness-topics/nutrition-services/non-food-rewards>

## Resource List for Wellness Policies in Schools and Child Care

Non-Food Ways to Raise Funds and Reward a Job Well Done (Texas Department of Agriculture):  
<http://www.squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf>

You Can Do It! How to Reward and Motivate Kids Without Using Food (Utah Department of Health): [http://www.cr.k12.ia.us/assets/1/6/Reward\\_\\_\\_Motivate\\_without\\_Food.pdf](http://www.cr.k12.ia.us/assets/1/6/Reward___Motivate_without_Food.pdf)

### Assessment

Gathering Data for Connecticut Towns: A Primer, Volume 1. Birth to 8 years (Connecticut Voices for Children): <https://ctvoices.org/publication/gathering-data-for-connecticut-towns-a-primer-volume-1-birth-to-8-years/>

Healthy Kids, Healthy Future Child Care Quiz (The Nemours Foundation):  
<https://healthykidshealthyfuture.org/learn-more/quiz/>

Keys to Excellence: Standards of Practice for Nutrition Integrity (School Nutrition Association):  
<https://schoolnutrition.org/learning-center/usda-professional-standards/keys-to-excellence/>

NAP SACC Self-Assessments: Nutrition and Physical Activity Self-Assessment for Child Care (The University of North Carolina at Chapel Hill): <https://gonapsacc.org/self-assessment-materials>

School Health Index: A Self-assessment and Planning Guide (Centers for Disease Control and Prevention): <https://www.cdc.gov/healthyschools/shi/index.htm>

Self-Assessment for Child Care Nutrition and Physical Activity Policies: Component 1: Nutrition Standards (CSDE): [https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Assess\\_NutritionStandards.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Assess_NutritionStandards.pdf)

Self-Assessment for Child Care Nutrition and Physical Activity Policies: Component 2: Eating Environment (CSDE): [https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Assess\\_EatingEnvironment.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Assess_EatingEnvironment.pdf)

Self-Assessment for Child Care Nutrition and Physical Activity Policies: Component 3: Nutrition Education (CSDE): [https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Assess\\_NutritionEducation.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Assess_NutritionEducation.pdf)

Self-Assessment for Child Care Nutrition and Physical Activity Policies: Component 4: Physical Activity (CSDE): [https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Assess\\_PhysicalActivity.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Assess_PhysicalActivity.pdf)

Self-Assessment for Child Care Nutrition and Physical Activity Policies: Component 5: Communication and Promotion (CSDE): [https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Assess\\_CommunicationPromotion.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Assess_CommunicationPromotion.pdf)

Self-Assessment for Child Care Nutrition and Physical Activity Policies: Component 6: Evaluation (CSDE): [https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Assess\\_Evaluation.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Assess_Evaluation.pdf)

# Resource List for Wellness Policies in Schools and Child Care

WellSAT 3.0 Wellness School Assessment Tool (UConn Rudd Center): <http://www.wellsat.org/>

## Celebrations

10 Tips: Make Celebrations Fun, Healthy, and Active (USDA):

<https://www.choosemyplate.gov/ten-tips-make-celebrations>

Build a Healthier School Food Culture (Action for Healthy Kids):

<https://www.actionforhealthykids.org/build-a-healthier-school-food-culture/>

Celebrations & Rewards (Centers for Disease Control and Prevention):

[https://www.cdc.gov/healthyschools/npao/celebrations\\_rewards.htm](https://www.cdc.gov/healthyschools/npao/celebrations_rewards.htm)

Celebrations (Alliance for a Healthier Generation): <https://www.healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks/celebrations>

Ghoulishly Great Ideas for Halloween Parties and Trick-or-Treating (Center for Science in the Public Interest): <https://cspinet.org/resource/ghoulishly-great-ideas-halloween-parties-trick-or-treating>

Healthy Celebration Toolkit (The Institute for Family Health): <https://institute.org/wp-content/uploads/2018/11/Healthy-Celebration-Toolkit-September-2018.pdf>

Healthy Celebrations: Promoting a Healthy School Environment (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/HealthyCelebrations.pdf>

Let's Celebrate! Ready to think outside the cake box? (Texas Department of Agriculture):

<http://www.squaremeals.org/Portals/8/files/publications/Outside%20the%20Cake%20Box.pdf>

Let's Party (West Virginia Department of Education):

<https://healthymeals.fns.usda.gov/hsmrs/WestVirginia/LetsParty.pdf>

Let's Play: Innovative Games & Activities for Kids (West Virginia Department of Education):

<https://wvde.us/wp-content/uploads/2018/01/Lets-Play-PDF-Version.pdf>

Make Celebrations Fun, Healthy, and Active (USDA Choose MyPlate):

<https://www.choosemyplate.gov/ten-tips-make-celebrations>

Mealtime Memo: It's Time to Celebrate: Food-Free Celebrations (ICN):

<https://theicn.org/resources/381/2012-mealtime-memos/106227/october-2012-its-time-to-celebrate-food-free-celebrations.pdf>

Nibbles for Health Nutrition Newsletters for Parents of Young Children: Healthy Celebrations, Lasting Memories (Spanish) (USDA): [https://www.fns.usda.gov/sites/default/files/resource-files/NibblesHealthyCelebrations\\_Sp.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/NibblesHealthyCelebrations_Sp.pdf)

Nibbles for Health Nutrition Newsletters for Parents of Young Children: Healthy Celebrations, Lasting Memories (USDA): [https://fns-prod.azureedge.net/sites/default/files/resource-files/NibblesHealthyCelebrations\\_Eng.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/NibblesHealthyCelebrations_Eng.pdf)

# Resource List for Wellness Policies in Schools and Child Care

School Celebrations (North Carolina Action for Healthy Kids, 2007):

[www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/school\\_celebrations.pdf](http://www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/school_celebrations.pdf)

## Child Care Nutrition and Physical Activity Policies

Action Guide for Child Care Nutrition and Physical Activity Policies (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/CCAG.pdf>

Afterschool Care Program NSLP Snack Service Best Practices: A Guide to Improving the NSLP

Snack Service in Afterschool Care Programs (ICN): <https://theicn.org/icn-resources-a-z/afterschool-care-program-nslp-snack-service-best-practices/>

Benchmarks for Nutrition Programs in Child Care Settings: Position of the American Dietetic

Association (Journal of the American Dietetic Association): <https://www.eatrightpro.org/-/media/eatrightpro-files/practice/position-and-practice-papers/position-papers/benchmarksfornutritionprogramsinchildcaresettings.pdf>

Bright Futures in Practice: Physical Activity (National Center for Education in Maternal and Child

Health): <https://www.brightfutures.org/physicalactivity/pdf/Front%20matter.pdf>

Building Mealtime Environments and Relationships (BMER) Inventory for Feeding Young Children

in Group Settings (University of Idaho): <http://www.cals.uidaho.edu/feeding/bmer/>

Caring for Our Children: National Health and Safety Performance Standards, Guidelines for Early

Care and Education Programs (National Center on Early Childhood Health and Wellness): <https://nrckids.org/CFOC>

Caring for Our Children: National Health and Safety Performance Standards Guidelines for Early

Care and Education Programs, fourth edition (American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education): <https://nrckids.org/files/CFOC4%20pdf-%20FINAL.pdf>

Child Care Nutrition and Physical Activity Policies (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Child-Care-Nutrition-and-Physical-Activity-Policies>

Connecticut Statutes and Regulations for Child Care Licensing (Connecticut Office of Early

Childhood): <https://www.ctoec.org/licensing/statutes-and-regulations/>

Creating and Maintaining a Wellness Environment in Child Care Centers Participating in the Child and Adult Care Food Program (ICN):

