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, refer to the CSDE's *Resource List for Child Nutrition Programs*. For resources on competitive foods (such as fundraisers, school stores, and vending machines), refer to the CSDE's *Resources for Meeting the Federal and State Requirements for Competitive Foods in Schools*. For resources on promoting physical activity, refer to the CSDE's *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.

Contents

Quick search tips: Click on the topics above to go directly to each section. Search for key words using the "Find" option in the PDF toolbar or Control + F.

Action Planning

Action Planning Form for Child Care Policies (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Action_Planng_Form_Child_Care_Policies.pdf

Action Planning Form for Child Care Policies: Sample for Increasing Whole Grains in Child Care Menus (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Action_Planng_Form_Child_Care_Policies_Completed_Sample.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

School Nutrition S.T.A.R. Program Action Plan (Institute of Child Nutrition):
https://theicn.org/resources/850/s-t-a-r/109439/star-other-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

Alternatives to Food Rewards

Appropriate use of food: Is bribing with food the best answer? (Michigan State University Extension):
https://www.canr.msu.edu/news/appropriate_use_of_food

Are candy, cookies and other food rewards for students minimizing classroom nutrition education? (Michigan State University Extension):
https://www.canr.msu.edu/news/are_candy_cookies_and_other_food_rewards_for_students_minimizing_classroom

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

Healthy and Active Non-Food Rewards (Action for Healthy Kids):
https://www.actionforhealthykids.org/activity/healthy-active-non-food-rewards/

Healthy rewards in the classroom (Michigan State University Extension):
https://www.canr.msu.edu/news/healthy_rewards_in_the_classroom

How and why you should avoid rewarding your child with sweets (Michigan State University Extension):
https://www.canr.msu.edu/news/how_and_why_you_should_avoid_rewarding_your_child_with_sweets

Non-Food Rewards (Alliance for a Healthier Generation):
https://www.healthiergeneration.org/take-action/schools/wellness-topics/nutrition-services/non-food-rewards

Nonfood Rewards: Promoting Healthy School Environments (UConn Rudd Center):
https://uconnruddcenter.org/wp-content/uploads/sites/2909/2023/08/Alternatives-to-Food-Rewards-Info-Sheet.pdf

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

Still using food as a reward for your children? Read on! (Michigan State University Extension):
https://www.canr.msu.edu/news/still_using_food_as_a_reward_for_your_children_read_on

Sugar or no sugar in the classroom? (Michigan State University Extension):
https://www.canr.msu.edu/news/sugar_or_no_sugar_in_the_classroom

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/wp-content/uploads/2022/09/Keys-to-Excellence-Standards.pdf

Local School Wellness Policy Triennial Assessments (CSDE):
https://portal.ct.gov/SDE/Nutrition/School-Wellness-Policies/What-Next

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 Tools for Child Care Nutrition and Physical Activity Policies ("Documents/Forms" section of CSDE's Child Care Nutrition and Physical Activity Policies webpage):
https://portal.ct.gov/SDE/Nutrition/Child-Care-Nutrition-and-Physical-Activity-Policies/Documents#SelfAssessmentTools

WellSAT 3.0 Wellness School Assessment Tool (UCONN Rudd Center for Food Policy and Health):
https://www.wellsat.org/

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

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

Celebrations and Gatherings (USDA MyPlate):
https://www.myplate.gov/tip-sheet/celebrations-and-gatherings

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):
https://squaremeals.org/Portals/8/files/publications/Outside%20the%20Cake%20Box.pdf

Nibbles for Health Nutrition Newsletters for Parents of Young Children: Healthy Celebrations, Lasting Memories: Celebraciones saludables, memorias duraderas (Spanish) (USDA):
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.us/sites/default/files/resource-files/NibblesHealthyCelebrations_Eng.pdf

Child Care Eating Environment

Best Practices for Child Care Professionals Creating and Maintaining a Wellness Environment in Child Care Centers Participating in the CACFP (Institute of Child Nutrition): https://theicn.org/wpfd_file/best-practices-for-child-care-professionals-creating-and-maintaining-a-wellness-environment-in-child-care-centers-participating-in-the-cacfp/

