Connecticut State Department of Education

NUTRITION RESOURCES

Menu Planning and Food Production

This list contains online resources for menu planning and food production in the U.S. Department of Agriculture (USDA) Child Nutrition Programs. Resources are listed by main category. Handouts and guides are in *italics*. Many websites contain information on multiple content areas. **Note:** The inclusion of commercial websites or products is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

For additional content areas related to food and nutrition, see the CSDE's other resource lists on the Resources for Child Nutrition Programs webpage.

> **Quick Search Tips:** Click on the blue titles below to go directly to each section. Use the blue highlighted *"Return to Contents"* at the end of each section to get back to Contents. Search for key words using the "Find" option in the PDF toolbar or go to "Edit" then "Find."

Contents

Creating and Promoting Healthy School Meals

10 Tips: The School Day Just Got Healthier (USDA): www.choosemyplate.gov/ten-tips-school-day-just-got-healthier
English and Spanish.

Best Practices Sharing Center (USDA Healthy Meals Resource System):
http://healthymeals.nal.usda.gov/best-practices
Searchable database of resources and tools developed by states and schools to help serve healthy menus that meet school meal regulations.

Best Practices for Marketing the School Nutrition Program (National Food Service Management Institute, 2013):
www.nfsmi.org/documentlibraryfiles/PDF/20131031040436.pdf
A self-assessment checklist containing six research-based marketing categories that influence marketing practices.

Branding the School Nutrition Program: Building the Foodservice Personality (National Food Service Management Institute, 2011): www.nfsmi.org/ResourceOverview.aspx?ID=403

Building Healthy School Lunches Videos (Iowa Department of Education, 2013):
www.educateiowa.gov/pk-12/nutrition-programs/building-healthy-school-lunches-videos
Videos targeted to various age groups (grades K-5, 6-8 9-12 and adults) to help to explain the changes to school meals.

Communication Tools for School Nutrition Programs (National Food Service Management Institute):
www.nfsmi.org/ResourceOverview.aspx?ID=249
Newsletter templates, press release templates, and tips to help school nutrition programs communicate effectively with their school boards, administrators, and the community about the needs and value of the programs.

Communication Tools for Staff, Parents, and the Community (Iowa Department of Education; 2012):
https://healthymeals.fns.usda.gov/state-resources/new-school-meal-pattern-communication-tools
Tools to help school nutrition programs communicate effectively with the school staff, parents, and the community about the needs and value of the child nutrition program. Each tool can be edited and customized to meet specific school needs.

Creating Positive and Pleasant Mealtimes for Schools and Early Childhood Programs (Montana Team Nutrition, 2011):
http://healthymeals.nal.usda.gov/state-resources/creating-positive-and-pleasant-mealtimes-schools-and-early-childhood-programs
Separate resources for school professionals and child care providers that address a variety of mealtime scenarios and tips for positive meal time practices. Materials include a video, poster, handouts, PowerPoint presentation and recorded webinar.

Cornell Center for Behavioral Economics in Child Nutrition Programs: http://ben.dyson.cornell.edu/
Resources to help researchers, food service directors, and policy makers design sustainable research-based lunchrooms that subtly guide smarter choices.

Fact Sheet: Athletic Programs and Afterschool Meal Service (USDA, 2012):
www.fns.usda.gov/sites/default/files/HHFKAfactsheet-athletics.pdf

Fact Sheet: Calories in School Meals (USDA, 2012):
www.fns.usda.gov/sites/default/files/HHFKAfactsheet-calories.pdf

Five Facts You Should Know about School Meal (Kids' Safe and Healthful Foods Project, 2013):
www.healthyschoolfoodsnow.org/five-facts-you-should-know-about-school-meals/

Healthier School Day (USDA): www.fns.usda.gov/school-meals/healthierschoolday
Resources on the changes to school meals including brochures, fact sheets, FAQs, fliers, school lessons, templates, and more.

