



A COLLECTION OF
RESOURCES THAT SUPPORT
POLICY, SYSTEMS &
ENVIRONMENTAL CHANGE
FOR OBESITY PREVENTION

2017

Introduction

This resource guide identifies resources for obesity prevention through policy, systems and environmental (PSE) change activities that local implementing agencies (LIAs) may use as a part of their work through the United States Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program-Education (SNAP-Ed). Since the passage of the federal Healthy, Hunger-Free Kids Act (HHFKA) in 2010, LIAs are required to use evidence-based PSE strategies within their multi-level SNAP-Ed community nutrition programming. The PSE Resource Guide provides a sample of evidence-based tools and resources for use in a variety of settings to advance obesity prevention efforts.

Since Local Health Departments (LHDs) are often able to leverage multiple sources of funding, resources were selected based on whether the strategies they contain have the ability to affect change, not for their adherence to any particular set of funding guidance; as a result, each chapter has a selection of interventions which may or may not be SNAP-Ed allowable. Collaborations between LHDs and their community partners are encouraged, as these collaborations can create multi-level approaches to PSE work that will build upon SNAP-Ed allowable activities and enhance interventions.

Why Use this PSE Resource Guide

The PSE Resource Guide includes a variety of assessment tools that can act as a complement to the Nutrition Education and Obesity Prevention portfolios and support strategic development of the work plan. The PSE Resource Guide also provides a select listing of resources for community-level engagement and program implementation. Use of these resources may generate opportunities for integration with regional and national organizations to leverage existing resources in low-income communities.

How to Use this PSE Resource Guide

The PSE Resource Guide divides the resources for each community setting into three categories: Policy, Research Articles, and General.

- A. You may want to begin by selecting an assessment tool. The results of a community assessment will help identify resource needs which will then guide the selection of community settings and PSE strategies.
- B. Based upon the results of the assessment, select the tools that will address the identified needs.
- C. Concurrently with resource selection, identify an evaluation plan and tools.

Table of Contents

The organization of community change resources can be approached from several angles. In an effort to make the information in this guide as accessible as possible, NEOPB has provided these resources by location, topic, and target audience; as a result there may be some duplication of information and entries. We encourage users of this information to review each chapter that may have relevance to the desired community change approach.

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Applying PSEs to SNAP-Ed Strategies & Interventions: Definitions & Examples

While the concept of changing communities to promote access to healthy eating and physical activity is commonly understood, it can get confusing when trying to categorize that change as a policy change, a system change, or an environmental change. To help illustrate the differences, the definitions of each are listed below, as well as examples. In the pages that follow, examples of policy change, systems change and environmental change are provided for each of the most commonly selected topical areas for PSE work as well as examples of ways that partners can augment and enhance those efforts.

DEFINITIONS

Policy: A *written* statement of an organizational position, decision or course of action. Ideally policies describe actions, resources, implementation, evaluation, and enforcement. Policies are made in the public, non-profit, and business sectors. In the public sector, policies may be determined by the legislative, executive or judicial branches of government at the city, county, district or state levels. In the non-profit and business sectors, organizational policies may be established by boards of directors, executive officers, managers or supervisors. Because they are written, policies are the easiest type of PSE change to characterize.

Example: *A school district wellness policy requires nutrition education and physical activity interventions to be offered by SNAP-Ed qualified schools in accordance with its Common Core mandate.*

Systems: Systems changes are *unwritten, ongoing, often qualitative* organizational decisions/changes that result in new activities reaching large proportions of people the organization serves. An organization may adopt a new intervention, assign its people, reallocate other resources, or in significant ways modify its direction to benefit low-income consumers in qualifying sites and communities. Systems changes may occur in all three sectors (public, non-profit, and business). They may precede or follow a written policy.

Example: *Organizations join efforts as a voluntary Food and Activity Policy Council to set up a farm-to-fork system that links farmers with new retail or wholesale customers in low-income settings. (A council establishing itself as a non-profit or created by a body of government may be a policy change.)*

Environmental: Includes the *built or physical environments*, which are visual/observable, but may include *economic, social, normative or message environments*.

Example: *A SNAP-Ed qualified retailer institutes cross-promotional signage and pricing shelf-talkers and offers free educational materials to encourage selection of preferred foods as per Half My Plate or the Dietary Guidelines for Americans (DGA); OR the retailer elects to place EBT/CalFresh signs only with foods and beverages 'to increase' as per the DGA.*

Early Care and Education (ECE)

Strategy: Increase access to healthy eating and physical activity.	Policy: Childcare centers enrolled in the USDA Child and Adult Care Food Programs are required to provide nutrition education, including an overview of regional food security resources to staff.
	Systems: Qualifying childcare centers offer food access, healthy eating and physical activity resources as a part of parent enrollment packets.
	Environment: Qualifying centers engage parents or services in building edible gardens for young children.
Added Value Partnership Example:	<p>A for-profit child care company makes healthy changes in all its centers, not solely those where over half the children come from homes with incomes less than 185% Federal Poverty Level (FPL).</p> <p>A county welfare agency provides staff assistances at an orientation or parent night to help families complete CalFresh applications.</p>

School Wellness

Strategy: Establish model wellness policies that include after-school and meet or exceed the USDA minimums.	Policy: SNAP-Ed qualifying schools and/or districts establish model wellness policies that exceed the USDA minimums, such as establishing rules for nutrition education, moderate to vigorous physical activity, or after-school programs, without supplanting USDA requirements for its categorical programs.
	Systems: Qualifying schools sign up for <i>Let's Move! Salad Bars to School</i> , <i>Let's Move! Active Schools</i> , or USDA's <i>Healthier U.S. Schools Challenge</i> ; Or, after-school programs self-assess and institute best practices from <i>Changing Lives</i> , <i>Saving Lives</i> , the Healthy Behaviors Initiative.
	Environment: Youth and their adult allies in low-resource schools/districts secure resources to help establish hydration stations to offer all students fresh, cold, and free water.
Added Value Partnership Example:	<p>Districts, businesses, or service organizations provide funds for infrastructure changes to improve water availability on school grounds, increase availability/quality of bike storage facilities (Safe Routes to School), or to fund expansion of their physical activity equipment inventory.</p>

Farm to School

Strategy: School districts participate in Farm to School procurement systems.	Policy: A county agriculture commissioner establishes Farm to Fork as a policy initiative with funds and staff to foster Farm to School activities, including nutrition education, farmer engagement, and fruit and vegetable tasting opportunities, in low-income communities or sites.
	Systems: Qualifying schools and/or districts participate in Farm to School procurement systems with nutrition education and community links by establishing a uniform invoicing and/or buying collaborative.
	Environment: A <i>food hub</i> is established to aggregate or 'fresh process' local produce for use by SNAP-Ed-qualified commercial or retail vendors.
Added Value Partnership Example:	Partners provide resources to expand Farm to School systems beyond SNAP-Ed qualifying settings or funds to support technical assistance on procurement processes and tools, farmer training on certifications or school foodservice requirements for produce sourcing.

Joint Use Agreements

Strategy: Schools/districts have formal joint use agreements for recreational, garden and cooking facilities with surrounding communities, parks, and community centers.	Policy: Low-resource schools/districts establish formal agreements for use of their recreational, sport, garden and/or cooking facilities by community residents and/or organizations outside of school hours; <i>Or</i> , park and recreation districts, community centers, churches, or businesses establish written agreements to share their facilities or services with nearby low-resource schools/districts.
	Systems: A LHD creates an online form where organizations can apply to use space available for joint use.
	Environment: A LHD advises school district officials on how to renovate on-site cooking facilities so that they are compliant with the Americans with Disabilities Act (ADA) which will facilitate joint use agreements with the community center.
Added Value Partnership Example:	Partners help extend joint use beyond SNAP-Ed settings and audiences through establishment of jurisdiction-wide policies and initiatives. Donors help sponsor new costs such as nutrition or sports education, adult supervision, insurance costs, janitorial, equipment, or capital improvements needed to adapt the shared property for expanded use in a qualifying community or school.

Healthy Corner Stores

Strategy: Retailers agree to carry a minimum amount of healthy staple goods.	Policy: A local small chain corner store revises their policy to ensure that each outlet carries a minimum of canned, frozen, and fresh fruits and vegetables.
	Systems: With consultation from their LHD, retailers revise their inventory tracking systems to include an increased number of fresh, frozen, and canned fruits and vegetables.
	Environment: In neighborhoods where the NEOPB Communities of Excellence program store assessment tool has been implemented, food stores increase the number of healthy products they stock and upgrade interior and exterior conditions needed to qualify as a healthy retailer.
Added Value Partnership Example:	Partners assist with corner store improvements that are not SNAP-Ed allowable such as shelving, refrigerators, facade improvements or small business loans.

Restaurants and Neighborhood Vendors

Strategy: The overall CX³ scores for the food environment are improved in low-income neighborhoods. <small>*CX³ is a program of NEOPB that works to increase access to fresh fruits and vegetables: https://www.cdph.ca.gov/programs/NEOPB/Pages/CX3_Main_Navigation.aspx</small>	Policy: A local, small chain restaurant revises their policy to serve only water, low-fat or non-fat milk or 100% juice on their children’s menu after consulting with LHD nutrition services staff.
	Systems: Neighborhood restaurants place the beverage dispensers behind the counters and discontinue free refills.
	Environment: In neighborhoods where the NEOPB Communities of Excellence program assessment tools have been implemented, restaurants, convenience stores, and mobile vendors improve and market healthier menu and ready-to-eat items to qualify as a healthy food establishment.
Added Value Partnership Example:	Partners work with jurisdictions to support policies that encourage marketing only healthy foods and drinks to children and youth.

Structured Physical Activity

Strategy: Provide structured physical activity programs in low-income settings.	Policy: Joint use agreements are established to provide high quality, supervised year-round sport and recreation programs for children, youth, adults, or seniors in low-resource neighborhoods.
	Systems: Local officials, or the County Nutrition Action Partnership (CNAP), join the national <i>Let's Move! Cities, Towns and Counties</i> Initiative, engage residents of low-resource communities, mobilize other entities, and establish a multi-component community campaign to promote and support daily moderate to vigorous physical activity.
	Environment: LHD staff work with community centers to provide low-cost resources that support physical activity along with nutrition education resources and signage throughout the building to encourage healthy eating and physical activity.
Added Value Partnership Example:	Health care providers develop physical activity programs for low-income patients to help manage their weight or chronic conditions.

School and Community Gardens

Strategy: Identify and provide opportunities to communities for land, water, and other support for community and school gardens.	Policy: Park, school or city/county officials establish an Inter-Agency Agreement with the Extension's Master Gardener Program to provide technical support and education for gardens being established in low-resource communities or schools; <i>Or</i> , land use policies are established by county, district, or city agencies to support gardens at low-resource locations.
	Systems: Gardening groups in qualifying venues join with others to support education, community engagement, and maintenance of vibrant gardens.
	Environment: LHD staff facilitate adding rain barrels to community garden sites.
Added Value Partnership Example:	Businesses, service organizations or others donate equipment, supplies and funding to provide what SNAP-Ed may not provide.

Worksite Wellness

Strategy: Qualifying worksites self-assess and participate in the NEOPB worksite program.	Policy: Low-wage worksites establish a policy to institute evidence-based changes found in the <i>California Fit Business Kit</i> , documented by the signed partnership agreement; or, worksites institute mandatory stretching & strengthening sessions before and after each shift.
	Systems: Qualifying worksites encourage vending machines and catering trucks to offer, promote and favorably price healthier options, then help increase patronage by providing education, marketing, and promotional support with employees.
	Environment: Low-wage worksites offer free fruit, cold/hot drinking water, workout equipment, fitness classes, and locker rooms. <i>Or</i> , worksites promote stair usage and ensure stairwells are well-lit, comfortable, and safe.
Added Value Partnership Example:	Worksites institute company-wide changes for healthy eating and physical activity for all employees, not solely those in lower-wage categories or locations. <i>Or</i> , companies agree to liaise with county officials or non-profits to conduct outreach for under-used federal nutrition assistance programs like CalFresh.

Safe Routes to School

Strategy: Promote active transport and work to improve access to safe streets or safe routes for all users.	Policy: Low-resource schools/districts adopt Safe Routes to School policies that include plans for promotion, bike racks, safety education workshops, parent education, and on-site walking or biking programs for students.
	System: Using an evidence-based checklist, youth or community residents identify needs in qualifying communities, make recommendations, gain support, and shape an ongoing campaign for active transport to and from school. The assessment may consider access to and promotion of healthy food and beverages on those routes.
	Environment: A community invests infrastructure improvement funds to improve bike lane and crosswalk markings and signage.
Added Value Partnership Example:	Quality Safe Routes to School programs are introduced to all schools in the district; <i>or</i> , county transportation agencies set-aside funds for capital improvements to support Safe Routes to School programs in low-income communities.

Farmers' Markets

PSE Strategy:	Policy: City policies are established to require all farmers' markets to honor CalFresh and EBT transactions.
Increase access to farmers' markets through Electronic Benefit Transfer (EBT) and Women, Infants, and Children (WIC) Supplemental Nutrition Program coupon acceptance.	<p data-bbox="449 266 1955 402">Systems: A farmers' market organization works with its members and the LHD to provide ongoing nutrition education, offer active entertainment, and otherwise helps to increase traffic at farmers' markets in low-resource settings.</p> <p data-bbox="449 480 1955 630">Environment: Farmers' market vendors adopt <i>Harvest of the Month</i> signage for all stalls to provide nutrition information, selection, and storage tips for shoppers.</p>
Added Value Partnership Example:	Private-sector incentive programs for CalFresh/EBT purchasing, like the Fair Food Network's <i>Double-Up Food Bucks</i> or <i>Wholesome Wave</i> , are introduced and promoted to develop loyalty and help increase the ongoing purchase of fruits and vegetables by SNAP/CalFresh customers.

Healthy Food and Beverage Standards

Strategy: Promote healthy food and beverage standards.	Policy: Public agencies adopt policies with standards that favor access, marketing and pricing of healthy food and beverages in low-resource settings, e.g., parks, housing, social service offices, and senior centers. <i>Or</i> , community-based organizations in qualifying SNAP-Ed locations adopt policies with similar standards.
	Systems: Following consultation from LHD staff, the parks and recreations adopts nutrition standards for foods and beverages sold in vending machines as a requirement within the standards of its procurement process.
	Environment: Residents or youth work with vendors to identify healthy products and price points that will sell successfully to patrons in SNAP-Ed qualifying locations.
Added Value Partnership Example:	Community groups work with mass media outlets to encourage voluntary adoption of standards for advertising of foods and beverages on programming for children.



1

Early Care and Education

Policy

General

Elements in this Resource Guide may not be wholly SNAP-Ed eligible. Please consult the most recent SNAP-Ed guidance posted on both the NEOPB and USDA websites for the updated language on allowable activities using SNAP-Ed funds. Local health departments may work with other funding streams and organizations as needed to achieve community change goals and their Policy, Systems and Environmental (PSE) change objectives.

Policy

Action Guide for Child Care Nutrition and Physical Activity Policies – Connecticut State Department of Education

Is intended to help local and community child care, early education and after-school programs establish and implement policies and practices that encourage healthy lifestyles in children. It includes best practices for promoting healthy eating and physical activity for children in child care from infancy through school-age, based on current science, public health research, and national recommendations and standards.

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322594>

Best Practices for Child Care Nutrition and Physical Activity Environments Handbook A Guide for Self-Assessment and Policy Development – Contra Costa Child Care Council

Designed to help with the process of developing and implementing comprehensive written nutrition and physical activity policies for child care centers or child care homes; based on 35 best practices for child care nutrition and physical activity environments. The four sections address child feeding practices, foods served, physical activity, and staff and parent training and education.

<http://www.ccfproundtable.org/docs/BestPractices/BestPracticesHandbook.pdf>

Healthy Beverages in Child Care Act – California Assembly Bill 2084 (Chaptered)

Additions to the California Child Day Care Facilities Act Health and Safety Code related to beverages served by day care providers.

http://www.leginfo.ca.gov/pub/09-10/bill/asm/ab_2051-2100/ab_2084_bill_20100930_chaptered.html

Model Child Care Licensing Statute For Obesity Prevention – ChangeLab Solutions

Model licensing statute developed by the National Policy and Legal Analysis Network (NPLAN) to assist states in strengthening obesity prevention in child-care licensing.

<http://changelabsolutions.org/publications/child-care-statute>

National Resource Center for Health & Safety in Child Care and Early Education – California Regulations

Links to documents regulating health and safety in child care for each state.

<http://nrckids.org/index.cfm/stateregs/>

State Efforts to Address Child Obesity Prevention in Child Care Quality Rating and Improvement Systems – Altarum Institute

Challenges and opportunities related to implementation of child care nutrition and PA policies in Delaware (Specific to the state of Delaware, but broad enough to use as a guide for other regions). Describes an emerging strategy being implemented by states to address childhood obesity by incorporating nutrition, physical activity, and screen time standards into child care Quality Rating and Improvement Systems (QRISs).

<http://www.qrisnetwork.org/sites/all/files/resources/gscobb/2012-01-30%2007:30/Report.pdf>

General

Active Start: A Statement of Physical Activity Guidelines for Children From Birth to Age 5, 2nd Edition – SHAPE America

Practical suggestions on how parents & caregivers can implement SHAPE America's physical activity guidelines for infants, toddlers and preschoolers, expanded guidance on physical activity for preschoolers, based on emerging research, FITT (Frequency, Intensity, Time and Type) guidelines for all three age groups, expanded resource list for parents & caregivers.

<http://www.shapeamerica.org/standards/guidelines/activestart.cfm>

California Preschool Learning Foundations Volume 2 – California Department of Education

The foundations outline key knowledge and skills that most children can achieve when provided with the kinds of interactions, instruction, and environments shown by research to promote early learning and development (see Foundations in Physical Development and Health).

<http://www.cde.ca.gov/sp/cd/re/documents/psfoundationsvol2.pdf>

Child Care Food Program Wellness Toolkit – Food Research and Action Center

For advocates, state child care subsidy, CACFP and licensing agencies, state and local health promotion and obesity prevention initiatives, child care providers, policy makers and other key stakeholders, the tool kit focuses on innovative and effective CACFP best practices and strategies for implementing good nutrition and physical activity policies and standards at the state and local level. (Includes many other resources, such as California case studies)

<http://frac.org/federal-foodnutrition-programs/child-and-adult-care-program/child-care-wellness-plans-and-policies/>

First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care – State of Delaware (multiple partners)

A practical, "how-to" guide created to help child care providers follow Delaware CACFP/Delaware child care licensing nutrition and physical activity rules. Includes a variety of implementation tools as listed:

- *Administrator's Guide*
- *Instructor's Guide*
- *Menu Planning Guide*
- *Partnering with Families*
- *Shopping Cheat Sheet Handout*

<http://healthymeals.nal.usda.gov/state-resources/first-years-first-state-toolkit-improving-nutrition-and-physical-activity-quality>

Head Start Body Start Play Space Assessment – Head Start Body Start National Center for Physical Development and Outdoor Play

A user-friendly Play Space Assessment to help create safe, age-appropriate outdoor play environments that encourage active play and movement opportunities, and provide educators a place to tap into nature-based learning. Use the assessment to help target areas in need of the most improvement and help prioritize project tasks. (Also available in Spanish)

[Preschool Play Space Assessment](#)
[Infant/Toddler Play Space Assessment](#)

Healthy and Active Preschoolers Nutrition Learning Center for Childcare Professionals – California Department of Education, Nutrition Services Division

Offers a variety of online courses and resources to improve nutrition and physical activity environments in childcare programs: nutrition and nutrition-related courses, classroom nutrition education curriculum, nutrition tips for child care staff and parents, nutrition and physical activity songs and storybooks, nutrition and physical activity calendar of events.
<http://www.healthypreschoolers.com/>

Healthy Beverages in Child Care Resource Website – California Food Policy Advocates

Website includes fact sheets with links to resources and relevant child care policies, best practices being used by programs in California, and links to educational materials, publications and research related to healthy beverages.
www.healthybeveragesinchildcare.org

Helping Kids Eat Well and Be Active – Contra Costa Child Care Council

This early childhood bulletin board resource contains information on important points to consider for the creation of bulletin boards in early care and education environments; it includes nine sample themes, with ideas for handouts and discussion points to use with parents.
<http://www.cocokids.org/child-health-nutrition/wp-content/uploads/sites/3/2013/11/Bulletin-Board-Toolkit.pdf>

Keeping Children Healthy in CA’s Child Care Environment – California Department of Education

This report presents the findings from a strategic assessment of the child care nutrition environments in California.
<http://www.cde.ca.gov/ls/nu/he/documents/keepchildhealth.pdf>

Know Your Farmer Know Your Food (KYF2) – United States Department of Agriculture

Designed to support the critical connection between farmers and consumers and to strengthen USDA’s support for local and regional food systems. Through KYF2, USDA integrates programs and policies that: stimulate food- and agriculturally-based community economic development; foster new opportunities for farmers and ranchers; promote locally- and regionally-produced and processed foods; cultivate healthy eating habits and educated, empowered consumers; expand access to affordable fresh and local food; and demonstrate the connection between food, agriculture, community and the environment.
<http://www.usda.gov/wps/portal/usda/knowyourfarmer?navid=kyf-kyf>

Let’s Move! Child Care Initiative

Strategies, tools and resources to address five goals related to physical activity, screen time, food, beverages, and infant feeding.
<http://healthykidshealthyfuture.org/welcome.html>

Child Care Checklist Quiz

A brief tool designed to help early care and education sites examine the extent to which they meet the Let’s Move! Child Care best practices; subsequent healthy site changes can be supported using Let’s Move! Child Care Initiative resources.
https://healthykidshealthyfuture.org/wp-content/uploads/media-resources/ECELC/C2P2/LS1/Project_Coordinators_Trainers/Evaluation/081514-LS1-LMCC_Quiz.pdf

MyPlate for Preschoolers – United States Department of Agriculture

Link to section of the MyPlate website for parents and caregivers of children 2 through 5 years of age to help their preschoolers eat well, be active, and be healthy.

<http://www.choosemyplate.gov/preschoolers.html>

National Farm to School Network – Farm to Preschool Subcommittee

Farm to Preschool is a natural expansion of the national farm to school model and encompasses a wide range of programs and activities. Farm to Preschool serves the full spectrum of early care and education delivery: preschools, Head Start, center-based, programs in K-12 school districts, nurseries and family home care facilities.

The Farm to Preschool Program at the Urban & Environmental Policy Institute at Occidental College began as a pilot program in 2009 offering a Harvest of the Month nutrition and garden-based curriculum, support for local food sourcing in participating schools, field trips to farmers' markets, a market basket program for parents and staff, parent workshops, as well as the development and integration of preschool gardens and wellness policies at participating sites.

<http://farmtopreschool.org/programmodels.html>

Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) – Healthy Child Weight Research Group, University of North Carolina Center for Health Promotion and Disease Prevention

Self-assessment, goal setting, and action planning tools combined with workshops and technical assistance tools. Designed to be used together to enhance policies, practices, and environments in child care. Self-assessment and goal setting tools can be used in combination with other interventions designed to improve child care policies and practices in nutrition and physical activity. See Program Materials Section at www.gonapsacc.org.

Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program – United States Department of Agriculture

A series of tip sheets addressing wellness recommendations from the Dietary Guidelines for Americans, 2010 and Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education, 3rd Edition.

