

Resource List for Wellness Policies in Schools and Child Care

This document includes resources and websites 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. Additional resource lists are available on the CSDE's [Resources for Child Nutrition Programs](#) webpage.

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).



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Search for key words using the “Find” option in the PDF toolbar or Control + F.

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Action Planning

[Action Planning Form for Child Care Nutrition and Physical Activity Policies](https://portal.ct.gov/-/media/sde/nutrition/cacfp/ccpolicy/action_plannng_form_child_care_policies.pdf) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/ccpolicy/action_plannng_form_child_care_policies.pdf

[Action Planning Form for Child Care Nutrition and Physical Activity Policies: Sample for Increasing Whole Grains in Child Care Menus](https://portal.ct.gov/-/media/sde/nutrition/cacfp/ccpolicy/action_plannng_form_child_care_policies_completed_sample.pdf) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/ccpolicy/action_plannng_form_child_care_policies_completed_sample.pdf

[Action Planning Guide for Physically Active Communities](https://www.cdc.gov/active-communities-tool/php/planning-guide/index.html) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/active-communities-tool/php/planning-guide/index.html>

[Make an Action Plan](https://healthykidshealthyfuture.org/learn-more/quiz/action-plan/) (The Nemours Foundation):

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

[Sample Sustainable Food Action Plan](https://www.nwf.org/-/media/PDFs/Eco-schools/Sustainable-Food_Action-Plan.ashx?la=en&hash=1EB3EB0C77BBB90F89BE0E6ADB7BBC7BB6853349) (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](https://theicn.org/resources/850/s-t-a-r/109439/star-other-action-plan.pdf) (Institute of Child Nutrition):

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

[Step 3: Create & Implement an Action Plan](https://actionforhealthykids.org/step-3/) (Action for Healthy Kids):

<https://actionforhealthykids.org/step-3/>

[Team Action Plan Template](https://archive.cdc.gov/www_cdc_gov/healthyschools/professional_development/documents/team_action_plan_template_1733162826.pdf) (Centers for Disease Control and Prevention):

https://archive.cdc.gov/www_cdc_gov/healthyschools/professional_development/documents/team_action_plan_template_1733162826.pdf

[The Active People, Healthy Nation Active Communities Tool Action Planning Guide: An Action Planning Guide and Assessment Modules to Improve Community Built Environments to Promote Physical Activity](https://www.cdc.gov/active-communities-tool/media/pdfs/2025/05/347625-A_ACT-guideMay-2025_Final_508.pdf) (Centers for Disease Control and Prevention):

https://www.cdc.gov/active-communities-tool/media/pdfs/2025/05/347625-A_ACT-guideMay-2025_Final_508.pdf

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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>

[Everyone Loves Rewards – Fun Alternatives to Food: A Guide for Parents and Teachers](#) (New Jersey Agricultural Experiment Station Rutgers, The State University of New Jersey):
<https://njaes.rutgers.edu/fs1063/>

[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>

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[Non-Food Ways to Raise Funds and Reward a Job Well Done](https://squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf) (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!](https://www.canr.msu.edu/news/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?](https://www.canr.msu.edu/news/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](https://ctvoices.org/publication/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](https://healthykidshealthyfuture.org/learn-more/quiz/) (The Nemours Foundation):
<https://healthykidshealthyfuture.org/learn-more/quiz/>

[Keys to Excellence: Standards of Practice for Nutrition Integrity](https://schoolnutrition.org/wp-content/uploads/2024/09/SNA-Keys-to-Excellence-2024.pdf) (School Nutrition Association):
<https://schoolnutrition.org/wp-content/uploads/2024/09/SNA-Keys-to-Excellence-2024.pdf>

[Triennial Assessments for Local School Wellness Policy](https://portal.ct.gov/sde/nutrition/school-wellness-policies/triennial-assessments) (CSDE):
<https://portal.ct.gov/sde/nutrition/school-wellness-policies/triennial-assessments>

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

[School Health Index \(SHI\) Self-Assessment and Planning Guide](https://archive.cdc.gov/#/details?url=https://www.cdc.gov/healthyschools/shi/index.htm) (Centers for Disease Control and Prevention):
<https://archive.cdc.gov/#/details?url=https://www.cdc.gov/healthyschools/shi/index.htm>

[Wellness School Assessment Tool \(WellsAT\)](https://www.wellsat.org/) (UConn Rudd Center for Food Policy and Health):
<https://www.wellsat.org/>

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Celebrations

[Birthdays, Celebrations and Family Events](#) (Action for Healthy Kids):

https://www.actionforhealthykids.org/wp-content/uploads/2019/07/TS_Celebrations_v2.pdf

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

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

[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: Party the healthy way!](#) (Action for Healthy Kids):

<https://www.actionforhealthykids.org/healthy-celebrations/>

[Healthy School Celebrations](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/resources/healthy_celebrations.pdf