Healthy Eating Posters for School Snack Bars (Children's Nutrition Research Center):
www.bcm.edu/departments/pediatrics/sections-divisions-centers/childrens-nutrition-research-center/nutrition-resources/posters
Thirty downloadable full size 11x17 posters created during a study involving more than 10,000 sixth, seventh, and eighth graders. Marketing research strategies commonly used by food companies to sell snacks like soda and chips were used to make school snack bar offerings healthier and increase students' fruit and vegetables consumption.

Healthy Food Choices in Schools (Extension): http://articles.extension.org/healthy_food_choices_in_schools
An online resource dedicated to providing easily applicable tools and information including eating behavior insights, interventions and practical steps for school communities and parents to encourage their kids to make healthy food choices in schools.

Infographic: Healthier School Meals Matter (Robert Wood Johnson Foundation, 2014):
www.rwjf.org/en/library/infographics/infographicschoolmeals.html

International School Meals Day: www.internationalschoolmealsday.com/

Kids' Safe and Healthful Foods Project (Robert Wood Johnson Foundation and The Pew Charitable Trusts):
www.pewtrusts.org/en/projects/kids-safe-and-healthful-foods-project
Nonpartisan analysis and evidence-based recommendations on policies that affect the safety and healthfulness of school foods.

Marketing Your School Nutrition Program (National Food Service Management Institute, 2012):
www.nfsmi.org/ResourceOverview.aspx?ID=415

Menu Planning and Meal Pattern Toolkit (State of Washington Office of Superintendent of Public Instruction):
www.k12.wa.us/ChildNutrition/Programs/NSLBP/NewMealPatterns.aspx
Posters, meal pattern promotion talking points, and other resources.

School Meals Program Outreach Toolkit (California Department of Education, 2013):
www.cde.ca.gov/ls/nu/sn/mbnsdsnp142013.asp
Resources to promote school nutrition programs, improve community perception, and increase meal participation.

School Meals Get Healthier: Students and Experts React (Video) (Kids' Safe and Healthful Foods Project, 2013):
www.pewtrusts.org/en/multimedia/video/2013/school-meals-get-healthier-students-and-experts-react
Students' responses to the USDA's new requirements for school meals, as well as experts' descriptions of what the changes mean for kids and their health.

SMART School Meals Marketing Materials (Idaho State Department of Education, 2012):
https://healthymeals.fns.usda.gov/state-resources/smart-school-meals-marketing-materials
Posters and brochure that outline the changes and benefits of the new meal pattern requirements and encourage students to eat more fruits and vegetables.

Smarter Lunchrooms (Cornell Center for Behavioral Economics in Child Nutrition Programs):
http://smarterlunchrooms.org/
Strategies and resources to help schools creating sustainable research-based lunchrooms that guide smarter choices.

Smarter Lunchrooms (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336028

Smarter Lunchrooms Resources (USDA Healthy Meals Resource System):
http://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms

Support Healthier School Lunches (Center for Science in the Public Interest):
http://cspinet.org/nutritionpolicy/back2school.html
Fact sheets and resources to support healthier school lunches, such as tips for parents, educators, business officials and school food service, getting kids to eat healthier meals and making healthy lunches for less.

Tools for Schools (USDA): www.fns.usda.gov/school-meals/tools-schools
Topic-specific policy and resource materials to assist schools in meeting the new nutrition standards.

Food Production

Cooking for the New Generation: Storing, Cooking and Holding the New Generation Foods, second edition (National Food Service Management Institute, 2008): http://nfsmi.org/documentlibraryfiles/pdf/20100422093304.pdf

Food Buying Guide for Child Nutrition Programs (USDA): www.fns.usda.gov/tn/Resources/foodbuyingguide.html
Resource to determine the amount of food to purchase and the contribution each food makes toward the USDA meal patterns.

Food Buying Guide Calculator for Child Nutrition Programs (National Food Service Management Institute and USDA, 2011): http://fbg.nfsmi.org/
An online calculator for use with the USDA Food Buying Guide for Child Nutrition Programs.

Healthy Cuisine for Kids Trainers Manual (National Food Service Management Institute, Revised 2005):
www.nfsmi.org/documentLibraryFiles/PDF%5C20080228094524.pdf
Lessons and culinary demonstrations to help child nutrition professionals develop culinary skills needed to prepare and serve healthy and appealing meals.

