

III.	PROGRAM PLANNING AND RESOURCES SECTION
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600	School Programs
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The purpose of this section is to provide contractors/grantees who work with school sites with program resources to assist in the planning, implementation, and evaluation of their project.

This Section includes:

- 600.1 Guidelines for Contractors Working with Schools
- 600.2 Non-NEOPB Resources for Promoting Healthy Eating Food and Beverages
- 600.3 Guidance for Implementing Effective Nutrition Education Programs
- 600.4 Resources for After School Nutrition and Physical Activity Instruction
- 600.5 Resources for School Gardens as Part of Nutrition Education
- 600.6 Nutrition and Physical Activity (School Wellness) Policies
- 600.7 School Based Health Centers
- 600.8 Resources for Early Childhood Education (ECE)

600.1 Guidelines for Contractors/Grantees Working with Schools

NEOPB will incorporate the following strategies in school settings and the focus will be on nutrition education and physical activity promotion as well as access to federally funded nutrition assistance programs.

- **Classroom Nutrition Education**-Provide student Nutrition Education and Physical Activity: Implement culturally and grade- level appropriate nutrition education and physical activity programs utilizing evidence and research-based materials. The following link provides approved curriculum
<http://www.cdph.ca.gov/programs/neopb/Pages/default.aspx>.
- **Cafeteria**- Conduct nutrition education activities in school cafeterias such as HOTM taste testing's and the use of salad bars to offer variety and healthier lunch options.
- **Marketing**- Incorporate Smarter Lunchroom techniques and principles to encourage the selection of healthy meal options.
- **Support Local School Wellness Policy**: In partnership with students and the school community, support the assessment, development, and/or implementation of the district's Local School Wellness Policy. The Policy should promote nutrition education and physical activity, address the need for an adequate supply of healthy foods and beverages on campus, and provide a school and classroom environment in which healthy food choices and other healthy lifestyle behaviors are reinforced.

600.2 Non- NEOPB Resources for Promoting Healthy Eating Food and Beverages Team Nutrition

The United States Department of Agriculture (USDA) Food and Nutrition Service's Team Nutrition (TN) is an initiative to support the Child Nutrition Programs through training and technical assistance for foodservice staff, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

TN's goal is to improve children's lifelong eating and physical activity habits by using the principles of the Dietary Guidelines for Americans and MyPlate

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

To accomplish this goal Team Nutrition has developed two websites:

- <http://teamnutrition.usda.gov/> The TN site reaches a broad audience with information on nutrition education, healthy eating, and physical activity. Schools are the key focal point.

- <http://healthymeals.nal.usda.gov/> The Healthy Meals Resource System site provides technical assistance support and materials for school foodservice, after school, and child care professionals.

HealthierUS School Challenge Initiative

USDA has established the HealthierUS School Challenge (HUSSC) to recognize schools that create healthier school environments by providing nutrition education, nutritious food and beverage choices, physical education and opportunities for physical activity. HUSSC schools must also have a local school wellness policy as mandated by Congress. It is a voluntary certification program for elementary, middle, and high schools that participate in the national school lunch program and is administered by the CDE.

The First Lady's Let's Move! Campaign also focuses on HUSSC as a way to provide healthier meals at school. HUSSC is offered at four award levels and USDA will also provide schools a monetary incentive for receiving an award: Bronze (\$500), Silver (\$1,000), Gold (\$1,500), and Gold Award of Distinction (\$2,000).

To receive a HUSSC award, a school must participate in the National School Lunch Program (NSLP) and be a TN school. Recognition is made at one of four award levels: Gold Award of Distinction, Gold, Silver or Bronze level. Major recent changes to the criteria include:

- **New Smarter Lunchrooms Criteria.** Under the 2014 criteria, all schools must complete the Smarter Lunchrooms Self-Assessment Scorecard. The number of techniques from the scorecard that the school must implement is dependent upon the award level.
 - Gold Award of Distinction applicants must select 70 action items.
 - Silver/Gold applicants must select 50 action items.
 - Bronze applicants must select at least 30 action items.
- **New Smart Snacks Criteria.** All award levels must meet Smart Snacks in School Nutrition Standards as defined in 7 CFR Parts 201 and 220. In addition, each award level has additional Smart Snacks Criteria that focus on training, advertising/marketing, and fundraising.
- **Updated Other Criteria for Excellence.** The 2014 HUSSC criteria are updated to reflect and promote new initiatives and regulations. Options now include Community Eligibility Provision (CEP), healthy cooking technique classes for students/families, Professional Standards, and the U.S. Food Waste Challenge.