[Healthy Events and Classroom Celebrations: How Can You Help? Ideas for Parents](#) (Centers for Disease Control and Prevention):

[Healthy%20Events%20and%20Classroom%20Celebrations:%20How%20Can%20You%20Help?%20Ideas%20for%20Parents](#)

[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](#) (USDA):

https://fna-bwbufwdzbabpezgc.z01.azurefd.us/sites/default/files/resource-files/NibblesHealthyCelebrations_Eng.pdf

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[Promoting Health in Minnesota Schools: Healthy Classroom Snacks & Celebrations](#) (Public

Health Law Center):

<https://www.publichealthlawcenter.org/sites/default/files/resources/Healthy%20Classroom%20Snacks%20and%20Celebrations%20Final.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/

[Child and Adult Care Food Programs Resources](#) (Institute of Child Nutrition):

<https://theicn.org/child-and-adult-care-food-programs-resources/>

[Effective Practices to Promote Healthy Eating in ECE](#) (PennState Extension):

<https://extension.psu.edu/programs/betterkidcare/lessons/effective-practices-to-promote-healthy-eating-in-ece>

[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/>

[Mealtime Memo August 2022: Pleasant Mealtimes](#) (Institute of Child Nutrition):

<https://theicn.org/memo-august2022/>

[Mealtime Memo February 2020: Fostering a Positive and Friendly Eating Environment](#)

(Institute of Child Nutrition):

<https://theicn.org/resources/1459/2020-mealtime-memos/116628/february-2020-fostering-a-positive-and-friendly-eating-environment.pdf>

[Mealtime Memo May 2021: Let's Try New Things](#) (Institute of Child Nutrition):

<https://theicn.org/memo-may2021/>

[Positive Eating Environment Self-Assessment for ECE Programs](#) (U.S. Department of Human Services):

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<https://headstart.gov/publication/positive-eating-environment-self-assessment-ece-programs>

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/documentlibraryfiles/PDF/20080220041239.pdf>

[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](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://content-hub.uidaho.edu/api/public/content/56f5eec5e28b469ebe9f9cd9095ac619?v=293bfe73>

[Caring for Our Children Basics](#) (U.S. Department of Health & Human Services):

<https://childcareta.acf.hhs.gov/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>

[Early Childhood Education Linkage System Best Practice Guidance](#) (Pennsylvania Chapter, American Academy of Pediatrics):

<https://www.ecels-healthychildcarepa.org/resources-new/bestpractice>

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[Family Checklist for Nutrition in Early Care and Education](https://nrckids.org/files/nutritionchecklist.pdf) (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](https://nrckids.org/files/physicalchecklist.pdf) (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](https://www.uidaho.edu/cals/feeding-young-children) (University of Idaho):
<https://www.uidaho.edu/cals/feeding-young-children>

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

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

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

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

[Manage Nutrition and Physical Activity: Early care and education \(ECE\)](https://www.cdc.gov/early-care/treatment/index.html) (CDC Early Care and Education Portal):
<https://www.cdc.gov/early-care/treatment/index.html>

[Model Child Care Health Policies 5th Edition](https://79836e7c-4d98-4cd0-aabf-8be3831cfff9.usfiles.com/ugd/79836e_eb01e6fd9cd0440da456a384d94d5cf2.pdf) (Pennsylvania Chapter, American Academy of Pediatrics):
https://79836e7c-4d98-4cd0-aabf-8be3831cfff9.usfiles.com/ugd/79836e_eb01e6fd9cd0440da456a384d94d5cf2.pdf

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

[NAP SACC Best Practice Recommendations for Child Care Facilities](https://www.une.edu/sites/default/files/NAP_SACC_Best_Practice_Recommendations.pdf) (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

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

<https://nrckids.org/>

[Preventing Obesity among Preschool Children: How Can Child-care Settings Promote Healthy Eating and Physical Activity?](https://healthyeatingresearch.org/research/preventing-obesity-among-preschool-children-how-can-child-care-settings-promote-healthy-eating-and-physical-activity-a-research-synthesis/) (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](https://healthyeatingresearch.org/wp-content/uploads/2013/12/HER-Child-Care-Setting-Research-Brief-2007.pdf) (Robert Wood Johnson Foundation):

<https://healthyeatingresearch.org/wp-content/uploads/2013/12/HER-Child-Care-Setting-Research-Brief-2007.pdf>

[Recommendations for Healthier Beverages](https://healthyeatingresearch.org/research/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](https://portal.ct.gov/-/media/sde/nutrition/cacfp/ccpolicy/introduction_sample_child_care_nutrition_physical_activity_policies.pdf) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/ccpolicy/introduction_sample_child_care_nutrition_physical_activity_policies.pdf

