

10 — RESOURCES

The resources indicated below are available on the CSDE’s online resource lists, *Healthy School Environment Resources* (http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/hse_resource_list.pdf) and *Nutrition-Related Resources* (http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/nutrition_resources.pdf). The CSDE updates these lists regularly.

INTRODUCTION

Child and Adult Care Food Program (CACFP)

Nutrition-Related Resources: Click on *Resources for Child Nutrition Programs* then *Child and Adult Care Food Program*.

Child Care Policies to Promote Healthy Lifestyles

Nutrition-Related Resources: Click on *Child Care Policies to Promote Healthy Lifestyles*.

Health and Achievement

Healthy School Environment Resources: Click on *Health and Achievement*.

Data and Trends

Healthy School Environment Resources: Click on *School Policies to Promote Healthy Lifestyles* then *Data and Trends*.

Obesity Statistics

Healthy School Environment Resources: Click on *School Policies to Promote Healthy Lifestyles* then *Obesity Statistics*.

EIGHT STEPS FOR CREATING POLICY

Assessment

Healthy School Environment Resources: Click on *School Policies to Promote Healthy Lifestyles* then *Assessment*.

Child and Adult Care Food Program (CACFP)

Nutrition-Related Resources: Click on *Resources for Child Nutrition Programs* then *Child and Adult Care Food Program*.

Child Care Policies to Promote Healthy Lifestyles

Nutrition-Related Resources: Click on *Child Care Policies to Promote Healthy Lifestyles*.

Data and Trends

Healthy School Environment Resources: Click on *School Policies to Promote Healthy Lifestyles* then *Data and Trends*.

Developing and Implementing Policies

Healthy School Environment Resources: Click on *School Policies to Promote Healthy Lifestyles* then *Developing and Implementing Policies*.

Health Advisory Team

Healthy School Environment Resources: Click on *School Policies to Promote Healthy Lifestyles* then *School Health Teams*.

NUTRITION STANDARDS

CACFP Menus

Nutrition-Related Resources: Click on *Menus, Recipes and Nutrient Information*.

Celebrations

Healthy School Environment Resources: Click on *Food at School* then *Celebrations*.

Cultural Diversity

Nutrition-Related Resources: Click on *Cultural Diversity*.

Dietary Guidelines

Nutrition-Related Resources: Click on *General Nutrition and Health* then *Dietary Guidelines*.

Engaging Families

Healthy School Environment Resources: Click on *School Policies to Promote Healthy Lifestyles* then *Engaging Families*.

Feeding Infants

Nutrition-Related Resources: Click on *Nutrition for Young Children* then *Feeding Infants*.

Food Labels

Nutrition-Related Resources: Click on *General Nutrition and Health* then *Food Labels*.

Fruits and Vegetables

Nutrition-Related Resources: Click on *General Nutrition and Health* then *Fruits and Vegetables*.

Healthy Fundraisers

Healthy School Environment Resources: Click on *Food at School* then *Healthy Fundraisers and School Stores*.

Menu Planning and Recipes

Nutrition-Related Resources: Click on *Menus, Recipes and Nutrient Information* then *Menu Planning and Recipes*.

Nutrient Analysis

Nutrition-Related Resources: Click on *Menus, Recipes and Nutrient Information* then *Nutrient Analysis*.

Nutrition for Young Children

Nutrition-Related Resources: Click on *Nutrition for Young Children*.

Nutrition Handouts

Nutrition-Related Resources: Click on *Promoting Nutrition and Physical Activity* then *Handouts for Children, Parents and School Staff Members*.

Nutrition Policies

Nutrition-Related Resources: Click on *Child Care Policies to Promote Healthy Lifestyles*.

Nutrition Standards

Healthy School Environment Resources: Click on *Food at School* then *Nutrition Standards*.

Resources for Families

Nutrition-Related Resources: Click on *Nutrition for Young Children* then *Resources for Families*.

Special Diets

Nutrition-Related Resources: Click on *Special Diets*.

Whole Grains

Nutrition-Related Resources: Click on *General Nutrition and Health* then *Whole Grains*.

EATING ENVIRONMENT

Alternatives to Food Rewards

Healthy School Environment Resources: Click on *Food at School* then *Alternatives to Food Rewards*.

Behavior Management

Healthy School Environment Resources: Click on *Physical Activity and Physical Education* then *Behavior Management*.

Developing Healthy Eating Habits

Nutrition-Related Resources: Click on *Nutrition for Young Children* then *Developing Healthy Eating Habits*.

Feeding Infants

Nutrition-Related Resources: Click on *Nutrition for Young Children* then *Feeding Infants*.

Food Safety

Nutrition-Related Resources: Click on *Food Safety*.

Play Then Eat

Healthy School Environment Resources: Click on *Physical Activity and Physical Education* then *Recess*.

Qualifications of Food Service Personnel

Nutrition-Related Resources: Click on *Resources for Child Nutrition Programs* then *Qualifications of Food Service Personnel*.

