



# School Policy Resource List

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Schools can create environments supportive of students' efforts to eat healthy and be active by implementing policies and practices that support healthy eating and regular physical activity and by providing opportunities for students to learn about and practice these behaviors. The following are a collection of resources can assist schools as they work to improve the health profile of their school environment.

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## **Alliance for a Healthier Generation**

[www.healthiergeneration.org/take\\_action/schools/](http://www.healthiergeneration.org/take_action/schools/)

*Through their Healthy Schools Program, the Alliance for a Healthier Generation provides a user-friendly, science-based framework to help make schools into healthier places. Register for free to access their resources on Policy and Systems, Healthy Cafeterias, Healthy Vending, Health Education/PE, and Student and Employee Wellness. See their Success Stories for ideas of what other schools around the U.S. have implemented.*

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## **Centers for Disease Control and Prevention (CDC) School Health Guidelines to Promote Healthy Eating and Physical Activity**

<http://www.cdc.gov/healthyyouth/npao/strategies.htm>

*CDC synthesized research and best practices related to promoting healthy eating and physical activity policies and practices in schools, culminating in nine guidelines, which are accompanied by a set of implementation strategies developed to help schools work towards achieving each guideline.*

*The nine guidelines address: 1) A coordinated approach to develop, implement, and evaluate policies and practices; 2) Supportive school environments; 3) Quality school meals programs; 4) Comprehensive physical activity programs; 5) Knowledge, attitudes, and skills needed for lifelong healthy eating and physical activity; 6) Health, mental health, and social services; 7) Partnering with families and community members; 8) A school employee wellness program; and 9) Qualified staff and professional development opportunities.*

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## **California Project LEAN (Leaders Encouraging Activity and Nutrition)**

[www.californiaprojectlean.org](http://www.californiaprojectlean.org)

*California Project LEAN has developed numerous nutrition and physical activity policy and educational resources, provided trainings and technical assistance to school leaders, school board members, parents, and youth, have worked extensively in local school wellness policy development, implementation, and evaluation, and the implementation of California's School Food and Beverage Standards. The site contains information on marketing to children, competitive foods and beverages, fact sheets, case studies, and policy highlights.*

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### **William Mitchell College of Law Public Law Center**

[www.publichealthlawcenter.org/topics/healthy-eating/sugar-sweetened-beverages/resources](http://www.publichealthlawcenter.org/topics/healthy-eating/sugar-sweetened-beverages/resources)

*The Public Health Law Center at the William Mitchell College of Law, works on policy and legal strategies to reduce the consumption of sugar sweetened beverages. This site contains a toolkit, fact sheets, webinars and policy briefs on healthy food purchasing and vending policies in schools and workplaces, government ordinances restricting the sale of sugary beverages on public property, restrictions on the sale of these beverages in schools, and increasing the price of these beverages through pricing policies.*

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### **PEACHSF (Parents Educators & Advocates Connection for Healthy School Food)**

<http://peachsf.org/how-to-guides-3/>

*PEACHSF (Parents Educators & Advocates Connection for Healthy School Food) are parents, teachers, school administrators, healthcare professionals, and advocates for better school food in San Francisco. Since 2002, they have worked together to improve food in the San Francisco public school cafeterias, vending machines, classroom parties and fundraising sales. The site contains resources to support all stages of changing the food environment in a school district, including: preparing to make school district food changes, building support, working with the media, and taking action.*

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### **California Center for Research on Women and Families (CCRWF)**

<http://ccrwf.org/publications>

*The mission of the California Center for Research on Women and Families is to provide information, facilitation, analysis and policy options to help leaders improve the lives of women, families and children in California and the nation. CCRWF provides resources to support the understanding of the vast and complicated network of nutrition-related programs and policies, such as the nutrition primer. The site also contains sample school wellness policies and information on healthy procurement and nutrition labeling for vending machines.*

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### **Team Nutrition Local School Wellness Policy Resources**

[http://teamnnutrition.usda.gov/healthy/wellnesspolicy\\_tools.html](http://teamnnutrition.usda.gov/healthy/wellnesspolicy_tools.html)

*Local wellness policies are an important tool for parents, local educational agencies and school districts in promoting student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards. The Team Nutrition site contains a nutrition education resource library as well as tools to support, sustain and strengthen local wellness initiatives.*

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### **Action for Healthy Kids**

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

*Since 2007, Action for Healthy Kids has worked with parents across the country to improve the nutrition and physical activity levels of kids at home and in school. Informed and involved parents are motivated to push for changes that make school environments healthier. The site contains resources for parent leaders, guides for working with schools, and tipsheets for creating a healthier school food culture.*