The HUSSC application and other resources are provided on the TN website at <http://teamnutrition.usda.gov>, and then click on —HealthierUS School Challenge.

California Farm to School Network

The California Farm to School Network connects schools with local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing health and nutrition education opportunities, and supporting local small farmers. Schools buy and feature farm fresh foods such as fruits and vegetables, eggs, meat, and beans on their menus; incorporate nutrition-based curriculum; and provide students experiential learning opportunities through farm visits and gardening. Including Food service directors, teachers and staff in the process of implementing the California Farm to School principles is important to the success of the inclusion into the school food service. Farmers have access to a new market through schools and connect to their community through participation in programs designed to educate students about local food and sustainable agriculture. The California Farm to School Network website, www.cafarmtoschool.org/ca, provides information on the variety of models, resources and funding opportunities.

California Office of Farm to Fork

The California Office of Farm to Fork is a partnership between CDPH-NEOPB, CDE and CDFA, the office is committed to helping all Californians access healthy and nutritious California-grown food. The California Office of Farm to Fork connects individual consumers, school districts, and others directly with California's farmers and ranchers, and provides information and other resources. The three main goals of the office are 1) to decrease food insecurity 2) advance farm to school 3) improve coordination and communication among key opinion leaders. The website also features The California Farmer Marketplace which is a free statewide website featuring California produce, grains, meats, and other products for sale. The Marketplace offers farmers the opportunity to post products and connect directly with school food service to increase the amount of California grown and produced foods on school lunch trays. Primarily established to reduce communication barriers between buyers and sellers, the website is free and open to the general public, including ranchers, producers, distributors, institutional buyers, community groups, and individual consumers <http://cafarmtofork.com/>

California Healthy Kids Resource Center

The California Healthy Kids Resource Center (CHKRC) maintains a comprehensive collection of reviewed health education materials for use by teachers, administrators, university faculty, LEA staff and other professionals who work with preschool through 12th grade students in school settings and after-school programs.

The California Healthy Kids Resource Center is funded by the California Department of Education. Materials available from the Center may be borrowed within California at no cost (except for the return shipping charge) and include:

- Curricula
- DVDs
- Teacher reference and research materials
- Models and other displays California Healthy Kids Resource Center

Some items located on the NEOPB Curriculum List and the Resource List may be available from CHKRC. Partners with other funding criteria may be able to use other resources from the CHKRC.

600.3 Guidance for Implementing Effective Nutrition Education Programs

Nutrition education interventions must align with the current Dietary Guidelines for Americans and Choose MyPlate (www.ChooseMyPlate.gov). All nutrition education interventions (direct and indirect) must be evidenced based. The Curriculum List, located on the NEOPB web page, provides lesson plans that are either evidence or practice based.

600.4 Resources for After School Nutrition and Physical Activity Instruction

The California After School Resource Center (CASRC) supports quality after school programming throughout the state through its comprehensive website, access to a circulating library of research-based instructional materials, reviewed trainings, free online trainings and other supportive services and resources to providers to promote nutrition education, physical activity, literacy and mathematics skills, as well as safe learning environments for youth in kindergarten through grade 12. Please note that not all CASRC materials are SNAP-Ed allowable.

[NEOPB's Community Youth Organization Idea and Resource Kit](#)

The NEOPB's Power Play! Campaign offers the Community Youth Organization Idea and Resource Kit (Kit) for youth leaders in after school programs, summer programs, and clubs serving 5 to 11 year-old children. The Kit includes educational activities related to fruits and vegetables and physical activity, and also includes physically-active games that incorporate key concepts related to fruits and vegetables. The games are intended to reinforce ideas learned during the educational activities. The worksheets included in the Kit are in both English and Spanish.

The Kit's curriculum may be modified to five lessons in order to comply with the required series of five to fulfill IOE requirements. The five lessons are:

- #2 How much do I need?
- #11 Fixn' fruits and vegetables
- #13 Taste It
- #14 Advertising Power
- #18 Power Up Challenge (Please see updated version of CYO Kit in Section 600 of Programmatic Guidance.