Modeling Healthy Behaviors

Healthy School Environment Resources: Click on *School Policies to Promote Healthy Lifestyles* then *Modeling Healthy Behaviors*.

Staff Wellness

Healthy School Environment Resources: Click on *Resources for Child Nutrition Programs* then *Staff Wellness*.

Training for Food Service Personnel

Nutrition-Related Resources: Click on *Resources for Child Nutrition Programs* then *Training for Food Service Personnel*.

NUTRITION EDUCATION

Afterschool Programs

Nutrition-Related Resources: Click on *Resources for Child Nutrition Programs* then *Afterschool Snack Program*.

Cultural Diversity

Nutrition-Related Resources: Click on *Nutrition Education* then *Cultural Diversity*.

Curriculum Development

Healthy School Environment Resources: Click on *Nutrition Education* then *Curriculum Development*.

Dietary Guidelines

Nutrition-Related Resources: Click on *General Nutrition and Health* then *Dietary Guidelines*.

Evaluating Nutrition Education Materials

Healthy School Environment Resources: Click on *Nutrition Education* then *Evaluating Nutrition Education Materials*.

Integrating Nutrition

Healthy School Environment Resources: Click on *Nutrition Education* then *Connecting with Existing Curricula*.

Nutrition Education

Healthy School Environment Resources: Click on *Nutrition Education*.

Nutrition Handouts

Nutrition-Related Resources: Click on *Promoting Nutrition and Physical Activity* then *Handouts for Children, Parents and School Staff Members*.

Nutrition Promotions

Healthy School Environment Resources: Click on *Nutrition Education* then *Nutrition Promotions*.

Partnering with Community Organizations

Healthy School Environment Resources: Click on *School Policies to Promote Healthy Lifestyles* then *Partnering with Community Organizations*.

Training for Teachers and Staff Members

Healthy School Environment Resources: Click on *Nutrition Education* then *Training for Teachers and Staff*.

Training for Food Service Personnel

Nutrition-Related Resources: Click on *Resources for Child Nutrition Programs* then *Training for Food Service Personnel*.

PHYSICAL ACTIVITY

Behavior Management

Healthy School Environment Resources: Click on *Physical Activity and Physical Education* then *Behavior Management*.

Classroom-Based Physical Activity

Healthy School Environment Resources: Click on *Physical Activity and Physical Education* then *Classroom-Based Physical Activity*.

Evaluating Physical Education

Healthy School Environment Resources: Click on *Physical Activity and Physical Education* then *Evaluating Physical Education*.

Guidelines and Standards

Healthy School Environment Resources: Click on *Physical Activity and Physical Education* then *Guidelines and Standards*.

Physical Activity Before and After School

Healthy School Environment Resources: Click on *Physical Activity and Physical Education* then *Physical Activity Before and After School*.

Play Then Eat

Healthy School Environment Resources: Click on *Physical Activity and Physical Education* then *Recess*.

Physical Activity Policies

Nutrition-Related Resources: Click on *Child Care Policies to Promote Healthy Lifestyles*.

Programs to Promote Physical Activity

Healthy School Environment Resources: Click on *Physical Activity and Physical Education* then *Programs to Promote Physical Activity*.

Reducing Screen Time

Healthy School Environment Resources: Click on *Physical Activity and Physical Education* then *Reducing Screen Time*.

COMMUNICATION AND PROMOTION

Afterschool Programs

Nutrition-Related Resources: Click on *Resources for Child Nutrition Programs* then *Afterschool Snack Program*.

CACFP Menus

Nutrition-Related Resources: Click on *Menus, Recipes and Nutrient Information*.

Engaging Families

Healthy School Environment Resources: Click on *School Policies to Promote Healthy Lifestyles* then *Engaging Families*.

Engaging Children

Healthy School Environment Resources: Click on *School Policies to Promote Healthy Lifestyles* then *Engaging Students*.

Nutrition Handouts

Healthy School Environment Resources: Click on *Promoting Nutrition and Physical Activity* then *Handouts for Children, Parents and School Staff Members*.

Health Advisory Teams

Healthy School Environment Resources: Click on *School Policies to Promote Healthy Lifestyles* then *School Health Teams*.

Nutrition Promotions

Healthy School Environment Resources: Click on *Nutrition Education* then *Nutrition Promotions*.

Partnering with Community Organizations

Healthy School Environment Resources: Click on *School Policies to Promote Healthy Lifestyles* then *Partnering with Community Organizations*.

Resources for Families

Nutrition-Related Resources: Click on *Nutrition for Young Children* then *Resources for Families*.

EVALUATION

Assessment

Healthy School Environment Resources: Click on *School Policies to Promote Healthy Lifestyles* then *Assessment*.

Data and Trends

Healthy School Environment Resources: Click on *School Policies to Promote Healthy Lifestyles* then *Data and Trends*.

Evaluation

Healthy School Environment Resources: Click on *School Policies to Promote Healthy Lifestyles* then *Evaluation*.