Best Practices for Child Care Professionals Creating and Maintaining a Wellness Environment in Child Care Centers Participating in the CACFP - Executive Summary (Institute of Child Nutrition): https://theicn.org/wpfd_file/best-practices-for-child-care-professionals-creating-and-maintaining-a-wellness-environment-in-child-care-centers-participating-in-the-cacfp-executive-summary/

Child and Adult Care Food Programs Resources (Institute of Child Nutrition): https://theicn.org/child-and-adult-care-food-programs-resources/

Choosy Eaters: Mealtime Memo August 2022 (Institute of Child Nutrition): https://theicn.org/memo-august2022/

Creating and Maintaining a Wellness Environment in Child Care Centers Participating in the Child and Adult Care Food Program (Institute of Child Nutrition): 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/

Fostering a Positive and Friendly Eating Environment: Mealtime Memo February 2020 (Institute of Child Nutrition): https://theicn.org/resources/1459/2020-mealtime-memos/116628/february-2020-fostering-a-positive-and-friendly-eating-environment.pdf

Grab and Go Lesson: Creating a Positive Learning Environment (Institute of Child Nutrition): https://theicn.org/wpfd_file/creating-a-positive-learning-environment/

Introduction to Happy Mealtimes in Child Care Settings (Institute of Child Nutrition): https://theicn.org/icn-resources-a-z/introduction-to-happy-mealtimes-in-child-care-settings/

Let's Try New Things: Mealtime Memo May 2021 (Institute of Child Nutrition): https://theicn.org/memo-may2021/

Make Mealtimes in Child Care Pleasant, Easy and Appealing (eXtension Alliance for Better Child Care)
https://childcare.extension.org/make-mealtimes-in-child-care-pleasant-easy-and-appealing/

Positive Eating Environment Tool (U.S. Department of Human Services):
https://eclkc.ohs.acf.hhs.gov/nutrition/learning-module/positive-eating-environment-tool

Ready, Set, Go! Creating and Maintaining a Wellness Environment in Child Care Centers Participating in the CACFP (Institute of Child Nutrition):
https://theicn.org/icn-resources-a-z/ready-set-go-creating-and-maintaining-a-wellness-environment-in-child-care-centers-participating-in-the-cacfp/

Tips for Child Care Providers to Promote Healthy Attitudes about Food (eXtension Alliance for Better Child Care):
Tips for Child Care Providers to Promote Healthy Attitudes about Food – eXtension Alliance for Better Child Care

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/Child_Care_Action_Guide.pdf

Afterschool Care Program NSLP Snack Service Best Practices: A Guide to Improving the NSLP Snack Service in Afterschool Care Programs (Institute of Child Nutrition):
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.jandonline.org/article/S0002-8223(05)00486-4/abstract

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): https://www.uidaho.edu/-/media/UIdaho-Responsive/Files/cals/programs/feeding-young-children/building-mealtime-environments-and-relationships.pdf

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

Resource List for Wellness Policies in Schools and Child Care

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

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

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):
https://www.uidaho.edu/cals/feeding-young-children

Head Start Program Performance Standards (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

Licensing (Connecticut Office of Early Childhood):
https://www.ctoec.org/licensing/

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

Resource List for Wellness Policies in Schools and Child Care

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

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

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

Nutrition and physical activity (CDC Early Care and Education Portal):
https://www.cdc.gov/earlycare/nutrition/index.html

Nutrition, Physical Activity, and Electronic Media Use in the Child and Adult Care Food Program (USDA):
https://www.fns.usda.gov/cacfp/nutrition-physical-activity-and-electronic-media-use

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

Preventing Obesity among Preschool Children: How Can Child-care Settings Promote Healthy Eating and Physical Activity? (Robert Wood Johnson Foundation):
https://healthyeatingresearch.org/research/preventing-obesity-among-preschool-children-how-can-child-care-settings-promote-healthy-eating-and-physical-activity-a-research-synthesis/