On the Road to Professional Food Preparation (National Food Service Management Institute, 2007):
http://nfsmi.org/ResourceOverview.aspx?ID=99
Focuses on basic skills needed to produce high quality foods for child nutrition programs. Lessons include The Recipe, Weights and Measures, Portion Control, and Recipe Adjustment.

Fruits and Vegetables

10 Tips: Add More Vegetables to Your Day (USDA):
www.choosemyplate.gov/ten-tips-add-more-vegetables-to-your-day
English and Spanish.

10 Tips: Focus on Fruits (USDA): www.choosemyplate.gov/focus-on-fruits
English and Spanish.

10 Tips: Healthy Eating for Vegetarians (USDA): www.choosemyplate.gov/ten-tips-healthy-eating-for-vegetarians
English and Spanish.

10 Tips: Kid-friendly Vegetables and Fruits (USDA): www.choosemyplate.gov/ten-tips-kid-friendly-veggies-and-fruits
English and Spanish.

10 Tips: Liven Up Your Meals with Vegetables and Fruits (USDA):
www.choosemyplate.gov/ten-tips-liven-up-your-meals
English and Spanish.

10 Tips: Smart Shopping for Veggies and Fruits (USDA): www.choosemyplate.gov/ten-tips-smart-shopping
English and Spanish.

Best Practices: Handling Fresh Produce in Schools(USDA, 2010): Provides suggestions for purchasing and receiving, washing and preparation, serving and storage. www.nfsmi.org/ResourceOverview.aspx?ID=351

Build a Healthy Plate with Fruits (from *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program)* (USDA, December 2013):
www.fns.usda.gov/tn/nutrition-wellness-tips-young-children

Build a Healthy Plate with Vegetables (from *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program)* (USDA, December 2013):
www.fns.usda.gov/tn/nutrition-wellness-tips-young-children

Connecticut Ag in the Classroom (Connecticut Agricultural Education Foundation):
http://ctaef.org/ag-in-the-classroom/

Creating Demand for Fruits and Veggies (Produce for Better Health Foundation): www.pbhfoundation.org/

Crediting Fruits and Vegetables in the National School Lunch Program (Video) (Maine Department of Education, December 2012): www.youtube.com/watch?v=lK9fD9nNn7s

Crediting Vegetables in Recipes (Video) (Maine Department of Education, January 2013):
www.youtube.com/watch?v=HegOY600fbk

Dole Superkids (Dole Company): https://dolesunshine.com/superkids
Activities, puzzles, and lesson plans.

Enjoy More Fruits and Vegetables. School Age Children and Youth: Trends, Effects, Solutions (North Carolina School Nutrition Action Committee, August 2008):
www.eatsmartmovemorenc.com/TrendsEffectsSolutions/Texts/EnjoyMoreFruitsAndVegetables.pdf

Fruit and Vegetable Factsheets (University of Nebraska–Lincoln): http://lancaster.unl.edu/nep/fruitveggie.shtml

Fruits and Vegetables (Centers for Disease Control and Prevention): General nutrition and food safety information for fruits and vegetables. www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html

Fruits (USDA Choose MyPlate): www.choosemyplate.gov/food-groups/fruits.html

Fruits and Vegetables Menu Planning (USDA Healthy Meals Resource System):
http://healthymeals.nal.usda.gov/menu-planning/fruits-and-vegetables
Recipes, fact sheets, and resources to help food service staff incorporate more fruits and vegetables into school menus.

Fruits & Vegetables Galore: Helping Kids Eat More (USDA, 2004): www.fns.usda.gov/tn/Resources/fv_galore.html
A tool for school food-service professionals packed with tips on planning, purchasing, protecting, preparing, presenting, and promoting fruits and vegetables.

Fruits & Veggies: More Matters (USDA): www.nal.usda.gov/fnic/fruits-veggies-more-matter
   Links to resources on promoting fruits and vegetables.

Leafy Greens Safe Handling Posters (Iowa State University, 2014): https://store.extension.iastate.edu/product/hs7
   Proper care and handling of fresh leafy greens in foodservice (English, Spanish, and Mandarin Chinese).