<http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program>

Painting Preschool Playgrounds for Movement – Stencil Kit Guide

A resource to aid in designing and painting playgrounds, the guide addresses: preschool physical activity recommendations, fundamental movement skills, suggested playground elements, and preparation and instructions for painting the playground designs.

http://nrckids.org/CFOC3/PDFVersion/preventing_obesity.pdf

Potter the Otter Resources – Various Sources

Potter the Otter Loves Water: Website from First 5 Santa Clara County encouraging water consumption. <http://www.potterloveswater.com/>

It's Picnic Day Potter: Website from Scholastic featuring the latest Potter book, which promotes a balanced diet and encourages children to play. Additional teaching resources available.

<http://www.scholastic.com/first5/>

Download free PDFs of Potter the Otter activity sheets and other materials on the NEOPB Rethink Your Drink Resources page: <http://www.cdph.ca.gov/programs/NEOPB/Pages/RethinkYourDrink-Resources.aspx>

Preschools SHINE (Shaping Healthy Impressions through Nutrition and Exercise) – California Department of Education (CDE), Nutrition Services Division

Statewide recognition program that recognizes preschool programs that demonstrate optimal health, nutrition, and physical activity policies and practices that support children's health and readiness to learn. Components address: CACFP Participation, Meal Quality, Mealtime Environment, Nutrition Education, Edible Gardening, Physical Activity, Professional Development, Wellness Policies, Partnerships, and Leadership. The CDE Food for Thought curriculum helps fulfill the Preschools SHINE nutrition education component.

http://www.healthypreschoolers.com/?page_id=5345

Preventing Childhood Obesity in Early Care and Education Programs – selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs – National Resource Center for Health and Safety in Child Care and Early Education

The second edition of Preventing Childhood Obesity in Early Care and Education Programs is the new set of national standards describing evidence-based best practices in nutrition, physical activity, and screen time for early care and education programs. The standards are for ALL types of early care and education settings - centers and family child care homes.

http://cfoc.nrckids.org/StandardView/SpcCol/Preventing_Childhood_Obesity

Promoting Good Nutrition and Physical Activity in Childcare Settings – Robert Wood Johnson Foundation, Healthy Eating Research

A research brief that addresses the state of nutrition and physical activity in U.S. child care settings.

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

Ready, Set, Go! Creating and Maintaining a Wellness Environment in Child Care Centers Participating in the CACFP – Institute of Child Nutrition (Formerly National Food Service Management Institute)

This best practice resource is a web-based, self-assessment checklist designed for child care directors who are implementing or assessing wellness practices in child care centers participating in the CACFP.

<http://www.nfsmi.org/documentlibraryfiles/PDF/20110126034352.pdf>

SNAP-Ed Strategies and Interventions Toolkit

This toolkit includes a childcare-specific section with nutrition and physical activity strategies, examples, and additional resources.

<https://snaped.fns.usda.gov/national-snap-ed/snap-ed-plan-guidance-and-templates>

Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs – National Resource Center for Health and Safety in Child Care and Early Education

National standards representing the best evidence, expertise, and experience in the country on quality health and safety practices and policies that should be followed in today's early care and education settings.

http://nrckids.org/CFOC3/PREVENTING_OBESITY/index.htm

United States Department of Agriculture Farm to Preschool

Designed by the USDA to promote Farm to Preschool efforts among its funded programs and partners.

<http://www.fns.usda.gov/farmtoschool/farm-preschool>

Washington State Active Bodies Active Minds (WAABAM) – Washington State University

The purpose of Active Bodies Active Minds is to ensure that environments for children ages 2-5 encourage minimum screen time and maximum physical activity. Provides early childhood health and education professionals a website with: background information about the importance of limiting screen time and encouraging physical activity for young children, resources for limiting screen time and encouraging physical activity in child care, and resources for limiting screen time and encouraging physical activity in homes.

<http://depts.washington.edu/tvhealth/>

Water First – A Toolkit for Promoting Water Intake in Community Settings

A resource intended to help in the design and implementation of activities and messaging to promote water intake in various community settings, including child care facilities.

<http://cfpa.net/Water/WaterToolkits/Water%20First/WaterFirst%20Toolkit-Final.pdf>

Wellness Child Care Assessment Tool (WellCCAT) – Rudd Center for Food Policy and Obesity, Yale University

The WellCCAT assessment tool provides a standard method for the quantitative assessment of nutrition, physical activity, and wellness policies written in parent handbooks, staff handbooks, and in other child care center policy documents. This tool offers a reliable means of assessing the comprehensiveness and strength of these written policies.

<http://www.uconnruddcenter.org/files/Pdfs/WellnessChildCareAssessmentToolForResearch.pdf>

Wisconsin Early Care and Education Active Early Resource Kit – State of Wisconsin (multiple partners)

Guides designed to help early care and education professionals address childhood obesity by improving physical activity and nutrition. Guides are based on current scientific evidence and provide a self-assessment to allow child care programs to freely assess their own environment, program policies and practices as they relate to nutrition and physical activity. The guides also suggest key areas for improvement and information on how to implement strategies for developing program policies in child care settings.

<http://www.dhs.wisconsin.gov/publications/P0/P00280.pdf>

This material was produced by the California Department of Public Health with funding from the U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program-Education, known in California as CalFresh. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

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2

School Wellness

General

Elements in this PSE Resource Guide may not be wholly SNAP-Ed eligible. Please consult the most recent SNAP-Ed guidance posted on both the NEOPB and USDA websites for the updated language on allowable activities using SNAP-Ed funds. Local health departments may work with other funding streams and organizations as needed to achieve community change goals and their Policy, Systems and Environmental (PSE) change objectives.

GENERAL

Assessment Planning Tool – California Department of Education (CDE)

This assessment and planning tool, to be used in conjunction with School Nutrition...by Design!, will help you determine the status of your school nutrition environment and establish a starting point for implementing strategies that will move your students toward better health.

<http://www.cde.ca.gov/ls/nu/he/documents/bydesigntool.doc>

Bikeability Checklist - Safe Routes to School

This tool helps give insight into the bikeability of a neighborhood. It contains insightful questions, allowing the user to evaluate a neighborhood's bikeability and providing both immediate answers and long-term solutions to a neighborhood's potential problems.

<http://www.saferoutesinfo.org/program-tools/education-bikeability-checklist>

California Local School Wellness Collaborative – Team California for Healthy Kids

Comprised of state level agencies, the Collaborative's vision is to inspire school communities to take their wellness policies from paper to practice. Resources include an Administrative Review Tool Kit to support the implementation of highly effective local school wellness policies in California schools.

<http://www.teamcaliforniaforhealthykids.org/school-wellness/local-school-wellness-policy-collaborative-2/local-school-wellness-policy-lswp-administrative-review-toolkit/>

Gretchen Swanson Center Farm to School Toolkit

*The best resource on this toolkit is a well thought out step-by-step implementation guide with a **self-assessment tool** that was designed to help a school food purchaser determine if his or her school is ready to implement a Farm to School program based on interest and facility/staff capabilities. Barriers and benefits are also addressed, while presenting potential solutions to those barriers.*

<http://toolkit.centerfornutrition.org/>

Healthy Schools Program - Alliance for a Healthier Generation

This is a six step "roadmap" for making school health changes. This online inventory and assessment tool includes resource on the Healthy Schools Program- which support employee wellness, school wellness, policy and systems, school meals, health education, and physical education. Note: You must login as a member.

https://schools.healthiergeneration.org/6_step_process/

Healthy School Report Card - Healthy School Communities

This online analysis tool helps to build a Healthy School Improvement Plan through strengthening the school wellness plan, tracking progress, scoring current school wellness plan and prioritizing goals.

Note: Purchase of the Healthy School Report Card tool is required to use the online analysis tool.

<http://www.healthyschoolcommunities.org/HSRC/pages/reportcard/index.aspx>

Nutrition Education Resource Guide – California Department of Education (CDE)

The purpose of this guide is to provide an instructional resource for California schools, from kindergarten through grade twelve, to implement effective, standards-based nutrition education programs for students. The guide was designed to (1) meet the Health Education Content Standards for California Public Schools, Kindergarten Through Grade Twelve (California Department of Education 2008) in the Nutrition and Physical Activity content area; and (2) address the nutrition competencies. Educators may use it as a resource to plan, implement, and evaluate instructional strategies for a comprehensive nutrition education program.

<http://www.cde.ca.gov/ls/nu/he/nerg.asp>

October Walk to School Month Walkability Checklist – California Active Communities

A tool that can be used to improve the safety of your child's route to school. Use the Walkability Checklist with your child on a day while walking to or from school. Younger children will need an adult's help to complete the Walkability Checklist. Older children may be able to complete the checklist on their own if they can read at or above a 4th grade reading level.

<http://www.caactivecommunities.org/wp-content/uploads/2011/09/Walkability-Checklist-for-Students-and-Adults.pdf>

Physical Education Curriculum Analysis Tool (PECAT) – Centers for Disease Control and Prevention (CDC)

The Physical Education Curriculum Analysis Tool (PECAT) is a self-assessment and planning guide developed by CDC. It is designed to help school districts and schools conduct clear, complete, and consistent analyses of physical education curricula, based upon national physical education standards. The PECAT is designed to be used by a committee or team of individuals.

<http://www.cdc.gov/healthyyouth/pecat/>

Resource to Sustain and Strengthen Local Wellness Initiatives – National Food Service Management Institute (NFSMI), University of Mississippi

This is a guide to help school districts conduct an evaluation of local wellness policies. This guide details step-by-step instructions for conducting an evaluation, deciding what the results mean, and communicating the findings to stakeholders.

<http://www.nfsmi.org/documentlibraryfiles/PDF/20130228111227.pdf>

School Health Index – Centers for Disease Control and Prevention

This is an online self-assessment and planning tool that schools can use to improve their health and safety policies and programs. It's easy to use and completely confidential. Suggested Modules: 1-4,7,8

<http://www.cdc.gov/healthyyouth/shi>

School Nutrition...by Design!- California Department of Education

This tool provides the design principles behind developing a healthy school nutrition environment, quality indicators that reflect the "ideal" school nutrition environment, and recommended strategies that support healthy lifestyles during and after school.

<http://www.cde.ca.gov/ls/nu/he/documents/schnutrtn071206.pdf>

School PA Policy Assessment (S-PAPA)

Assesses physical activity policy related to physical education, recess, and other physical activity opportunities at elementary schools. It has 7 background items and 3 modules: (a) Physical Education (40 items); (b) Recess (27 items); and (c) Other Before, During, and After School Programs (15 items). Takes 23 minutes to administer.

http://www.midss.ie/sites/www.midss.ie/files/s-papa_instrument_0.pdf

Surveillance Data School Health Policies and Practices Study (SHPPS) – Centers for Disease Control and Prevention

The School Health Policies and Practices Study (SHPPS) is a national survey periodically conducted to assess school health policies and practices at the state, district, school, and classroom levels.

SHPPS was most recently conducted in 2014 to answer the following questions:

What are the characteristics of each component of school health at the state and district level?

Are there persons responsible for coordinating each school health program component, and what are their qualifications and educational backgrounds?

What collaboration occurs among staff from each school health program component and with staff from outside agencies and organizations?

How have key policies and practices changed over time?

<http://www.cdc.gov/HealthyYouth/shpps/index.htm>

Walkability Checklist - Safe Routes to School

This tool helps give insight into the walkability of a neighborhood. It contains insightful questions, allowing the user to evaluate a neighborhood's walkability and provides both immediate answers and long-term solutions to a neighborhood's potential problems.

<http://www.saferoutesinfo.org/program-tools/education-walkability-checklist>

The Wellness Policy Tool – Action for Healthy Kids

Developed by the Action for Healthy Kids and incorporates existing school health assessments to create or update a school wellness policy. This web link contains links to various other assessment checklists such as the Healthy School Action Tool developed by the Michigan Department of Public Health and Department of Education.

<http://www.actionforhealthykids.org/tools-for-schools/revise-district-policy/wellness-policy-tool>

Wellness School Assessment Tool (WellSAT) – The Rudd Center

This tool offers a consistent and reliable means of assessing the comprehensiveness and strength of school wellness policies.

http://www.yaleruddcenter.org/resources/upload/docs/what/communities/WellSAT_FINAL.pdf

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

After-School Program Assessment Tool - Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

A survey tool that assesses the interior and exterior school environment. This tool is appropriate for high school students to administer (after completing the three-hour training).

Note: Contact the NEOPB RES Consultant on the CX³ team for more information on the After-school Assessment Tool.

Tip: This tool can be used in conjunction with the NEOPB's Checklist for School Nutrition Program Planning to help describe the environment in which nutrition education takes place (it determines if schools have elements that influence fruit and vegetable consumption).

Changing Lives, Saving Lives - Center for Collaborative Solutions

This tool is a step-by-step guide to developing exemplary practices in healthy eating, physical activity, and food security in after-school programs; it is designed to help strengthen your after-school program to help students develop healthy lifestyle habits.

<http://www.ccscenter.org/afterschool/Step-By-Step%20Guide>

The California After-school Program Quality Self-Assessment Tool (QSAT) - California After-School Network

The tool focuses on big picture program design elements, as well as important considerations at the point of service. Programs can use the tool to self-assess their program and to make plans for program improvement. One section relates specifically to nutrition and physical activity.

<http://www.afterschoolnetwork.org/post/california-after-school-program-quality-self-assessment-tool>

Dairy Council of California's Family of Nutrition Education Programs for K-12 and Adults.

Programs include grade-specific nutrition curriculum that align with Common Core State Standards for easy implementation. Programs meet or exceed the criteria for nutrition education in local school wellness policies. Based on the USDA dietary guidelines, they include engaging lessons about all food groups, physical activity, and family activities. Programs are free in California and available for a small fee out of state.

<http://www.HealthyEating.org/Schools>

Harvest of the Month - Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

Harvest of the Month provides materials for students, families, and the community to engage in hands-on opportunities to explore, taste, and learn about the importance of eating fruits and vegetables and being active every day. Resources provide the opportunity for collaboration among many partners and stakeholders, including educators, school nutrition staff, school administrators, students, parents, farmers, retail outlets, worksites, SNAP offices, after-school programs, and more—all of whom are striving toward the goal of increasing consumption of fruits and vegetables and increasing physical activity among low-income Californians.

<http://harvestofthemonth.cdph.ca.gov/Pages/default.aspx>

Farm to Preschool: Harvest of the Month Program – San Diego County

Description of San Diego County's HOTM program, including resources and press releases.

<http://ourcommunityourkids.org/domains--committees/early-childhood/farm-to-preschool-.aspx>

Power Play! Campaign - Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

The Nutrition Education and Obesity Prevention Branch (NEOPB)—Power Play! Campaign develops and tests a variety of resources to help educate, motivate, and empower elementary school-aged children to eat fruits and vegetables and be physically active. The materials are research-based, educator-friendly, and appealing to children. Each Kit includes 10 activities designed to encourage and motivate students to eat fruits and vegetables and be physically active every day. The activities align with California Common Core Standards for English-Language Arts, Mathematics, and Health. They also align with the California Department of Education's Nutrition Competencies for California's Children.

<http://www.cdph.ca.gov/programs/CPNS/Pages/PowerPlayResources.aspx>

Youth Engagement Initiative - Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

The Youth Engagement Initiative is a public health initiative that works with youth ages 12-18 in low-resource areas. Youth leaders have been successful in showing stakeholders, community leaders, teachers, parents, and policy makers that youth should be a key part of the discussions and solutions development regarding the health and well-being of their communities.

<https://www.cdph.ca.gov/programs/cpns/Pages/YouthEngagement.aspx>

Coordinated Approach To Child Health (CATCH)

CATCH is based on the CDC Whole School, Whole Community, Whole Child model in which health education, school environment, and family/community involvement work together to support youth in a healthy lifestyle. <http://catchinfo.org/>

Educating the Student Body: Taking Physical Activity and Physical Education to School – Institute of Medicine

Recommendations for strengthening and improving programs and policies for physical activity and physical education in the school environment – including before, during and after school.

Recommendations: http://www.iom.edu/~media/Files/Report%20Files/2013/Educating-the-Student-Body/EducatingTheStudentBody_Insert.pdf

Report brief: http://www.iom.edu/~media/Files/Report%20Files/2013/Educating-the-Student-Body/EducatingTheStudentBody_rb.pdf

Video:

<http://iom.edu/reports/2013/Educating-the-Student-Body-Taking-Physical-Activity-and-Physical-Education-to-School/video.aspx>

Sports, Play, and Active Recreation for Kids - SPARK

SPARK is dedicated to creating, implementing, and evaluating research-based programs that promote lifelong wellness. SPARK strives to improve the health of children, adolescents, and adults by disseminating evidence-based Physical Education, After School, Early Childhood, and Coordinated School Health programs to teachers and recreation leaders serving Pre-K through 12th grade students. Each SPARK program fosters environmental and behavioral change by providing a coordinated package of highly active curriculum, on-site teacher training, extensive follow-up support, and content-matched equipment.

<http://www.sparkpe.org/#>

Youth Physical Activity Guidelines Toolkit – Centers for Disease Control and Prevention (CDC)

To promote the guidelines and support youth physical activity, CDC and several partner organizations developed the Youth Physical Activity Guidelines Toolkit, which highlights strategies that schools, families, and communities can use to support youth physical activity.

<http://www.cdc.gov/healthyouth/physicalactivity/guidelines.htm>

Inspiring Youth as Partners – Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

This document is for organizations and individuals thinking about, wanting to, or preparing to work with young people in an authentic partnership to support their skills and leadership around their health and well-being. This document showcases the six incredible youth teams from San Francisco to San Bernardino who took the opportunity to learn more about the importance of eating more fruits and vegetables.

<http://cdphinternet/programs/NEOPB/Documents/Network-BRO-200-2009-02.pdf>

Inspiring Youth, Growing Change—Nurturing Strong Minds for a Healthy Community – Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

This report documents changes resulting from the local projects and highlights lessons learned about the impacts, successes, and challenges of the Youth Engagement Initiative.

<http://cdphinternet/programs/NEOPB/Documents/InspiringYouthGrowingChange.pdf>

Rooted in Community National Network (RIC)

This is a national grassroots network that empowers young people to take leadership in their own communities. It is a diverse movement of youth and adults working together committed to fostering healthy communities and food justice through urban and rural agriculture, community gardening, food security, and related environmental justice work.

<http://www.rootedincommunity.org/>

Snapshots and Stories: My Voice, My Community – Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

Aligned with California Common Core Standards. A guide to championing elementary school-aged children as community advocates.

[http://cdphinternet/programs/NEOPB/Documents/PP_PhotoVoice_Final\(low%20res\).pdf](http://cdphinternet/programs/NEOPB/Documents/PP_PhotoVoice_Final(low%20res).pdf)

Students Taking Charge – Action for Healthy Kids

Students across the country are putting their passion for eating right, being active and living healthy into making their schools healthier places. Join them. Use this site to get ideas, plan a project and share your success!

<http://www.actionforhealthykids.org/students-taking-charge>

Youth Voice - Learn and Serve America Institution - Points of Light Foundation

A guide for engaging youth in leadership and decision-making in service-learning programs.

<http://networkforyouthintransition.org/forum/topics/youth-voice-a-guide-for>

California After-School Network

This website provides out-of-school time practitioners, advocates, and community members with the resources and tools necessary to build high quality out-of-school time programs in California.

<http://www.afterschoolnetwork.org/>

California After-School Resource Center

This comprehensive web site supports quality after school programming with a statewide circulating library of reviewed materials, online trainings, and technical assistance.

<http://www.californiaafterschool.org/index>

Community Youth Organization (CYO) Idea & Resources Kit - Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

Now aligned with California Common Core Standards!

Designed for use in out-of-school settings for elementary-aged children, such as afterschool, faith-based, weekend and summer programs, the CYO Kit includes educational activities and physically active games focused on fruits and vegetables and physical activity. The activities align with California content standards for English-Language Arts, Mathematics, and Health. They also align with the California Department of Education's Nutrition Competencies for California's Children. The handouts are available in both English and Spanish.

<http://www.cdph.ca.gov/programs/NEOPB/Documents/Network-FV-PP-CYOFullKit.pdf>

Deal Me In: Food and Fitness – Dairy Council of California

Deal Me In: Food and Fitness is a self-contained program designed for children in grades kindergarten through sixth children in the after-school setting. This out-of-school time program seeks to build a knowledge base on the importance of good nutrition and physical activity and to encourage students to make healthier choices.

<http://www.healthyeating.org/Schools/Evaluation/After-School.aspx>

Food on the Run: Lessons from a Youth Nutrition and Physical Activity Campaign - California Project LEAN

This document describes the steps for implementing a nutrition and physical activity youth advocacy program. Chapter topics include: recruiting and working with teens, training teens on physical activity and nutrition, taking action for change and many more.

<http://www.californiaprojectlean.org/docuserfiles/Food%20on%20the%20Run.pdf>

Harvest of the Month - Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

Harvest of the Month provides materials for students, families, and the community to engage in hands-on opportunities to explore, taste, and learn about the importance of eating fruits and vegetables and being active every day. Resources provide the opportunity for collaboration among many partners and stakeholders, including educators, school nutrition staff, school administrators, students, parents, farmers, retail outlets, worksites, SNAP offices, after-school programs, and more—all of whom are striving toward the goal of increasing consumption of fruits and vegetables and increasing physical activity among low-income Californians.

<http://harvestofthemonth.cdph.ca.gov/Pages/default.aspx>

Media Smart Youth: Eat, Think & Be Active! - National Institute of Child Health and Human Development

This is an interactive after-school education program for young people ages 11 to 13. It is designed to help teach them about the complex media world around them, and how it can affect their health—especially in the areas of nutrition and physical activity.

<http://www.nichd.nih.gov/msy/pages/index.aspx>

Move to Improve Program - New York City Department of Education

MTI is a classroom based physical activity program designed by the New York City Department of Education (DOE) and the New York City Department of Health and Mental Hygiene (DOHMH) to increase physical activity among students, K-5, in elementary school. MTI helps elementary school teachers incorporate short, structured activities into their classrooms. It has been evaluated by the CDC. It has also been used extensively in pre-school settings. PDFs Materials are available for free.

<http://schools.nyc.gov/Academics/FitnessandHealth/MoveImprove/default.htm>

Dunn LL, Venturanza JA, Walsh RJ, Nonas CA. An Observational Evaluation of Move-To-Improve, a Classroom-Based Physical Activity Program, New York City Schools, 2010. *Prev Chronic Dis* 2012;9:120072. DOI:

http://www.cdc.gov/pcd/issues/2012/12_0072.htm

Playing the Policy Game - California Project LEAN

The booklet includes a collection of activities and success stories of California teens making nutrition and physical activity policy changes in their communities. Each step of the process is described in detail. <http://www.californiaprojectlean.org/docuserfiles//Playing%20the%20Policy%20Game%20Entire%20Manual.pdf>

Screen Free Week – Campaign for Commercial-Free Childhood

On May 4-10, people around the country (and world!) turned OFF TV, video and mobile games, and other screens they use for entertainment, and turned ON the world around them!
<http://www.screenfree.org/>

Captive Kids: Selling Obesity at Schools – California Project LEAN

An Action Guide to Stop the Marketing of Unhealthy Foods and Beverages in School: This toolkit addresses the issue of marketing unhealthy foods and beverages on California school campuses. Captive Kids includes information on: Marketing to children and youth through schools; Key steps to develop policy that addresses marketing at schools; Answers to legal questions; Talking points, case studies, fact sheets, and additional resources.

Captive Kids Toolkit:

<http://www.californiaprojectlean.org/docuserfiles//Captive%20Kids2007.pdf>

California Department of Education, Nutrition Services Branch.

This page highlights the new federal requirements for local school wellness policies (LSWP), CA specific information pertaining to LSWP, Administrative Review requirements, and resource for staff and parents..