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

Recommendations for Healthier Beverages (Healthy Eating Research, Robert Wood Johnson Foundation):
https://healthyeatingresearch.org/research/recommendations-for-healthier-beverages/

Sample Child Care Nutrition and Physical Activity Policies (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Sample_Child_Care_Policy_Introduction.pdf

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

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

Commercialism in Schools

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

Junk Food Marketing in Schools (Voices for Healthy Kids):
https://voicesforhealthykids.org/campaign-resources/toolkits/junk-food-marketing-in-schools

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

The Center for Commercial-Free Public Education:
https://www.ibiblio.org/commercialfree/policies.html

Community Partnerships

Afterschool & Health: Opportunities for Advocacy (Afterschool Alliance):
https://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):
https://www.cspinet.org/sites/default/files/lwp-advocate-guide.pdf

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

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

Data and Trends

Adolescent and School Health Data and Statistics (Centers for Disease Control and Prevention):
https://www.cdc.gov/HealthyYouth/data/index.htm

Behavioral Risk Factor Surveillance System (Centers for Disease Control and Prevention):
https://www.cdc.gov/BRFSS/

Behavioral Risk Factor Surveillance System: Prevalence Data & Data Analysis Tools (Centers for Disease Control and Prevention):
https://www.cdc.gov/brfss/data_tools.htm

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

Child Stats Forum on Family and Child Statistics (The Federal Interagency Forum on Child and Family Statistics):
https://www.childstats.gov/

Child Trends: Independent research to help children & youth thrive
https://www.childtrends.org/

Connecticut Association for Human Services:
https://cahs.org/

Connecticut School Health Survey (Connecticut State Department of Public Health):
https://portal.ct.gov/dph/Health-Information-Systems--Reporting/Hisrhome/Connecticut-School-Health-Survey

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

Data Resource Center for Child & Adolescent Health (The Child & Adolescent Health Measurement Initiative):
https://www.childhealthdata.org/

Division of Nutrition, Physical Activity, and Obesity Data & Statistics (Centers for Disease Control and Prevention):
https://www.cdc.gov/nccdphp/dnpao/division-information/data-stats/index.htm

Find Research & Resources (UConn Rudd Center for Food Policy and Health):
https://uconnruddcenter.org/research-archive/

Finding and Using Health Statistics (National Institutes of Health, National Library of Medicine):
https://www.nlm.nih.gov/oet/ed/stats/index.html

Resource List for Wellness Policies in Schools and Child Care

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/

Health Data Tools and Statistics (The National Coordinating Center for Public Health Services and Systems Research and Public Health Practice-Based Research Networks):
https://publichealthsystems.org/articles/data-and-methods/datasets/health-data-tools-and-statistics

Healthcare Innovations Exchange (Agency for Healthcare Research and Quality, U.S. Department of Health and Human Services.):
https://www.ahrq.gov/cpi/about/otherwebsites/innovations.ahrq.gov/index.html

Healthy Eating Index (USDA):
https://www.fns.usda.gov/cnpp/healthy-eating-index-hei

Healthy Eating Research (Robert Wood Johnson Foundation):
https://healthyeatingresearch.org/

Healthy Eating Research Database: Research and Publications (Robert Wood Johnson Foundation):
https://healthyeatingresearch.org/database/

Healthy People 2020 Data Search (National Center for Health Statistics):
https://www.cdc.gov/nchs/healthy_people/hp2020.htm

Kids Count Data Center (The Annie E. Casey Foundation):
https://datacenter.aecf.org/

National Center for Health Statistics (Centers for Disease Control and Prevention):
https://www.cdc.gov/nchs/

National Center for Health Statistics: Health, United States (Centers for Disease Control and Prevention):
https://www.cdc.gov/nchs/hus/index.htm

National Health and Nutrition Examination Survey (Centers for Disease Control and Prevention):
https://www.cdc.gov/nchs/nhanes/index.htm

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

Reports: Children's Food Environment, CDC Vital Signs, Morbidity and Mortality Weekly Reports, Maps, Surgeon General's Call to Action, Nutrition, Physical Activity, and Breastfeeding (Centers for Disease Control and Prevention):
https://www.cdc.gov/obesity/resources/reports.html#State