MyPlate: Focus on Fruits (Lesson 17 from *No Time to Train: Short Lessons for School Nutrition Assistants)* (National Food Service Management Institute, 2011): www.nfsmi.org/ResourceOverview.aspx?ID=256

MyPlate: Let's Talk Vegetables (Lesson 18 from *No Time to Train: Short Lessons for School Nutrition Assistants)* (National Food Service Management Institute, 2011): www.nfsmi.org/ResourceOverview.aspx?ID=256

MyPlate for Kids: Make Half Your Plate Fruits and Vegetables Poster (USDA, November 2011):
   www.fns.usda.gov/tn/myplate-kids-make-half-your-plate-fruits-and-vegetables-poster

Preparation and Serving: Fruits and Vegetables (USDA Healthy Meals Resource System):
   http://healthymeals.nal.usda.gov/menu-planning/fruits-and-vegetables/preparation-and-serving

Promoting and Supporting School Salad Bars: An Action Guide for State Health Practitioners (Centers for Disease Control and Prevention, 2015): www.cdc.gov/nccdphp/dnpao/state-local-programs/pdf/promoting_supporting_school_saladbars.pdf.pdf

Promoting Fruits and Vegetables in Schools: Wellness Policy Opportunities (Produce for Better Health Foundation, December 2005): www.fns.usda.gov/promoting-fruits-and-vegetables-schools-wellness-policy-opportunities
   Includes policies and strategies to help promote fruits and vegetables throughout the school day and campus.

State Indicator Report on Fruits and Vegetables 2013 (Centers for Disease Control and Prevention, 2013):
   www.cdc.gov/nutrition/downloads/state-indicator-report-fruits-vegetables-2013.pdf
   Provides information on fruit and vegetable consumption and policy and environmental support within each state.

There's a Rainbow on My Plate (Produce for Better Health Foundation): 5 A Day Nutrition Education Program for kindergarten through Grade 6. www.pbhfoundation.org/about/history/past/rainbow

Tools for Schools: Offering Fruits and Vegetables (USDA):
   www.fns.usda.gov/school-meals/tools-schools-offering-fruits-and-vegetables

Vegetable Subgroups (CSDE): www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/vegsubgroup.pdf

Vegetables (USDA Choose MyPlate): www.choosemyplate.gov/food-groups/vegetables.html

What's in Season (USDA Healthy Meals Resource System):
   http://healthymeals.nal.usda.gov/features-month/whats-season

Legumes (Beans and Peas)

Beans: Preparation and Serving (USDA Healthy Meals Resource System): Recipes, fact sheets and resources to help incorporate more beans into menus. http://healthymeals.nal.usda.gov/menu-planning/beans

*Build a Healthy Plate with Dry Beans and Peas (*from *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program* (USDA, November 2012): www.fns.usda.gov/tn/nutrition-wellness-tips-young-children

California Dry Bean Advisory Board: http://calbeans.org/

Cooking Dry Beans from Scratch Can Be Quick (University of Nebraska-Lincoln Extension): http://food.unl.edu/cooking-dry-beans-scratch-can-be-quick

Cooks for Kids: Succulent Side Dishes (Institute of Child Nutrition): www.nfsmi.org/documentlibraryfiles/PDF/20090625111321.pdf

Culinary Techniques for Healthy School Meals: Preparing Dry Beans and Peas (Institute of Child Nutrition): www.theicn.org/ResourceOverview.aspx?ID=292

Idaho Bean Commission: http://bean.idaho.gov/

Limiting Added Sugars

10 Tips: Cut Back on Your Kid's Sweet Treats (USDA):
www.choosemyplate.gov/ten-tips-cut-back-on-sweet-treats
English and Spanish.