<http://www.cde.ca.gov/ls/nu/he/wellness.asp>

Healthy Schools Program – Alliance for a Healthier Generation

This tool provides a framework of criteria and identifies specific best practices to create healthier school environments. The criteria are based on the best available evidence of programs, policies and practices that positively impact healthy eating and physical activity behaviors among students and staff.

https://schools.healthiergeneration.org/wellness_categories/

Local School Wellness Policy – Centers for Disease Control and Prevention

This page highlights the background and requirements of the Healthy, Hunger-Free Kids Act as well as a list of recommended resources.

<http://www.cdc.gov/healthyouth/npao/wellness.htm>

Local Wellness Policy: How to Get Started – Arizona Department of Education

The LWP Step-by-Step Guide is a chart designed to help walk you through the process of developing a wellness policy. It outlines the recommended steps needed for successful implementation. Provides examples of model policies.

<http://www.azed.gov/health-nutrition/school-health/wellness-policy/get-started/>

Local Wellness Policy Resources – School Nutrition Association

This page provides a list of recommended resources to support local wellness policy development.

<http://www.schoolnutrition.org/Content.aspx?id=2168>

Parents In Action! - California Project LEAN

This toolkit aims to support parent efforts to improve the school environment and increase healthy food and physical activity opportunities through the local school wellness policy.

- **Parent Lesson Plans: Advocating for Healthier School Environments**
<http://www.californiaprojectlean.org/docuserfiles/Parent%20Lesson%20Plans%20English%20012.pdf> (English)
http://www.californiaprojectlean.org/docuserfiles/Parent%20Lesson%20Plans_Lecciones%20Para%20Padres%20En%20Accion%20Spanish%202012.pdf (Spanish)
- **Parents in Action: A Guide to Engaging Parents in Local School Wellness Policy**
http://www.californiaprojectlean.org/docuserfiles/Parents%20in%20Action%20Toolkit_05_20_2014.pdf (English):
http://www.californiaprojectlean.org/docuserfiles/Padres%20en%20Accion%20Toolkit_05_20_2014.pdf (Spanish):

Policy in Action: A Guide to Implementing Your Local School Wellness Policy – California Project LEAN

This user-friendly guide is designed to serve as a roadmap for implementing school nutrition and physical activity policies, including local wellness policies. Includes helpful hand-outs to develop your plan of action for implementing your policy.

<http://www.californiaprojectlean.org/docuserfiles//Policy%20in%20Action%20Guide%20FINAL.pdf>

Promoting Health in Minnesota Schools: School Wellness Policies – Public Health Law Center

The Public Health Law Center developed a series of sample school wellness policies to fit in the Minnesota School Boards Association's model school wellness policy. Specific school wellness policies topics that are available include safe routes to school, recess, physical education, farm to school, school gardens, healthy fundraising, healthy concessions, healthy classroom snacks and celebrations, school health councils, "no punishment or reward", and active classrooms.

<http://publichealthlawcenter.org/resources/promoting-health-minnesota-schools-school-wellness-policies>

Student Wellness – Alliance for a Healthier Generation

Student Wellness Toolkit highlights specific criterion from the Alliance's Framework to help keep the campus healthy at all hours of the day.

https://www.healthiergeneration.org/_asset/wwj4dq/09-875_SWCToolkit.pdf

United States Department of Agriculture (USDA) Team Nutrition: Local School Wellness Policy

This website, from the United States Department of Agriculture, Team Nutrition, provides a general background on local school wellness policies (LSWP), an overview of the requirements of LSWP, a discussion on the evaluation of LSWP, and helpful LSWP links.

<http://www.fns.usda.gov/tn/local-school-wellness-policy>

Wellness Policy Tool – Action for Healthy Kids

This tool was developed to help you create a local wellness policy that meets your district's unique goals for nutrition and physical activity and take the next steps to put the policy into action to positively impact students' health and lifelong choices.

<http://www.actionforhealthykids.org/tools-for-schools/revise-district-policy/wellness-policy-tool>

Best Practices for Healthy School Fundraisers—United States Department of Agriculture (USDA). Food and Nutrition Services

Resources and Ideas to Make Your Next Fundraiser Healthy and Successful

Use this brochure to help your school earn extra money for different activities, events, and equipment that keep students excited and engaged. This brochure provides ideas to use healthy choices for fundraising that sell only nonfood items or foods that meet the Smart Snacks nutrition standards.

<http://www.fns.usda.gov/best-practices-healthy-school-fundraisers>

Center for Disease Control and Prevention Healthy Fundraiser Ideas

This 2 page document provides parents with healthy fundraiser ideas. Tips include ways parents can become involved in their child's school by attending meetings, workshops, or training events offered by the school; communicating with school staff and other parents; volunteering for school events or in their child's classroom; reinforcing healthy messages and practices their child learns at school; helping make decisions about health in the school; and being part of community activities supported by the school.

http://www.cdc.gov/healthyschools/parentengagement/pdf/p4hs_fundraisers.pdf

Healthy Fundraising For Schools – New York City and Strategic Alliance

The following resources were developed by New York City in partnership with Strategic Alliance for Health to support schools and school districts conduct healthy fundraising activities.

- **A+ Fundraisers for High Schools - NYC.gov**
<http://www.nyc.gov/html/doh/downloads/pdf/cdp/fantastic-fund-hs.pdf>
<http://www.e1b.org/Portals/0/Files%20by%20Division/School%20Support/Healthy%20Schools/fantastic%20fundraisers%20for%20HS.pdf>
- **General Guide : A Fresh Look at Healthy Fundraisers for Schools**
<http://www.nyc.gov/html/doh/downloads/pdf/dpho/dpho-fundraiser-guide.pdf>
- **One Page Healthy Fundraising Tip Sheet - NYC.gov**
<http://www.nyc.gov/html/doh/downloads/pdf/cdp/cdp-pan-hs-healthy-fundraising-tips.pdf>

School Wellness- Best Practices – California Department of Education Healthy Celebrations, Healthy Fundraisers and Healthy Rewards

<http://www.cde.state.co.us/nutrition/osnschoolwellnesspoliciesbestpractices>

Sweet Deals: School Fundraising Can Be Healthy and Profitable – Center for Science in the Public Interest

This report describes many practical options for healthy fundraisers and provides contact information for more than 60 fundraising companies with which schools can conduct healthier fundraisers.

<http://www.cspinet.org/schoolfundraising.pdf>

Healthy Celebrations: Promoting a Healthy School Environment - Rudd Center for Food Policy & Obesity

This Article provides tips on how schools can take advantage of classroom celebrations to serve food that tastes good, is nutritious, and provides students with nutrition education experiences.

<http://www.education.com/articles/healthy+celebrations/>

Healthy Classroom Celebrations Model Policy and Resources Center for Science in the Public Interest

This page provides resources that support the implementation of healthy classroom celebrations.

http://www.cspinet.org/nutritionpolicy/policy_options_healthycelebrations.html

Healthy School Celebrations - Eat Smart, Move More North Carolina

This sheet provides tips on healthy classroom celebrations.

http://www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/school_celebrations.pdf

Agricultural Institute of Marin

Agricultural Institute of Marin's Farm to Fork program works to expand the reach of local food.

<http://www.agriculturalinstitute.org/farm-to-fork/#>

California Farm to School

This site has California-specific farm to school information, including farmers in your area to connect with, educational resources, and funding opportunities.

<http://www.cafarmtoschool.org/>

Center for Integrated Agricultural Systems

CIAS leads diverse projects on food systems, or what happens from the farm gate to an eater's plate. This work is helping to get local, sustainably-grown food to eaters through schools, Community Supported Agriculture farms, and unique partnerships with growers, processors, farmers' markets, grocers and other food-related businesses.

<http://www.cias.wisc.edu/category/farm-to-fork/>

Community Alliance of Family Farmers (CAFF)

The Community Alliance with Family Farmers is a California-based nonprofit that advocates for family farmers and sustainable agriculture. CAFF runs extensive, on-the-ground programs in many regions throughout California, enabling community members and businesses to find and choose local food, and helping farmers increase their income and sustainability. CAFF has been recognized nationally and internationally for its pioneering programs, and played key roles in enacting the nation's toughest laws regulating pesticide use; promoting the development of organic farming; bringing fresh, local produce into school cafeterias; and establishing programs to distribute locally grown produce to community grocery stores, hospitals, restaurants and farmers markets.

<http://www.caff.org/>

Dairy Council of California

Explore data sources and resources that show how Farm to School can benefit your local community and help make healthy eating easier.

<http://www.HealthyEating.org/FarmToSchool>

Farm to Preschool – Occidental College Urban Environmental Policy Institute

Farm to Preschool is a natural expansion of the national farm to school model and encompasses a wide range of programs and activities, which can take an environmental and systems change approach by serving preschoolers, teachers and child care providers, parents and family members, as well as communities.

<https://www.oxy.edu/urban-environmental-policy-institute/programs/food/farm-preschool>

Farm to School Wellness Policy- Minnesota Willmar Public Schools

Example Language

<http://www.willmar.k12.mn.us/cms/lib07/MN01909723/Centricity/Domain/461/533%20Wellness.pdf>

Georgia Organics

Farm to School district wellness policy toolkit.

<http://georgiaorganics.org/wp-content/uploads/2012/10/F2SWellnessPolicyToolkit.pdf>

Health in All Policies (HiAP) Task Force Report

The California Health in All Policies (HiAP) Task Force was created by [Executive Order S-04-10](#) in 2010 because the health and well-being of Californians is impacted by the policies and practices of many agencies and departments, not just health services and public health. The HiAP Task Force is housed under the Strategic Growth Council (SGC), and brings together 22 state agencies, departments, and offices, with a common goal of working together to support a healthier and more sustainable California.

<http://www.cdph.ca.gov/programs/Pages/HealthinAllPolicies.aspx>

The International Food Information Council

The International Food Information Council (IFIC) Foundation is dedicated to the mission of effectively communicating science-based information on health, nutrition and food safety for the public good.

<http://www.foodinsight.org/about-ific-and-food-safety.aspx>

Mobile Dairy Classroom Assembly - Dairy Council of California

This free assembly brings a real cow to schools across California! Students discover how the milk in their school lunches goes from farm to school through an engaging presentation from a skilled instructor.

<http://www.HealthyEating.org/MDC>

The National Farm to School Network

Every state has a page with links to their respective policies.

<http://www.farmentoschool.org/>

Urban and Environmental Policy Institute

Blog posts on farm to school and farm to table projects.

<https://www.oxy.edu/urban-environmental-policy-institute/programs/food/california-farm-school>

Choose Health LA – School Wellness Policies

Seven school districts in LA County are advancing Joint Use Agreements aimed at increasing physical activity for students and families in their districts. Website provides model joint use agreements, examples of key partnerships and more resources.

<http://www.choosehealthla.com/live-healthy/safe-recreation/>

Eliminating Barriers for Community Recreational Use of School Property: Policy Guidance on Liability and Shared Use

Research indicates that one of the main obstacles to joint use of school property is a fear among school administrators that schools will face additional legal liability for injuries that result. This brief describes the most common elements of a possible policy proposal, including: 1) findings of fact, 2) a statement of purpose, 3) definitions, 4) liability provisions and exceptions, and 5) related measures that will ensure effective implementation, suggesting key considerations for policy development.

<http://publichealthlawcenter.org/sites/default/files/resources/phlc-fs-shareduse-samplestatute-language-2012.pdf>

General Joint Use Agreement Information

This resource shows how joint use is a way to increase opportunities for children and adults to be more physically active. It refers to two or more entities — usually a school and a city or private organization — sharing indoor and outdoor spaces like gymnasiums, athletic fields and playgrounds. The concept is simple: share resources to keep costs down and communities healthy.

<http://www.jointuse.org/>

Joint Use Agreement Checklist -ChangeLab Solutions

This checklist is designed to identify issues for the parties to consider when developing a JUA to share existing facilities. Not all of the issues presented will be applicable in all situations, and there may be issues unique to communities that are not included in this assessment.

<http://changelabsolutions.org/publications/checklist-developing-joint-use-agreement-jua>

Joint Use and Liability - ChangeLab Solutions

To assist school and government attorneys in assessing liability risks, NPLAN commissioned a 50-state survey of the laws governing liability for after-hours recreational use of school facilities.

<http://changelabsolutions.org/publications/liability-schools-50-states>

Maximizing Opportunities for PA through Joint Use Facilities –CA School Boards Association & CA Project LEAN

A policy brief published in 2009 with many resources, best practices and steps to develop a joint use opportunity during times of shrinking budgets.

http://www.californiaprojectlean.org/docuserfiles/JointUse_PolicyBrief%20%2809_2009%29%5B1%5D.pdf

Obesity Prevention On A Budget

This toolkit presents a range of budget conscious policy approaches that leverage existing resources and partnerships to reduce local obesity rates by increasing opportunities for healthy eating and physical activity.

http://www.leadershipforhealthycommunities.org/wp-content/uploads/2014/12/obesity_prevention_on_budget.final_.pdf

Opening School Grounds to the Community After Hours -ChangeLab Solutions

This is a toolkit for increasing physical activity through joint use agreements It shares lessons learned from successful agreements, offering guidelines and templates for other communities seeking to increase their own access to school recreational facilities.

[http://changelabsolutions.org/sites/default/files/CA_Joint_Use_Toolkit_FINAL_\(CLS_20120530\)_2010_01.28.pdf](http://changelabsolutions.org/sites/default/files/CA_Joint_Use_Toolkit_FINAL_(CLS_20120530)_2010_01.28.pdf)

Partnerships for Joint Use - Center for City for Schools in Berkeley California

A research report by Center for City for Schools in Berkeley California that establishes an empirical understanding of the full range of joint use and how specific strategies fit into a larger picture of more efficiently and appropriately utilizing public school spaces for educational and community purposes.

http://media.cefpi.org/CCS_Partnerships.pdf

Playing Smart – A Joint Use Toolkit - ChangeLab Solutions:

This is a nuts-and-bolts guide designed to help school staff and other community leaders craft and implement joint use agreements.

<http://www.changelabsolutions.org/nuts-and-bolts>

Promoting PA through Joint Use Agreements – Public Schools of North Carolina

This guide provides information for North Carolina school systems, school administrators, members of local government, parks and recreation staff, community based organizations, and community members on how to share physical activity resources through joint use agreements in North Carolina.

http://www.eatsmartmovemorenc.com/PromotingPhysicalAct/Texts/Promoting%20Physical%20Activity%20through%20Joint%20Use%20Agreements_FINAL.pdf

Fire Up Your Feet

This website provides a full range of age-appropriate resources and educational materials to encourage physical activity to, from and at school.

<http://fireupyourfeet.org/>

Sacramento County Safe Routes to School (SRTS) Toolkit – Walk Sacramento

This resource provides tools for data collection, a recommended step for implementing a successful SRTS program. Additionally, many of the background data identified in this section can be used to support Safe Routes to School grant applications. This resource also includes baseline walking and biking numbers; surveys of parent concerns; student attendance; road data; walk audits and behavior observation; bike audits.

<http://www.walksacramento.org/wp-content/uploads/2012/06/SacramentoCountySRTSToolkitFINAL.pdf>

California SRTS Technical Assistance Resource Center – California SRTS

This tool kit assists local communities with creating Safe Routes to School (SRTS) programs by providing trainings, technical assistance, and resources to implement safe and successful SRTS strategies throughout California.

www.casaferoutestoschool.org/safe-routes-to-school-basics/

Creating Safe Walking and Bicycling Communities: Safe Routes to School Decision Maker's Toolkit. – Cities Counties Schools (CCS) Partnership:

This guide explains active transportation and the conditions in a community that support safe walking and bicycling to schools and other neighborhood destinations.

<http://www.ccspartnership.org/resources/safe-routes-to-schools/>

How to Build and Sustain a Safe Routes to School (SRTS) Program - National Center for Safe Routes to School

This resource has information to improve walking and bicycling conditions near a school and spread interest into other parts of the community. Coalitions that persist in their efforts and make measurable improvements based on their evaluation will be rewarded with safer places for children to walk and bicycle and more children choosing safe routes to school.

<http://www.saferoutesinfo.org/program-tools/build-sustain-program>

Implementing a SRTS In Low-Income Communities and Schools, A Resource Guide for Volunteers and Professionals – Safe Routes to School National Partnership

The intent is to inspire nonprofit organizations, schools and community residents to come together to implement and sustain successful, culturally sensitive and inclusive Safe Routes to School initiatives.

<http://www.saferoutespartnership.org/sites/default/files/pdf/LowIncomeGuide.pdf>

Safe Routes to School: Steps to Create A Safe Routes to School Program – Pedestrian and Bicycle Information Center (PBIC)

This resource outlines the steps in creating a SRTS program including walking school bus guide, crossing guard guidelines, mileage clubs, and many more resources.

http://guide.saferoutesinfo.org/encouragement/on-campus_walking_activities.cfm

SRTS Classroom Resources for Middle School Students – National Center for Safe Routes to School

This resource provides five illustrated examples of ways to approach, interact with, and fully engage middle school students in activities pertaining to school travel.

<http://www.saferoutesinfo.org/program-tools/what-are-some-good-classroom-resources-middle-school-students>

SRTS Guide for Teachers – Pedestrian and Bicycle Information Center (PBIC)

This guide is a comprehensive online reference manual designed to support the development of Safe Routes to School (SRTS) programs. It provides links to other SRTS publications and training resources. Readers of the online guide can pick and choose specific topics based on their interests and needs, such as guidelines for adult school crossing guards, tools to create school route maps, and ways to include children with disabilities in SRTS initiatives.

<http://guide.saferoutesinfo.org/>

Active Academics

Active lessons to help learning on the common Core Standards; energizers for classrooms and PE enhancement activities for teachers.

<http://www.activeacademics.org/?pid=48&tips-for-using>

<http://www.activeacademics.org/?pid=22&research-and-resources>

Child and Adolescent Trial for Cardiovascular Health (CATCH)

Large school-based field trial aimed at improving school food service, nutrition, and physical education.

- Abstract - <http://www.ncbi.nlm.nih.gov/pubmed/9408786>
- Overview - <http://www.childtrends.org/?programs=child-and-adolescent-trial-for-cardiovascular-health-catch>
- Curricula - <http://catchusa.org/index.html>

Children’s Power Play Initiative - Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

Initiative to motivate and empower California children ages 9-11 years to eat 3 to 5 cups of fruits and vegetables and get at least 60 minutes of physical activity every day.

<http://cdphinternet/programs/NEOPB/Pages/PowerPlayResources.aspx>

Comprehensive School Physical Activity Programs: A Guide for Schools - CDC

Developed in collaboration with the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) and experts in the field of school-based physical activity, the guide includes steps to engage multiple stakeholders in developing a Comprehensive School PA Program (CSPAP) that helps students meet the recommended 60 minutes or more of physical activity every day. A comprehensive school physical activity program includes physical education, physical activity during school, physical activity before and after school, staff involvement, and family and community engagement. Schools can use the guided process to develop an action plan, implement strategies, and evaluate their CSPAP. <http://www.cdc.gov/healthyyouth/physicalactivity/cspap.htm>

Eat Well & Keep Moving - CDC

Complete curriculum that helps academic, physical education, and health education teachers guide upper elementary school students to make healthier choices while building skills.

<http://www.eatwellandkeepmoving.org/>

Fuel Up To Play 60 – National Dairy Council

A nationwide movement focused on fighting childhood obesity by empowering kids to take control of their own health in small changes at school. Web resources include ideas for in-class physical activity ideas and physical activity promotions.

<http://www.FuelUpToPlay60.com/>

Just a Minute - JAM School Program

The JAM School Program brings physical activity and health education into the classroom. JAM is designed to teach kids (and adults) healthier lifestyle habits. JAM is a free wellness resource for schools.

JAM resources offer a weekly one-minute exercise routine called JAMmin’ Minute®, an athlete-featured more extensive routine called JAM Blast®, and a monthly health newsletter called Health-E-tips.

<http://www.healthetips.com/jam-program.php>

Let’s Move! Active Schools

Provides school champions with a simple, 6-step process to help them build a team, make a plan, and access free resources and tools, including in-person trainings, program materials and activation grants.

<http://www.letsmove.gov/active-schools>

North Carolina Energizers – North Carolina Healthy Schools

Classroom based physical activities for teachers to integrate with academic concepts.

http://www.eatsmartmovemorenc.com/Energizers/Texts/Energizers_K-5_2015.pdf

Nutrition and Physical Activity Classroom Programs - Dairy Council of California.

Comprehensive nutrition education programs for K-12 include lessons that highlight physical activity as one of the healthy habits to practice daily. Available at no cost in California. When these programs are implemented as intended, students are likely to be more physically active and eat healthier.

<http://www.HealthyEating.org/Schools/Classroom-Programs.aspx>

Physical Activity Increases Student Achievement

Dairy Council of California summarizes research about the benefits of physical activity in schools in a one-page document

<http://www.healthyating.org/Portals/0/Documents/Schools/PhysicalActivityIncreasesStudentAchievement.pdf>

Sports Play Active Recreation for Kids (SPARK)

Intervention that uses physical education specialists to implement instructional strategies to increase the amount of time students spend in moderate-to-vigorous physical activity (MVPA) in physical education.

<http://www.sparkpe.org/>

Take 10!

Program designed to help children understand the importance of fun physical activity and other healthful behaviors, including nutrition.

<http://www.take10.net/>

Teen B.E.A.T - Dairy Council of California

An online interactive tool for tweens and teens that allows for personalization and goal setting. Measures current levels of physical activity, compares it to recommendations, and makes realistic plans for improving.

<http://www.HealthyEating.org/TeenBEAT>

California Department of Education

The California Department of Education (CDE) encourages school districts to consider a proactive approach to expanding access and increasing water consumption by both students and district staff. Website shares information on the current regulations and suggestions for implementation.

<http://www.cde.ca.gov/ls/nu/he/water.asp>

Drinking Water in Schools

In 2010, legislation passed at both the federal and California state levels to require schools to make free water accessible to students:

- **Federal Healthy, Hunger-Free Kids Act:** schools that participate in the National School Lunch Program (NSLP) are required to make water available for free to students during school mealtimes.
- **California State Senate bill 1413 (Leno)** requires school districts to make water available to students where school meals are served or eaten.

The Out of School Nutrition and Physical Activity (OSNAP) Initiative: Strategies to Increase Drinking Water Access in After School Programs – Center TRT

A research-tested access to water intervention from The Harvard School of Public Health Prevention Research Center designed to increase healthy nutrition for children, including the frequency with which water is served during snack at after-school programs.

http://www.centertrt.org/content/docs/Intervention_Documents/Intervention_Templates/OSNAP_Template.pdf

Planning of New Construction or Modernization Projects

Contact the CDE's School Facilities Planning Division Field Representative assigned to your county. The list of county assignments is available at School Facility [Field Staff](#) or by phone at 916-322-2470.

Water in Schools – California Food Policy Advocates

A project by the [California Policy Food Advocates](#) to address the availability of tap water in the schools in California. Outlines what's required, the current state of water in schools, and solutions and suggestions on how to address the issue. This project is supported by the [California Obesity Prevention Program](#) of the [California Department of Public Health](#) with funding from the [Centers for Disease Control and Prevention](#).

<http://www.waterinschools.org/stateofthetap.shtml>

Youth Engagement Initiatives: Water Access in Schools - Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

Through the Youth Engagement Initiative, youth throughout California identify and address nutrition and health issues important to them and their communities. This report includes case studies addressing water access in schools in Vale Middle School (Humboldt County) and Del Norte High School (Del Norte County).

<http://cdphinternet/programs/NEOPB/Documents/InspiringYouthGrowingChange.pdf>

A Field Guide to Salad Bars in School – Minnesota Department of Health

A step-by-step guide to developing, implementing, and promoting school salad bars.