<https://theicn.org/icn-resources-a-z/creating-and-maintaining-a-wellness-environment-in-child-care-centers-participating-in-the-child-and-adult-care-food-program/>

Division of Responsibility in Feeding (Ellyn Satter Associates, 2006):

<https://www.ellynsatterinstitute.org/how-to-feed/the-division-of-responsibility-in-feeding/>

Early Childhood Obesity Prevention Policies (National Academy of Sciences):

<https://www.nap.edu/catalog/13124/early-childhood-obesity-prevention-policies>

## Resource List for Wellness Policies in Schools and Child Care

Family Checklist for Nutrition in Early Care and Education (National Resource Center for Health and Safety in Child Care and Early Education): <https://nrckids.org/files/nutritionchecklist.pdf>

Family Checklist for Physical Activity in Early Care and Education (National Resource Center for Health and Safety in Child Care and Early Education):  
<https://nrckids.org/files/physicalchecklist.pdf>

Feeding Young Children in Group Settings (University of Idaho):  
<http://www.cals.uidaho.edu/feeding/>

First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care (Delaware Department of Education): <https://snaped.fns.usda.gov/library/materials/first-years-first-state-improving-nutrition-physical-activity-quality-delaware>

Fostering a Positive and Friendly Eating Environment (ICN):  
<https://theicn.org/resources/1208/2019-mealtime-memos/116328/december-2019-encouraging-healthy-habits-tips-for-child-care-providers.pdf>

Head Start Policy and Regulations (U.S. Department of Health and Human Services):  
<https://eclkc.ohs.acf.hhs.gov/policy/45-cfr-chap-xiii>

Healthy Kids Healthy Future (The Nemours Foundation): <https://healthykidshealthyfuture.org/>

Leap of Taste: West Virginia Child Care Nutrition Standards, Best Practices for Healthy Eating (West Virginia Department of Education (The Nemours Foundation): <https://wvde.us/wp-content/uploads/2018/01/Leap-of-Taste-Nutrition-Standards.pdf>

Model Child Care Health Policies (Pennsylvania Chapter, American Academy of Pediatrics):  
<http://ecels-healthychildcarepa.org/publications/manuals-pamphlets-policies/item/248-model-child-care-health-policies.html>

Model Child Care Licensing Statute for Obesity Prevention: Sample standards for physical activity, nutrition, and screen time (ChangeLab Solutions):  
<https://www.changelabsolutions.org/product/model-child-care-licensing-statute-obesity-prevention>

Model Policies for Creating a Healthy Nutrition and Physical Activity Environment in Child Care Settings (Missouri Department of Health and Senior Services):  
[https://health.mo.gov/living/dnhs\\_pdfs/ChildCareModelPolicies.pdf](https://health.mo.gov/living/dnhs_pdfs/ChildCareModelPolicies.pdf)

NAP SACC Best Practice Recommendations for Child Care Facilities (Center for Health Promotion and Disease Prevention, The University of North Carolina):  
[https://www.une.edu/sites/default/files/NAP\\_SACC\\_Best\\_Practice\\_Recommendations.pdf](https://www.une.edu/sites/default/files/NAP_SACC_Best_Practice_Recommendations.pdf)

National Resource Center for Health and Safety in Child Care and Early Education:  
<https://nrckids.org/>

## Resource List for Wellness Policies in Schools and Child Care

- Nutrition, Physical Activity, and Electronic Media Use in the Child and Adult Care Food Program (USDA): <https://fns-prod.azureedge.net/sites/default/files/tn/Nutrition-Physical-Activity-Electronic-Media-Use-in-CACFP.pdf>
- Preventing Childhood Obesity in Early Care and Education Programs (National Resource Center for Health and Safety in Early Education and Child Care): [https://nrckids.org/CFOC/Childhood\\_Obesity](https://nrckids.org/CFOC/Childhood_Obesity)
- Preventing Obesity among Preschool Children: How Can Child-care Settings Promote Healthy Eating and Physical Activity? (Robert Wood Johnson Foundation): <https://activelivingresearch.org/preventing-obesity-among-preschool-children-how-can-child-care-settings-promote-healthy-eating-and>
- Promoting Good Nutrition and Physical Activity in Child Care Settings (Robert Wood Johnson Foundation): <https://healthyeatingresearch.org/wp-content/uploads/2013/12/HER-Child-Care-Setting-Research-Brief-2007.pdf>
- Promoting Physical Activity and Healthy Nutrition in Afterschool Settings: Strategies for Program Leaders and Policy Makers (U.S. Department of Health and Human Services): <https://www.researchconnections.org/childcare/resources/13558/pdf>
- Recommendations for Healthier Beverages (Healthy Eating Research, Robert Wood Johnson Foundation): <https://healthyeatingresearch.org/research/recommendations-for-healthier-beverages/>
- Stepping Stones to Caring For Our Children (National Resource Center for Health and Safety in Child Care and Early Education): [https://nrckids.org/CFOC/Stepping\\_Stones](https://nrckids.org/CFOC/Stepping_Stones)
- Water and 100% Juice Tip Sheet (National Resource Center for Health and Safety in Child Care and Early Education): <https://nrckids.org/files/JuiceTipSheet.pdf>
- Wellness Policy Resources for Child Care (ICN Child Nutrition Sharing Site): <https://theicn.org/cnss/wellness-policy-resources-for-child-care/>



# Resource List for Wellness Policies in Schools and Child Care

## Commercialism in Schools

Center for Commercial-Free Public Education: <http://www.ibiblio.org/commercialfree/>

Commercialism in Education Research Unit (CERU) (National Education Policy Center, University of Colorado): <https://nepc.colorado.edu/ceru-home>

Guidelines for Responsible Food Marketing to Children (Center for Science in the Public Interest): <https://cspinet.org/resource/guidelines-responsible-food-marketing-children>

Report of the APA Task Force on Advertising and Children (American Psychological Association): <https://www.apa.org/pi/families/resources/advertising-children.pdf>

## Community Partnerships

Afterschool & Health: Opportunities for Advocacy (Afterschool Alliance): <http://www.afterschoolalliance.org/policyActiveHoursObesity.cfm>

Community Tool Box (University of Kansas): <https://ctb.ku.edu/en>

Local Wellness Policy Advocate Guide: What can advocates do? (Voices for Healthy Kids School Health Policy Consortium): <http://schoolwellnesspolicies.org/lwp-advocate-guide.pdf>

Promoting Healthy Youth, Schools and Communities. A Guide to Community-School Health Advisory Councils (Iowa Department of Public Health): <https://www.idph.iowa.gov/hpcdp/healthy-youth>

School-Family-Community Partnerships (CSDE): <https://portal.ct.gov/SDE/SFCP/School-Family-Community-Partnerships>

Smart Guide 10: Community Engagement (RMC Health): <https://www.rmc.org/wp-content/uploads/2020/01/10-Community-Involvement-Smart-Guide.pdf>

Smart Guide: Community Involvement (RMC Health): <https://www.rmc.org/wp-content/uploads/2020/01/10-Community-Involvement-Smart-Guide.pdf>

Speaking Educators' Language: A Guide For Public Health Professionals Working in the Education Sector (National Association of Chronic Disease Directors): [http://www.ashaweb.org/wp-content/uploads/2014/08/nacdd\\_educationsector\\_guide\\_.pdf](http://www.ashaweb.org/wp-content/uploads/2014/08/nacdd_educationsector_guide_.pdf)

The Community Guide (Community Preventive Services Task Force): <https://www.thecommunityguide.org/>

We Can! Energize Our Community: Toolkit for Action (National Institutes of Health, National Heart, Lung and Blood Institute): <https://www.nhlbi.nih.gov/files/docs/public/heart/toolkit.pdf>