Added Sugar in the Diet (Harvard School of Public Health):
www.hsph.harvard.edu/nutritionsource/carbohydrates/added-sugar-in-the-diet/

Added Sugars (American Heart Association):
www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Added-Sugars_UCM_305858_Article.jsp#.WWDTLfw2zIU

Build a Healthy Plate with Fewer Added Sugars (from *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program* (USDA, December 2012):
www.fns.usda.gov/tn/nutrition-wellness-tips-young-children

Infographic – Added Sugar (American Heart Association):
https://recipes.heart.org/Articles/1049/Infographic-Added-Sugar

Know Your Limit for Added Sugars (Centers for Disease Control and Prevention):
www.cdc.gov/nutrition/data-statistics/know-your-limit-for-added-sugars.html

Limit Fat and Sugar (NIH National Heart, Lung, and Blood Institute):
www.nhlbi.nih.gov/health/educational/wecan/eat-right/limit-fat-sugar.htm

Sugar 101 (American Heart Association):
www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Sugars-101_UCM_306024_Article.jsp

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Limiting Fat

All About Oils (USDA Choose MyPlate): www.choosemyplate.gov/oils

Choose Foods and Beverages with Less Saturated Fat, Sodium, and Added Sugars (USDA Choose MyPlate): www.choosemyplate.gov/saturated-unsaturated-and-trans-fats

Fats and Oils: Build a Healthy Plate with Options Low in Solid Fats (from *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program* (USDA, December 2012): www.fns.usda.gov/tn/nutrition-wellness-tips-young-children

Limit Fat and Sugar (We Can!, NIH National Heart, Lung, and Blood Institute): www.nhlbi.nih.gov/health/educational/wecan/eat-right/limit-fat-sugar.htm

MyPlate: Lets Talk Oils and Fats (Lesson 22 from *No Time to Train: Short Lessons for School Nutrition Assistants)* (National Food Service Management Institute, 2011): www.nfsmi.org/ResourceOverview.aspx?ID=256

Saturated, Unsaturated, and Trans Fats (USDA Choose MyPlate): www.choosemyplate.gov/saturated-unsaturated-and-trans-fats

The Skinny on Fats (American Heart Association): www.heart.org/HEARTORG/Conditions/Cholesterol/PreventionTreatmentofHighCholesterol/Know-Your-Fats_UCM_305628_Article.jsp

Trans Fats (American Heart Association): www.heart.org/HEARTORG/HealthyLiving/FatsAndOils/Fats101/Trans-Fats_UCM_301120_Article.jsp#.WWDVuvw2zIU

What are Solid Fats (USDA Choose MyPlate): https://www.choosemyplate.gov/what-are-solid-fats

Limiting Sodium

Adjusting a Recipe with Herbs and Spices (Lesson 34 from *No Time to Train: Short Lessons for School Nutrition Assistants)* (National Food Service Management Institute, 2012): www.nfsmi.org/ResourceOverview.aspx?ID=256

Build a Healthy Plate with Less Salt and Sodium (from *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program* (USDA, December 2012): www.fns.usda.gov/tn/nutrition-wellness-tips-young-children

Cut Down on Sodium (Office of Disease Prevention and Heath Promotion, December 2016): https://health.gov/dietaryguidelines/2015/resources/DGA_Cut-Down-On-Sodium.pdf

Herbs, Spices and Seasonings (Lesson 33 from *No Time to Train: Short Lessons for School Nutrition Assistants)* (National Food Service Management Institute, 2012): www.nfsmi.org/ResourceOverview.aspx?ID=256

Just the Facts: Be Salt Savvy – Cut Back on Sodium for Healthier School Meals (USDA, August 2012): http://teamnutrition.usda.gov/resources/jtf_sodium.pdf

Reduce Sodium in School Meals (Indiana Department of Education, Revised March 2017): www.doe.in.gov/sites/default/files/nutrition/sodium-fact-sheet-revised-idoe.pdf

Reducing Sodium Intake (National Food Service Management Institute, 2011): www.nfsmi.org/documentlibraryfiles/PDF/20120102035310.pdf

Salt and Sodium: 10 Tips to Help You Cut Back (USDA, 2011): www.fns.usda.gov/sites/default/files/19_TNES-SAS.pdf
English and Spanish.