<http://www.health.state.mn.us/divs/hpcd/chp/cdr/nutrition/docsandpdf/guidetosbinschools.pdf>

Let's Move! Salad Bars to School

Part of First Lady Michelle Obama's Let's Move initiative is to provide free salad bars to schools—short online application. www.saladbars2schools.org Also includes a Salad Bar resource page with multiple toolkits, resources, posters, etc. <http://www.thelunchbox.org/programs/salad-bars/>

Roadmap to Improving Food & PA Environments – School Section – Public Health Institute

Draws on the experience of the communities participating in the Healthy Eating, Active Communities Program. It provides advice, tips, and tools on the steps of doing PSE work in the school sector: Coalition, Assess/Prioritize Issues, Develop Intervention Strategies, Take Action, Reflect and Evaluate, Celebrate Success.

<http://www.phi.org/resources/?resource=roadmap-to-improving-food-and-physical-activity-environments-tips-and-tools-for-community-change-2nd-edition>

Salad Bar Resources from National Council of Fruit and Vegetable Coordinators

Includes salad bar resource guide, food safety guide, salad bar line training videos for students, training PowerPoint, promotional brochures, speaking points.

http://astphnd.org/areas.php?sid=&area_id=1

Team California for Healthy Kids- California Department of Education

Salad Bars are a specific strategy to increase access to healthy foods in Superintendent Torlakson's initiative.

<http://www.teamcaliforniaforhealthykids.org/what-we-do/healthy-diets/>

Bearing Fruit: Farm to School Program Evaluation Resources and Recommendations – The National Farm to School Network

Is an excellent resource for all types of instruments related to evaluating Farm to School interventions in eight categories: feasibility analysis for farm to school projects, student impacts, teacher impacts, policy impacts, food service impacts, farmer impacts, parent impacts, and community impacts.

<http://www.farmtoschool.org/resources-main/bearing-fruit-farm-to-school-program-evaluation-resources-and-recommendations>

California Farm to School

Resource guide helps to connect with local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing health and nutrition education opportunities that will last a lifetime, and supporting California's farmers. Use this site to learn more about farm to school, find schools and farmers in your area to connect with, and make farm to school a reality in your area.

<http://www.cafarmtoschool.org/>

California Office of Farm to Fork – (CDFA)

The Office of Farm to Fork is a project of the California Department of Food and Agriculture, California Department of Education (CDE) and California Department of Health Nutrition Education and Obesity Prevention Branch (NEOPB). It highlights California farmers, producers, and school-farm connections. By providing resources to individual consumers, school districts, and other organizations. The Office of Farm to Fork promotes health, nutritious food and sustainable food system for everyone in California.

<http://cafarmtofork.com/>

Farm to School Logic Model and Evaluation - Center TRT Oregon

Evaluation materials for the Oregon Farm to School intervention described above.

<http://www.centertrt.org/?a=intervention&id=1110§ion=10>

Farmer Market Place (CDFA)

The California Marketplace is a free statewide website featuring California produce and other products so farmers have the opportunity to connect directly with school food service to increase the amount of locally grown produce on the lunch tray. Primarily established to reduce communication barriers between buyers and sellers. This is a project of the Office of Farm to Fork.

<http://cafarmmarketplace.com/>

Farm to Preschool: Harvest of the Month Program San Diego County

Description of San Diego County's HOTM program, including resources and press releases.

<http://ourcommunityourkids.org/domains--committees/early-childhood/farm-to-preschool-.aspx>

Farm to School Census- USDA

The census gathered procurement data related to local sourcing, with documentation of additional farm to school activities (e.g. the prevalence of school gardens, promotional activities, and curriculum integration, etc.) as a secondary objective. It is anticipated that data products will be ready in Oct. 2013.

<http://www.fns.usda.gov/farmtoschool/census#/>

Farm to School District Wellness Policy Toolkit- Georgia Organics

Georgia Organics has many resources on their site, including supporting research, farm to school curriculum, school garden information.

<http://georgiaorganics.org/wp-content/uploads/2012/10/F2SWellnessPolicyToolkit.pdf>

Farm to School Evaluation Toolkit – National Farm to School Network

Evaluation toolkit for the Farm to School program evaluation. Includes school lunch recall tool, fruit and vegetable neophobia scales and semi-structured interview guides.

<http://www.farmtoschool.org/resources-main/evaluation-framework>

Farm to School Yolo – Yolo County Agricultural Commissioner

Yolo County example of farmers growing Harvest of the Month items to support classroom tasting, having HOTM at grocery stores, and offering HOTM at worksites.

<http://www.harvesthubbyolo.org/farm-to-school>

Know Your Farmer Know Your Food (KYF2) - USDA

A USDA-wide effort to carry out President Obama's commitment to strengthening local and regional food systems. The mission is to support the critical connection between farmers and consumers and to strengthen USDA's support for local and regional food systems. Through KYF2, USDA integrates programs and policies that: stimulate food- and agriculturally-based community economic development; foster new opportunities for farmers and ranchers; promote locally- and regionally-produced and processed foods; cultivate healthy eating habits and educated, empowered consumers; expand access to affordable fresh and local food; and demonstrate the connection between food, agriculture, community and the environment.

http://www.usda.gov/wps/portal/usda/usdahome?navid=KYF_MISSION

Local Food Sourcing Options and Models – Urban & Environmental Policy Institute (UEPI)

Resources and models for local food sourcing. Part of the Farm to Preschool website.

<http://farmtopreschool.org/localfood.html>

National Farm to Preschool

Expansion of the national farm to school model. Farm to Preschool serves: preschools, Head Start, center-based, programs in K-12 school districts, nurseries and family home care facilities.

<http://farmtopreschool.org/>

National Farm to School Network

The National Farm to School Network supports the work of local Farm to School programs all over the country by providing free training and technical assistance, information services, networking, and support for policy, media and marketing activities. Website includes an interactive map with a link to state Farm to School website.

<http://www.farmtoschool.org/>

National Farm to School Network –Farm to Preschool Subcommittee

The Farm to Preschool Program at the Urban & Environmental Policy Institute at Occidental College began as a pilot program in 2009 offering a Harvest of the Month nutrition and garden-based curriculum, support for local food sourcing in participating schools, field trips to farmers' markets, a market basket program for parents and staff, parent workshops, as well as the development and integration of preschool gardens and wellness policies at participating sites.

<http://farmtopreschool.org/programmodels.html>

National Good Food Network Database

The National Good Food Network Database is a searchable resource of knowledge, people/organizations and funders focused on the work of scaling up good food.

<http://www.ngfn.org/>

Oregon Farm to School and School Garden Policy Approach Intervention – Center TRT

Center-TRT assessment of an emerging intervention that uses evidence-based strategies to change the school food and learning environments to increase access to healthy, locally grown foods. A secondary focus is on influencing students' knowledge of, attitudes toward, and behaviors related to consuming those foods.

<http://www.centertrt.org/?a=intervention&id=1110>

Power in Numbers: Group Purchasing for Healthier School Meal – Alliance for a Healthier Generation

This guide is intended to assist school food authorities in developing a cooperative purchasing arrangement with other schools, institutions, and purchasing organizations to leverage their collective buying power to purchase food and supplies at significantly less cost for all participants.

https://www.healthiergeneration.org/_asset/mf82gr/13-6263_GroupPurchSM.pdf?utm_source=2014+HSP+January+Issue&utm_campaign=Gen+HSP+Nov+2013&utm_medium=email

Procuring Local Foods for Child Nutrition Programs - USDA

The guide covers procurement basics, defining local, where to find local products, and the variety of ways schools can purchase locally in accordance with regulations. This revision incorporates information about micro-purchases, buying local foods for child care and summer meal programs and more real-world examples.

http://www.fns.usda.gov/sites/default/files/f2s/F2S_Procuring_Local_Foods_Child_Nutrition_Prog_Guide.pdf

Toolkit for School Foodservice- University of Minnesota Extension

This toolkit helps school foodservice start, build, and sustain their Farm to School efforts and includes sections on Getting Started, Food Safety, research related to farm to school.

<http://www.extension.umn.edu/food/farm-to-school/procurement/foodservice/>

Vermont FEED

Works with schools and communities to raise awareness about healthy food, the role of Vermont farms and farmers, and good nutrition. Lots of resources including guidebooks, videos and evaluation of farm to school programs.

<http://www.vtfeed.org/tools>

This material was produced by the California Department of Public Health with funding from the U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program-Education, known in California as CalFresh. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

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3

Farm To Fork

Policy

General

Elements in this compendium may not be wholly SNAP-Ed eligible. Please consult the most recent SNAP-Ed guidance posted on both the NEOPB and USDA websites for the updated language on allowable activities using SNAP-Ed funds. Local health departments may work with other funding streams and organizations as needed to achieve community change goals and their Policy, Systems and Environmental (PSE) change objectives.

Policy

Farm to School and School Garden Policy Approach Intervention- Oregon; Center for Training and Research Translation (CenterTRT)

Center-TRT assessment of an emerging intervention that uses evidence-based strategies to change the school food and learning environments to increase access to healthy, locally grown foods. A secondary focus is on influencing students' knowledge of, attitudes toward, and behaviors related to consuming those foods.

<http://www.centertrt.org/?a=intervention&id=1110>

- **Logic Model and Evaluation Plan**

Evaluation materials for the Oregon Farm to School intervention described above.

<http://www.centertrt.org/?a=intervention&id=1110§ion=10>

General

California Office of Farm to Fork – California Department of Food & Agriculture (CDFA)

The Office of Farm to Fork is a project of the California Department of Food and Agriculture (CDFA), California Department of Education (CDE) and California Department of Public Health (CDPH) Nutrition Education and Obesity Prevention Branch (NEOPB). It highlights California farmers, producers, and school-farm connections. By providing resources to individual consumers, school districts, and other organizations. The Office of Farm to Fork promotes health, nutritious food and sustainable food system for everyone in California.

<http://cafarmtofork.com/>

Farm to Preschool: *Harvest of the Month* Program – San Diego County

Description of San Diego County's HOTM program, including resources and press releases.

<http://ourcommunityourkids.org/domains--committees/early-childhood/farm-to-preschool-.aspx>

Farm to School and School Garden Policy Approach Intervention – Oregon; Center TRT

Center-TRT assessment of an emerging intervention that uses evidence-based strategies to change the school food and learning environments to increase access to healthy, locally grown foods. A secondary focus is on influencing students' knowledge of, attitudes toward, and behaviors related to consuming those foods.

<http://www.centertrt.org/?a=intervention&id=1110>

- **Center TRT Oregon Farm to School Logic Model and Evaluation Plan:** *Evaluation materials for the Oregon Farm to School intervention described above.*

<http://www.centertrt.org/?a=intervention&id=1110§ion=10>

Farmer Market Place - CDFA

The California Marketplace is a free statewide website featuring California produce and other products so farmers have the opportunity connect directly with school food service to increase the amount of locally grown produce on the lunch tray. Primarily established to reduce communication barriers between buyers and sellers. This is a project of the Office of Farm to Fork.

<http://cafarmersmarketplace.com/>

Know Your Farmer Know Your Food (KYF2) - USDA

(KYF2) is a USDA-wide effort to carry out President Obama's commitment to strengthening local and regional food systems. The mission is to support the critical connection between farmers and consumers and to strengthen USDA's support for local and regional food systems. Through KYF2, USDA integrates programs and policies that: stimulate food- and agriculturally-based community economic development; foster new opportunities for farmers and ranchers; promote locally- and regionally-produced and processed foods; cultivate healthy eating habits and educated, empowered consumers; expand access to affordable fresh and local food; and demonstrate the connection between food, agriculture, community and the environment

<http://www.usda.gov/wps/portal/usda/knowyourfarmer?navid=kyf-kyf>

National Farm to Preschool

Expansion of the national farm to school model. Farm to Preschool serves: preschools, Head Start, center-based, programs in K-12 school districts, nurseries and family home care facilities.

<http://farmtopreschool.org/>

- **Local Food Sourcing Options and Models :** Resources and models for local food sourcing.
<http://farmtopreschool.org/localfood.html>

National Farm to School Network –Farm to Preschool Subcommittee

The Farm to Preschool Program at the Urban & Environmental Policy Institute at Occidental College began as a pilot program in 2009 offering a Harvest of the Month nutrition and garden-based curriculum, support for local food sourcing in participating schools, field trips to farmers' markets, a market basket program for parents and staff, parent workshops, as well as the development and integration of preschool gardens and wellness policies at participating sites.

<http://farmtopreschool.org/programmodels.html>

Procuring Local Foods for Child Nutrition Programs- USDA

The guide covers procurement basics, defining local, where to find local products, and the variety of ways schools can purchase locally in accordance with regulations. This revision incorporates information about micro-purchases, buying local foods for child care and summer meal programs and more real-world examples.

http://www.fns.usda.gov/sites/default/files/f2s/F2S_Procuring_Local_Foods_Child_Nutrition_Prog_Guide.pdf

Toolkit for School Foodservice – Extension Office University of Minnesota

This toolkit helps school foodservice start, build, and sustain their Farm to School efforts and includes sections on Getting Started, Food Safety, research related to farm to school.

<http://www.extension.umn.edu/food/farm-to-school/procurement/foodservice/>

Vermont FEED

Works with schools and communities to raise awareness about healthy food, the role of Vermont farms and farmers, and good nutrition. Lots of resources including guidebooks, videos and evaluation of farm to school programs.

<http://www.vtfeed.org/tools>

Farm to School Yolo – Yolo County

Yolo County example of farmers growing Harvest of the Month items to support classroom tasting, having HOTM at grocery stores, and offering HOTM at worksites.

<http://www.harvesthubbyolo.org/farm-to-school>

Farmer Market Place - CDFA

The California Marketplace is a free statewide website featuring California produce and other products so farmers have the opportunity connect directly with school food service to increase the amount of locally grown produce on the lunch tray. Primarily established to reduce communication barriers between buyers and sellers. This is a project of the Office of Farm to Fork.

<http://cafarmersmarketplace.com/>

National Good Food Network Database

The National Good Food Network Database is a searchable resource of knowledge, people/organizations and funders focused on the work of scaling up good food.

<http://www.ngfn.org/>

This material was produced by the California Department of Public Health with funding from the U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program-Education, known in California as CalFresh. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

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4

Joint Use

Policy

General

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Policy

Choose Health LA – School Wellness Policies

Seven school districts in LA County are advancing Joint Use Agreements aimed at increasing physical activity for students and families in their districts. Website provides model joint use agreements, examples of key partnerships and more resources.

<http://www.choosehealthla.com/live-healthy/safe-recreation/>

Maximizing Opportunities for PA through Joint Use Facilities – CA School Boards Association (CSBA) & CA Project LEAN

A policy brief published in 2009 with many resources, best practices and steps to develop a joint use opportunity during times of shrinking budgets.

http://www.californiaprojectlean.org/docuserfiles/JointUse_PolicyBrief%20%2809_2009%29%5B1%5D.pdf

Model Joint Use Agreements – ChangeLab Solutions

Recognizing that there are a number of ways to administer a shared use agreement, ChangeLab Solutions has developed four model shared use agreements that can serve as a template for communities that wish to open up school recreation facilities for after-hours use.

<http://changelabsolutions.org/publications/model-JUAs-national>

Sample Board Policy: Joint Use Agreements – CSBA

CSBA has a sample board policy on Joint Use Agreements. This sample board policy provides guidance for school districts to share the costs and risks of using school or community facilities with other entities.

http://www.csba.org/~media/Files/Services/PolicyServices/PolicyBriefs/201004_BP1330%201_JointUse.ashx

GENERAL

General Joint Use Information – Joint Use (Website)

This website shows how joint use is a way to increase opportunities for children and adults to be more physically active. It refers to two or more entities — usually a school and a city or private organization — sharing indoor and outdoor spaces like gymnasiums, athletic fields and playgrounds. The concept is simple: share resources to keep costs down and communities healthy.

<http://www.jointuse.org/>

Liability Risks for After-Hours Use of Public School Property to Reduce Obesity: A Fifty-State Study – ChangeLab Solutions (2008)

To assist school and government attorneys in assessing liability risks, National Policy & Legal Analysis Network to Prevent Childhood Obesity (NPLAN) commissioned a 50-state survey of the laws

governing liability for after-hours recreational use of school facilities.

http://www.changelabsolutions.org/sites/default/files/documents/Overview_JointUse_Final_SP_20100713.pdf

Fifty-State Scan of Laws Addressing Community Use of Schools – ChangeLab Solutions (2010)

This is a Fifty-State Scan of Laws Addressing Community Use of Schools is a state-by-state overview of statutes about whether school property can be used by the community for recreation.

http://www.changelabsolutions.org/sites/default/files/documents/JU_StateSurvey_FINAL_2010.03.19.pdf

Joint Use Best Practices – Central California Regional Obesity Prevention Program (2015)

A success story on San Joaquin School District's joint use of school grounds published by The California Endowment.

http://www.cultivalasalud.org/wp-content/uploads/2015/06/TCE_SuccessStories_JointUse_SJV.pdf
(2015)

Partnerships for Joint Use – Expanding the Use of Public School Infrastructure to Benefit Students and Communities – Research Report – Center for Cities and Schools (2010)

A research report that establishes an empirical understanding of the full range of joint use and how specific strategies fit into a larger picture of more efficiently and appropriately utilizing public school spaces for educational and community purposes.

http://media.cefpi.org/CCS_Partnerships.pdf

Obesity Prevention On A Budget: Low-and-No Cost Policy Options to Increase Healthy Eating and Active Living – Leadership for Healthy Communities (2011)

This toolkit presents a range of budget conscious policy approaches that leverage existing resources and partnerships to reduce local obesity rates by increasing opportunities for healthy eating and physical activity.

http://www.leadershipforhealthycommunities.org/wp-content/uploads/2014/12/obesity_prevention_on_budget.final_.pdf

Opening School Grounds to the Community After Hours Toolkit – ChangeLab Solutions (2012)

This is a toolkit for increasing physical activity through joint use agreements It shares lessons learned from successful agreements, offering guidelines and templates for other communities seeking to increase their own access to school recreational facilities.

http://www.changelabsolutions.org/sites/default/files/CA_Joint_Use_Toolkit_FINAL_%28CLS_20120530%29_2010.01.28.pdf

Playing Smart – A National Joint Use Toolkit – ChangeLab Solutions (2012)

This is a nuts-and-bolts guide designed to help school staff and other community leaders craft and implement joint use agreements.

http://changelabsolutions.org/sites/default/files/Playing_Smart-National_Joint_Use_Toolkit_Updated_20120517_0.pdf

Promoting Physical Activity through Joint Use Agreements – North Carolina Department of Public Instruction and Division of Public Health (2013)

This guide provides information for North Carolina school systems, school administrators, members of local government, parks and recreation staff, community based organizations, and community members on how to share physical activity resources through joint use agreements in North Carolina.

http://www.eatsmartmovemorenc.com/SharedUsePoliciesAndAgreements/Texts/PromotingPhysicalActivityThroughJointUseAgreements_Rev0414.pdf

Promoting PA through Shared Use of School And Community Recreational Resources – Active Living Research (2012)

This brief summarizes research on community access to school sport and recreation facilities outside of school hours, as well as studies that examine the shared use of school facilities and programs with other community groups or agencies. It also describes challenges commonly associated with the shared use of recreational facilities, and opportunities for policy-makers at the state and local level.

http://www.activelivingresearch.org/files/ALR_Brief_SharedUse_April2012.pdf

Shared Use of School Property– Public Health Law Center, Website

Public Health Law Center compiled multiple legal and policy tools to help schools and communities overcome some of the obstacles to recreational use of school property by communities. These tools include joint use agreements, waivers and releases, liability insurance, clarifying state liability laws, amongst others.

<http://publichealthlawcenter.org/topics/healthy-eating/shared-use-school-property>

The Massachusetts Joint Use Toolkit—Center for Health Law & Policy Innovation. Harvard law School

Helping Kids and Communities to be Healthy and Active

http://www.chlpi.org/wp-content/uploads/2013/12/MA-Community-Use-Toolkit-March_2016.pdf

This material was produced by the California Department of Public Health with funding from the U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program-Education, known in California as CalFresh. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

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5

Healthy Corner Stores

Policy

Research Articles

General

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POLICY

Health on the Shelf: A Guide to Healthy Small Food Retailer Certification Programs - ChangeLab Solutions

This toolkit describes how to create a strong healthy small food retailer certification program that requires participating stores to increase the variety of healthy foods they sell, reduce the offerings of unhealthy foods, and proactively market healthy options with help from a sponsoring agency or organization. It provides step-by-step instructions for developing a certification program, with ideas and examples from existing programs.

<http://changelabsolutions.org/publications/health-on-the-shelf>

California's Healthy Food Financing Website – California Freshworks

Provides information on the California Freshworks Fund, California's Healthy Food Financing Initiative, a \$270 million public-private partnership fund that provides financing solutions that help expand access to healthy, fresh foods for underserved communities in California. A source for possible financial incentives for retailers.

<http://cafreshworks.com/>

Getting to Grocery - ChangeLab Solutions

This guide is designed to help advocates and public health agencies coordinate and leverage the tools available through local government and other organizations to bring grocery stores into low-income communities.

<http://changelabsolutions.org/publications/getting-grocery>

Green for Greens- - ChangeLab Solutions

This guide provides a general overview of economic development and ideas for how to approach economic development agencies with healthy food retail proposals. It also provides a comprehensive overview of local, state, and federal economic development programs that have been or could be used for healthy food retail projects.

<http://changelabsolutions.org/publications/green-for-greens>

Healthier Food for Sale (Webinar)- ChangeLab Solutions

This webinar covers how to identify and leverage financing mechanisms to create healthier food options in local communities. Practical advice is given and stories are shared by people who have experience launching and sustaining successful projects.

<http://changelabsolutions.org/publications/healthier-food-sale>

Licensing and Zoning Fact Sheet

This fact sheet provides an overview of how licensing and zoning laws can help promote public health, and helps communities choose a strategy that will help them achieve their particular health goals.

http://changelabsolutions.org/sites/default/files/Licensing%26Zoning_FINAL_20120703.pdf

Fresh Produce for Underserved Communities- ChangeLab Solutions

This webinar discusses policy options that support purveyors of fresh produce, often grown locally, by establishing favorable policies for farmers' markets and mobile produce carts. These efforts bring fresh produce directly into underserved neighborhoods and create business opportunities for community members.

<http://changelabsolutions.org/publications/fresh-produce-underserved-communities>

Food Policy Councils - CDC

This CDC-DNPAO brief provides state program highlights on food policy councils.

<http://www.cdc.gov/obesity/downloads/foodpolicycouncils.pdf>

RESEARCH ARTICLES**Baltimore Healthy Stores – Robert Wood Johnson Foundation (RWJ)**

Baltimore Healthy Stores is a research-tested intervention which focuses on changing the local food environment by directly influencing the availability of healthier food options in stores and increasing awareness and skills of patrons to select and prepare healthier food options through point-of-purchase promotions. This website provides tools and information for improving healthy offerings in small stores.

<http://www.rwjf.org/en/about-rwjf/newsroom/newsroom-content/2012/11/changing-food-offerings-in-baltimore-s-small-stores--the-baltimo.html>

California Food Hubs – National Good Food Network

This paper outlines a vision and implementation plan for an improved regional wholesale marketing system that addresses the major barriers and risks that limit small family farmers' ability to bring good food to market and in turn provide consumers and communities with access to good food.