# Resource List for Wellness Policies in Schools and Child Care

## Data and Trends

Adolescent and School Health Data and Statistics (Centers for Disease Control and Prevention):

<https://www.cdc.gov/HealthyYouth/data/index.htm>

America's Children: Key National Indicators of Well-Being (The Federal Interagency Forum on Child and Family Statistics): <https://www.childstats.gov/>

America's Health Rankings (United Health Foundation): <https://www.americashealthrankings.org/>

Annie E. Casey Foundation: <https://www.aecf.org/>

Behavioral Risk Factor Surveillance System (Centers for Disease Control and Prevention):

<https://www.cdc.gov/BRFSS/>

Bridging the Gap: School Policies and Practices to Improve Health and Prevent Obesity: National Elementary School Survey (Robert Wood Johnson Foundation):

<https://healthyeatingresearch.org/2015/10/bridging-the-gap-report-on-school-policies-and-practices-to-improve-health-and-reduce-obesity/>

Child Nutrition Program Reports and Studies (ICN):

<https://theicn.org/cnss/child-nutrition-program-reports-and-studies/>

Child Trends: <https://www.childtrends.org/>

Connecticut Association for Human Services: <http://www.cahs.org/>

Connecticut School Health Survey (Department of Public Health):

<https://portal.ct.gov/dph/Health-Information-Systems--Reporting/Hisrhome/Connecticut-School-Health-Survey>

Connecticut Voices for Children: <https://ctvoices.org/research-policy/>

County Health Rankings (University of Wisconsin Population Health Institute and Robert Wood Johnson Foundation): <https://www.countyhealthrankings.org/>

Data & Statistics, Division of Nutrition, Physical Activity, and Obesity (Centers for Disease Control and Prevention):

<https://www.cdc.gov/nccdphp/dnpao/division-information/data-stats/index.htm>

Data Resource Center for Child and Adolescent Health (Maternal and Child Health Bureau (MCHB), Health Resources and Services Administration, U.S. Department of Health and Human Services): <https://www.childhealthdata.org/>

Finding and Using Health Statistics (National Institutes of Health, National Library of Medicine):

[https://www.nlm.nih.gov/nichsr/stats\\_tutorial/cover.html](https://www.nlm.nih.gov/nichsr/stats_tutorial/cover.html)

Food Environment Atlas (USDA Economic Research Service):

<https://www.ers.usda.gov/FoodAtlas/>

Food Surveys Research Group (USDA): <https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/>

## Resource List for Wellness Policies in Schools and Child Care

- Health Data, Tools & Statistics (Partners in Information Access for the Public Health Workforce):  
[https://www.phpartners.org/ph\\_public/topic/health\\_stats/](https://www.phpartners.org/ph_public/topic/health_stats/)
- Health, United States (Centers for Disease Control and Prevention):  
<https://www.cdc.gov/nchs/hus/index.htm>
- Healthcare Innovations Exchange (Agency for Healthcare Research and Quality, U.S. Department of Health and Human Services.): <https://innovations.ahrq.gov/>
- Healthy Eating Research (Robert Wood Johnson Foundation): <https://healthyeatingresearch.org/>
- Healthy People 2020 Data Search (Office of Disease Prevention and Health Promotion):  
<https://www.healthypeople.gov/2020/data-search/>
- Kids Count Data Center (Annie E. Casey Foundation): <https://datacenter.kidscount.org/>
- National Survey of Children's Health (Data Resource Center for Child & Adolescent Health):  
<https://www.childhealthdata.org/learn-about-the-nsch/NSCH>
- National Center for Health Statistics (Centers for Disease Control and Prevention):  
<https://www.cdc.gov/nchs/>
- National Health and Nutrition Examination Survey (Centers for Disease Control and Prevention):  
[https://www.cdc.gov/nchs/nhanes/index.htm?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fnchs%2Fnhanes.htm](https://www.cdc.gov/nchs/nhanes/index.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fnchs%2Fnhanes.htm)
- Partners in Information Access for the Public Health Workforce (National Library of Medicine):  
[https://phpartners.org/ph\\_public/](https://phpartners.org/ph_public/)
- Prevalence Data & Data Analysis Tools (Centers for Disease Control and Prevention):  
[https://www.cdc.gov/brfss/data\\_tools.htm](https://www.cdc.gov/brfss/data_tools.htm)
- Research & Data (Food Research and Action Center): <https://frac.org/research>
- School Health Polices and Practices Study (SHPPS) (Centers for Disease Control and Prevention):  
<https://www.cdc.gov/healthyyouth/data/shpps/index.htm>
- School Health Profiles (Centers for Disease Control and Prevention):  
<https://www.cdc.gov/healthyyouth/data/profiles/index.htm>
- School Health Reports and Studies (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/reports-and-studies-0>
- School Nutrition Dietary Assessment Study IV (USDA):  
<https://www.fns.usda.gov/school-nutrition-dietary-assessment-study-iv>
- SNA Research (School Nutrition Association):  
<https://schoolnutrition.org/news/research/sna-research/>
- State Health Facts Searchable Database(Kaiser Family Foundation): <https://www.kff.org/statedata/>

## Resource List for Wellness Policies in Schools and Child Care

State Indicator Reports: Breastfeeding, Fruits and Vegetables, Children’s Food Environment, Physical Activity, Surgeon General’s Reports, CDC Vital Signs, and Morbidity and Mortality Weekly Reports (Centers for Disease Control and Prevention):

<https://www.cdc.gov/obesity/resources/reports.html#State>

State Policy Database on School Health (NASBE): <https://statepolicies.nasbe.org/health>

Surveys, Reports and Research (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/surveys-reports-and-research>

The Healthy Eating Index (USDA): <https://www.fns.usda.gov/resource/healthy-eating-index-hei>

Vital Statistics Registration Reports (Connecticut Department of Public Health):

<https://portal.ct.gov/DPH/Health-Information-Systems--Reporting/Hisrhome/Vital-Statistics-Registration-Reports>

WONDER: Wide-ranging Online Data for Epidemiologic Research (Centers for Disease Control and Prevention): <https://wonder.cdc.gov/>

Youth Risk Behavior Surveillance System (YRBSS) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>

For resources on obesity data, see “Obesity Data and Trends” in the CSDE’s document, *Resource List for Obesity Data and Prevention*. For resources on physical activity data, see “Data and Trends” in the CSDE’s document, *Resource List for Physical Activity and Physical Education*.

### Developing and Implementing Policies

Action for Healthy Kids: <https://www.actionforhealthykids.org/>

Action Guide for Child Care Nutrition and Physical Activity Policies (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/CCAG.pdf>

Action Guide for School Nutrition and Physical Activity Policies (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/SWP/Action\\_Guide.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SWP/Action_Guide.pdf)

Adolescent and School Health Policy School Health Policy (Centers for Disease Control and Prevention):

[https://www.cdc.gov/healthyyouth/policy/index.htm?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhealthyyouth%2Fabout%2Fpolicy.htm](https://www.cdc.gov/healthyyouth/policy/index.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhealthyyouth%2Fabout%2Fpolicy.htm)

Alliance for a Healthier Generation: <https://www.healthiergeneration.org/>

California Project LEAN: Leaders Encouraging Activity and Nutrition (California Department of Health Services and the Public Health Institute): <http://www.californiaprojectlean.org/>

Center for Health and Health Care in Schools: <http://healthinschools.org/#sthash.w7kfGa1p.dpbs>

## Resource List for Wellness Policies in Schools and Child Care

Center for the Study of Social Policy: <https://cssp.org/>

Controlling Junk Food and the Bottom Line Tip Sheet: Creating and Implementing Policies for Healthier Competitive Foods Standards (Illinois Public Health Institute):  
[https://iphionline.org/wp-content/uploads/2020/01/TipSheet\\_2\\_Policies.pdf](https://iphionline.org/wp-content/uploads/2020/01/TipSheet_2_Policies.pdf)