[Stepping Stones to Caring For Our Children](https://publications.aap.org/aapbooks/book/463/Stepping-Stones-to-Caring-for-Our-ChildrenNational) (American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education):

<https://publications.aap.org/aapbooks/book/463/Stepping-Stones-to-Caring-for-Our-ChildrenNational>

[The Satter Division of Responsibility in Feeding](https://www.ellynsatterinstitute.org/how-to-feed/division-of-responsibility/) (Ellyn Satter Associates):

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

[Water and 100% Juice Tip Sheet](https://nrckids.org/files/JuiceTipSheet.pdf) (National Resource Center for Health and Safety in Child Care and Early Education):

<https://nrckids.org/files/JuiceTipSheet.pdf>

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Commercialism in Schools

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

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

[Junk Food Marketing in Schools](https://voicesforhealthykids.org/campaign-resources/toolkits/junk-food-marketing-in-schools) (American Heart Association 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](https://www.apa.org/pi/families/resources/advertising-children.pdf) (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):
<https://www.ibiblio.org/commercialfree/policies.html>

Community Partnerships

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

[Community Engagement Actions, Tools, and Activities](https://www.atsdr.cdc.gov/pha-guidance/engaging_the_community/community_engagement_tools_actions.html) (Centers for Disease Control and Prevention):
https://www.atsdr.cdc.gov/pha-guidance/engaging_the_community/community_engagement_tools_actions.html

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

[Local Wellness Policy Advocate Guide: What can advocates do?](https://www.cspinet.org/sites/default/files/lwp-advocate-guide.pdf) (Voices for Healthy Kids School Health Policy Consortium):
<https://www.cspinet.org/sites/default/files/lwp-advocate-guide.pdf>

[School-Family-Community Partnerships](https://portal.ct.gov/sde/sfcp/school-family-community-partnerships) (CSDE):
<https://portal.ct.gov/sde/sfcp/school-family-community-partnerships>

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[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/healthy-youth/data-statistics/index.html>

[Advancing the Health of our Nation Through Action Grounded in Data](#) (America's Health Rankings United Health Foundation):

<https://www.americashealthrankings.org/>

[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/>

[Center for Public Health Services and Systems Research](#) (University of Kentucky):

<https://uknowledge.uky.edu/ukcphssr/>

[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/>

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[Connecticut Association for Human Services:](https://cahs.org/)

<https://cahs.org/>

[Connecticut School Health Survey](https://portal.ct.gov/dph/Health-Information-Systems--Reporting/Hisrhome/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](https://www.countyhealthrankings.org/) (University of Wisconsin Population Health Institute and Robert Wood Johnson Foundation):

<https://www.countyhealthrankings.org/>

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

<https://www.childhealthdata.org/>

[Find Nutrition Research and Publications](https://www.nal.usda.gov/services/find-nutrition-research-and-publications) (USDA National Agricultural Library):

<https://www.nal.usda.gov/services/find-nutrition-research-and-publications>

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

<https://uconnruddcenter.org/research-archive/>

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

<https://www.nlm.nih.gov/oet/ed/stats/index.html>

[Food Environment Atlas](https://www.ers.usda.gov/FoodAtlas/) (USDA Economic Research Service):

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

[Food Surveys Research Group](https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/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](https://healthdata.gov/) (U.S. Department of Health and Human Services):

<https://healthdata.gov/>

[Healthy Eating Index](https://www.fna.usda.gov/cnpp/healthy-eating-index) (USDA):

<https://www.fna.usda.gov/cnpp/healthy-eating-index>

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

<https://healthyeatingresearch.org/>

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[Healthy Eating Research Database: Research and Publications](#) (Robert Wood Johnson Foundation):

<https://healthyeatingresearch.org/database/>

[Healthy People 2030](#) (U.S. Department of Health and Human Services):

<https://odphp.health.gov/healthypeople>

[Healthy People initiative](#) (National Center for Health Statistics):

<https://www.cdc.gov/nchs/healthy-people/about/index.html>

[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](#) (Centers for Disease Control and Prevention):

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

[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.html>

[Nutrition, Physical Activity, and Obesity Data](#) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/dnpao-data-trends-maps/about/index.html>

[Public health data, statistics, and research](#) (Connecticut State Department of Public Health):

<https://portal.ct.gov/dph/resources-and-records/data-research>

[Research & Data](#) (Food Research and Action Center):

<https://frac.org/research>

[Research & Policy](#) (Connecticut Voices for Children):

<https://ctvoices.org/research-policy/>

[School Health Profiles](#) (Centers for Disease Control and Prevention):

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

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[SNA Research](https://schoolnutrition.org/news/research/sna-research/) (School Nutrition Association):

<https://schoolnutrition.org/news/research/sna-research/>

[State Health Facts Searchable Database](https://www.kff.org/statedata/) (Kaiser Family Foundation):