To find out more about the Kit and how to obtain a copy, contractors should contact the NEOPB Power Play! Campaign staff. Information can be found on the [PowerPlay! Campaign Resources](#) web page.

600.5 Resources for School Gardens as Part of Nutrition Education

School gardens are a natural classroom for hands-on nutrition education. Educational supplies, curricula, and staff salaries to teach gardening concepts as part of nutrition education efforts that reinforce the beneficial nutrition aspects of gardening are considered SNAP-Ed allowable. Additional information regarding school (community) garden is located in the current SNAP-Ed Program Guidance. HOTM resources can be incorporated into school garden programs.

600.6 Nutrition and Physical Activity (School Wellness) Policies

Effective nutrition education requires the development and implementation of school wellness policies. Under current USDA Guidance NEOPB staff may not take the lead on school wellness committees, but may participate on the school wellness policy committees. As an active participant, NEOPB staff may provide resources and expertise to ensure that sound nutrition content and effective nutrition education resources are available and utilized in support of the adopted policies. HOTM materials can support school wellness policies.

The Wellness School Assessment Tool (WellSAT) is an online tool (www.wellsat.org) for assessing the quality of a school district's wellness policy. It provides personalized guidance and resources for making improvements based on the assessment. This tool offers a consistent and reliable means of assessing the comprehensiveness and strength of school wellness policies in the following areas:

- Nutrition Education and Wellness Promotion Standards for USDA School Meals
- Physical Education and Physical Activity Evaluation

Additional Nutrition and Physical Activity Policy Websites are found at:

- [USDA Team Nutrition \(www.fns.usda.gov/tn/Healthy/wellnesspolicy.html\)](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html)
This site presents a clearinghouse of information about the Local School Wellness Policy components.
- California Local School Wellness Collaborative (www.teamcaliforniahealthykids.org)

600.7 School Based Health Centers

School-based health centers (SBHCs) are primary care clinics based on primary and secondary school campuses in the United States. They generally operate as a partnership between the school district and a community health organization, such as a community health center, hospital, or the local health department. SBHCs were formed to improve the link between chronic illness and poor attendance with the goal of improving the health and academic success of children and youth by advancing health services in schools. SBHCs are an innovative way to make sure all kids get health care and do well in school. School-based health helps kids stay in class and improves kids' health. In 2000, California had 108 SBHCs; today, there are 231. The following links provide information on SBHCs.

- <http://www.schoolhealthcenters.org/>
- <http://www.sbh4all.org/about/state-affiliates/>
- <http://www.healthinschools.org/Health-in-Schools/Health-Services/School-Based-Health-Centers/Policies/State-and-City-School-Based-Health-Center-Programs.aspx>
- <http://www.hrsa.gov/ourstories/schoolhealthcenters/>

600.8 Resources for Early Childhood Education (ECE)

Early care and education (ECE) settings such as family child care homes, child care centers, and preschools are ideal locations for engaging young children, parents, and other adult care givers/teachers in healthy eating and active play education and related efforts (e.g., gardening, taste-testing, recipe demonstrations, etc.). Children in these settings are often there on a daily basis for several hours at time and in many cases for full days. Also, it is during the early years, from birth to age five, when many future habits are developed, including eating and exercise habits.

Resources:

The United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program Education (SNAP-Ed) Obesity Prevention Toolkit references several resources that are valuable for work with this population (pages 8 to 13):

<https://snaped.fns.usda.gov/snap//SNAP-EdInterventionsToolkit.pdf>. Also, updated versions can be found here.

The NEOPB ECE web page includes a variety of resources.

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

- NOTE: When selecting obesity prevention strategies for use in ECE settings, it is particularly important to encourage and support the development and implementation of “healthy site” policies that indicate how healthy eating and active play efforts will be implemented with young children, parents, and other adult care givers/teachers. “**Best Practices for Child Care Nutrition and Physical Activity Environments**” is a resource created in collaboration with the Contra Costa Child Care Council, to promote and aid nutrition and physical activity environment self-assessment and policy development in early care and education settings. http://www.cdph.ca.gov/programs/NEOPB/Documents/EC-CHOICE_Manual_2011_v6.pdf

While a variety of resources exist to assist with this work, the following can be especially valuable because they are free, accessible on the internet, user-friendly, and from credible sources.

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>

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/>

Let's Move Childcare--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>

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 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>

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