Fit, Healthy and Ready to Learn: Chapter E: Policies to Promote Healthy Eating (National Association of State Boards of Education): [http://www.nasbe.org/wp-content/uploads/FHRTL-E\\_Healthy-Eating\\_NASBE\\_November-2012.pdf](http://www.nasbe.org/wp-content/uploads/FHRTL-E_Healthy-Eating_NASBE_November-2012.pdf)

Food & Beverages: Making the healthy choice the easy choice (ChangeLab Solutions):  
<https://www.changelabsolutions.org/food-beverages>

Healthy Eating and Physical Activity (Afterschool Alliance):  
<https://www.afterschoolalliance.org/Issue-Healthy-Eating-Physical-Activity.cfm>

Healthy Eating and Physical Activity (HEPA) Standards for Out-of-School Time (National AfterSchool Association): <https://naaweb.org/resources/naa-hepa-standards>

Implementation Tools and Resources (USDA Team Nutrition):  
<https://www.fns.usda.gov/tn/implementation-tools-and-resources>

Local School Wellness Policies (School Nutrition Association):  
<https://schoolnutrition.org/LegislationPolicy/LocalWellnessPolicies/>

Local School Wellness Policy (Centers for Disease Control and Prevention):  
<https://www.cdc.gov/healthyschools/npao/wellness.htm>

Local Wellness Policy (USDA):  
<https://www.fns.usda.gov/school-meals/local-school-wellness-policy>

Online Training: Meeting the Wellness Challenge (ICN):  
<https://theicn.docebosaas.com/learn/course/external/view/elearning/71/MeetingtheWellnessChallenge>

Online Training: S.T.A.R. Strategies for Implementing a Local School Wellness Program (ICN):  
<https://theicn.docebosaas.com/learn/course/external/view/elearning/107/STARStrategiesforImplementingaLocalSchoolWellnessProgramJul2019>

Policy in Action: A Guide to Implementing Your Local School Wellness Policy (California Project Lean):  
<http://www.californiaprojectlean.org/docuserfiles/policy%20in%20Action%20Guide%20FINAL.pdf>

Policymaking (National Association of State Boards of Education):  
<http://www.nasbe.org/our-work/policymaking/>

## Resource List for Wellness Policies in Schools and Child Care

Position of the Academy of Nutrition and Dietetics, Society for Nutrition Education and Behavior, and School Nutrition Association: Comprehensive Nutrition Programs and Services in Schools (Journal of the Academy of Nutrition and Dietetics): <https://www.eatrightpro.org/-/media/eatrightpro-files/practice/position-and-practice-papers/position-papers/comprehensiveschoolnutritionservices.pdf>

Position of the Academy of Nutrition and Dietetics: Benchmarks for Nutrition in Child Care Schools (Journal of the Academy of Nutrition and Dietetics): <https://www.eatrightpro.org/-/media/eatrightpro-files/practice/position-and-practice-papers/position-papers/benchmarksfornutritionprogramsinchildcaresettings.pdf>

Position of the Academy of Nutrition and Dietetics: Child and Adolescent Federally Funded Nutrition Assistance Programs (Journal of the Academy of Nutrition and Dietetics): <https://www.eatrightpro.org/-/media/eatrightpro-files/practice/position-and-practice-papers/position-papers/childandadolescentfederallyfundednutritionassistanceprograms.pdf>

Position of the Academy of Nutrition and Dietetics: Local Support for Nutrition Integrity In Schools (Journal of Child Nutrition and Management): [https://schoolnutrition.org/uploadedFiles/5\\_News\\_and\\_Publications/4\\_The\\_Journal\\_of\\_Child\\_Nutrition\\_and\\_Management/Spring\\_2018/Position-of-the-Academy-of-Nutrition-and-Dietetics-Society-for-Nutrition-Education-Spring2018.pdf](https://schoolnutrition.org/uploadedFiles/5_News_and_Publications/4_The_Journal_of_Child_Nutrition_and_Management/Spring_2018/Position-of-the-Academy-of-Nutrition-and-Dietetics-Society-for-Nutrition-Education-Spring2018.pdf)

Practice Paper: Comprehensive Nutrition Programs and Services in Schools (Journal of the Academy of Nutrition and Dietetics): <https://www.eatrightpro.org/practice/position-and-practice-papers/practice-papers/practice-paper-comprehensive-nutrition-programs-and-services-in-schools>

School Board Engagement (California Project Lean): <http://www.californiaprojectlean.org/doc.asp?id=171>

School Health Guidelines to Promote Healthy Eating and Physical Activity (Centers for Disease Control and Prevention): <https://www.cdc.gov/healthyschools/npao/strategies.htm>

School Nutrition (Centers for Disease Control and Prevention): <https://www.cdc.gov/healthyschools/nutrition/schoolnutrition.htm>

School Nutrition Environment and Wellness Resources (ICN): <https://theicn.org/cnss/school-nutrition-environment-and-wellness-resources/>

School Nutrition Environment and Wellness Resources for Child Care (ICN Child Nutrition Sharing Site): <https://theicn.org/cnss/school-nutrition-environment-and-wellness-resources/>

State School Health Policy Matrix 2.0 Boards of Education (NASBE), and SHAPE America): <https://www.shapeamerica.org/advocacy/school-health-policy-matrix.aspx>

# Resource List for Wellness Policies in Schools and Child Care

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide (California School Board Association): [https://www.csba.org/-/media/CSBA/Files/GovernanceResources/EducationIssues/ConditionsofChildren/201211StudentWellnessGuide\\_rev2013.ashx?la=en&rev=9c2b4ae9287c4d11872cbe561a49df01](https://www.csba.org/-/media/CSBA/Files/GovernanceResources/EducationIssues/ConditionsofChildren/201211StudentWellnessGuide_rev2013.ashx?la=en&rev=9c2b4ae9287c4d11872cbe561a49df01)

UConn Rudd Center for Food Policy & Obesity: <http://www.uconnruddcenter.org/>

Wellness Policy Resources (USDA): <https://www.fns.usda.gov/cfs/wellness-policy-resources>

## Employee Wellness

Employee Wellness (Alliance for a Healthier Generation):

<https://www.healthiergeneration.org/take-action/schools/wellness-topics/employee-wellness>

Fitness Breaks (Alliance for a Healthier Generation):

<https://www.healthiergeneration.org/resources/physical-activity/fitness-breaks>

Healthy School, Healthy Staff, Healthy Students: A Guide to Improving School Employee Wellness (National Association of Chronic Disease Directors):

[http://https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/school\\_health/school\\_employee\\_wellness/nacdd\\_schoolemployeewellness.pdf](http://https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/school_health/school_employee_wellness/nacdd_schoolemployeewellness.pdf)

Making Worksite Wellness Work at Your School (Iowa Department of Public Health and Iowa Department of Education):

[https://healthymeals.fns.usda.gov/hsmrs/Iowa/School\\_Worksite\\_Wellness.pdf](https://healthymeals.fns.usda.gov/hsmrs/Iowa/School_Worksite_Wellness.pdf)

School Employee Well-Being (Kaiser Permanente Thriving Schools):

<https://thrivingschools.kaiserpermanente.org/school-employees/>

Smart Guide 8: Employee Wellness (RMC Health):

<https://www.rmc.org/wp-content/uploads/2020/01/8-Employee-Wellness-Smart-Guide.pdf>

Steps to Wellness: A Guide to Implementing the 2008 Physical Activity Guidelines for Americans in the Workplace (Centers for Disease Control and Prevention):

[https://www.cdc.gov/physicalactivity/worksite-pa/pdf/steps2wellness\\_broch14\\_508\\_tag508\\_tag508.pdf](https://www.cdc.gov/physicalactivity/worksite-pa/pdf/steps2wellness_broch14_508_tag508_tag508.pdf)