<https://www.kff.org/statedata/>

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

<https://theicn.org/icn-resources-a-z/technical-reports/>

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

<https://www.childhealthdata.org/learn-about-the-nsch/NSCH>

[The School Nutrition Dietary Assessment Study](https://www.fna.usda.gov/research/cn/school-nutrition-dietary-assessment-study) (USDA):

<https://www.fna.usda.gov/research/cn/school-nutrition-dietary-assessment-study>

[Topic: Children/Adolescents](https://www.ahrq.gov/topics/childrenadolescents.html) (Agency for Healthcare Research and Quality, U.S. Department of Health and Human Services):

<https://www.ahrq.gov/topics/childrenadolescents.html>

[Using Policy to Create Healthy Schools: Resources to Support Policymakers and Advocates](https://www.childtrends.org/publications/using-policy-to-create-healthy-schools) (Child Trends):

<https://www.childtrends.org/publications/using-policy-to-create-healthy-schools>

[Youth Risk Behavior Surveillance System \(YRBSS\)](https://www.cdc.gov/yrbs/index.html) (Centers for Disease Control and Prevention):

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

Developing and Implementing Policies

[About School Nutrition](https://www.cdc.gov/school-nutrition/about/) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/school-nutrition/about/>

[Action for Healthy Kids](https://www.actionforhealthykids.org/):

<https://www.actionforhealthykids.org/>

[Alliance for a Healthier Generation](https://www.healthiergeneration.org/):

<https://www.healthiergeneration.org/>

[Center for the Study of Social Policy](https://cssp.org/):

<https://cssp.org/>

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[Child Nutrition Professionals Wellness Initiative Posters](#) (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/child-nutrition-professional-wellness-initiative/>

[Comprehensive Framework for Addressing the School Nutrition Environment and Services](#)

(Centers for Disease Control and Prevention):

https://www.cdc.gov/school-nutrition/media/pdfs/2024/09/School_Nutrition_Framework_508tagged.pdf

[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 in Out-Of-School Time](#) (National AfterSchool Association):

<https://naaweb.org/page/HEPASStandards>

[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/assessing-improving-school-health/wellness/index.html>

[Local School Wellness Policy Implementation Tools and Resources](#) (USDA):

<https://www.fna.usda.gov/tn/wellness-policy/implementation-tools>

[Local Wellness Policy](#) (USDA):

<https://www.fna.usda.gov/cn/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>

Resource List for Wellness Policies in Schools and Child Care

[Operator Submitted – Local School Wellness Policy Resources](https://theicn.org/cnss/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](https://www.jandonline.org/article/S2212-2672(18)30295-8/pdf) (Journal of the Academy of Nutrition and Dietetics):

[https://www.jandonline.org/article/S2212-2672\(18\)30295-8/pdf](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](https://www.jandonline.org/article/S0002-8223(11)00191-X/pdf) (Journal of the Academy of Nutrition and Dietetics):

[https://www.jandonline.org/article/S0002-8223\(11\)00191-X/pdf](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](https://www.jandonline.org/article/S2212-2672(18)30885-2/pdf) (Journal of the Academy of Nutrition and Dietetics):

[https://www.jandonline.org/article/S2212-2672\(18\)30885-2/pdf](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](https://www.jandonline.org/article/S0002-8223(10)00650-4/pdf) (Journal of Child Nutrition and Management):

[https://www.jandonline.org/article/S0002-8223\(10\)00650-4/pdf](https://www.jandonline.org/article/S0002-8223(10)00650-4/pdf)

[School Health Guidelines to Promote Healthy Eating and Physical Activity](https://stacks.cdc.gov/view/cdc/21063) (Centers for Disease Control and Prevention):

<https://stacks.cdc.gov/view/cdc/21063>

[Sustaining and Strengthening Local Wellness Initiatives](https://theicn.org/resources/346/resources/106584/resource-to-sustain-and-strengthen-local-wellness-initiatives.pdf) (Institute of Child Nutrition):

<https://theicn.org/resources/346/resources/106584/resource-to-sustain-and-strengthen-local-wellness-initiatives.pdf>

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

https://hsrc.himmelfarb.gwu.edu/sphhs_centers_chhcs/

[UCONN Rudd Center for Food Policy and Health:](https://uconnruddcenter.org/)

<https://uconnruddcenter.org/>

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Employee Wellness

[CDC Workplace Health Model](https://www.cdc.gov/workplace-health-promotion/php/model/index.html) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/workplace-health-promotion/php/model/index.html>

[CDC Worksite Health ScoreCard: Guide](https://www.cdc.gov/workplace-health-promotion/php/scorecard/guide.html) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/workplace-health-promotion/php/scorecard/guide.html>

[Employee Wellness Guide](https://www.cdc.gov/assessing-improving-school-health/employee-wellness/) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/assessing-improving-school-health/employee-wellness/>