Resource List for Wellness Policies in Schools and Child Care

Research & Data (Food Research and Action Center):
https://frac.org/research

Research & Policy (Connecticut Voices for Children):
https://ctvoices.org/research-policy/

Research Publications (Nutrition) (USDA National Agricultural Library):
https://www.nal.usda.gov/human-nutrition-and-food-safety/research-publications-nutrition

School Health Profiles (Centers for Disease Control and Prevention):
https://www.cdc.gov/healthyyouth/data/profiles/index.htm

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/

State Policy Database on School Health (National Association of State Boards of Education):
https://statepolicies.nasbe.org/

Technical Reports (Institute of Child Nutrition):
https://theicn.org/icn-resources-a-z/technical-reports/

The Annie E. Casey Foundation:
https://www.aecf.org/

The National Survey of Children's Health (Data Resource Center for Child & Adolescent Health):
https://www.childhealthdata.org/learn-about-the-nsch/NSCH

The School Nutrition Dietary Assessment Study (USDA):
https://www.fns.usda.gov/school-nutrition-dietary-assessment-study

Vital Statistics Registration Reports (Connecticut State Department of Public Health):
https://portal.ct.gov/DPH/Health-Information-Systems--Reporting/Hisrhome/Vital-Statistics-Registration-Reports

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, refer to "Obesity Data and Trends" in the CSDE's *Resource List for Obesity Data and Prevention*. For resources on physical activity data, refer to "Data and Trends" in the CSDE's *Resource List for Physical Activity and Physical Education*.

Resource List for Wellness Policies in Schools and Child Care

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/Child_Care_Action_Guide.pdf

Action Guide for School Nutrition and Physical Activity Policies (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/SWP/Action_Guide.pdf

Adolescent and School Health Policy (Centers for Disease Control and Prevention):
https://www.cdc.gov/healthyyouth/policy/index.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):
https://californiaprojectlean.org/

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

Child Nutrition Professionals Wellness Initiative Posters (Institute of Child Nutrition):
https://theicn.org/icn-resources-a-z/child-nutrition-professional-wellness-inititative/

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_1_Financing.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

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 School Wellness Policy Implementation Tools and Resources (USDA):
https://www.fns.usda.gov/tn/local-school-wellness-policy-implementation-tools-resources

Resource List for Wellness Policies in Schools and Child Care

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

Online Training: Meeting the Wellness Challenge (Institute of Child Nutrition):
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 (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/course/external/view/elearning/107/STARStrategiesforImplementingaLocalSchoolWellnessProgramJul2019

Operator Submitted – Local School Wellness Policy Resources (ICN Child Nutrition Sharing Site):
https://theicn.org/cnss/local-school-wellness-policy-resources/

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.jandonline.org/article/S2212-2672(18)30295-8/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.jandonline.org/article/S0002-8223(11)00191-X/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.jandonline.org/article/S2212-2672(18)30885-2/pdf

Position of the Academy of Nutrition and Dietetics: Local Support for Nutrition Integrity In Schools (Journal of Child Nutrition and Management):
https://www.jandonline.org/article/S0002-8223(10)00650-4/pdf

Resource to Sustain and Strengthen Local Wellness Initiatives (Institute of Child Nutrition):
https://theicn.org/icn-resources-a-z/sustaining-and-strengthening-local-wellness-initiatives/

School Board Engagement (California Project Lean):
https://www.californiaprojectlean.org/doc.asp?id=171&parentid=20

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

State School Health Policy Matrix 2.0 (National Association of Chronic Disease Directors, National Association of State Boards of Education, and SHAPE America):
https://chronicdisease.org/resource/resmgr/school_health/policy_matrix_ii_final.pdf

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide (California School Board Association):
https://www.californiaprojectlean.org/docuserfiles/Successful%20Students%20Wellness%20Guide_Entire%20Guide.pdf