The Well Workplace Checklist (Wellness Council of America):

<https://www.welcoa.org/get-started/checklist/>

Workplace Health Model (Centers for Disease Control and Prevention):

<https://www.cdc.gov/workplacehealthpromotion/model/index.html>

Workplace Health Promotion (Centers for Disease Control and Prevention):

<https://www.cdc.gov/workplacehealthpromotion/index.html>

Worksite Health ScoreCard (Centers for Disease Control and Prevention):

<https://www.cdc.gov/workplacehealthpromotion/initiatives/healthscorecard/index.html>

# Resource List for Wellness Policies in Schools and Child Care

## Engaging Families

Advocacy Guides: Parent Engagement in School Wellness Policy Toolkit (California Project LEAN): <http://www.californiaprojectlean.org/doc.asp?id=168&parentid=20>

Empowering Parent Advocates (UConn Rudd Center for Food Policy & Obesity): <http://ruddroots-dev.port200.com/>

Family and Community Engagement (Centers for Disease Control and Prevention): <https://www.cdc.gov/healthyschools/physicalactivity/family-community.htm>

Healthier Middle Schools: Everyone Can Help (USDA): <https://www.fns.usda.gov/tn/healthier-middle-schools-everyone-can-help>

How to Enforce a Wellness Policy: A Guide for Parents and Community Advocates (ChangeLab Solutions): [http://www.changelabsolutions.org/sites/default/files/EnforceWellnessPly\\_FINAL\\_revised201311.pdf](http://www.changelabsolutions.org/sites/default/files/EnforceWellnessPly_FINAL_revised201311.pdf)

Parent Engagement – A Key Ingredient for Successful School Meal Programs (Cooperative Extension): <https://healthy-food-choices-in-schools.extension.org/parent-engagement-a-key-ingredient-for-successful-school-meal-programs/>

Parent Engagement: Strategies for Involving Parents in School Health (Centers for Disease Control and Prevention): [https://www.cdc.gov/healthyschools/parentsforhealthyschools/pdf/parent\\_engagement\\_strategies.pdf](https://www.cdc.gov/healthyschools/parentsforhealthyschools/pdf/parent_engagement_strategies.pdf)

Parent Lesson Plans: Advocating for Healthier School Environment (California Project LEAN): <http://www.californiaprojectlean.org/doc.asp?id=168&parentid=20>

Parents for Healthy Schools (Centers for Disease Control and Prevention): [https://www.cdc.gov/healthyschools/parentsforhealthyschools/p4hs.htm?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhealthyschools%2Fparentengagement%2Fparentsforhealthyschools.htm](https://www.cdc.gov/healthyschools/parentsforhealthyschools/p4hs.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhealthyschools%2Fparentengagement%2Fparentsforhealthyschools.htm)

Promoting Parent Engagement in School Health: A Facilitator's Guide for Staff Development (Centers for Disease Control and Prevention): [https://www.cdc.gov/healthyschools/parentsforhealthyschools/pdf/parentengagement\\_facilitator\\_guide.pdf](https://www.cdc.gov/healthyschools/parentsforhealthyschools/pdf/parentengagement_facilitator_guide.pdf)

School-age Family Engagement Virtual Lab School, The Department of Defense and The Ohio State University): <https://www.virtuallabschool.org/school-age/family-engagement>

School-Family-Community Partnerships (CSDE): <https://portal.ct.gov/SDE/SFCP/School-Family-Community-Partnerships>

Smart Guide 9: Family Engagement (RMC Health): <https://www.rmc.org/p-content/uploads/2020/01/9-Family-Engagement-Smart-Guide.pdf>



# Resource List for Wellness Policies in Schools and Child Care

Student Well-Being (Kaiser Permanente Thriving Schools):

<https://thrivingschools.kaiserpermanente.org/students/>

Tips for Gaining Parental Support of Your Child Nutrition Program (ICN Mealtime Memo for Child Care): <https://theicn.org/resources/381/2012-mealtime-memos/106218/august-2012-tips-for-gaining-parental-support-of-your-child-nutrition-program.pdf>

For nutrition education resources for families, see the CSDE's document, *Resource List for Nutrition Education*. For nutrition handouts and information for families, see the CSDE's document, *Resource List for Dietary Guidance and Nutrition Information*.

## Engaging Students

How to Enforce a Wellness Policy: for Parents and Community Advocates (ChangeLab Solutions):

<https://www.changelabsolutions.org/product/how-enforce-wellness-policy>

Let's Eat! A Guide to Engaging Students in Smarter Lunchrooms (Cooperative Extension):

<https://healthy-food-choices-in-schools.extension.org/lets-eat-a-guide-to-engaging-students-in-smarter-lunchrooms/>

Top 10 Ways to Involve Students in Your School Nutrition Program (School Nutrition Association): <https://schoolnutrition.org/Resources/MktComm/Engage-Top-10-Ways-to-Involve-Students-in-Your-School-Nutrition-Program/>

Youth Engagement (California Project Lean):

<https://www.californiaprojectlean.org/doc.asp?id=170&parentid=20>

For nutrition education resources, see the CSDE's document, *Resource List for Nutrition Education*. For nutrition handouts and information, see the CSDE's document, *Resource List for Dietary Guidance and Nutrition Information*.

# Resource List for Wellness Policies in Schools and Child Care

## Evaluation

A Framework for Program Evaluation (Centers for Disease Control and Prevention):

<https://www.cdc.gov/eval/framework/index.htm>

CDC Evaluation Resources (Centers for Disease Control and Prevention):

<https://www.cdc.gov/eval/resources/index.htm>

Community Health Assessment and Group Evaluation (CHANGE) Tool (Centers for Disease Control and Prevention): <https://www.cdc.gov/nccdphp/dnpao/state-local-programs/change-tool/index.html>

Evaluating Community Programs and Initiatives (The Community Toolbox, University of Kansas):

<https://ctb.ku.edu/en/evaluating-community-programs-and-initiatives>

Introduction to Program Evaluation for Public Health Programs: A Self-Study Guide (Centers for Disease Control and Prevention): <https://www.cdc.gov/eval/guide/index.htm>

Logic Model Development Guide (W.K. Kellogg Foundation): <https://www.wkkf.org/resource-directory/resource/2006/02/wk-kellogg-foundation-logic-model-development-guide>

Nutrition Education: Principles of Sound Impact Evaluation (USDA):

<https://www.fns.usda.gov/nutrition-education-principles-sound-impact-evaluation>

Online Training: Evaluating School Wellness Activities (ICN):

<https://theicn.docebos.com/learn/public/course/view/elearning/56/EvaluatingSchoolWellnessActivities>

Physical Activity Evaluation Handbook (Centers for Disease Control and Prevention):

<https://www.cdc.gov/nccdphp/dnpa/physical/handbook/pdf/handbook.pdf>

Program Development and Evaluation: Logic Models (University of Wisconsin Cooperative Extension): <https://fyi.extension.wisc.edu/programdevelopment/logic-models/>

Quick Tips: Survey Procedures (University of Wisconsin Cooperative Extension):

<https://fyi.extension.wisc.edu/programdevelopment/files/2016/04/Tipsheet7.pdf>

Refresh Your Policy (Alliance for a Healthier Generation):

<https://www.healthiergeneration.org/take-action/schools/wellness-topics/policy-environment/local-school-wellness-policy/refresh-your>

School Wellness Policies (CSDE): <https://portal.ct.gov/SDE/Nutrition/School-Wellness-Policies>

The 2002 User-Friendly Handbook for Program Evaluation (National Science Foundation):