<http://www.ngfn.org/resources/ngfn-database/knowledge/CA%20Net%20of%20Reg%20Food%20Hubs%20VISION%20PAPER%20.pdf/view>

Perspectives of Urban Corner Store Owners and Managers on Community Health Problems and Solutions

Mayer VL, Young CR, Cannuscio CC, Karpyn A, Kounaves S, Strupp E, et al. *Prev Chronic dis* 2016;13;160172. COI: <http://dx.doi.org/10.5888/ped13,160172>.

https://www.cdc.gov/pcd/issues/2016/pdf/16_0172.pdf

Cilantro to Stores Intervention:- San Diego's Regional Network

San Diego's Regional Network worked with four corner stores to offer local produce at a good price and good quality, with Harvest of the Month taste testing and Farmer of the Month promotion—more local farmers are being asked to join to meet the increased demand for fresh, local produce. Non-USDA funds were used to outfit each store with equipment needed to store and display produce appropriately.

<http://www.ourcommunityourkids.org/domains--committees/business/chula-vista-cilantro-to-stores-program.aspx>

Healthy Snacks At The Checkout Counter – BMC Public Health

A lab and field study on the impact of shelf arrangement and assortment structure on consumer choices This study examines the effect of manipulating the assortment structure and shelf layout of an impulse display including both healthy and unhealthy snacks near the checkout counter of a canteen.

<http://www.biomedcentral.com/content/pdf/1471-2458-12-1072.pdf>

Point of Purchase (POP) Smart Snack Zones - Sonoma County

This presentation briefly covers Sonoma county's efforts around piloting a Smart Snack Zone with partnering retailers.

<https://phi.org/uploads/application/files/b50a7kekacxzovl1148wj2vomw83apjntct5hcrkj755jc6oq.pdf>

Journal article (requires JNEB access)

Cassady D, Mohan V. Doing well by doing good? A supermarket shuttle feasibility study. J Nutr Educ Behav. 2004;36(2):67-70. *This study examined whether supermarket-sponsored shuttle could be self-supporting or make a profit in low-income areas. The results showed that a shuttle program could be self-supporting in all 67 zip codes studied. This information could be shared with supermarket executives and other key decision makers.*

<http://www.ncbi.nlm.nih.gov/pubmed/15068754>

In Brief: Communities Promoting Healthier Living – Corner Stores – Sonoma County Healthy Food Outlet Project

Brief profiles the experience of the Sonoma County Healthy Food Outlet Project which utilized the CX³ food outlet quality scorecard and Retail Program merchandising materials.

<https://phi.org/uploads/application/files/b50a7kekacxzovl1148wj2vomw83apjntct5hcrkj755jc6oq.pdf>

GENERAL RESOURCES

CX³ Food Availability and Marketing Survey- Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

Observational assessment tool for quantifying the availability and marketing of healthy food choices within a store.

http://www.cdph.ca.gov/programs/neopb/Pages/CX3_OTG_FAMSurvey.aspx

CX³ Store Environment-Walkability and Safety Survey- Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

This survey is a modified version of the Walkability Checklist from the Pedestrian and Bicycle Information Center. The survey is a tool to evaluate the safety and walkability in relation to stores in the neighborhood.

http://www.cdph.ca.gov/programs/neopb/Pages/CX3_OTG_WalkabilitySurvey.aspx

Healthy Bodegas Initiative: Consumer Survey- New York City Department of Health and Mental Hygiene

The survey assesses purchases of targeted foods (Fruit and Vegetables, beverages, snacks, and dairy), perceptions of neighborhood food access, and where customer shops for majority of healthy food products.

http://cwh.berkeley.edu/sites/default/files/primary_pdfs/CDPH_St16_Tool_Healthy_Bodegas_Initiative_Consumer_Survey_10.13_0.pdf

Access to Healthy Food and Why it Matters: A Review of the Research - PolicyLink

The report reviews more than 170 studies, published between 2010 and 2013, in an attempt to synthesize and present the latest research on healthy food access and identify where gaps may still exist since the publication of the first groundbreaking 2010 report, The Grocery Gap: Who Has Access to Healthy Food and Why It Matters.

http://www.policylink.org/sites/default/files/GROCERYGAP_FINAL_NOV2013.pdf

Cooperation Works! Community Owned Retail Stores - The Cooperative Development Network

A collection of success stories from around the country in creating cooperatively owned retail stores, with an emphasis on development in rural settings.

<http://www.cooperationworks.coop/success-stories/consumer-retail>

Food Access Research Map - USDA

This interactive mapping tool provides food access data for populations within census tracts and includes food desert map. Users can create maps showing food access indicators by census tract and can download census-tract-level data on food access measures.

<http://www.ers.usda.gov/data-products/food-access-research-atlas.aspx>

Healthy Corner Store Network

The network supports efforts to increase the availability and sales of healthy, affordable foods through small-scale stores in underserved communities. This website provides information on existing projects throughout the country and offers the opportunity to connect with those engaging in healthy corner store efforts.

<http://www.healthycornerstores.org/>

Healthy Food Access Portal – Healthy Food Access

This online hub serves as a central repository for information on retail strategies to connect consumers to healthy food, funding opportunities, policy news and analysis, and a variety of other resources.

<http://healthyfoodaccess.org/>

Healthy Urban Food Enterprise Development Center - Wallace Center-at Winrock International

The HUFED Center is funded by the USDA's National Institute of Food and Agriculture and serves to increase access of underserved communities to healthy, affordable, local foods, including locally produced agricultural products. The website provides resources on a variety of topics from corner stores to community gardens as well as merchandising strategies and EBT use.

<http://www.wallacecenter.org/hufed/>

National Good Food Network (NGFN)-Food Hub Resources

This network strives to create an online community dedicated to scaling up good food sourcing and access. The NGFN specializes in providing information around food hubs and supply chain infrastructure. Free monthly webinars are offered.

<http://www.ngfn.org/>

The Food Trust's Sell Healthy! Guide

This guide, written for small store owners, offers simple tools and tips for making healthy changes in their store. The guide covers the basics of produce handling, storage, and display, as well as product placement and marketing.

[http://policylinkcontent.s3.amazonaws.com/Sell%20Healthy%20Guide\(1\).pdf](http://policylinkcontent.s3.amazonaws.com/Sell%20Healthy%20Guide(1).pdf)

NEOPB Retail Program's Fruit & Vegetable Produce Handling Guide

Developed in cooperation with the Fresh Produce and Floral Council, this guide provides comprehensive information on handling, storage, and display of fresh produce items. This resource can be shared directly with retailers looking to improve the quality and/or quantity of their fresh produce offerings.

<http://www.cdph.ca.gov/programs/cpns/Documents/NEOPB-FV-RP-ProduceHandlingGuideFPFC.pdf>

Taking Stock: Creating Healthy Changes at Grocery Stores and Small Markets – ChangeLab Solutions

Created in conjunction with ChangeLab Solutions, this CX³-Retail PSE resource provides suggestions on how Local Health Departments can work with store owners and community partners to increase CX³ Community Food Indicators in the following categories: More Availability, Better Quality, Affordability, Product Placement, Healthy Marketing, Attractive and Safe Store Exteriors, and Walkable Neighborhoods.

http://www.changelabsolutions.org/sites/default/files/Taking%20Stock_CX3_CDPH_FINAL_20140410.pdf

Eight Steps to More Fruits and Vegetables in Your Community - ChangeLab Solutions

Learn the eight steps to follow to get more fruits and vegetables in your neighborhood with this simple California-specific fact sheet. Also available in Spanish.

<http://changelabsolutions.org/publications/eight-steps-fruits-vegetables>

Retail Program Produce Marketing Guide - Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

This guide provides an introduction to handling, storage, and produce marketing in the small- or medium-size store environment. This guide also lists a number of resources that may help motivated retailers learn more about the produce business. This resource can be shared directly with retailers. Also available in Spanish.

<http://cdph.ca.gov/programs/NEOPB/Pages/retailfruitandvegmarketingguide.aspx>

Retail Program Merchandising Materials - Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

This collection of in-store marketing materials is available for free to retailers in qualifying low-income neighborhoods. A wide variety of materials ensures that retailers of all types will be able to find materials that fit the needs of their store.

<https://www.cdph.ca.gov/programs/cpns/Pages/RetailMerchandising.aspx>

Product Placement – Center for Training and Research Translation (Center TRT)

(putting healthy foods at eye-level, putting unhealthy items out of reach)

Baltimore Healthy Stores is a research-tested intervention, which focuses on changing the local food environment by directly influencing the availability of healthier food options in stores and increasing awareness and skills of patrons to select and prepare healthier food options through point-of-purchase promotions. This website provides tools and information for improving healthy offerings in small stores.

[Center TRT research-proven intervention: Baltimore Healthy Stores](#)

Encouraging Healthier Vending Or No Soda Vending Outside of Stores – Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

<https://www.cdph.ca.gov/programs/NEOPB/Documents/CFBK-HealthyVendingMachines.pdf>

Encouraging Produce Bins Outside – Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

https://www.cdph.ca.gov/programs/cpns/Documents/Retail%20FV%20Marketing%20Guide_5_060811_FINAL.pdf

The Healthy Corner Store Initiative

Tulsa, Oklahoma launched a mobile grocery store truck in 2013. The website provides a news clip of the launch.

<http://www.newson6.com/story/22709474/mobile-grocery-store-offers-healthy-food-to-tulsans-without-stores-nearby>

Mobile Grocery Stores

This brief article provides a look at an example of a mobile grocery store project, which served to bring fresh food to food desert areas in Chicago.

http://www.huffingtonpost.com/2011/06/16/fresh-moves-mobile-grocer_n_878414.html

A Resident's Guide to Creating Safe and Walkable Communities – U.S. Department of Transportation Federal Highway Administration

This guide provides examples from communities working to improve pedestrian safety and includes information, ideas, and resources to help residents learn about issues that affect walking conditions.

http://safety.fhwa.dot.gov/ped_bike/ped_cmunity/ped_walkguide/residents_guide2014_final.pdf

WalkScore - Walkscore

This website gives an instant score for walkability and transit scores for a neighborhood.

<http://www.walkscore.com/>

Healthy Retail Playbook – ChangeLab Solutions

This resource and the companion policy poster present innovative strategies in tobacco control, nutrition, and excessive alcohol use prevention in order to create a retail environment where it is easier to make healthy choices than unhealthy ones. Read the examples to picture what a healthy retail environment could look like in your community, and use the strategies and policy options to get started.

http://www.changelabsolutions.org/sites/default/files/Healthy_Retail_PLAYBOOK_FINAL_2016_0622.pdf

The California Office of Farm to Fork – California Department of Food and Agriculture

Cafarmtofork.com highlights California farmers, producers, and farm-to-fork-school connections. By providing resources to individual consumers, school districts, and other organizations, cafarmtofork.com promotes healthy, nutritious food and sustainable food system for everyone in California.

<http://cafarmtofork.com/>

This material was produced by the California Department of Public Health with funding from the U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program-Education, known in California as CalFresh. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

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Restaurants and Neighborhood Vendors

Policy

Research Articles

General

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Policy

Creating Successful Healthy Restaurant Policies: Understanding the Laws Regulating Restaurants – ChangeLab Solutions

This publication gives a brief description of the federal, state, and types of local laws that regulate restaurants. It also provides examples of policies that communities may adopt, and suggests recommendations for drafting policies that comply with the regulatory framework.

http://www.changelabsolutions.org/sites/default/files/HealthyRestaurantReg_FactSht_20141104.pdf

Regulating Food Retail for Obesity Prevention: How Far Can Cities Go? - National Policy & Legal Analysis Network to Prevent Childhood Obesity

This is an article in the Journal of Law, Medicine, and Ethics that seeks to explain the legal authority of cities and counties to enact food-related retail policies.

<http://aslme.org/media/downloadable/files/links/2/0/20.Diller.pdf>

The City Planner’s Guide To The Obesity Epidemic: Zoning and Fast Food – Public Health Law Program

Brief guide that examines how zoning laws can encourage the availability of nutritious food and limit the proliferation of food that can be harmful. Asks and attempts to answer the following key questions: What is the supporting scientific evidence for zoning laws that address fast food outlets?; Have such zoning laws been enacted by municipalities and what are the bases of such laws?; Have the courts upheld zoning laws that address fast food outlets?

<http://www.publichealthlaw.net/Zoning%20City%20Planners%20Guide.pdf>

Creating a Healthy Food Zone Around Schools: Fact Sheet – ChangeLab Solutions

This fact sheet answers common questions about National Policy and Legal Analysis Network’s (NPLAN) [Model Healthy Food Zone Ordinance](#), which was developed to help communities limit children’s access to the kinds of foods most likely to contribute to childhood obesity.

http://www.changelabsolutions.org/sites/default/files/HealthyFoodZone_FINAL_20130815.pdf

Healthy Food Zone Model Ordinance – ChangeLab Solutions

Discussion around obesity, fast food and zoning ordinances and a model zoning ordinance that creates a healthy food zone around schools by regulating the location of fast food restaurants.

Associated with fact sheet above.

<http://changelabsolutions.org/publications/model-ord-healthy-food-zone>

Zoning to Encourage Healthy Eating - CDC

Links to model law and policy related to zoning and obesity. Links to local zoning ordinances as examples.

http://www.cdc.gov/phlp/winnable/zoning_obesity.html

Creating Healthier Toy Giveaway Meals – ChangeLab Solutions

Links to healthier toy giveaway fact sheet, a model ordinance for healthier toy giveaway meals, and McDonald's new Happy Meal nutrition standards toy giveaway.

<http://changelabsolutions.org/publications/healthier-toy-giveaway-meals>

San Francisco Toy Ban and Follow-Up – San Francisco Chronicle

Newspaper articles describing legislation that bars chain restaurants from giving out free toys in Happy Meals and other menu items intended for children that don't meet strict nutritional standards. In addition to lower fat, salt and sugar content, the law also requires servings of both fruits and vegetables.

<http://www.sfgate.com/health/article/SF-Fast-food-toy-ban-gets-supervisors-first-OK-3167850.php>

<http://blog.sfgate.com/cityinsider/2010/11/23/happy-meals-toy-ban-survives-mayoral-veto/>

<http://blog.sfgate.com/cityinsider/2011/11/30/burger-king-have-it-your-way-for-an-extra-dime/>

Santa Clara Toy Ban and Follow-Up – San Mercury News

Newspaper articles: Santa Clara County supervisors on approved the nation's first ordinance that would prevent restaurants from using toys in kids meals with high fat, sugar and calories.

http://www.mercurynews.com/ci_14968786

http://www.mercurynews.com/bay-area-news/ci_19496816

The Use of Zoning to Restrict Fast Food Outlets: A Potential Strategy to Combat Obesity – Public Health Law Program

These issues from the brief guide above are addressed in more detail; authors encourage planners and others to use the content of this monograph to supplement the Guide. This monograph also discusses zoning and its traditional focus on protecting the public's health. Suggests that zoning law has the potential to be an effective tool for addressing obesity as a public health problem.

<http://www.publichealthlaw.net/Zoning%20Fast%20Food%20Outlets.pdf>

Research Articles**Nutrition Environment Measures in Restaurants (NEMS-R) Measurement Forms**

This resource is a food-oriented assessment tool for general restaurant assessment - survey instrument, protocol, explanation of the items in the survey; cited article describes development. http://www.med.upenn.edu/nems/docs/NEMS_R_Detailed.pdf

(See also Healthy Children's Menu section below)

Saelens, B.E., Glanz, K., Sallis J.F., Frank L.D. (2007) [Nutrition Environment Measures Study in Restaurants \(NEMS-R\): Development and evaluation](#). *American Journal of Preventive Medicine*, 32(4): 273-281.* http://www.med.upenn.edu/nems/docs/NEMS-R_AJPM.pdf

Pricing Effects on Food Choices - School of Public Health University of Minnesota

Journal of Nutrition articles describing two studies that demonstrate that price reductions are an effective strategy to increase the purchase of more healthful foods in community-based settings such as work sites and schools.

<http://jn.nutrition.org/content/133/3/841S.full>

The Impact of Food Prices on Consumption: A Systematic Review of Research on the Price Elasticity of Demand for Food – Rudd Center for Food Policy and Obesity Yale University

A review of 160 studies to estimate the effects of price changes on consumer demand for major commodity foods included in the Dietary Guidelines for Americans food categories. The goal was to provide a comprehensive summary of research on food demand and consumption behavior in the United States over the past 7 decades, with particular attention to differences in price effects across income levels.

http://www.yaleruddcenter.org/resources/upload/docs/what/economics/FoodPricesElasticity_AJPH_2_10.pdf

Krukowski, R.A., Eddings, K., Smith West, D. (2011) **The Children’s Menu Assessment: Development, Evaluation, and Relevance of a Tool for Evaluating Children’s Menus.** *Journal of the American Dietetic Association*, 111: 884-888. [J Am Diet Assoc.](http://www.jandiet.org) 2011 Jun;111(6):884-8. doi: 10.1016/j.jada.2011.03.018. (Instrument is in the article)
Journal article that contains menu assessment instrument.

General

California Farm to School Network

Online home of California Farm to School. Use this site to learn more about farm to school, find schools and farmers in your area to connect with, and make farm to school a reality in your area.

<http://www.cafarmtoschool.org/>

Farmer Market Place – CA Department of Food and Agriculture (CDFA)

The California Marketplace is a free statewide website featuring California produce and other products so farmers have the opportunity connect directly with school food service to increase the amount of locally grown produce on the lunch tray. Primarily established to reduce communication barriers between buyers and sellers. This is a project of the Office of Farm to Fork.

<http://cafarmmarketplace.com/>

Harvest of the Month –Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

Link to website containing description and resources for Harvest of the Month, NEOPB.

<http://www.harvestofthemonth.cdph.ca.gov/>

Implementation Plan: Farm to Fork - Health in All Policies Task Force

Implementation Plan for Recommendation I.E1., Encourage and expand the availability of affordable and locally grown produce through “farm-to-fork” policies and programs. Includes goals, objectives and work plan. January, 2012.

http://sgc.ca.gov/pdf/Farm_to_Fork_Final_Implementation_Plan_HiAP.pdf

CX³ Fast Food Marketing Survey and Scorecard - NEOPB

This assessment tool is a field survey that evaluates the exterior, interior, and child-oriented marketing practices within a given fast food venue; it is part of the CX³ environmental tool suite; website includes instructions, survey protocol (Eng/Sp), survey instrument (Eng/Sp), and a PowerPoint training presentation.

http://www.cdph.ca.gov/programs/cpns/Pages/CX3_T2_FF_MktEnvironSurvey.aspx

Healthy Restaurant Bloomington 32-Item Criteria – Acting Living Coalition

This webpage is a program description and list of the 32 criteria (each worth 1 point); categories include promotes activity, healthy food/portions, community support, family friendly, and employer/employee wellness.

<http://www.activelivingcoalition.org/healthy-restaurant-bloomington>

Make the Healthy Choice the Easy Choice – Active Living Coalition

Describes the two phases of the campaign: Healthy Restaurant Bloomington: restaurants were individually assessed on their environmental and community efforts to support health and wellness; and Smart Meal: assessment of nutritional content and designation of menu items as smart meals.

<http://www.activelivingcoalition.org/healthy-restaurant-bloomington>

Restaurant Participation In A Healthy Dining Program – LiveWell and Kids LiveWell

Website that identifies menu choices at a variety of restaurants within a selected geographic area that meet established nutrition standards for two or more of the following: fruits and/or vegetables, whole grains, lean protein, and lower fat dairy.

<https://www.healthydiningfinder.com/>

Kids Meals II: Obesity and Poor Nutrition on the Menu - Center for Science in the Public Interest Center for Science in the Public Interest

Summary of CSPI report with link to full report.

<https://cspinet.org/resource/kids%E2%80%99-meals-ii-obesity-and-poor-nutrition-menu>

Smart Meal™ Seal – Center TRT

The Smart Meal™ Seal program is a practice-tested intervention designed to encourage the availability of healthier menu options in restaurants, and the selection of healthier options by restaurant customers with a goal of improving the eating habits of individuals who frequently dine out. The Smart Meal™ Seal program uses point-of-purchase labeling combined with outreach and education to market/promote healthier food options. This link is to the Center-TRT assessment of the program.

<http://centertrt.org/?p=intervention&id=1100>

National Restaurant Association Kids - LiveWell Program

Website for The National Restaurant Association's Kids LiveWell program, a collaboration with Healthy Dining to help parents and children select healthful menu options when dining out. Restaurants that participate in the voluntary program commit to offering healthful meal items for children, with a particular focus on increasing consumption of fruit and vegetables, lean protein, whole grains and low-fat dairy, and limiting unhealthy fats, sugars and sodium.

<http://www.restaurant.org/Industry-Impact/Food-Healthy-Living/Kids-LiveWell-Program>

A Review of Food Marketing to Children and Adolescents – Federal Trade Commission

Follow-up report to the Federal Trade Commission's 2008 report: "Marketing Food to Children and Adolescents: A Review of Industry Expenditures, Activities, and Self- Regulation." Includes a nutritional analysis of foods marketed to youth, examines whether and to what extent the nutritional quality of foods marketed to children and teens has improved with the advent of self-regulatory initiatives and examines the progress industry has made in marketing food responsibly to children and shifting the emphasis of that marketing to more nutritious choices.

<https://www.ftc.gov/sites/default/files/documents/reports/review-food-marketing-children-and-adolescents-follow-report/121221foodmarketingreport.pdf>

Minimum Stocking Levels and Marketing Strategies of Healthful Foods for Small Retail Food Stores

The recommendations included in this report were developed by a national panel of experts in food retail, nutrition and obesity prevention convened by Healthy Eating Research, a program of the Robert Wood Johnson Foundation.

<http://healthyeatingresearch.org/research/minimum-stocking-levels/>

This material was produced by the California Department of Public Health with funding from the U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program-Education, known in California as CalFresh. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

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7

Structured Physical Activity

Policy

General

Elements in this resource guide may not be wholly SNAP-Ed eligible. Please consult the most recent SNAP-Ed guidance posted on both the NEOPB and USDA websites for the updated language on allowable activities using SNAP-Ed funds. Local health departments may work with other funding streams and organizations as needed to achieve community change goals and their policy, systems and environmental (PSE) change objectives.

POLICY

Chronic Disease Policy Tracking System - CDC

The CDC has developed a Chronic Disease Policy Tracking System that contains legislation and regulations that may promote nutrition, physical activity, and obesity prevention. There are over 5,000 state-level policies included in the database from 2001-2013. The content is updated periodically and can be used for the purpose of public health information, research and surveillance.

<http://nccd.cdc.gov/cdphpolicysearch/default.aspx>

School PA Policy Assessment (S-PAPA) - Monica Lounsbery, PhD (UNLV) et al (2012)

Assesses physical activity policy related to physical education, recess, and other PA opportunities at elementary schools. The assessment has 7 background items and 3 modules: (a) Physical Education (40 items); (b) Recess (27 items); and (c) Other Before, During, and After School Programs (15 items). Takes 23min to administer.

http://www.midss.ie/sites/www.midss.ie/files/s-papa_instrument_0.pdf

Built Environment Assessment Tool—CDC

The Built Environment Assessment Tool is a direct systematic observation data collection instrument for measuring the core features and quality of the built environment related to behaviors that affect health, especially behaviors such as walking, biking, and other types of physical activity.

<http://www.cdc.gov/nccdphp/dch/built-environment-assessment/>

GENERAL

Alliance for Biking and Walking

Find resources on promoting bike commuting, bicycle and pedestrian safety, sharing the road, and walking and biking to school are common education themes as well as sample Power Point presentations, videos, and resources on hosting classes and workshops. Find resources for planning successful events including Bike to Work Day, fundraising galas, and fundraising bike rides.