[Fitness Breaks](https://www.healthiergeneration.org/resources/physical-activity/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](https://stacks.cdc.gov/view/cdc/61302) (National Association of Chronic Disease Directors):

<https://stacks.cdc.gov/view/cdc/61302>

[Healthy School, Healthy Staff, Healthy Students: A Guide to Improving School Employee Wellness](https://chronicdisease.org/healthy-school-staff-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 Toolkit](https://elearn.sophe.org/school-employee-wellness) (Society for Public Health Education):

<https://elearn.sophe.org/school-employee-wellness>

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

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

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

<https://www.healthiergeneration.org/take-action/schools/wellness-topics/staff-well-being>

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

<https://thrivingschools.kaiserpermanente.org/priorities/teacher-and-staff-well-being/>

[Tips for Promoting School Employee Wellness](https://www.cdc.gov/assessing-improving-school-health/employee-wellness/tips.html) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/assessing-improving-school-health/employee-wellness/tips.html>

[Well Workplace Checklist](https://www.wellnessalliance.org/resources-and-tools/well-workplace-checklist) (Wellness Council of America):

<https://www.wellnessalliance.org/resources-and-tools/well-workplace-checklist>

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[Workplace Health Promotion](https://www.cdc.gov/workplace-health-promotion/php/index.html) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/workplace-health-promotion/php/index.html>

Engaging Families

[Family and Community Engagement](https://www.cdc.gov/physical-activity-education/family-community/) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/physical-activity-education/family-community/>

[Healthier Middle Schools: Every Parent Can Help](https://www.govinfo.gov/content/pkg/GOVPUB-A98-PURL-gpo70017/pdf/GOVPUB-A98-PURL-gpo70017.pdf) (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](https://www.changelabsolutions.org/sites/default/files/EnforceWellnssPlcy_FINAL_revised201311.pdf) (ChangeLab Solutions):

https://www.changelabsolutions.org/sites/default/files/EnforceWellnssPlcy_FINAL_revised201311.pdf

[Local School Wellness Policy Parent Flyer](https://www.fna.usda.gov/tn/local-school-wellness-policy-parent-flyer) (USDA):

<https://www.fna.usda.gov/tn/local-school-wellness-policy-parent-flyer>

[School and Family Partnerships Promote School Wellness](https://njaes.rutgers.edu/fs1239/) (Rutgers New Jersey Agricultural Experiment Station):

<https://njaes.rutgers.edu/fs1239/>

[Parent Engagement: Strategies for Involving Parents in School Health](https://www.cdc.gov/healthy-schools/media/pdfs/parent_engagement_strategies.pdf) (Centers for Disease Control and Prevention):

https://www.cdc.gov/healthy-schools/media/pdfs/parent_engagement_strategies.pdf

[Parents for Healthy Schools](https://www.cdc.gov/healthy-schools/parents/) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/healthy-schools/parents/>

[Promoting Parent Engagement in School Health: A Facilitator's Guide for Staff Development](https://stacks.cdc.gov/view/cdc/35699) (Centers for Disease Control and Prevention):

<https://stacks.cdc.gov/view/cdc/35699>

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

[School-Family-Community Partnerships](https://portal.ct.gov/sde/sfcp/school-family-community-partnerships) (CSDE):

<https://portal.ct.gov/sde/sfcp/school-family-community-partnerships>

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[Smart Guide 9: Family Engagement](#) (RMC Health):

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

[Mealtime Memo July 2022: Family Engagement](#) (Institute of Child Nutrition):

<https://theicn.org/memo-july2022/>

Engaging Students

[Grabbing their attention: Strategies for engaging students in the cafeteria](#) (National Farm to School Network):

<https://www.farmentoschool.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>

[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/>

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Evaluation

[Assessing and Improving School Health](https://www.cdc.gov/assessing-improving-school-health/about/) (Centers for Disease Control and Prevention):
<https://www.cdc.gov/assessing-improving-school-health/about/>

[CDC Approach to Program Evaluation](https://www.cdc.gov/evaluation/php/about/index.html) (Centers for Disease Control and Prevention):
<https://www.cdc.gov/evaluation/php/about/index.html>

[CDC Program Evaluation Framework Action Guide](https://www.cdc.gov/evaluation/php/evaluation-framework-action-guide/index.html) (Centers for Disease Control and Prevention):
<https://www.cdc.gov/evaluation/php/evaluation-framework-action-guide/index.html>

[Community Health Assessment and Group Evaluation \(CHANGE\) Tool](https://stacks.cdc.gov/view/cdc/5720) (Centers for Disease Control and Prevention):
<https://stacks.cdc.gov/view/cdc/5720>

[Evaluating Community Programs and Initiatives](https://ctb.ku.edu/en/evaluating-community-programs-and-initiatives) (The Community Toolbox, University of Kansas):
<https://ctb.ku.edu/en/evaluating-community-programs-and-initiatives>