<https://www.nsf.gov/pubs/2002/nsf02057/nsf02057.pdf>

The Evaluation Exchange (Global Family Research Project, formerly Harvard Family Research Project): <https://archive.globalfrp.org/evaluation/the-evaluation-exchange>

# Resource List for Wellness Policies in Schools and Child Care

## Grants and Funding

Carol M. White Physical Education Program (PEP) (U.S. Department of Education):

<https://www2.ed.gov/programs/whitephysed/index.html>

Community Food Projects Competitive Grants Program (USDA): <https://nifa.usda.gov/funding-opportunity/community-food-projects-cfp-competitive-grants-program>

Fuel Up to Play 60: <https://www.fueluptoplay60.com/funding/general-information>

Funding Opportunities (National Institute for Occupational Safety and Health, Centers for Disease Control and Prevention): <https://www.cdc.gov/niosh/oep/funding.html>

Funding Opportunities (Robert Wood Johnson Foundation):

<https://www.rwjf.org/en/how-we-work/grants-explorer/funding-opportunities.html>

Funding Opportunities (USDA): <https://www.usda.gov/topics/opioids/usda-funding>

Getting Grants and Financial Resources (The Community Toolbox, University of Kansas):

<https://ctb.ku.edu/en/table-of-contents/finances/grants-and-financial-resources>

Grant Alerts (The Center for Health and Health Care in Schools): <http://healthinschools.org/our-work/weekly-publications/grant-alerts/#sthash.VlJKXLIw.dpbs>

Grant Information (U.S. Department of Education Grant Database):

<https://www2.ed.gov/about/offices/list/ocfo/grants/grants.html>

Grant Writing Basics (U.S. Department of Health and Human Services):

<https://grantsgovprod.wordpress.com/category/learngrants/grant-writing-basics/>

Grants (Centers for Disease Control and Prevention): <https://www.cdc.gov/grants/index.html>

Grants and Awards (National Education Association): <http://www.nea.org/grants>

Grants, Funding & Fellowships (Partners in Information Access for the Public Health Workforce):

[https://www.phpartners.org/ph\\_public/topic/grants](https://www.phpartners.org/ph_public/topic/grants)

Grants.Gov (U.S. Department of Health and Human Services): <https://www.grants.gov/>

No Kid Hungry and Kellogg School Breakfast Grants (No Kid Hungry):

<https://www.nokidhungry.org/kellogg-breakfast-grants>

Programs & Grants (The Lunch Box):

<https://www.chefannfoundation.org/programs-and-grants/>

School Grants for Healthy Kids (Action for Healthy Kids):

<https://www.actionforhealthykids.org/school-grants-support/>

SNF Equipment Grants (School Nutrition Association):

<https://schoolnutrition.org/news-publications/news/2019/snf-equipment-grants-for-2020-are-now-open/>

# Resource List for Wellness Policies in Schools and Child Care

## Legislation

Bill Information Services Overview (National Conference of State Legislatures):

<https://www.ncsl.org/aboutus/ncslservice/bill-information-services-overview.aspx>

Competitive Foods in Schools (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Competitive-Foods/Documents>

Congress.gov: <https://www.congress.gov/>

Connecticut Competitive Foods Regulations (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/CTCompFoodRegulation.pdf>

Connecticut General Statutes Section 10-215: Lunches, breakfasts and other feeding programs for public school children and employees:

[https://www.cga.ct.gov/current/pub/chap\\_169.htm#sec\\_10-215](https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215)

Connecticut General Statutes Section 10-215a. Nonpublic school and nonprofit agency participation in feeding programs: [https://www.cga.ct.gov/current/pub/chap\\_169.htm#sec\\_10-215a](https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215a)

Connecticut General Statutes Section 10-215b: Duties of State Board of Education re feeding programs: [https://www.cga.ct.gov/current/pub/chap\\_169.htm#sec\\_10-215b](https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215b)

Connecticut General Statutes Section 10-215e: Nutrition standards for food that is not part of lunch or breakfast program: [https://www.cga.ct.gov/current/pub/chap\\_169.htm#sec\\_10-215e](https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215e)

Connecticut General Statutes Section 10-215f: Certification that food meets nutrition standards:

[https://www.cga.ct.gov/current/pub/chap\\_169.htm#sec\\_10-215f](https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215f)

Connecticut General Statutes Section 10-221o: Lunch periods, Recess:

[https://www.cga.ct.gov/current/pub/chap\\_170.htm#sec\\_10-221o](https://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221o)

Connecticut General Statutes Section 10-221p: Boards to make available for purchase nutritious and low-fat food: [https://www.cga.ct.gov/current/pub/chap\\_170.htm#sec\\_10-221p](https://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221p)

Connecticut General Statutes Section 10-221q: Sale of beverages:

[https://www.cga.ct.gov/current/pub/chap\\_170.htm#sec\\_10-221q](https://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221q)

Govtrack: <https://www.govtrack.us/>

Laws and Regulations for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Laws-and-Regulations-for-Child-Nutrition-Programs>

Legislation & Policy (Partners in Information Access for the Public Health Workforce):

[https://www.phpartners.org/ph\\_public/topic/legis](https://www.phpartners.org/ph_public/topic/legis)

Legislation Database (UConn Rudd Center for Food Policy & Obesity):

<http://www.uconnruddcenter.org/legislation-database>

Nutrition, Physical Activity, and Obesity Legislation Data (Centers for Disease Control and Prevention):

<https://chronicdata.cdc.gov/Nutrition-Physical-Activity-and-Obesity/CDC-Nutrition-Physical-Activity-and-Obesity-Legisl/nxst-x9p4>

## Resource List for Wellness Policies in Schools and Child Care

Section 10-215b-1 of the Regulations of Connecticut State Agencies: Competitive foods:  
[https://eregulations.ct.gov/eRegsPortal/Browse/RCSA/Title\\_10Subtitle\\_10-215bSection\\_10-215b-1/](https://eregulations.ct.gov/eRegsPortal/Browse/RCSA/Title_10Subtitle_10-215bSection_10-215b-1/)

Section 10-215b-23 of the Regulations of Connecticut State Agencies: Accrual of income:  
[http://https://eregulations.ct.gov/eRegsPortal/Browse/RCSA/Title\\_10Subtitle\\_10-215bSection\\_10-215b-23/](http://https://eregulations.ct.gov/eRegsPortal/Browse/RCSA/Title_10Subtitle_10-215bSection_10-215b-23/)

State School Health Policy Database (NASBE): <https://statepolicies.nasbe.org/health>

Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools (CSDE): <https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/SummaryChartHFC.pdf>

Summary Chart: Federal and State Requirements for Competitive Foods in Non-HFC Public Schools (CSDE): <https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/SummaryChartNonHFC.pdf>

Summary Chart: Federal and State Requirements for Competitive Foods in Private Schools and RCCIs (CSDE): <https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/SummaryChartPrivateRCCI.pdf>

### Marketing and Promotion

CDC Social Media Tools, Guidelines & Best Practices (Centers for Disease Control and Prevention):  
<https://www.cdc.gov/SocialMedia/Tools/guidelines/>

Communications and Marketing (School Nutrition Association):  
<https://schoolnutrition.org/learning-center/communications-marketing/>

Energize Your Day with School Breakfast (USDA): <https://www.fns.usda.gov/sbp/toolkit>

Gateway to Health Communication (Centers for Disease Control and Prevention):  
<https://www.cdc.gov/healthcommunication/index.html>

Local School Wellness Policy Outreach Toolkit (USDA):  
<https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit>

Local School Wellness Policy Outreach Toolkit (USDA):  
<https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit>

Marketing (University of Minnesota Extension):  
<https://extension.umn.edu/great-trays-toolkit/marketing>