<http://www.peoplepoweredmovement.org/site/>

Bicycle Friendly Community Program - The League of American Bicyclists

Explore [this interactive map](#) to see current BFCs by state and to find out what these communities are doing to promote cycling.

<http://www.bikeleague.org/bfa/awards>

Bikeability Checklist – US Department of Transportation

A checklist to determine the bikeability of your community. This tool is used to rate your bicycle route and identify any problem areas.

www.nhtsa.gov/people/injury/pedbimot/bike/bikeability/

Body & Soul – Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

The NEOPB African American Campaign sponsors the Body & Soul wellness program to enhance the health ministry of African American churches throughout California. The mission of Body & Soul is simple – to encourage church members to take charge of their health through making healthier choices, eating better and increasing physical activity every day.

www.cdph.ca.gov/programs/NEOPB/pages/faithinitiatives.aspx

The California After-school Program Quality Self-Assessment Tool (QSAT) – California After-school Network

The tool focuses on big picture program design elements, as well as important considerations at the point of service. Programs can use the tool to self-assess their program and make plans for program improvement. One section relates specifically to nutrition and physical activity.

<http://www.afterschoolnetwork.org/post/california-after-school-program-quality-self-assessment-tool>

Center for City Park Excellence: the Trust for Public Land- City Parks Blog

This web site shares many examples of how public health departments are partnering with parks and recreation departments to offer free/low-cost exercise programs/classes.

<http://cityparksblog.org/category/health/>

Center for Training Research and Translation (Center TRT) - University of North Carolina at Chapel Hill

This resource has many evidence programs and interventions for increasing physical activity in communities, such as:

- **Faithful Families Eating Smart and Moving More (FFESMM):** *FFESMM is a faith community-based program that addresses multiple levels of the socio-ecological (S-E) model. The program focuses on both the individual/interpersonal level (group nutrition/physical activity education series) and the organizational level (policy, practice and environmental changes within faith communities).*
- **Kids in the Park:** *By turning existing, outdoor trails into kid-friendly hiking trails, the Kids in Parks (KIP) program increases access to and the number of places for physical activity. KIP influences multiple levels of the socio-ecologic model by directly changing the community environment and by providing incentives and organizational supports to promote physical activity through hiking, disc golf and other outdoor activities. Kids in Parks is a practice-tested intervention.*

<http://centertrt.org/>

Community Park Audit Tool (CPAT) – Active Living Research

A tool that would enable diverse community stakeholders to audit local parks for their potential to promote physical activity, with an emphasis on the tool being user-friendly and focusing on youth physical activity.

<http://www.activelivingresearch.org/node/12700>

Eat Smart, Live Strong – USDA

Designed to improve fruit and vegetable consumption and physical activity among able-bodied, 60-74 year olds participating in or eligible for Food and Nutrition Service (FNS) nutrition assistance programs. Nutrition education providers can use Eat Smart, Live Strong to help able-bodied, community dwelling, low-income older adults adapt behaviors that help to delay and prevent the effects of diet-related disease.

<http://snap.nal.usda.gov/resource-library/nutrition-education-materials-fns/eat-smart-live-strong>

ENACT Tool – Prevention Institute

ENACT is a hands-on assessment and planning tool for organizations, coalitions, and communities interested in improving their food and physical activity environments. ENACT contains a menu of concrete strategies that promote healthy eating and active living within each of its seven environments. These strategies can be used to assess community environments and to identify priority strategies. The tool can also be used to evaluate past and current efforts and offer new priorities for the future.

<http://eatbettermovemore.org/sa/enact/members/strategiesshow.php?e=4&se=1&48d5dd29717fa4e646d2076c854a3f03>

Exercise is Medicine.

Has resources and step by step plan for a simple, fast and effective tool for using exercise as a 'medicine' to help prevent or manage many of the most common chronic health conditions Public Action Guide including resources for Physical Activities with a Disability.

http://www.exerciseismedicine.org/support_page.php?p=36

Faithful Families Eating Smart and Moving More – Eat Smart Move More North Carolina

The Faithful Families Eating Smart and Moving More Program (Faithful Families) promotes healthy eating and physical activity in communities of faith. Resources for the program include a 9-session Faithful Families curriculum and the Eating Smart and Moving More Planning Guide for Faith Communities.

<http://www.faithfulfamiliesesmm.org/>

Fruit, Vegetable, and Physical Activity Toolbox for Community Educators – Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

The Toolbox Kit and companion web site were created so that community educators can easily teach low-income adults about eating the recommended amount of fruits and vegetables and enjoying physical activity every day. The Toolbox Web site contains lessons with supporting handouts, resources, and evaluation tools.

www.cdph.ca.gov/program/NEOPB/pages/toolbox.aspx

Guide to Strategies for Increasing Physical Activity in the Community – CDC

The Guidelines report indicates that health benefits of physical activity include prevention of disease and reductions in risk factors associated with these many diseases and conditions. Physical activity also serves as one of the elements in recommended treatments for obesity and other chronic conditions. Based on the existing evidence, the Guidelines provide recommendations for physical activity for children and adults.

<http://adph.org/NUTRITION/assets/StratsforIncPAintheCommunity.pdf>

Healthier Worksite Initiative: Needs Assessment – Centers for Disease Control and Prevention (CDC)

Needs Assessment Tools, including Employee Input, Cost Calculators, and Environmental Audits.

<http://www.cdc.gov/nccdphp/dnpao/hwi/programdesign/needsassessment.htm>

Healthy Parks, Healthy People (HPHP) – East Bay Regional Park District

Healthy Parks Healthy People is a worldwide campaign to encourage healthy active fun in the outdoors while appreciating and taking care of our parks and open space areas. The East Bay Regional Park District is a leader in the HPHP United States initiative, working to reintegrate human, environmental and ecological health into the mission of public parks. As the largest regional park district in the nation, the District has worked closely with the U.S. National Parks Service, national and regional park industry member agencies and other global organizers to promote the use of parks by low income children and families.

<http://www.ebparks.org/Page548.aspx>

Leadership for Healthy Communities Advancing Policies to Support Healthy Eating and Active Living: Action Strategies Toolkit – Robert Wood Johnson Foundation

This toolkit represents the most current research on childhood obesity and the most relevant policy approaches for local and state leaders working to create healthy communities. It includes research, steps for getting started and resources for; active transportation, land use for active living, open spaces, parks and recreation, quality physical activity in and near schools and strategies for keeping communities safe and free from crime to encourage outdoor activity.

<http://www.leadershipforhealthycommunities.org/resource/action-strategies-toolkit/>

Moving Ahead – CDC

Strategies and tools to plan, conduct and maintain effective community based PA programs for older adults (a brief guide).

http://www.cdc.gov/aging/pdf/community-based_physical_activity_programs_for_older_adults.pdf

Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) – University of North Carolina Center for Health Promotion and Disease Prevention

Self-assessment, goal setting, and action planning tools combined with workshops and technical assistance tools. Designed to be used together to enhance policies, practices, and environments in child care. Self-assessment and goal setting tools can be used in combination with other interventions designed to improve child care policies and practices in nutrition and physical activity.

<https://gonapsacc.org/resources/nap-sacc-materials/program-materials>

100 Citizens Program - Fitness Program for Low-income Communities - CSU Northridge

California State University, Northridge kinesiology professor Steven Loy and dozens of his students joined forces with community leaders across Los Angeles County to launch free, park-based wellness programs that encourage residents to make healthy life choices. Dr. Steven Loy. The effort, dubbed “100 Citizens,” grew out of a project Loy and a volunteer team of Cal State Northridge graduate and undergraduate kinesiology students started earlier this year at Recreation Park in San Fernando and is being replicated in other low income communities.

<http://www.100citizens.org/our-purpose>

Physical Activity Policy Research Network - CDC

The PAPRN was established to study the effectiveness of health policies related to increasing PA in communities.

<http://paprn.wustl.edu/Pages/Homepage.aspx>

Physical Activity Resource Assessment (PARA) Form – Active Living Research

A brief, one-page instrument to systematically document and describe the type, features, amenities, quality and incivilities of a variety of physical activity resources. a brief, one-page, check-box instrument used to assess the type, features, amenities, quality and incivilities of a variety of physical activity resources (e.g., parks, churches, schools, sports facilities, fitness centers, community centers, and trails). Assessments typically take fewer than 10 minutes.

<http://activelivingresearch.org/node/10638>

Physical Education Curriculum Analysis Tool (PECAT) - CDC

The Physical Education Curriculum Analysis Tool (PECAT) is a self-assessment and planning guide developed by CDC. It is designed to help school districts and schools conduct clear, complete, and consistent analyses of physical education curricula, based upon national physical education standards. The PECAT is designed to be used by a committee or team of individuals.

<http://www.cdc.gov/healthyouth/pecat/>

A Practitioner’s Guide for Advancing Health Equity: Community Strategies for Preventing Chronic Disease – CDC

This resource offers lessons learned from practitioners on the front lines of local, state, and tribal organizations that are working to promote health and prevent chronic disease health disparities. It provides a collection of health equity considerations for several policy, systems, and environmental

improvement strategies focused on tobacco-free living, healthy food and beverages, and active living.
<http://www.cdc.gov/nccdphp/dch/pdf/HealthEquityGuide.pdf>

Rails to Trails Conservancy

Numerous resources including: Active transport, Trail Building Toolkit.
<http://www.railstotrails.org/index.html>

Recreation Facility Evaluation Tool – University of South Carolina Prevention Research Center (PRC)

This instrument can be used to identify and evaluate Parks, Playgrounds, Sports Fields, Aquatic Facilities/Pools, and Recreation Centers. Each park and recreation center can be rated with respect to safety, condition, and maintenance of the facility.
<http://prevention.sph.sc.edu/tools/recfacilitytool.htm>

Rural Active Living Perceived Environment Support Scale (RALPESS) – Active Living Research

The RALPESS is a valid, internally consistent, and practically useful instrument to measure perceptions of rural environments in the context of physical activity across the lifespan. The survey consists of 33 items with 7 factors: 1) church facilities, 2) town center connectivity, 3) indoor areas, 4) around the home/neighborhood, 5) town center physical activity resources, 6) school grounds, and 7) outdoor areas.
<http://www.activelivingresearch.org/node/12699>

Social Support for Physical Activity: Establishing a Community-Based Walking Group Program to Increase Physical Activity Among Youth and Adults – Partnership for Prevention & CDC

This Action Guide focuses on assisting local public health practitioners in increasing physical activity among young people and adults through establishing a community-based walking group program to increase social support of individuals wanting to improve their health and activity habits. On the basis of an assessment of their resources and community’s needs, public health practitioners committed to increasing physical activity among members of their community may find this approach to be appropriate and viable.
<https://www.prevent.org/downloadStart.aspx?id=36>

SWAT Tool for Observing Worksite Environments (TOWE) - CDC

The Swift Worksite Assessment and Translation (SWAT) evaluation method allows for rapid assessment of worksite health promotion programs that help employees to attain or maintain a healthy body weight. The method generates data sufficient to identify promising and innovative worksite health promotion strategies that may be useful to advance public health goals related to reducing adult obesity.
http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/swat/SWAT_observing_worksite_environment.pdf

THRIVE: Community Tool for Health and Resilience in Vulnerable Environments – Prevention Institute

The Prevention Institute’s THRIVE tool helps communities understand and prioritize the factors that influence the health outcomes of their vulnerable populations. It is organized by community level factors and key health problems such as poor nutrition and physical activity.

<http://thrive.preventioninstitute.org/thrive/index.php>

<http://thrive.preventioninstitute.org/thrive/tools.html>

The 2008 Physical Activity Guidelines for Americans – USDA

Provides science-based guidelines to help Americans aged 6 and older improve their health through appropriate physical activity. Developed with health professionals and policymakers in mind, the guidelines help you, learn about the health benefits of PA, understand how to do PA in a manner that meets the Guidelines, understand how to reduce the risks of activity-related injury, assist others in participating regularly in PA.

<http://www.health.gov/paguidelines/guidelines/default.aspx>

The U.S. National Physical Activity Plan - National Physical Activity Plan

The National Physical Activity Plan is a comprehensive set of policies, programs, and initiatives that aim to increase physical activity in all segments of the American population. The Plan is the product of a private-public sector collaborative.

<http://www.physicalactivityplan.org/>

Walk With Ease – Arthritis Foundation

The evidence-based program provides information, support and tools to help you develop a walking exercise program for older adults.

<http://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/>

Walk with a Doc

A free, non-profit program for anyone interested in taking steps for their health.

<http://www.walkwithadoc.org/>

Walkability Checklist – Partnership for Walkable America

A checklist to determine the walkability of your community. This tool is used to rate your walk and identify any problem areas.

<http://www.walkableamerica.org/checklist-walkability.pdf>

Walking Route Audit Tool for Seniors (WRATS) – Active Living Research

An audit tool to be used by researchers as well as laypeople to identify the best walking routes for older adults. The main domains covered are functionality, safety, aesthetics, and destinations. The tool includes 59 items and most are measured using a 3-point scale.

<http://www.activelivingresearch.org/node/11950>

The California Fit Business Kit – Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

The California Fit Business Kit is a suite of ten tools designed to increase access to fruits and vegetables and physical activity during the workday. These tools can be used individually or as part of a comprehensive worksite wellness program. Most importantly, the tools can assist employers and employees who are interested in combating declining employee health and ever-increasing health care costs.

<http://takeactionca.cdph.ca.gov/pages/california-fit-business-kit-tools.aspx>

DOH Exercise and Health Activity Policy – Utah Department of Health

Exercise and health activity time policy for its employees that can be adapted for other worksites.

<http://www.choosehealth.utah.gov/documents/pdfs/policies/exerciserelease.pdf>

Eat Smart Move More Worksite Initiative – North Carolina

This program has developed a guide to creating walking maps to encourage walking on worksite campuses.

<http://www.eatsmartmovemorenc.com/WalkingMapGuide/WalkingMapGuide.html>

Healthy Worksites Toolkit – Oregon Public Health Division

Healthy Worksites toolkit that includes guidance on establishing policies to support physical activity at work as well as a sample flextime policy template.

<https://public.health.oregon.gov/PreventionWellness/HealthyCommunities/HealthyWorksites/Pages/index.aspx>

California Preschools SHINE – The California Department of Education (CDE)

The California Department of Education developed the California Preschools Shaping Healthy Impressions through Nutrition and Exercise (SHINE). This program demonstrates how to integrate nutrition education, edible gardens, and physical activity into child care center classrooms and day care homes.

<http://www.californiahealthykids.org/earlychildhood>

CHOICE: Creating Healthy Opportunities in Child Care Environments (English and Spanish manual with forms – Contra Costa Child Care Council

A manual to help an organization through the process of developing and implementing comprehensive written nutrition and physical activity policies for its child care center. It addresses the

steps of assessment, best practices, and the writing policy.

<http://www.cocokids.org/child-health-nutrition/wp-content/uploads/sites/3/2013/08/CHOICE-Creating-Healthy-Opportunities-in-Child-Care-Environments-Manual.pdf>

CHOICE Assessment Instrument

<http://www.proprofs.com/quiz-school/story.php?title=njuwmjm0sc3j>

Contra Costa Child Care Council's Best Practices

Through partial funding from two grants (NEOPB and the Vitamin Cases Consumer Settlement Fund), the Contra Costa Child Care Council, Child Health and Nutrition Program, has developed the Self-Assessment Questionnaire (SAQ) and the Best Practices Manual to help with the process of developing and implementing comprehensive written nutrition and physical activity policies for child care centers or child care homes. Contains best practices and a resource guide for feeding practices, food served, active play, and staff and parent training.

<http://www.healthybeveragesinchildcare.org/bestpractices/BestPracticesHandbook.pdf>

Healthy & Active Preschoolers – CDE's Nutrition Learning Center for Child Care Programs

A nutrition and physical activity learning center for child care professionals. It offers a variety of online courses and resources to improve the nutrition and physical activity environment in child care programs.

<http://www.healthypreschoolers.com/>

Eat Well Play Hard in Child Care Settings – Center TRT

Multi-component intervention that focuses on improving the nutrition and physical activity behaviors of pre-school age children and their parents/caregivers and influencing food and activity practices in child care settings.

<http://centertrt.org/?p=intervention&id=1105>

Hip Hop to Health Jr. - Melinda Stolley, PhD., Medical College of Wisconsin

Evidence-based healthy eating and exercise curriculum developed for children ages 3-5 years.

<http://www.hiphoptohealth.com/>

I am Moving, I am Learning: A Proactive Approach for Addressing Child Obesity in Head Start – National Office of Head Start

Program designed to increase daily moderate-to-vigorous physical activity (MVPA), improve the quality of movement activities, and promote healthy food choices among preschool children.

<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/healthy-active-living/imil>

Let's Move! Child Care Initiative – Nemours Foundation & First Lady Michelle Obama's Let's Move! Initiative

Initiative designed to assist child care providers in implementing the five key physical activity and nutrition goals.

<http://healthykidshealthyfuture.org/welcome.html>

Nutrition and PA in Child Care – Extension.org

Extension is an Internet-based collaborative environment where Land Grant University content providers exchange objective, research-based knowledge to solve real challenges in real time. The nutrition and physical activity in child care page contains links to articles that include specific information about feeding practices, healthy food choices and ways to encourage physical activity in a child care setting.

<http://www.extension.org/pages/25848/nutrition-and-physical-activity-in-child-care>

PE Central

Free Pre-K lessons that contain information that should be helpful to those who are responsible for providing movement programs for young children.

<http://www.pecentral.org/preschool/preschoolindex.html>

ACTIVE8 – CANFIT

CANFIT's ACTIVE8 (activate) is an 8-step guide that engages youth through creating opportunities for physical activity that are enjoyable, meets their needs and involves and encourages participation of all, including peers, staff, administrators, parents and community members. It is designed to help youth providers 1) incorporate "simple, yet appropriate" physical activities and 2) create a positive physical activity culture through improving policies in your after school, community and/or neighborhood.

http://canfit.org/our_work/programs/ACTIVE8/

Active Academics®

Active Academics® is a resource for classroom teachers to provide practical physical activity ideas that can be integrated into regular classroom content areas. Get students "up and moving" while still engaged in the academic learning process. The standards-based activity ideas utilize the Common Core Standards as well as national standards. For PreK-5th Grade.

<http://www.activeacademics.org/>

After-School Energizers: Classroom Based Physical Activities - East Carolina University, Activity Promotion Laboratory

This is the third edition of classroom energizers. It follows in the footsteps of the first two successful renditions; Energizers, designed for grades K-5, and the Middle School Energizers, designed for a middle school audience.

<http://www.ecu.edu/cs-hhp/exss/upload/After-School-Energizers.pdf>

BOKS Before-School Physical Activity Program – Build Our Kids’ Success

The program combines play, physical activity, team games and short talks on nutrition to create healthier habits for children to achieve life-long fitness.

<http://www.bokskids.org/>

Children’s Power Play! Initiative – Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

The Children’s Power Play! Initiative teaches children about healthy food and activity choices. Power Play! supplies schools and community youth groups with free resource kits focused on fruits, vegetables and exercise. The kits feature both physical activities and classroom-style lessons that align with the state’s Health Education Content Standards.

<http://www.cdph.ca.gov/programs/NEOPB/pages/powerplayresources.aspx>

Coordinated Approach to Child Health (CATCH)

CATCH is an evidence-based, coordinated school health program designed to promote physical activity, healthy food choices and the prevention of tobacco use in children. For preschool through 8th and after-school.

<http://catchinfo.org>

Eat Well & Keep Moving – Harvard School of Public Health

Complete curriculum that helps academic, physical education, and health education teachers guide upper elementary school students to make healthier choices while building skills.

<http://www.eatwellandkeepmoving.org>

Educating the Student Body: Taking Physical Activity and Physical Education to School – Institute of Medicine – Institute of Medicine

Recommendations for strengthening and improving programs and policies for physical activity and physical education in the school environment – including before, during and after school. May 23, 2013

- Report -: http://www.iom.edu/~media/Files/Report%20Files/2013/Educating-the-Student-Body/EducatingTheStudentBody_rb.pdf
- Full report: <http://www.iom.edu/Reports/2013/Educating-the-Student-Body-Taking-Physical-Activity-and-Physical-Education-to-School.aspx>

Just a Minute (JAM) School Program

The JAM School Program brings physical activity and health education into the classroom. JAM is designed to teach kids (and adults) healthier lifestyle habits. JAM is a free wellness resource for schools. JAM resources offer a weekly one-minute exercise routine called JAMmin’ Minute®, an athlete-featured more extensive routine called JAM Blast®, and a monthly health newsletter called Health-E-tips.

<http://www.healthetips.com/jam-program.php>

Let's Move! Active Schools - SHAPE America and the Alliance for a Healthier Generation

Let's Move! Active Schools is a comprehensive program that empowers P.E. teachers, classroom teachers, principals, administrators, and parents to create active environments that enable all students to get moving and reach their full potential. After signing up, these school champions are guided through a simple, Six Step Process that helps them build a team, make a plan, and access free in-person trainings, program materials and activation grants, and direct, personal assistance from certified professionals.

<http://letsmoveschools.org/>

Mighty Milers Running Program – New York Road Runners

Mighty Milers is a running program for kids of all fitness levels from pre-kindergarten through eighth grade. It's designed to get kids moving and prevent obesity and illness. Participation in Mighty Milers helps kids build their self-esteem, and learn to make and reach personal goals.

<http://www.nyrr.org/youth-and-schools/mighty-milers>

North Carolina Energizers

Classroom based physical activities for teachers to integrate with academic concepts.

<http://www.eatsmartmovemorenc.com/>

Take 10! - ILSI Research Foundation

Because schools often do not allot time for regular health, nutrition, and physical education classes, TAKE 10!® integrates this content with grade-specific academic lessons. This program is one of the few of its kind that is built on and supported by this evidence.

<http://www.take10.net/>

Youth Physical Activity Guidelines Toolkit - CDC

To promote the guidelines and support youth physical activity, CDC and several partner organizations developed the Youth Physical Activity Guidelines Toolkit, which highlights strategies that schools, families, and communities can use to support youth physical activity.

<http://www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm>

Painting Playgrounds for Movement – CSU Chico Research Foundation

A low cost, evidenced based method to increase structured physical activity among children of all ages.

http://childhoodobesity2015.com/docs/uploads/WS2.2.Buran,M_Painting%20Preschool%20Playgrounds%20for%20Movement-%20COC.pdf

Sports Play Active Recreation for Kids (SPARK)

Intervention that uses physical education specialists to implement instructional strategies to increase the amount of time students spends in moderate-to-vigorous physical activity in physical education.

<http://www.sparkpe.org/>

Physical Activity Strategy for the WHO European Region 2016-2025

The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of noncommunicable diseases associated with insufficient activity levels and sedentary behavior.

http://www.euro.who.int/data/assets/pdf_file/0014/311360/Physical-activity-strategy-2016-2025.pdf

This material was produced by the California Department of Public Health with funding from the U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program-Education, known in California as CalFresh. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

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8

School and Community Gardens

Policy

Resources

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Policy

California Governor's Office of Planning and Research

Information on zoning laws and community gardens

http://www.opr.ca.gov/s_search.php?q=community+gardens&cx=001779225245372747843%3Avgebwkbjwi4&cof=FORID%3A10&ie=UTF-8

Cultivating Community Gardens - Local Government Commission

Barriers, such as liability expenses, code restrictions and a lack of resources, which often make it difficult for communities to establish or maintain gardens in their neighborhoods, can be overcome with local government engagement. This fact sheet offers case studies, best management practices, resources and tools for policy-makers regarding creative, cost-effective solutions that reduce barriers and facilitate the creation of community garden programs.