[Logic Model Development Guide](https://wkkf.issueelab.org/resource/logic-model-development-guide.html) (W.K. Kellogg Foundation):
<https://wkkf.issueelab.org/resource/logic-model-development-guide.html>

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

[Nutrition Education: Principles of Sound Impact Evaluation](https://www.fna.usda.gov/research/nutrition-education-impact-evaluation) (USDA):
<https://www.fna.usda.gov/research/nutrition-education-impact-evaluation>

[Online Training: Evaluating School Wellness Activities](https://theicn.docebosaas.com/learn/courses/56/evaluating-school-wellness-activities) (Institute of Child Nutrition):
<https://theicn.docebosaas.com/learn/courses/56/evaluating-school-wellness-activities>

[Physical Activity Evaluation Handbook](https://stacks.cdc.gov/view/cdc/11318) (Centers for Disease Control and Prevention):
<https://stacks.cdc.gov/view/cdc/11318>

[Quick Tips: Survey Procedures](https://fyi.extension.wisc.edu/programdevelopment/files/2016/04/Tipsheet7.pdf) (University of Wisconsin Cooperative Extension):
<https://fyi.extension.wisc.edu/programdevelopment/files/2016/04/Tipsheet7.pdf>

[Refresh Your Policy](https://www.healthiergeneration.org/take-action/schools/wellness-topics/policy-environment/local-school-wellness-policy/refresh-your) (Alliance for a Healthier Generation):
<https://www.healthiergeneration.org/take-action/schools/wellness-topics/policy-environment/local-school-wellness-policy/refresh-your>

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[The 2002 User-Friendly Handbook for Program Evaluation](https://www.nsf.gov/pubs/2002/nsf02057/nsf02057.pdf) (National Science Foundation):
<https://www.nsf.gov/pubs/2002/nsf02057/nsf02057.pdf>

[Triennial Assessments for Local School Wellness Policy](https://portal.ct.gov/sde/nutrition/school-wellness-policies/triennial-assessments) (CSDE):
<https://portal.ct.gov/sde/nutrition/school-wellness-policies/triennial-assessments>

[Wellness Policy in Action Tool](https://stacks.cdc.gov/view/cdc/251667) (Centers for Disease Control and Prevention):
<https://stacks.cdc.gov/view/cdc/251667>

Grants and Funding

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

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

[Getting Grants and Financial Resources](https://ctb.ku.edu/en/table-of-contents/finances/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](https://www2.ed.gov/about/offices/list/ocfo/grants/grants.html) (U.S. Department of Education Grant Database):
<https://www2.ed.gov/about/offices/list/ocfo/grants/grants.html>

[Grant Writing Basics](https://grantsgovprod.wordpress.com/category/learngrants/grant-writing-basics/) (U.S. Department of Health and Human Services):
<https://grantsgovprod.wordpress.com/category/learngrants/grant-writing-basics/>

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

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

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

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

[SNF Equipment Grants](https://schoolnutrition.org/snf/equipment-grants/) (School Nutrition Association):
<https://schoolnutrition.org/snf/equipment-grants/>

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[Tips for Preparing Grant Applications](https://www.cdc.gov/grants/applying/tips.html) (Centers for Disease Control and Prevention):
<https://www.cdc.gov/grants/applying/tips.html>

Marketing and Promotion

[Celebratory Dates](https://www.eatright.org/food/cultural-cuisines-and-traditions/celebratory-dates) (Academy of Nutrition and Dietetics):
<https://www.eatright.org/food/cultural-cuisines-and-traditions/celebratory-dates>

[Chapter 7: Marketing School Meals for Success](https://www.fna.usda.gov/tn/menu-planner-school-meals) (USDA's Menu Planner for School Meals):
<https://www.fna.usda.gov/tn/menu-planner-school-meals>

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

[CT Fresh Ed Brand Standards Guide, Logos, and Templates](https://portal.ct.gov/sde/nutrition/ct-fresh-ed/brand-standards-and-logos) (CSDE):
<https://portal.ct.gov/sde/nutrition/ct-fresh-ed/brand-standards-and-logos>

[CT Grown for CT Kids Week](https://portal.ct.gov/sde/nutrition/ct-fresh-ed/ct-grown-for-ct-kids-week) (CSDE):
<https://portal.ct.gov/sde/nutrition/ct-fresh-ed/ct-grown-for-ct-kids-week>

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

[Infographics for School Meals](https://www.fna.usda.gov/infographics) (USDA):
<https://www.fna.usda.gov/infographics>

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

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

Marketing and Communications in [Keys to Excellence: Standards of Practice for Nutrition Integrity](https://schoolnutrition.org/wp-content/uploads/2024/09/SNA-Keys-to-Excellence-2024.pdf) (School Nutrition Association):
<https://schoolnutrition.org/wp-content/uploads/2024/09/SNA-Keys-to-Excellence-2024.pdf>