Sustaining and Strengthening Local Wellness Initiatives (Institute of Child Nutrition):
https://theicn.org/icn-resources-a-z/sustaining-and-strengthening-local-wellness-initiatives/

The Center for Health and Health Care in Schools (GW Milken Institute of Public Health):
https://hsrc.himmelfarb.gwu.edu/sphhs_centers_chhcs/

UCONN Rudd Center for Food Policy and Health:
https://uconnruddcenter.org/

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):
https://chronicdisease.org/resource/resmgr/school_health/school_employee_wellness/nacdd_schoolemployeewellness.pdf

Healthy School, Healthy Staff, Healthy Students: A Guide to Improving School Employee Wellness (National Association of Chronic Disease Directors):
https://chronicdisease.org/healthy-school-staff-students-a-guide-to-improving-school-employee-wellness/

School Employee Wellness (Centers for Disease Control and Prevention):
https://www.cdc.gov/healthyschools/employee_wellness.htm

School Employee Wellness Toolkit (Society for Public Health Education):
https://elearn.sophe.org/school-employee-wellness

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

Staff Well-Being (Alliance for a Healthier Generation):
https://www.healthiergeneration.org/take-action/schools/wellness-topics/staff-well-being

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

Teacher and Staff Well-being (Kaiser Permanente Thriving Schools):
https://thrivingschools.kaiserpermanente.org/priorities/teacher-and-staff-well-being/

The Well Workplace Checklist (Wellness Council of America):
https://www.welcoa.org/get-started/checklist/

Tips for Promoting School Employee Wellness (Centers for Disease Control and Prevention):
https://www.cdc.gov/healthyschools/employee_wellness/pdf/SHB-EmployeeWellnessTipSheet_FINAL508.pdf

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

Engaging Families

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

Family Engagement: Mealtime Memo July 2022 (Institute of Child Nutrition):
https://theicn.org/memo-july2022/

Healthier Middle Schools: Every Parent Can Help (USDA):
https://www.govinfo.gov/content/pkg/GOVPUB-A98-PURL-gpo70017/pdf/GOVPUB-A98-PURL-gpo70017.pdf

How to Enforce a Wellness Policy: A Guide for Parents and Community Advocates (ChangeLab Solutions):
https://www.changelabsolutions.org/sites/default/files/EnforceWellnssPlcy_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

Parent Lesson Plans: Advocating for Healthier School Environment (California Project LEAN):
https://www.californiaprojectlean.org/docuserfiles/ParentLessonPlans.pdf

Parents for Healthy Schools (Centers for Disease Control and Prevention): https://www.cdc.gov/healthyschools/parentsforhealthyschools/p4hs.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

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

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

Engaging Students

Grabbing their attention: Strategies for engaging students in the cafeteria (National Farm to School Network):
https://www.farmtoschool.org/news-and-articles/grabbing-their-attention-strategies-for-engaging-students-in-the-cafeteria

How to Enforce a Wellness Policy: for Parents and Community Advocates (ChangeLab Solutions):
https://www.changelabsolutions.org/product/how-enforce-wellness-policy

Increasing Student Engagement Through Taste Tests (Alliance for a Healthier Generation):
https://api.healthiergeneration.org/resource/233

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/

Strategies to Improve School Meal Consumption: A Systematic Review (National Library of Medicine):
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8538164/

Student Engagement (The Lunch Box):
https://www.thelunchbox.org/fresh-food-initiatives/sustainable-lunchrooms/case-study/student-engagement/

Student Feedback Toolkit for School Meals (No Kid Hungry):
https://bestpractices.nokidhungry.org/resource/student-feedback-toolkit-school-meals

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

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

Evaluation

A Framework for Program Evaluation (Centers for Disease Control and Prevention):
https://www.cdc.gov/evaluation/framework/index.htm

Assessing School Health (Centers for Disease Control and Prevention):
https://www.cdc.gov/healthyschools/assessment.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/evaluation/guide/index.htm

Local School Wellness Policy Triennial Assessments ("What's Next" section of CSDE's School Wellness Policies webpage):
https://portal.ct.gov/SDE/Nutrition/School-Wellness-Policies/What-Next