<http://www.lgc.org/community-gardens>

Dig, Eat & Be Healthy: A Guide to Growing Food on Public Property - ChangeLab Solutions

This guide provides users with the tools they need to access public land for growing food, including sample tools such as agreements between a city and community gardens, a lease agreement between a city and corporation, a license agreement between a city and community organization, and other community garden agreements.

<http://changelabsolutions.org/publications/dig-eat-be-healthy>

Land Use Policies to Support Urban Agriculture - ChangeLab Solutions

This toolkit provides a framework and model language for land use policies that local policymakers can tailor to promote and sustain urban agriculture in their communities.

<http://changelabsolutions.org/publications/seeding-city>

A Legal Toolkit for Community Gardens - ChangeLab Solutions

This toolkit is designed to help overcome the legal and practical barriers to establishing community gardens on land that is not municipally owned. It provides several model agreements and other documents that can easily be tailored, simplifying the process of building an agreement that benefits both landowners and the community.

<http://changelabsolutions.org/publications/ground-rules>

Research Articles

A Systematic Review of the Health and Well-being Impacts of School Gardening: Synthesis of Quantitative and Qualitative Evidence.

<https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-016-2941-0>

General

Community Garden Evaluation Tools - American Community Garden Association

Having members of your community garden participate in evaluations will help you better understand the good work going on in your community garden, and it will help you improve areas where members see room for growth.

<https://communitygarden.org/resources/sample-evaluation-tools/>

Community Gardening Toolkit – UC Cooperative Extension Missouri

The packet is intended to be a tool for organizing your garden, introducing new gardeners to the policies, procedures and people that keep the garden running smoothly, and keeping returning gardeners updated and involved. It is also intended to help gardeners find a clear and easy way to play an active role in the garden's management and upkeep. Although these written materials will not take the place of face-to-face communication with gardeners, they can provide a framework for improving communication and increasing involvement at your garden.

<http://extension.missouri.edu/p/MP906>

How To Make Healthy Changes In Your Neighborhood - ChangeLab Solutions

Every city and county in California has a local government agency called a planning department or a community development department. These agencies are in charge of making decisions about where grocery stores, community gardens, and farmers' markets are located. This 2-pager identifies eight steps to take to engage with your local planning department to advocate for the incorporation of healthy changes in the general plan for your community.

<http://changelabsolutions.org/sites/default/files/8%20steps%20English.pdf>

School Garden Wizard

Especially for school gardens a useful formative resource for considering implementation questions/approaches. The website is intended to be a guide for summarizing your goals for the entire project.

<http://schoolgardenwizard.org/>

Public Harvest Expanding the Use of Public Land for Urban Agriculture in San Francisco Report - SPUR

SPUR offers 11 recommendations to expand and coordinate the city's institutional support, increase funding and provide more access to public land.

http://www.spur.org/sites/default/files/publications_pdfs/SPUR_Public_Harvest.pdf

Chicago Park District

The Chicago Park District's Community Gardens in the Parks program provides guidance, support and resources to nearly 70 community garden groups across the city.

<http://www.chicagoparkdistrict.com/facilities/community-gardens/>

ENACT Local Policy Database – Strategic Alliance

Learn more about related PA community health strategies, and how you can make improvements on a local level.

<http://eatbettermovemore.org/sa/policies/>

American Community Garden Association

Designed to give many different groups the basic information they need to get their gardening project off the ground, from planning, siting and insurance to organizing, managing and troubleshooting.

<https://communitygarden.org/resources/>

Community Gardening Toolkit - University of Missouri Extension

The packet is intended to be a tool for organizing your garden, introducing new gardeners to the policies, procedures and people that keep the garden running smoothly, and keeping returning gardeners updated and involved. It is also intended to help gardeners find a clear and easy way to play an active role in the garden's management and upkeep. Although these written materials will not take the place of face-to-face communication with gardeners, they can provide a framework for improving communication and increasing involvement at your garden.

<http://extension.missouri.edu/p/MP906>

Find a Local Extension Office

http://ucanr.edu/County_Offices/

Find a Master Gardener to help you through your local Agricultural Extension Program

<http://www.extension.org/pages/9925/state-and-provincial-master-gardener-programs:-extension-and-affiliated-program-listings>

The Garden Web - iVillage Home & Garden Network

This forum is meant for the discussion of all aspects of organizing and participating in community gardens. (Note: You must be a registered member to post on the website's forums but it is possible to search and access previous conversation threads without registering.)

<http://forums.gardenweb.com/forums/commgard/>

Rebel Tomato - GRIT

This site was created as a web based tool for designing and planning a Youth run community garden.

<http://www.grit.com/farm-and-garden/rebel-tomato-is-off-the-vine.aspx>

School Gardens: Let's Move School Gardens

Before you start a garden of your own, read and download this step-by-step guide, which offers important information about how to safely grow your own fruits and vegetables with your students.

<http://www.letsmove.gov/school-garden-checklist>

This material was produced by the California Department of Public Health with funding from the U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program-Education, known in California as CalFresh. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

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Worksite Wellness

General

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GENERAL

Healthier Worksite Initiative- CDC

Needs Assessment Tools, including Employee Input, Cost Calculators, and Environmental Audits.
<http://www.cdc.gov/nccdphp/dnpao/hwi/programdesign/needsassessment.htm>

SWAT Tool for Observing Worksite Environments (TOWE) – CDC

The Swift Worksite Assessment and Translation (SWAT) evaluation tool allows for rapid assessment of worksite health promotion programs. The method generates data sufficient to identify promising and innovative worksite health promotion strategies that may be useful to advance public health goals related to reducing adult obesity.
http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/swat/SWAT_observing_worksite_environment.pdf

List of General Workforce Health Promotion Toolkits- CDC

The Workforce Health Promotion Toolkits focus on complete program design and plans for health promotion programs in the workplace and may have checklists, step-by-step guides, budgets, and other tools. Fees may apply for some of these toolkits.
<http://www.cdc.gov/workplacehealthpromotion/index.html>

National Healthy Workplace Program- CDC

The National Healthy Worksite Program is designed to support employers in a science and practiced-based prevention and wellness strategies for measurable outcomes. The program provides training, implementation guides, assessment tools, success stories and other worksite program resources.
<http://www.cdc.gov/nationalhealthyworksite/index.html>

Steps to Wellness Guide – CDC

This Steps to Wellness is a toolkit that provides employers interested in creating or expanding their wellness programs with easy and understandable steps on how to increase the physical activity of employees in the workplace.
<http://www.cdc.gov/physicalactivity/worksite-pa/toolkits/pa-toolkit.htm>

Worksite Wellness Toolkit – North Carolina Health Smart

A complete toolkit and resources to implement an integrated worksite strategy. The resources and tools are designed to utilize a multi-level approach to health promotion that affects individuals's decisions and abilities to practice positive behaviors or to make needed lifestyle changes.
<http://www.eatsmartmovemorenc.com/Worksites/Worksites.html>

Winning with Wellness—U.S. Chamber of Commerce

This report discusses the characteristics of successful and effective workplace wellness programs, how workplace wellness can be a win-win for employers and employees, and regulatory parameters associated with these programs.
https://www.uschamber.com/sites/default/files/022436_labr_wellness_report_opt.pdf

California Fit Business Kit – Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

A suite of tools and resources to help employers develop and implement a culture and environment at their workplaces that support healthy eating and physical activity among workers. This Kit contains thirteen individual components, all of which have been implemented by a diverse mix of businesses from across the state and have been designed to be easily implemented at any worksite. These tools can be used individually or as part of a comprehensive worksite wellness program.

<http://www.cdph.ca.gov/programs/NEOPB/Pages/WorksiteFitBusinessKit.aspx>

Alliance for Biking and Walking

The Alliance for Biking & Walking creates, strengthens, and unites state and local bicycling and walking advocacy organizations. Tools are provided to help advocate and transform communities into places to bike and walk.

<http://www.peoplepoweredmovement.org/site/>

National Bike Month Organizer Kit –The League of American Bicyclist

The organizer kit is a step-by-step guide to creating a successful National Bike Month event in your community, workplace, city or state city or state. This guide is useful for plan development, collaboration and coordination of a company or organization bike event.

http://bikeleague.org/sites/default/files/Bike_Month_Guide.pdf

WALKSacramento

WalkSacramento is a nonprofit organization that works with transportation and land use planners, elected officials and community groups to create safe walkable environments for children, seniors, disabled and low income individuals. WalkSacramento organization provides resources and a complete streets toolkit.

<http://www.walksacramento.org/>

Vending Assessment Tool – Iowa Department of Public Health

The Nutrition Environment Measures Survey-Vending tool was developed to evaluate the worksite vending machine environment. This survey builds on the nationally recognized Nutrition Environment Measurement Survey tool from University of Pennsylvania that measures the availability of healthy food and beverage choices in the grocery store, convenience store or restaurant.

<http://www.nems-v.com/>

This material was produced by the California Department of Public Health with funding from the U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program-Education, known in California as CalFresh. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

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10

Safe Routes to School

- **Policy**
- **Research Articles**
- **General**

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Policy

California School Boards Association (CSBA) Sample Board Policy: Safe Routes to School Program

CSBA has a sample board policy on Safe Routes to School. This sample board policy provides guidance for school districts to support local efforts to increase the number of students walking and bicycling to school and to make it safer for them to do so.

http://www.csba.org/EducationIssues/EducationIssues/Wellness/~/_media/Files/Services/PolicyService/PolicyBriefs/201004_BP5142%20_SafeRoutes.ashx

Establishing School Policy: Mill Valley – Safe Routes to School Marin

This document contains Mill Valley’s policies which institutionalize Safe Routes to School.

http://www.saferoutestoschools.org/GUIDES/Establishing_school_policy.pdf

Safe Routes to School Marin website:

<http://www.saferoutestoschools.org/>

Model School Crossing Guard Municipal Policy – New Jersey SRTS

The New Jersey Safe Routes to School Resource Center has developed a Model Municipal Crossing Guard Policy to provide traffic safety officers in police departments throughout the state with specific guidance related to hiring, training, and supervising school crossing guards.

<http://www.saferoutesnj.org/model-school-crossing-guard-municipal-policy-released/>

Promoting Health in Minnesota Schools: School Wellness Policies – Public Health Law Center

The Public Health Law Center developed a series of sample school wellness policies to fit in the Minnesota School Boards Association's model school wellness policy. Specific school wellness policies topics that are available include safe routes to school, recess, physical education, farm to school, school gardens, healthy fundraising, healthy concessions, healthy classroom snacks and celebrations, school health councils, “no punishment or reward,” and active classrooms.

<http://publichealthlawcenter.org/resources/promoting-health-minnesota-schools-school-wellness-policies>

A Roadmap for Healthier General Plans - ChangeLab Solutions

A community’s general plan can go a long way toward creating healthier neighborhoods – increasing opportunities to buy fresh foods, making it easier to walk and bike throughout the day, and more. This step-by-step guide details the process of getting health-promoting policies into a general plan. City planners, health department staff, local advocates, and others all have a role to play.

<http://changelabsolutions.org/publications/GP-roadmap>

Safe Routes to School District Policy Workbook – ChangeLab Solutions/SRTS National Partnership

This interactive tool is designed to help school board members, administrators, families of students, and community members create and implement policies that support active transportation and Safe Routes to School programs. The workbook will walk you through a series of policy options to help you build your own customized Safe Routes to School policy.

<http://changelabsolutions.org/safe-routes/welcome>

Safe Routes to School Local Policy Guide – Safe Routes to School National Partnership

The Safe Routes to School Local Policy Guide provides a primer for what policies can be targeted to influence transportation and land use that benefits children’s mobility, how to go about initiating policy change, and examples of communities that have successfully enacted policies.

http://saferoutespartnership.org/sites/default/files/pdf/Local_Policy_Guide_2011.pdf

Safe Routes to School Program and Policy Strategies – CSBA/CA Project LEAN

A policy brief published in 2009 with many resources, best practices and steps for school districts/county offices of education (COEs) to develop a Safe Routes to School program.

http://www.csba.org/EducationIssues/EducationIssues/~/_media/Files/EducationIssues/Wellness/2009_08_SRTS_PolicyBrief.ashx

School Bicycling and Walking Policies: Addressing Policies that Hinder and Implementing Policies that Help – Safe Routes to School National Partnership

A policy brief that includes steps to consider when developing school bicycling and walking policies.

<http://www.in.gov/indot/files/TipSheetSBWPolicies.pdf>

Research Articles**Active Neighborhood Checklist – Active Living Research**

An observational tool designed to assess key street-level features of the neighborhood environment that are thought to be related to physical activity behavior. The Checklist assesses five general areas: land use, public transit stops, street characteristics, quality of the environment for a pedestrian, and places to walk and bicycle. The data collected can be used to generate data for a needs assessment or research, to raise community awareness about the role of the environment in supporting or discouraging physical activity, or to mobilize community members to advocate for change.

<http://www.activelivingresearch.org/node/12715>

Bikeability Checklist - Safe Routes to School

This tool helps give insight into the bikeability of a neighborhood. It contains insightful questions, allowing the user to evaluate a neighborhood's bikeability and providing both immediate answers and long-term solutions to a neighborhood's potential problems.

<http://www.saferoutesinfo.org/program-tools/education-bikeability-checklist/>

Physical Education Curriculum Analysis Tool (PECAT) - CDC

The Physical Education Curriculum Analysis Tool (PECAT) is a self-assessment and planning guide developed by CDC. It is designed to help school districts and schools conduct clear, complete, and consistent analyses of physical education curricula, based upon national physical education standards. The PECAT is designed to be used by a committee or team of individuals.

<http://www.cdc.gov/healthyouth/pecat/>

Walkability Checklist – Safe Routes to School

This tool helps give insight into the walkability of a neighborhood. It contains insightful questions, allowing the user to evaluate a neighborhood's walkability and provides both immediate answers and long-term solutions to a neighborhood's potential problems.

<http://www.saferoutesinfo.org/program-tools/education-walkability-checklist>

Walking Route Audit Tool for Seniors (WRATS) – Active Living Research

An audit tool to be used by researchers as well as laypeople to identify the best walking routes for older adults. The main domains covered are functionality, safety, aesthetics, and destinations. The tool includes 59 items and most are measured using a 3-point scale.

<http://www.activelivingresearch.org/node/11950>

GENERAL**California SRTS Technical Assistance Resource Center – CA Safe Routes to School**

This toolkit assists local communities with creating Safe Routes to School (SRTS) programs by providing trainings, technical assistance, and resources to implement safe and successful SRTS strategies throughout California.

www.casaferoutestoschool.org/safe-routes-to-school-basics/

CALTRANS Safe Routes to School Programs – California Department of Transportation

Caltrans' Local Assistance Program oversees more than one billion dollars annually available to over 600 cities, counties and regional agencies for the purpose of improving their transportation infrastructure or providing transportation services. This funding comes from various Federal and State programs specifically designed to assist the transportation needs of local agencies. Annually, over 1,200 new projects are authorized through the Local Assistance Program of which approximately 700 are construction projects.

<http://www.dot.ca.gov/hq/LocalPrograms/saferoutes/saferoutes.htm>

Creating Safe Walking and Bicycling Communities: Safe Routes to School Decision Maker's Toolkit – Cities Counties Schools Partnership

This guide explains active transportation and the conditions in a community that support safe walking and bicycling to schools and other neighborhood destinations.

<http://www.ccspartnership.org/resources/safe-routes-to-schools/>

Fire Up Your Feet

Fire up your Feet is joint program from the Safe Routes to School National partnership, Kaiser Permanente, and the National PTA. This website provides a full range of age-appropriate resources and educational materials to encourage physical activity to, from and at school.

<http://fireupyourfeet.org/>

How to Build and Sustain a Safe Routes to School (SRTS) Program – National Center for Safe Routes to School

This resource has information to improve walking and bicycling conditions near a school and spread interest into other parts of the community. Coalitions that persist in their efforts and make measurable improvements based on their evaluation will be rewarded with safer places for children to walk and bicycle and more children choosing safe routes to school.

<http://www.saferoutesinfo.org/program-tools/build-sustain-program>

**Implementing A SRTS In Low-Income Communities and Schools
A Resource Guide for Volunteers and Professionals – Safe Routes to School National Partnership**

The intent is to inspire nonprofit organizations, schools and community residents to come together to implement and sustain successful, culturally sensitive and inclusive Safe Routes to School initiatives.

<http://www.saferoutespartnership.org/sites/default/files/pdf/LowIncomeGuide.pdf>

Sacramento County Safe Routes to School (SRTS) Toolkit – Walk Sacramento

This resource provides tools for data collection, a recommended step for implementing a successful SRTS program. Many of the background data identified in this section are great for use in Safe Routes to School grant applications. This resource discusses: baseline walking and biking numbers, surveys of parent concerns, student attendance, road data, walk audits, behavior observation, and bike audits.

<http://www.walksacramento.org/wp-content/uploads/2012/06/SacramentoCountySRTSToolkitFINAL.pdf>

Alliance for Biking and Walking

Find resources on promoting bike commuting, bicycle and pedestrian safety, sharing the road, and walking and biking to school as well as sample Power Point presentations, videos, and resources on hosting classes and workshops. Find resources for planning successful events including Bike to Work Day, fundraising galas, and fundraising bike rides.

<http://www.peoplepoweredmovement.org/site/>

Creating a Roadmap for Producing & Implementing a Bicycle Master Plan – Active Living Resource Center & The National Center for Bicycling and Walking

Provides a comprehensive review of policies, procedures, practices, and physical infrastructure of your community that affect bicycling.

http://www.bikewalk.org/pdfs/BMP_RoadMap.pdf

Every Body Walk! – Every Body Walk!

Every Body Walk! is a campaign aimed at getting Americans up and moving. Through the help of our partners, we are working to spread the message that walking 30 minutes a day, five days a week really can improve your overall health and prevent disease. They provide news and resources on walking, health information, a personal pledge form to start walking, as well as a place to share stories about individual experiences with walking.

<http://www.everybodywalk.org/>

Getting the Wheels Rolling – ChangeLab Solutions

A Guide to Using Policy to Create Bicycle Friendly Communities provides a roadmap to making all types of communities bicycle friendly.

<http://changelabsolutions.org/bike-policies>

National Pedestrian and Bicycling Information Center

Comprehensive web site that offers information and training to diverse audiences about health and safety, engineering, advocacy, education, enforcement, access, and mobility as it relates to pedestrians and bicyclists.

<http://www.pedbikeinfo.org/>

Promoting Active Transportation: An Opportunity for Public Health - American Public Health Association and Safe Routes to Schools National Partnership

Provides an introduction and orientation as to why and how health should be considered in transportation planning and decision-making — in particular active transportation — and the role that public health practitioners can play.

http://www.saferoutespartnership.org/sites/default/files/pdf/The_Final_Active_Primer.pdf

A Resident's Guide to Creating Safe and Walkable Communities – US Department of Transportation

This guide is designed to be used by anyone looking for ways to improve the walkability of their neighborhood, whether they are just beginning to learn about pedestrian safety or are already part of an established community safety group. Residents can make a difference by raising awareness of pedestrian safety issues and pushing for change.

http://safety.fhwa.dot.gov/ped_bike/ped_cmunity/ped_walkguide/residents_guide2014_final.pdf

Surface Transportation Policy Project

The Surface Transportation Policy Project is a diverse, nationwide coalition working to ensure safer communities and smarter transportation choices that enhance the economy, improve public health, promote social equity, and protect the environment.

<http://transact.org/>

Walk Oakland Bike Oakland (WOBO)

Walk Oakland Bike Oakland (WOBO), founded in 2007, is a volunteer-powered organization dedicated to improving neighborhood livability, vitality, and sustainability by making Oakland a better place to walk and bike.

<http://wobo.org>

Walk Score

Gives a score for walkable neighborhoods. Walk Score's mission is to promote walkable neighborhoods. Walkable neighborhoods are one of the simplest and best solutions for the environment, our health, and our economy. We want to make it easy for people to evaluate walkability and transportation when choosing where to live.

<http://www.walkscore.com/>

WALKSacramento.

Resources as well as Complete Streets toolkit.

<http://www.walksacramento.org/>

Walk With Ease – Arthritis Foundation

This evidence-based program provides information, support and tools to help you develop a walking exercise program for older adults, but can be adapted for other audiences.

<http://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/>

Implementing Safe Routes to School in Low-Income Schools and Communities

A Resource Guide for Volunteers and Professionals. Safe Routes to School National Partnership.

<http://www.saferoutespartnership.org/sites/default/files/pdf/LowIncomeGuide.pdf>

Walking and Biking to School Should be Easy choices

In this toolkit are guides to identifying and recruiting volunteers, spreading the word online, alerting local media, holding events, and meeting with state and local public officials to encourage policies that make it safer for kids to walk and bike to school.

http://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_473044.pdf

This material was produced by the California Department of Public Health with funding from the U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program-Education, known in California as CalFresh. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

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Farmers' Markets

Policy

General

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General

Double Up Food Bucks 2011 Evaluation Report – Food Network

Food Network's Double Up Food Bucks program "matches" Supplemental Nutrition Assistance Program (SNAP) food assistance benefits spent at participating farmers' markets in Michigan and Toledo.

http://fairfoodNEOPB.org/sites/default/files/FFN_DUFB_Evaluation_2011_Web.pdf

- *Summary report of initial results of a cluster evaluation of four organizations - Fair Food Network, Market Umbrella, Roots of Change, and Wholesome Wave - that offer SNAP incentives at farmers' markets.*

http://fairfoodNEOPB.org/sites/default/files/HealthyFoodIncentives_ClusterEvaluationReport_2011_sm.pdf

Evaluation/Assessment of Farmers' Market Promotion Program

The Farmers' Market Promotion Program seeks to develop direct producer-to-consumer marketing opportunities for farmers. The below report describes characteristics and outcomes of FMPP grants funded between 2006 and 2011 in order to measure and articulate the program's impact on the development and sustainability of farmers' markets.

http://fmpp.farmersmarketcoalition.org/wp-content/uploads/2013/06/FMC_FMPP_SurveyReport_7.10.2013.pdf

Farmers' Market Assessment - Oregon State University

Tools for Rapid Market Assessment.

Includes three methods to gather information to inform effective changes and improvements to farmers' markets. Two are quantitative methods: attendance counts, dot surveys; the third method is the more complete Rapid Market Assessment, which combines the two quantitative methods and adds a qualitative method called Constructive Comments and Observations. The third method is a collaborative learning process in which a team of market managers and others study a host market in another location.

<http://smallfarms.oregonstate.edu/sites/default/files/publications/techreports/TechReport6.pdf>

Farmers' Market Impact Toolkit – Vancity Community Foundation & BC Association of Farmers Markets

Vancity Community Foundation and the BC Association of Farmers Markets (BCAFM) have collaborated on the development of a Farmers Market Impact Toolkit that gives farmers market managers the means to collect, analyze and communicate the value that their farmers markets bring to their communities.

<http://www.demonstratingvalue.org/resources/farmers-market-toolkit>

California Office of Farm to Fork- CA Department of Food and Agriculture

The Office of Farm to Fork is a project of the California Department of Food and Agriculture, California Department of Education and California Department of Health Nutrition Education and Obesity Prevention Branch. It highlights California farmers, producers, and school-farm connections. By providing resources to individual consumers, school districts, and other organizations. The Office of Farm to Fork promotes health, nutritious food and sustainable food system for everyone in California.

<http://cafarmtofork.com/>

Farmers' Market Place- CA Department of Food and Agriculture

The California Marketplace is a free statewide website featuring California produce and other products so farmers have the opportunity connect directly with school food serve to increase the amount of locally grown produce on the lunch tray. Primarily established to reduce communication barriers between buyers and sellers. This is a project of the Office of Farm to Fork.