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

[National Health Observances](https://www.sophe.org/focus-areas/national-health-observances/) (Society for Public Health Education):
<https://www.sophe.org/focus-areas/national-health-observances/>

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

<https://schoolnutrition.org/about-school-meals/national-school-breakfast-week/>

[National School Lunch Week](https://schoolnutrition.org/about-school-meals/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](https://healthyeatingresearch.org/wp-content/uploads/2022/11/HER-Meal-Participation-Brief_final.pdf) (Healthy Eating Research, Robert Wood Johnson Foundation):

https://healthyeatingresearch.org/wp-content/uploads/2022/11/HER-Meal-Participation-Brief_final.pdf

[School Breakfast Program Marketing Resources](https://www.fna.usda.gov/sbp/outreach/marketing/resources)(USDA):

<https://www.fna.usda.gov/sbp/outreach/marketing/resources>

[School Breakfast Program Marketing Strategy](https://www.fna.usda.gov/sbp/outreach/marketing/strategy) (USDA):

<https://www.fna.usda.gov/sbp/outreach/marketing/strategy>

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

<https://bestpractices.nokidhungry.org/webinars/school-breakfast-promotion-strategies>

[Social Media Marketing for School Nutrition Programs](https://theicn.org/icn-resources-a-z/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/>

[Stronger with School Meals Educational Materials](https://www.fna.usda.gov/tn/stronger-school-meals-educational-materials) (USDA):

<https://www.fna.usda.gov/tn/stronger-school-meals-educational-materials>

[Team Nutrition Posters](https://www.fna.usda.gov/tn/posters) (USDA):

<https://www.fna.usda.gov/tn/posters>

[The Health Communicator's Social Media Toolkit](https://stacks.cdc.gov/view/cdc/6117) (Centers for Disease Control and Prevention):

<https://stacks.cdc.gov/view/cdc/6117>

[Using Communication to Support Programs](https://www.cdc.gov/dnpao-state-local-programs/php/data-research/communication-resources.html) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/dnpao-state-local-programs/php/data-research/communication-resources.html>

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Meal Schedules and Time to Eat

[Children Need Sufficient Time to Eat School Lunch](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5227952/) (American Journal of Public Health):
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5227952/>

[Ensuring Adequate Time to Eat](https://www.cde.ca.gov/ls/nu/sn/timetoeat.asp) (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](https://schoolnutrition.org/journal/fall-2002-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](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/) (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 Lunch](https://www.cdc.gov/school-nutrition/school-meals/time-for-lunch.html) (Centers for Disease Control and Prevention):
<https://www.cdc.gov/school-nutrition/school-meals/time-for-lunch.html>

[Relationship of Meal and Recess Schedules to Plate Waste in Schools](https://docs.schoolnutrition.org/newsroom/jcnm/04fall/bergman/bergman1.asp) (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](https://schoolnutrition.org/resource/2019-position-paper/) (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](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4698073/) (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](https://schoolnutrition.org/journal/fall-2004-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/>

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

<https://www.actionforhealthykids.org/activity/time-to-eat/>

Modeling Healthy Behaviors

[About School Nutrition](https://www.cdc.gov/school-nutrition/about/) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/school-nutrition/about/>

[Encourage healthy eating in school and at home](https://archive.cdc.gov/#/details?url=https://www.cdc.gov/healthyschools/features/healthy_school_meals.htm) (Centers for Disease Control and Prevention):

https://archive.cdc.gov/#/details?url=https://www.cdc.gov/healthyschools/features/healthy_school_meals.htm

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

<https://city.milwaukee.gov/health/MCNPAC-Role-Modeling-Action-Guide>

Positive Eating Environment

[A Healthy School Meal Environment Food Assistance Research Brief](https://ers.usda.gov/sites/default/files/_laserfiche/publications/46729/30802_fanrr34-5_002.pdf) (USDA Economic Research Service):

https://ers.usda.gov/sites/default/files/_laserfiche/publications/46729/30802_fanrr34-5_002.pdf

[Comprehensive Framework for Addressing the School Nutrition Environment and Services](https://www.cdc.gov/school-nutrition/media/pdfs/2024/09/School_Nutrition_Framework_508tagged.pdf) (Centers for Disease Control and Prevention):

https://www.cdc.gov/school-nutrition/media/pdfs/2024/09/School_Nutrition_Framework_508tagged.pdf

[Child Feeding Practices](https://headstart.gov/nutrition/article/child-feeding-practices) (head Start.gov):

<https://headstart.gov/nutrition/article/child-feeding-practices>

[Feeding Young Children in Group Settings](https://www.uidaho.edu/agricultural-life-sciences/educator-resources/feeding-young-children) (University of Idaho):

<https://www.uidaho.edu/agricultural-life-sciences/educator-resources/feeding-young-children>