Logic Model Development Guide (W.K. Kellogg Foundation):
https://wkkf.issuelab.org/resource/logic-model-development-guide.html

Measuring School Wellness (UConn Rudd Center for Food Policy and Health):
https://uconnruddcenter.org/research/schools/school-wellness/

Nutrition Education: Principles of Sound Impact Evaluation (USDA):
https://www.fns.usda.gov/nutrition-education-principles-sound-impact-evaluation

Online Training: Evaluating School Wellness Activates (Institute of Child Nutrition):
https://theicn.docebosaas.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

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

Wellness Policy in Action Tool (Centers for Disease Control and Prevention):
https://www.cdc.gov/healthyschools/wpat/index.htm

Grants and Funding

Active Funding Opportunities (Robert Wood Johnson Foundation):
https://www.rwjf.org/en/grants/active-funding-opportunities.html?o=1&us=1

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

Equipment Grants (School Nutrition Association):
https://schoolnutrition.org/snf/equipment-grants/

Fuel Up Grant Opportunities (National Dairy Council):
https://www.fuelup.org/funding-information

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 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/

Grant Writing Guidance & Tips (Centers for Disease Control and Prevention):
https://www.cdc.gov/publichealthgateway/grantsfunding/grant-writing.html

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

Grants and Funding (National Education Association):
https://www.nea.org/grants-funding

Grants and Support (Action for Healthy Kids):
https://www.actionforhealthykids.org/grants-support/

Grants and Support (Action for Healthy Kids):
https://www.actionforhealthykids.org/grants-support/

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

Grants: Open Grant Opportunities (USDA):
https://www.fns.usda.gov/fm/grant-opportunities

School Nutrition Foundation (School Nutrition Association):
https://schoolnutrition.org/snf/

Legislation

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

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

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

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

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

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

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

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

Laws and Regulations for Competitive Foods in Connecticut Schools (CSDE):
https://portal.ct.gov/SDE/Nutrition/Competitive-Foods/Regulations

Resource List for Wellness Policies in Schools and Child Care

Legislation Database (UConn Rudd Center for Food Policy and Health):
https://uconnruddcenter.org/leg-database/

NCSL Research Tools: Legislation Databases and the Bill Information Service (National Conference of State Legislatures):
https://www.ncsl.org/about-us/ncsl-research-tools

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

Overview of Connecticut Competitive Foods Regulations (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Overview_CT_Competitive_Foods_Regulations.pdf

Resources for Meeting the Federal and State Requirements for Competitive Foods in Schools (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Resources_Federal_State_Requirements_Competitive_Foods.pdf

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/

Section 10-215b-23 of the Regulations of Connecticut State Agencies: Accrual of income:
https://eregulations.ct.gov/eRegsPortal/Browse/RCSA/Title_10Subtitle_10-215bSection_10-215b-23/

State Policy Database: Health Policies (NASBE):
https://statepolicies.nasbe.org/

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

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

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

Resource List for Wellness Policies in Schools and Child Care

Marketing and Promotion

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

Communications and Marketing (School Nutrition Association):
https://schoolnutrition.org/category/communications-marketing/

Customizable parent handout: Be a School Wellness Champion (USDA):
https://www.fns.usda.gov/tn/local-school-wellness-policy-parent-flyer

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

Marketing (The Lunch Box):
https://www.thelunchbox.org/marketing

Marketing and Communications in Keys to Excellence (School Nutrition Association):
https://schoolnutrition.org/wp-content/uploads/2022/09/Keys-to-Excellence-Standards.pdf

Marketing Strategy (USDA):
https://www.fns.usda.gov/sbp/marketing-strategy

Marketing Your School Nutrition Program (Institute of Child Nutrition):
https://theicn.org/icn-resources-a-z/marketing-your-school-nutrition-program/

National School Breakfast Week (School Nutrition Association):):
https://schoolnutrition.org/about-school-meals/national-school-breakfast-week/