<http://cafarmmarketplace.com/>

Farmers' Market General Resources-Fair Food Network

<http://fairfoodNEOPB.org/resources>

List of California EBT Farmers' Markets

<http://www.ebtproject.ca.gov/library/California%20EBT%20Farmers'%20Markets.pdf>

Starting a Farmers' Market-Nutrition Education and Obesity Prevention Branch (NEOPB)- Worksite Program

Farmers' markets are a great way of bringing farm fresh produce to your worksite and surrounding community. This tool shows you how to set-up and maintain a farmers' market at or near your workplace so that you and your employees can conveniently shop for fresh fruits and vegetable every week.

<http://www.cdph.ca.gov/programs/cpns/Documents/CFBK-StartFarmersMarket.pdf>

Small Farm Program- University of California

The Small Farm Program has several publications related to farmers markets--written for both farmers and market managers

http://sfp.ucdavis.edu/farmers_market/

Policy

EBT & Credit/Debit Card Acceptance at Your Farmers' Market: *Making it Successful!* -- Vancity Community Foundation & BC Association of Farmers Markets

Vancity Community Foundation and the BC Association of Farmers Markets (BCAFM) have collaborated on the development of a Farmers Market Impact Toolkit that gives farmers market managers the means to collect, analyze and communicate the value that their farmers markets bring to their communities.

<http://mfma.org/>

A Guide to SNAP/EBT at Farmers' Markets in North Carolina: Steps, Best Practices, and Resources – Mecklenburg County Health Department

Designed as a guide for SNAP/EBT at farmers' markets in North Carolina but includes a checklist to assess whether a farmers' market has the basic necessities for running a successful SNAP/EBT system, national resources, and links to assessment and evaluation tools and sample customer survey.

This resource guide was produced as part of Master of Public Health degree requirements for the Department of Health Behavior at the Gillings School of Global Public Health at University of North Carolina at Chapel Hill. The research was conducted Active Living By Design in Chapel Hill, NC.
http://charmeck.org/mecklenburg/county/healthdepartment/mcfvc/documents/snap_ebt_accessnc.pdf

How To Accept SNAP At Farmers' Markets- USDA Food and Nutrition Services

USDA FNS site for farmers' markets to apply to accept SNAP and learn about a scrip program. Includes additional resources such as descriptions of incentive programs and how to get SNAP customers to farmers' markets.

<http://www.fns.usda.gov/snap/ebt/fm.htm>

SNAP/EBT at Your Farmers' Market: Seven Steps to Success- Project for Public Spaces & Wholesome Wave

Comprehensive how-to manual; contains a sample farmers' market customer survey and food stamp EBT vendor agreement.

http://www.pps.org/pdf/SNAP_EBT_Book.pdf

Step-By-Step Handbook to accept SNAP/EBT, Debit, and/or Credit Cards at your Farmers' Market! – Advocates for Health in Action

Healthy Food Systems Coordinator North Carolina Community Transformation Grant Project Region 10 developed this PowerPoint provides a quick overview of the 6 steps for establishing a SNAP/EBT system at farmers' markets. The topics in this guide include: the benefits to accepting SNAP, how to meet the requirements, how to apply for SNAP/EBT, obtaining the Point of Sale (POS) machine and equipment, record keeping, and how to promote SNAP/EBT at your local farm or market.

<http://www.advocatesforhealthinaction.org/wp-content/uploads/2011/12/Step-by-Step-Handbook-to-accept-SNAP-EBT-9-3-13.pdf>

Supplemental Nutrition Assistance Program (SNAP) at Farmers Markets: A How-To Handbook - A joint Publication By: USDA Agricultural Marketing Service USDA Food and Nutrition Service Project for Public Spaces, Inc.

This handbook is a how-to guide for accepting SNAP benefits at farmers markets. Topics include: why to accept SNAP benefits; how to install EBT systems at farmers markets; how to use scrip projects to accept SNAP benefits at farmers markets; how to become an FNS SNAP retailer; what equipment is required to accept SNAP benefits at farmers markets; how to make SNAP EBT succeed at farmers markets; a glossary and some tools and resources.

http://anderson.com.ourwebsitereview.com/Portals/12/SNAP_farmersmarket_guidebook.pdf

Tips for Promoting Farmers' Market Incentive Programs and Promotional Material Examples- Fair Food Network

<http://www.doubleupfoodbucks.org/>

Assessing Readiness For Establishing A Farmers' Market At A Community Health Center

Freedman DA, Whiteside YO, Brandt HM, Young V, Friedman DB, Hébert JR. J Community Health. 2012 February; 37(1): 80–88. Doi: 10.1007/s10900-011-9419-x. – *Peer review open access journal article.*

From the Ground Up: Land Use Policies to Protect and Promote Farmers' Markets- ChangeLab Solutions

This guide provides an overview of farmers' market policy issues and community tested best practices. It also features a set of complementary model land use policies for comprehensive plans and zoning ordinances.

<http://changelabsolutions.org/publications/land-use-farmers-markets>

Starting a Farmers' Market - Department of Agricultural Economics, Purdue University

A brief guide; goes through seven steps and includes a timeline and location considerations.

<http://www.extension.purdue.edu/extmedia/EC/EC-739.pdf>

Starting a New Farmers' Market; UC Farm Management Series - Small Farms Center

This is a very comprehensive book that includes chapters on organizing in a low-income area, federal food assistance program, and feasibility studies for market analysis, fiscal analysis, site analysis, and vendor recruitment, among others.

<http://sfp.ucdavis.edu/files/144703.pdf>

Additional resources at main page: http://www.sfc.ucdavis.edu/farmers_market/

Community Alliance of Family Farmers Farm to School/Hospitals

Community Alliance of Family Farmers (CAFF) provides fee-for-service technical assistance in sourcing local products through: Developing your Farm to School or hospital plan, understanding regional agriculture, formal and informal bids, developing specifications to get local products, identifying family farmers, working with distributors, marketing in the cafeteria, classroom, and workplace, and evaluating your program

<http://www.caff.org/programs/fts/farm-to-hospital/>

Farmers' Markets at Kaiser Medical Centers

https://healthy.kaiserpermanente.org/static/health/en-us/landing_pages/farmersmarkets/index.htm

This material was produced by the California Department of Public Health with funding from the U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program-Education, known in California as CalFresh. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

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Policy

Research Articles

General Resources

Elements in this PSE Resource Guide may not be wholly SNAP-Ed eligible. Please consult the most recent SNAP-Ed guidance posted on both the NEOPB and USDA websites for the updated language on allowable activities using SNAP-Ed funds. Local health departments may work with other funding streams and organizations as needed to achieve community change goals and their Policy, Systems and Environmental (PSE) change objectives

Policy

Developing a Healthy Beverage Vending Agreement—ChangeLab Solutions

http://www.changelabsolutions.org/sites/default/files/HealthyVendngAgrmnt_FactSheet_FINAL_090311_rebranded.pdf

District Policy Establishing a Healthy Vending Program—ChangeLab Solutions

http://www.changelabsolutions.org/sites/default/files/DistPlcy_HealthyVending_FINAL.pdf

Healthy Mobile Vending Policies: A Win-Win for Vendors and Childhood Obesity Prevention Advocates—ChangeLab Solutions

http://www.changelabsolutions.org/sites/default/files/MobileVending_FactSht_FINAL_091008.pdf

Worksite Program Vending Machine Food and Beverage Standards - Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

<http://www.cdph.ca.gov/programs/cpns/Documents/NEOPB-FV-WP-VendingMachineStandards.pdf>

Mobile Vending Laws in the 10 Most Populous U.S. Cities—ChangeLab Solutions

http://www.changelabsolutions.org/sites/default/files/MobileVending_chart_FINAL_2010.02.17.pdf

Model Healthy Food Zone Ordinance—ChangeLab Solutions

<http://www.changelabsolutions.org/publications/model-ord-healthy-food-zone>

Second Harvest Food Bank Food and Beverage Policy

https://www.shfb.org/docs/financials/SHFB_HealthyFoodandBeveragePolicy.pdf

Research Articles

An Intervention to Increase Availability of Healthy Foods and Beverages in New York City Hospitals: The Healthy Hospital Food Initiative, 2010–2014

https://www.cdc.gov/pcd/issues/2016/15_0541.htm

General

Creating a Healthy Food Zone Around Schools—ChangeLab Solutions

This fact sheet answers common questions about NPLAN's Model Healthy Food Zone Ordinance, which was developed to help communities limit children's access to the kinds of foods most likely to contribute to childhood obesity.

http://www.changelabsolutions.org/sites/default/files/HealthyFoodZone_FactSht_FINAL_091008.pdf

Food Service Guidelines: Case Studies from States and Communities—Centers for Disease Control and Prevention

Highlights five case studies of food and beverage guidelines to improve the food environment. The case studies provide information on the implementation and evaluation of food service guidelines, along with descriptions of site-specific successes and challenges.

http://www.cdc.gov/obesity/downloads/fsg_casestudies_508.pdf

California Fit Business Kit – Check for Health Assessment Tool- Nutrition Education Obesity Prevention Branch of CA Department of Public Health

The *Worksite Program* developed this suite of tools and resources to help employers develop and implement a workplace culture and environment that support healthy eating and physical activity among workers. This Kit contains 13 individual components, all of which have been evaluated by a diverse mix of businesses from across the state and have been designed to be easily implemented at any worksite.

<https://archive.cdph.ca.gov/programs/NEOPB/Pages/WorksiteFitBusinessKit.aspx>

Current Practices in Worksite Wellness Initiatives-CDC

This document highlights efforts by six state health departments to create healthier community environments through worksite wellness initiatives.

<https://www.cdc.gov/nccdphp/dnpao/state-local-programs/pdf/current-practices-worksite-wellness.pdf>

Nutrition Environment Measures Survey

Includes an online training program of the Nutrition Environment Measures Survey for Stores (NEMS-S) and Restaurants (NEMS-R) for researchers and community advocates and leaders so they can use the tools for research and action in their own communities.

<http://www.med.upenn.edu/nems/>

National Park Service Healthy Food Choice Standards and Sustainable Food Choice Guidelines

The Standards and guidelines are presented in two separate tables. Areas covered for each category include food ingredients and choices, food preparation, and visitor/consumer education. These sustainable food recommendations are guidelines rather than standards, for use after considering technical and economic factors of the particular operation and overall environmental benefit.

https://www.nps.gov/commercialservices/docs/Healthy_Parks_Healthy_Foods/NPS_Front_Country_Healthy_and_Sustainable_Food_Choices_05.03.13.pdf

Promoting Nutrition Standards for Healthy Food and Beverage Procurement New York State Department of Health

This document provides assistance to New York counties in encouraging public and private employers and service providers to adopt standards for healthy food and beverage procurement.

http://www.advancingpreventionproject.org/wp-content/uploads/2016/03/Fact_SheetFood_Procurement-NYSDOHFINAL.pdf

New York City Agency Food Standards

This document outlines standards for food purchased and meals and snacks served, with the goal of improving the health of all New Yorkers served by City agencies. The New York City Food Standards aim to reduce the prevalence of chronic disease, such as obesity, diabetes and cardiovascular disease, by improving dietary intake.

<https://www1.nyc.gov/site/doh/health/health-topics/nyc-agency-food-standards.page>

Smart Food Choices: How to Implement Food Service Guidelines in Public Facilities

The HHS/GSA guidelines include specific food and nutrition standards that are based on the *Dietary Guidelines for Americans 2010* and sustainability standards for food and food service operations. The document also contains action steps which are applicable to any food service guideline.

<http://www.cdc.gov/obesity/downloads/smart-food-choices-how-to-implement-food-service-guidelines.pdf>

Philadelphia Department of Public Health Nutrition Standards and Implementation Guide

This guide include both nutrition standards for purchased foods and meals and snacks served as well as tools to assist in planning, purchasing or serving food at a particular site.

<http://www.phila.gov/health/pdfs/NutritionToolkitFinal.pdf>

Washington State Department of Health Healthy Nutrition Guidelines Implementation Guide for Agencies, Sites and Vendors

The guidelines set criteria to ensure that healthy options can be found in cafeterias, cafés, on-site retail venues, vending machines, meetings and events, and institutional food service.

<http://www.doh.wa.gov/portals/1/documents/pubs/340-224-healthynutritionguidelines.pdf>

Improving the Food Environment through Nutrition Standards: A Guide for Government Procurement—CDC

The guide provides practical guidance to states and localities for use when developing, adopting, implementing, and evaluating a food procurement policy.

http://www.cdc.gov/salt/pdfs/dhdsp_procurement_guide.pdf

This material was produced by the California Department of Public Health with funding from the U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program-Education, known in California as CalFresh. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

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Healthcare/Food Security/Faith

General

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GENERAL

Communities of Excellence in Nutrition, Physical Activity and Obesity Prevention- Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

- CX³ - NF6 Emergency Food Outlet Survey
- CX³ - NF6 Food Banks Survey

http://www.cdph.ca.gov/programs/cpns/Pages/CX3_T2_FoodBank_EmergFoodSurvey.aspx
url also includes survey administration instructions and a training PowerPoint.

Cal Fresh Applications - County Social Service Departments

<http://www.benefitscal.org/>

What Works in Healthcare—Wisconsin Department of Health and Family Services

<http://www.dhs.wisconsin.gov/publications/P4/p40142.pdf>

Affordable Care Act Tax Provisions

<http://www.irs.gov/uac/Affordable-Care-Act-Tax-Provisions>

HEAL Zones - Kaiser Permanente

<http://healzones.org/>

Food Banks – Farm to Family Programs—California Association of Food Banks

This site provides information about produce distribution, healthy backpack weekend programs, and healthy food donation policies: www.cafoodbanks.org and <http://www.cafoodbanks.org/farm-family>

Stocking the Shelves with Produce—Feeding America

Resource to assist food banks adopt policies and practices to offer and promote healthy food.
<http://feedingamerica.org/how-we-fight-hunger/programs-and-services/nutrition.aspx>

Exercise is Medicine—Exercise is Medicine.org

Resources and step by step plan for a simple, fast and effective tool for using exercise as a ‘medicine’ to help prevent or manage many of the most common chronic health conditions. Public Action Guide including resources for Physical Activities with a Disability.

http://www.exerciseismedicine.org/assets/page_documents/PublicActionGuide_HR.pdf

Heart Clinic Arkansas—St. Vincent Heart Clinic Arkansas

Cardiology clinic supported the creation of a “medical mile” designed to inspire and to make wellness-oriented lifestyle changes. Partnered with National Park Service River Trails and Conservation Assistance Program and Little Rock Parks and Recreation.

http://www.heartclinicarkansas.com/medical_mile.htm

National Recreation & Park Association: Taking the Plunge to a Better Health

Program links the healthcare system and local park and recreation agencies to increase physical activity in overweight or obese youth from disadvantaged urban communities. The link provides a general description. Contact the organization to obtain more info.

<http://www.nrpa.org/Grants-and-Partners/Recreation-and-Health/Park-Prescriptions/>
<http://www.parksandrecreation.org/2012/April/Parks-a-Prescription-for-Health/>

Park Prescriptions—Institute At The Golden Gate

<http://www.parksconservancy.org/assets/conservation/environmental-sustainability/pdfs/park-prescriptions-2010.pdf>

Prescription for Health Program—Washtenaw County Public Health, Michigan

http://www.ewashtenaw.org/government/departments/public_health/health-promotion/prescription-for-health/prescription-for-health

Walk with a Doc—walkwithadoc.org

A free, non-profit program for anyone interested in taking steps for their health.

<http://www.walkwithadoc.org/>

CalFresh, Meals on Wheels, and Summer Meal Program Resources

Go to the websites below for information on the programs above.

www.cafoodbanks.org

<http://mealcall.org/us/>

<http://www.cde.ca.gov/ds/sh/sn/summersites.asp>

Food: Too Good to Waste. Implementation Guide and Toolkit.

Environmental Protection Agency.

This resource is designed for community organizations, local governments, households and others interested in reducing wasteful household food management practices.

https://www.epa.gov/sites/production/files/2016-02/documents/implementation_guide_and_toolkit_ftgtw_2_1_2016_pubnumberadded508_alldocuments.pdf

Faithful Families Eating Smart and Moving More Community Assessment—North Carolina State University (English and Spanish)

<http://www.faithfulfamiliesesmm.org/>

<http://www.centertrt.org/?p=intervention&id=1090>

Health Ministry Guide Building a Healthy Body & Soul

Faith-based Nutrition and Physical Activity for African Americans. CA Department of Public Health

http://www.cdph.ca.gov/programs/NEOPB/Documents/300375-Health-Ministry-Guide%20LowRes_0516%20v3.pdf

Eating Smart and Moving More: Planning Guide for Faith Communities

This Toolkit was developed by the North Carolina Division of Public Health and North Carolina Cooperative Extension.

<http://www.eatsmartmovemorenc.com/FaithPlanningGuide/FaithPlanningGuide.html>

This material was produced by the California Department of Public Health with funding from the U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program-Education, known in California as CalFresh. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

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Beverages

Policy

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Policy

Healthy Beverages in Childcare—California Food Policy Advocates

A project of California Food Policy Advocates. Website includes fact sheets with links to resources and relevant childcare policies, highlights of best practices being used by programs in California, and links to educational materials, publications and research related to healthy beverages.

www.HealthyBeveragesinChildcare.org

Legislation

In 2010, legislation passed at both the federal and California state levels to require schools to make free water accessible to students:

- **Federal Healthy, Hunger-Free Kids Act:** schools that participate in the National School Lunch Program (NSLP) are required to make water available for free to students during school mealtimes.
- **California State Senate bill 1413 (Leno)** requires school districts to make water available to students where school meals are served or eaten.

Healthy Mobile Vending Policies: A Win-Win for Vendors and Childhood Obesity Prevention Advocates—ChangeLab Solutions

http://www.changelabsolutions.org/sites/default/files/MobileVending_FactSht_FINAL_091008.pdf

Mobile Vending Laws in the 10 Most Populous U.S. Cities—ChangeLab Solutions

http://www.changelabsolutions.org/sites/default/files/MobileVending_chart_FINAL_2010.02.17.pdf

Model Healthy Food Zone Ordinance—ChangeLab Solutions

<http://www.changelabsolutions.org/publications/model-ord-healthy-food-zone>

Local Beverage Policies adopted by California Cities and Counties July, 2013

California Center for Public Health Advocacy

http://www.kickthecan.info/sites/default/files/documents/CABeveragePolicies_Cities_CountiesJul_2014_0.pdf

GENERAL

California Department of Education

The California Department of Education (CDE) encourages school districts to consider a proactive approach to expanding access and increasing water consumption by both students and district staff. Website shares information on the current regulations, and suggestions for implementation.

<http://www.cde.ca.gov/ls/nu/he/water.asp>

Information On Encouraging Water Consumption in Schools

Mike Danzik

Nutrition Services Division Nutrition Education Specialist

California Dept. of Education

916-445-7346

mdanzik@cde.ca.gov.

Planning Of New Construction Or Modernization Projects

Contact the CDE's School Facilities Planning Division Field Representative assigned to your county. The list of county assignments is available at School Facility [Field Staff](#) or by phone at 916-322-2470.

Water in Schools website—California Food Policy Advocates

A project by the [California Food Policy Advocates](#) to address the availability of tap water in the schools in California. Outlines what's required, the current state of water in schools, and solutions and suggestions on how to address the issue.

<http://www.waterinschools.org/stateofthetap.shtml>

UNC Center for Training and Research Translation -

Description and flyer for Healthy Food Procurement in the County of Los Angeles

<http://www.centertrt.org/?p=intervention&id=1184§ion=1>

Worksite Vending Machine & Food and Beverage Standards- Nutrition Education Obesity Prevention Branch of CA Department of Public Health (NEOPB)

Reference material for public health intervention in worksites.

<https://archive.cdph.ca.gov/programs/NEOPB/Documents/CFBK-HealthyVendingMachines.pdf>

Rethink Your Drink

Healthy beverage toolkit for healthcare.

[https://noharm-uscanada.org/sites/default/files/documents-files/1307/Rethink Your Drink Healthy Beverage Toolkit.pdf](https://noharm-uscanada.org/sites/default/files/documents-files/1307/Rethink%20Your%20Drink%20Healthy%20Beverage%20Toolkit.pdf)

Water Works - A Guide to Improving Water Access and Consumption in Schools

This guide includes access strategies, tools, and resources to improve water access and consumption in schools. Grummon, A., Hampton, K.E., Oliva, A., Brindis, C.D., Patel A.I. *Water Works: A Guide to Improving Access to and Consumption of Water in Schools to Improve Health and Support Learning*. (2014).

<http://waterinschools.org/pdfs/WaterWorksGuide2014.pdf>

Youth Engagement Initiative: Water Access In Schools

Through the Youth Engagement Initiative, youth throughout California identify and address nutrition and health issues important to them and their communities. This report includes case studies addressing water access in schools in Vale Middle School (Humboldt County) and Del Norte High School (Del Norte School District).

https://web3.kpcorp.com/v25/static/acct/cann2/pdf/BRO-216_12_11.pdf

Rural Community Assistance Corporation – Aqua4all – Safe Water Access in Communities and Schools

In many rural California communities, inadequate infrastructure and contaminated water are commonplace. Access to safe drinking water is a basic human right and a foundation for healthy communities and schools, but this is not a reality for more than one million Californians. Agua4All raises awareness about California’s drinking water crisis; builds community partnerships to install water bottle filling stations in schools and neighborhoods where they’re needed most; identifies funding sources; and develops long-term solutions for California’s water quality and access problems.

<http://www.rcac.org/environmental/aqua4all/>

Developing a Healthy Beverage Vending Agreement—ChangeLab Solutions

This fact sheet outlines key considerations for schools, including what to look for when soliciting a vendor, best practices to ensure a sound agreement, and ways for parents and other community members to get involved in the process.

http://www.changelabsolutions.org/sites/default/files/HealthyVendngAgrmnt_FactSheet_FINAL_090311_rebranded.pdf

District Policy Establishing a Healthy Vending Program—ChangeLab Solutions

This document contains a sample school healthy vending policy to serve as a guide for other districts.

http://www.changelabsolutions.org/sites/default/files/DistPlyc_HealthyVending_FINAL.pdf

Potter the Otter Water Resources—

Encourages children’s water consumption

<https://archive.cdph.ca.gov/programs/NEOPB/Pages/EarlyCareandEducation.aspx>

Creating a Healthy Food Zone Around Schools—ChangeLab Solutions

This fact sheet answers common questions about NPLAN’s Model Healthy Food Zone Ordinance, which was developed to help communities limit children’s access to the kinds of foods most likely to contribute to childhood obesity.

http://www.changelabsolutions.org/sites/default/files/HealthyFoodZone_FactSht_FINAL_091008.pdf

Drinking Water Access in Schools---ChangeLab Solutions

This fact sheet offers strategies for schools to make drinking water more readily available, including ways for parents and community members to get involved.

http://www.changelabsolutions.org/sites/default/files/WaterAccess_FactSht_20141106.pdf

Increasing Access to Drinking Water in Schools--Centers for Disease Control and Prevention

Contains a step by step toolkit, a school drinking water needs assessment checklist and planning guide, and key resources for promoting water consumption.

https://www.cdc.gov/healthyschools/npao/pdf/water_access_in_schools_508.pdf

Addressing Sugary Drinks through the School Wellness Policy---ChangeLab Solutions

Contains options for limiting sugary drinks that may be included in your local wellness policy. Also, covers existing laws.

http://www.changelabsolutions.org/sites/default/files/SSBs_School-Wellness_Policy_FINAL_20131106.pdf

This material was produced by the California Department of Public Health with funding from the U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program-Education, known in California as CalFresh. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

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