[Introduction to Happy Mealtimes in Child Care Settings](https://theicn.org/icn-resources-a-z/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/>

[Mealtimes With Toddlers in the Child and Adult Care Food Program](https://www.fna.usda.gov/tn/cacfp/trainers-tools/mealtimes-toddlers) (USDA):

<https://www.fna.usda.gov/tn/cacfp/trainers-tools/mealtimes-toddlers>

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Sample Policies

[Child Care Nutrition and Physical Activity Policies](https://portal.ct.gov/sde/nutrition/child-care-nutrition-and-physical-activity-policies/documents) (CSDE):

<https://portal.ct.gov/sde/nutrition/child-care-nutrition-and-physical-activity-policies/documents>

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

<https://www.changelabsolutions.org/product/district-policy-establishing-healthy-vending-program>

[Early Care and Education Physical Activity & Nutrition Templates and Policies](https://uccalfresh.ucdavis.edu/sites/g/files/dgvnsk2286/files/inline-files/ECE%20PA%20and%20Nutrition%20Policy%204_17_17%20FINAL.pdf) (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](https://www.changelabsolutions.org/product/food-beverage-marketing-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](https://www.changelabsolutions.org/product/model-healthy-beverage-vending-agreement) (ChangeLab Solutions):

<https://www.changelabsolutions.org/product/model-healthy-beverage-vending-agreement>

[Putting Local School Wellness Policies into Action](https://www.cdc.gov/assessing-improving-school-health/media/pdfs/SchoolWellnessInAction.pdf) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/assessing-improving-school-health/media/pdfs/SchoolWellnessInAction.pdf>

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

<https://www.wellsat.org/>

School Health Teams

[Effective School Health Advisory Councils: Moving from Policy to Action](https://www.nchealthyschools.org/docs/shac_manual.pdf) (North Carolina State Board of Education and Department of Public Instruction):

https://www.nchealthyschools.org/docs/shac_manual.pdf

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[School Wellness Committees](https://www.healthiergeneration.org/take-action/schools/wellness-topics/policy/school-wellness-committees) (Alliance for a Healthier Generation):

<https://www.healthiergeneration.org/take-action/schools/wellness-topics/policy/school-wellness-committees>

School Wellness Policy Requirements

[Final Rule: Local School Wellness Policy Implementation Under the HHFKA of 2010](https://www.fna.usda.gov/cn/fr-072916c) (USDA):

<https://www.fna.usda.gov/cn/fr-072916c>

[Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010](https://www.federalregister.gov/documents/2016/07/29/2016-17230/local-school-wellness-policy-implementation-under-the-healthy-hunger-free-kids-act-of-2010) (USDA):

<https://www.federalregister.gov/documents/2016/07/29/2016-17230/local-school-wellness-policy-implementation-under-the-healthy-hunger-free-kids-act-of-2010>

[Local School Wellness Policies](https://www.fna.usda.gov/tn/wellness-policy) (USDA):

<https://www.fna.usda.gov/tn/wellness-policy>

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

<https://www.fna.usda.gov/cn/local-school-wellness-policy>

[School Wellness Policies](https://portal.ct.gov/sde/nutrition/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):

<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](https://fns-prod.azureedge.us/cn/local-school-wellness-policy-guidance-and-qas) (USDA):

<https://fns-prod.azureedge.us/cn/local-school-wellness-policy-guidance-and-qas>

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Whole School, Whole Community, Whole Child (WSCC)

[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

[Components of WSCC](#) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/whole-school-community-child/about/components-of-wscc.html>

[Connecticut Whole School, Whole Community, Whole Child Partnership](#) (University of Connecticut):

<https://ctwholechild.collaboration.uconn.edu/>

[Smart Guide 1: Heath Education](#) (RMC Health):

<https://www.rmc.org/wp-content/uploads/2020/01/1-Health-Education-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>

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Smart Guide 9: Family Engagement (RMC Health):

<https://www.rmc.org/p-content/uploads/2020/01/9-Family-Engagement-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>

The ASCD Whole Child Approach to Education (ASCD):

<https://www.ascd.org/whole-child>

[The Whole School, Whole Community, Whole Child Model: A Guide to Implementation](#) (National Association of Chronic Disease Directors):

<https://stacks.cdc.gov/view/cdc/147112>

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

https://www.cdc.gov/whole-school-community-child/media/pdfs/WSCCmodel_update_508tagged.pdf

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

<https://www.cdc.gov/whole-school-community-child/about/index.html>

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

<https://portal.ct.gov/sde/wscw/whole-school-whole-community-whole-child>

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

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

WSCC Team Training Modules (Society for Public Health Education):

<https://elearn.sophe.org/wsc-training-modules>

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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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Office of the Assistant Secretary for Civil Rights
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3. email: program.intake@usda.gov

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