Marketing and Communications in Keys to Excellence (School Nutrition Association):  
[https://schoolnutrition.org/uploadedFiles/5\\_Learning\\_Center/10\\_USDA\\_Professional\\_Standards/Keys-to-Excellence-Standards.pdf](https://schoolnutrition.org/uploadedFiles/5_Learning_Center/10_USDA_Professional_Standards/Keys-to-Excellence-Standards.pdf)

Marketing and Education (The Lunch Box): <https://www.thelunchbox.org/marketing>

Marketing Resources (USDA): [https://www.fns.usda.gov/sbp/toolkit\\_marketingresources](https://www.fns.usda.gov/sbp/toolkit_marketingresources)

## Resource List for Wellness Policies in Schools and Child Care

National School Breakfast Week (School Nutrition Association):

<https://schoolnutrition.org/meetings/events/nsbw/2020/>

National School Lunch Week (School Nutrition Association):

<https://schoolnutrition.org/meetings/events/nslw/2019/>

School Breakfast Program Marketing Strategy (USDA):

<https://www.fns.usda.gov/sbp/marketing-strategy>

The Health Communicator’s Social Media Toolkit (Centers for Disease Control and Prevention):

[https://www.cdc.gov/socialmedia/Tools/guidelines/pdf/SocialMediaToolkit\\_BM.pdf?source=govdelivery](https://www.cdc.gov/socialmedia/Tools/guidelines/pdf/SocialMediaToolkit_BM.pdf?source=govdelivery)

For information on cafeteria signage, see “Signage and Posters” in the CSDE’s document, *Resource List for Menu Planning and Food Production in Child Nutrition Programs*.

# Resource List for Wellness Policies in Schools and Child Care

## Meal Schedules

Children Need Sufficient Time to Eat School Lunch (American Journal of Public Health):

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5227952/>

Eating at School: A Summary of NFSMI Research on Time Required By Students to Eat Lunch (ICN, 2001): [http://www.schoolwellnesspolicies.org/resources/eating\\_at\\_school.pdf](http://www.schoolwellnesspolicies.org/resources/eating_at_school.pdf)

Ensuring Adequate Time to Eat (California Department of Education):

<https://www.cde.ca.gov/ls/nu/sn/timetoeat.asp>

How Long Does It Take Students to Eat Lunch? A Summary of Three Studies (The Journal of Child Nutrition & Management):

[https://schoolnutrition.org/uploadedFiles/5\\_News\\_and\\_Publications/4\\_The\\_Journal\\_of\\_Child\\_Nutrition\\_and\\_Management/Spring\\_2002/3-conklin.pdf](https://schoolnutrition.org/uploadedFiles/5_News_and_Publications/4_The_Journal_of_Child_Nutrition_and_Management/Spring_2002/3-conklin.pdf)

Making Time for School Lunch (Centers for Disease Control and Prevention):

[https://www.cdc.gov/healthyschools/nutrition/school\\_lunch.htm](https://www.cdc.gov/healthyschools/nutrition/school_lunch.htm)

Promoting Family Meals (Purdue University Center for Families):

<https://www.purdue.edu/hhs/hdfs/cff/initiatives/promotingfamilymeals/>

Relationship of Meal and Recess Schedules to Plate Waste in Schools (The Journal of Child Nutrition & Management):

[https://schoolnutrition.org/uploadedFiles/5\\_News\\_and\\_Publications/4\\_The\\_Journal\\_of\\_Child\\_Nutrition\\_and\\_Management/Fall\\_2004/5-bergman.pdf](https://schoolnutrition.org/uploadedFiles/5_News_and_Publications/4_The_Journal_of_Child_Nutrition_and_Management/Fall_2004/5-bergman.pdf)

The Amount of Time to Eat Lunch is Associated with Children's Selection and Consumption of School Meal Entrée, Fruits, Vegetable, and Milk (American Journal of Public Health):

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4698073/>

The Relationship Between the Length of the Lunch Period and Nutrient Consumption in the Elementary School Lunch Setting (The Journal of Child Nutrition & Management):

[https://schoolnutrition.org/uploadedFiles/5\\_News\\_and\\_Publications/4\\_The\\_Journal\\_of\\_Child\\_Nutrition\\_and\\_Management/Fall\\_2004/6-bergman.pdf](https://schoolnutrition.org/uploadedFiles/5_News_and_Publications/4_The_Journal_of_Child_Nutrition_and_Management/Fall_2004/6-bergman.pdf)

Time to Eat (Action for Healthy Kids): <https://www.actionforhealthykids.org/activity/time-to-eat/>

Urge USDA and the US Department of Education, in collaboration with School Food Authorities (SFAs), to develop best practices and guidance to ensure school schedules provide students adequate time to eat healthy school meals. (School Nutrition Association):

[https://schoolnutrition.org/uploadedFiles/Legislation\\_and\\_Policy/SNA\\_Policy\\_Resources/2019-Position-Paper-Time-to-Eat.pdf](https://schoolnutrition.org/uploadedFiles/Legislation_and_Policy/SNA_Policy_Resources/2019-Position-Paper-Time-to-Eat.pdf)

# Resource List for Wellness Policies in Schools and Child Care

## Modeling Healthy Behaviors

10 Tips :Be a Healthy Role Model for Children (USDA):

<https://www.choosemyplate.gov/ten-tips-be-a-healthy-role-model>

Be a Healthy Eating Role Model (Dairy Council of California):

<https://www.healthyeating.org/Health-Wellness-Providers/Tip-Sheets/Be-a-Healthy-Eating-Role-Model>

Healthy Eating Starts With Parent Role Models (Dairy Council of California):

<https://www.healthyeating.org/Healthy-Kids/Kids-Healthy-Eating/Feeding-Your-Family/Article-Viewer/Article/271/Healthy-Eating-Starts-with-Parent-Role-Models>

MODEL Health! Promoting Nutrition and Physical Activity in Children (Maryland State Department of Education):

<https://healthymeals.fns.usda.gov/hsmrs/Maryland/MODELHealth.pdf>

Role Modeling Action Guide: Promoting Healthy Eating and Physical Activity (Milwaukee County Nutrition and Physical Activity Coalition): <https://city.milwaukee.gov/health/MCNPAC-Role-Modeling-Action-Guide#.Xqi16GhKjIV>

Staff Role Modeling (Centers for Disease Control and Prevention):

[https://www.cdc.gov/healthyschools/npao/staff\\_role\\_modeling.htm](https://www.cdc.gov/healthyschools/npao/staff_role_modeling.htm)



# Resource List for Wellness Policies in Schools and Child Care

## Sample Policies

District Policy Establishing a Healthy Vending Program: A model policy to support wellness programs (ChangeLab Solutions): <https://www.changelabsolutions.org/product/district-policy-establishing-healthy-vending-program>

District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds: Model policy language for limiting unhealthy marketing to students (ChangeLab Solutions): <https://www.changelabsolutions.org/product/food-beverage-marketing-school-wellness-policies>

Early Care and Education Physical Activity & Nutrition Templates and Policies (California Department of Public Health)  
[https://uccalfresh.ucdavis.edu/sites/g/files/dgvnsk2286/files/inline-files/ECE%20PA%20and%20Nutrition%20Policy%204\\_17\\_17%20FINAL.pdf](https://uccalfresh.ucdavis.edu/sites/g/files/dgvnsk2286/files/inline-files/ECE%20PA%20and%20Nutrition%20Policy%204_17_17%20FINAL.pdf)

Food & Beverage Marketing in School Wellness Policies: Model policy language for limiting unhealthy marketing to students (ChangeLab Solutions):  
<https://www.changelabsolutions.org/product/food-beverage-marketing-school-wellness-policies>

Model Healthy Beverage Vending Agreement: Improving the contract negotiating process (ChangeLab Solutions): <https://www.changelabsolutions.org/product/model-healthy-beverage-vending-agreement>