National School Lunch Week (School Nutrition Association):
https://schoolnutrition.org/about-school-meals/national-school-lunch-week/

Promising Strategies to Increase Student Participation in School Meals (Healthy Eating Research, Robert Wood Johnson Foundation):
https://healthyeatingresearch.org/wp-content/uploads/2022/11/HER-Meal-Participation-Brief_final.pdf

SBP Marketing Resources (USDA):
https://www.fns.usda.gov/sbp/toolkit_marketingresources

School Breakfast Program Marketing Strategy (USDA):
https://www.fns.usda.gov/sbp/marketing-strategy

School Breakfast Promotion Strategies (No Kid Hungry):
https://bestpractices.nokidhungry.org/webinars/school-breakfast-promotion-strategies

Social Media Marketing for School Nutrition Programs (Institute of Child Nutrition):
https://theicn.org/icn-resources-a-z/social-media-marketing-for-school-nutrition-programs/

Team Nutrition Posters (USDA):
https://www.fns.usda.gov/tn/posters

The Health Communicator's Social Media Toolkit (Centers for Disease Control and Prevention):
https://www.cdc.gov/healthcommunication/ToolsTemplates/SocialMediaToolkit_BM.pdf

> For information on cafeteria signage, refer to "Signage and Posters" in the CSDE's *Resource List for Menu Planning and Food Production in Child Nutrition Programs*.

Meal Schedules and Time to Eat

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 (Institute of Child Nutrition):
https://theicn.org/wpfd_file/eating-at-school-a-summary-of-nfsmi-research-on-time-required-by-students-to-eat-lunch_2001/

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/journal/fall-2002-how-long-does-it-take-students-to-eat-lunch-a-summary-of-three-studies/

Impacts of Scheduling Recess Before Lunch in Elementary Schools: A Case Study Approach of Plate Waste and Perceived Behaviors (The Journal of Child Nutrition & Management): https://schoolnutrition.org/journal/spring-2016-impacts-of-scheduling-recess-before-lunch-in-elementary-schools-a-case-study-approach-of-plate-waste-and-perceived-behaviors/

Making Time for School Lunch (Centers for Disease Control and Prevention):
https://www.cdc.gov/healthyschools/nutrition/school_lunch.htm

Relationship of Meal and Recess Schedules to Plate Waste in Schools (The Journal of Child Nutrition & Management):
https://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman1.asp

School Nutrition Association 2019 Position Paper: 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/resource/2019-position-paper/

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/journal/fall-2004-the-relationship-between-the-length-of-the-lunch-period-and-nutrient-consumption-in-the-elementary-school-lunch-setting/

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

Modeling Healthy Behaviors

Encourage healthy eating in school and at home (Centers for Disease Control and Prevention): https://www.cdc.gov/healthyschools/features/healthy_school_meals.htm

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

Role Modeling and Engaging Children with Food (Dairy Council of California): https://www.healthyeating.org/blog/detail/role-modeling-and-engaging-children-with-food

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

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

Food & Beverage Marketing in School Wellness Policies (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

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): https://www.nchealthyschools.org/docs/shac_manual.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 (USDA):
https://www.fns.usda.gov/cn/fr-072916c

Local School Wellness Policy (USDA):
https://www.fns.usda.gov/cn/local-school-wellness-policy

Local School Wellness Policies (USDA):
https://www.fns.usda.gov/tn/local-school-wellness-policy

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

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

Success Stories (Centers for Disease Control and Prevention):
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/wscc_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

Smart Guide 1: Heath 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 ASCD Whole Child Approach to Education (ASCD):
https://www.ascd.org/whole-child

Resource List for Wellness Policies in Schools and Child Care

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

Whole School, Whole Community, Whole Child (Centers for Disease Control and Prevention): https://www.cdc.gov/healthyschools/wscc/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 Heathy 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): https://files.ascd.org/staticfiles/ascd/pdf/siteASCD/publications/wholechild/wscc-a-collaborative-approach.pdf

For more information, visit the CSDE's School Wellness Policies webpage or contact the child nutrition staff at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

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

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/ad-3027.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

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