Model Local School Wellness Policy (Alliance for a Healthier Generation):  
<http://www.amchp.org/AboutTitleV/Resources/Documents/ModelWellnessPolicy.pdf>

Putting Local School Wellness Policies into Action (Centers for Disease Control and Prevention):  
<https://www.cdc.gov/healthyschools/npao/pdf/schoolwellnessinaction.pdf>

Sample Child Care Nutrition and Physical Activity Policies (CSDE):  
<https://portal.ct.gov/SDE/Nutrition/Child-Care-Nutrition-and-Physical-Activity-Policies/Documents>

## School Health Teams

Effective School Health Advisory Councils: Moving from Policy to Action (North Carolina State Board of Education and Department of Public Instruction):  
[http://www.schoolwellnesspolicies.org/resources/NC\\_SHAC\\_FINAL.pdf](http://www.schoolwellnesspolicies.org/resources/NC_SHAC_FINAL.pdf)

Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Advisory Councils (Iowa Department of Public Health):  
<http://www.schoolwellnesspolicies.org/resources/AGuideToCommunitySchoolHealthCouncils.pdf>

# Resource List for Wellness Policies in Schools and Child Care

## School Wellness Policy Requirements

Final Rule: Local School Wellness Policy Implementation Under the HHFKA of 2010:

<https://www.fns.usda.gov/school-meals/fr-072916c>

Healthy, Hunger-Free Kids Act of 2010:

[https://fns-prod.azureedge.net/sites/default/files/PL\\_111-296.pdf](https://fns-prod.azureedge.net/sites/default/files/PL_111-296.pdf)

Healthy, Hunger-Free Kids Act Regulations (USDA):

Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010:

Summary of the Final Rule (USDA):

[https://fns-prod.azureedge.net/sites/default/files/tn/LWPsummary\\_finalrule.pdf](https://fns-prod.azureedge.net/sites/default/files/tn/LWPsummary_finalrule.pdf)

School Wellness Policies (CSDE): <https://portal.ct.gov/SDE/Nutrition/School-Wellness-Policies>

The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265, Section 204):

<https://www.govinfo.gov/content/pkg/PLAW-108publ265/pdf/PLAW-108publ265.pdf>

USDA Policy Memo SP 24-2017: Local School Wellness Policy: Guidance and Q&As (USDA):

<https://www.fns.usda.gov/school-meals/local-school-wellness-policy-guidance-and-qas>

## Success Stories

Arizona Healthy School Environment Model Policy Implementation Pilot Study (Arizona State Department of Education): <https://files.eric.ed.gov/fulltext/ED485901.pdf>

Don't Sell Us Short: Junk Food Marketing in Schools: Success Stories (Voices for Healthy Kids):

<https://junkfoodmarketing.voicesforhealthykids.org/success-stories/>

Making It Happen! School Nutrition Success Stories (USDA and Centers for Disease Control and Prevention): <https://www.cdc.gov/healthyschools/mih/index.htm>

Schools and School Districts that Have Improved School Foods and Beverages and Not Lost Money (Center for Science in the Public Interest):

[https://cspinet.org/sites/default/files/attachment/school\\_vending\\_machine\\_case\\_studies.pdf](https://cspinet.org/sites/default/files/attachment/school_vending_machine_case_studies.pdf)

Success Stories (Centers for Disease Control and Prevention):

[https://www.cdc.gov/healthyschools/stories/success\\_stories.htm](https://www.cdc.gov/healthyschools/stories/success_stories.htm)

# Resource List for Wellness Policies in Schools and Child Care

## Whole School, Whole Community, Whole Child (WSCC)

A Coordinated Approach to Learning and Health Presentation Guide (National Association for Chronic Disease Directors): [https://www.rmc.org/wp-content/uploads/2020/04/wscw\\_ppt\\_and\\_speaking\\_point-1.pptx](https://www.rmc.org/wp-content/uploads/2020/04/wscw_ppt_and_speaking_point-1.pptx)

Addressing the needs of the Whole Child: Social, Emotional, Behavioral, and Physical Health, as well as Academic Achievement, in Connecticut's SRBI Process (CSDE Topical Brief 3, Scientific Research-Based Interventions): [https://portal.ct.gov/-/media/SDE/SRBI/topical\\_brief\\_3.pdf](https://portal.ct.gov/-/media/SDE/SRBI/topical_brief_3.pdf)

Smart Guide 1: Health Education (RMC Health):  
<https://www.rmc.org/wp-content/uploads/2020/01/1-Health-Education-Smart-Guide.pdf>

Smart Guide 10: Community Engagement (RMC Health):  
<https://www.rmc.org/wp-content/uploads/2020/01/10-Community-Involvement-Smart-Guide.pdf>

Smart Guide 2: Physical Education & Physical Activity (RMC Health):  
<https://www.rmc.org/wp-content/uploads/2020/01/2-Physical-Ed-and-Physical-Activity-Smart-Guide.pdf>

Smart Guide 3: Nutrition Environment & Services (RMC Health):  
<https://www.rmc.org/wp-content/uploads/2020/01/3-Nutrition-Environment-and-Services-Smart-Guide.pdf>

Smart Guide 4: Health Services (RMC Health):  
<https://www.rmc.org/wp-content/uploads/2020/01/4-Health-Services-Smart-Guide.pdf>

Smart Guide 5: Counseling, Psychological & Social Services (RMC Health):  
<https://www.rmc.org/wp-content/uploads/2020/01/5-Counseling-Smart-Guide.pdf>

Smart Guide 6: Social & Emotional Climate (RMC Health):  
<https://www.rmc.org/wp-content/uploads/2020/01/6-Social-and-Emotional-Climate-Smart-Guide.pdf>

Smart Guide 7: Physical Environment (RMC Health):  
<https://www.rmc.org/wp-content/uploads/2020/01/7-physical-environment-smart-guide.pdf>

Smart Guide 8: Employee Wellness (RMC Health):  
<https://www.rmc.org/wp-content/uploads/2020/01/8-Employee-Wellness-Smart-Guide.pdf>

Smart Guide 9: Family Engagement (RMC Health):  
<https://www.rmc.org/p-content/uploads/2020/01/9-Family-Engagement-Smart-Guide.pdf>

The Whole Child (ASCD): <http://www.wholechildeducation.org/>

The Whole School, Whole Community, Whole Child Model: A Guide to Implementation (National Association of Chronic Disease Directors):  
[https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/school\\_health/NACDD\\_TheWholeSchool\\_FINAL.pdf](https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/school_health/NACDD_TheWholeSchool_FINAL.pdf)

## Resource List for Wellness Policies in Schools and Child Care

Whole School, Whole Community, Whole Child (ASCD):

<http://www.ascd.org/programs/learning-and-health/wsc-model.aspx>

Whole School, Whole Community, Whole Child (Centers for Disease Control and Prevention):

<https://www.cdc.gov/healthyschools/wsc/index.htm>

Whole School, Whole Community, Whole Child (CSDE):

<https://portal.ct.gov/SDE/WSCC/Whole-School-Whole-Community-Whole-Child>

Whole School, Whole Community, Whole Child Model (Action for Healthy Kids):

<https://www.actionforhealthykids.org/whole-school-whole-community-whole-child/>

Whole School, Whole Community, Whole Child: A Collaborative Approach to Learning and Health  
(ASCD and Centers for Disease Control and Prevention):

<http://www.ascd.org/ASCD/pdf/siteASCD/publications/wholechild/wsc-a-collaborative-approach.pdf>

## Resource List for Wellness Policies in Schools and Child Care



For more information, visit the CSDE's [School Wellness Policies](#) webpage or contact the [child nutrition staff](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesWellnessPolicy.pdf>.

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