Sodium (USDA Choose MyPlate): www.choosemyplate.gov/sodium

Sodium in Your Diet: Use the Nutrition Facts Label and Reduce Your Intake (FDA): www.fda.gov/Food/ResourcesForYou/Consumers/ucm315393.htm

Under Pressure: Strategies for Sodium Reduction in the School Environment (Centers for Disease Control and Prevention, 2011): Practical strategies for improving the school food environment through sodium reduction. www.cdc.gov/salt/pdfs/sodium_reduction_in_schools.pdf

What's Shaking: Creative Ways to Boost Flavor With Less Sodium (USDA): https://healthymeals.fns.usda.gov/whatsshaking
A national collaborative sodium reduction initiative to foster creative ways to boost flavor and maximize taste to support efforts to lower the sodium content of school meals.

Why Reducing Sodium in School Food Matters (Healthy Schools Campaign, December 2014): https://healthyschoolscampaign.org/policy/why-reducing-sodium-in-school-food-matters-5454/

Low-cost Healthy Eating

10 Tips: Eating Better on a Budget: (USDA): www.choosemyplate.gov/ten-tips-eating-better-on-a-budget
English and Spanish.

10 Tips : Smart Shopping for Veggies and Fruits (USDA): www.choosemyplate.gov/ten-tips-smart-shopping
English and Spanish.

A Low-Cost Meal Plan (American Diabetes Association): www.diabetes.org/mfa-recipes/meal-plans/low-cost-meals.html

Eating Healthy on a Budget (American Cancer Society, 2016):
www.cancer.org/latest-news/eating-healthy-on-a-budget.html

Eat Well for Less (Oregon State University): http://extension.oregonstate.edu/fcd/nutrition/ewfl/index.php
Learning modules that provide ideas about how to plan healthful meals, prepare tasty, low-cost foods that are quick and easy and make food dollars last through the month (English and Spanish).

Expanded Food and Nutrition Education Program (University of Connecticut):
www.cag.uconn.edu/nutsci/nutsci/outrch/EFNEP.html
A USDA educational outreach program targeted to low-income families that provides nutrition information and resources.

Food Security (USDA): www.usda.gov/topics/food-and-nutrition/food-security

Heathy Eating on a Budget (USDA Choose MyPlate): www.choosemyplate.gov/budget

Recipes and Tips for Healthy, Thrifty Meals (USDA, May 2000):
www.cnpp.usda.gov/sites/default/files/usda_food_plans_cost_of_food/FoodPlansRecipeBook.pdf

SNAP-Ed Connection (USDA): http://snap.nal.usda.gov/

Spend Smart Eat Smart (Iowa State University): www.extension.iastate.edu/foodsavings/fooddollar/
A grocery budget calculator.

USDA Food Plans: Cost of Food (USDA): www.cnpp.usda.gov/USDAFoodPlansCostofFood.htm
The Thrifty, Low-Cost, Moderate-Cost and Liberal Food Plans each represent a nutritious diet at a different cost.

30 Ways in 30 Days to Stretch Your Fruit & Vegetable Budget (Centers for Disease Control and Prevention):
www.cdc.gov/nutrition/downloads/Stretch_FV_Budget.pdf

Low-fat Dairy

10 Tips: Got Your Dairy Today? (USDA): www.choosemyplate.gov/ten-tips-got-your-dairy-today
   English and Spanish.

Build a Healthy Plate with Milk (from *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program* (USDA, December 2012): www.fns.usda.gov/tn/nutrition-wellness-tips-young-children

Dairy (USDA Choose MyPlate): www.choosemyplate.gov/food-groups/dairy.html

Did you Drink Your Milk Today? Poster (Dairy Council of California): www.healthyeating.org/Portals/0/Documents/Schools/MDC/MDC_Poster_2016.pdf?ver=2017-01-18-093415-767

Effects of Switching from Whole to Low-Fat/Fat-Free Milk in Public Schools, New York City, 2004-2009 (Morbidity and Mortality Weekly Report, January 29, 2010 / 59(03);70-73): www.cdc.gov/mmwr/preview/mmwrhtml/mm5903a2.htm?s_cid=mm5903a2_e%0d%0a

Mooove to Low-fat Dairy (Florida Department of Health): www.floridahealth.gov/programs-and-services/wic/nutrition-materials/mooove-to-lowfat-dairy/index.html

School Foodservice (Dairy Council of California): www.healthyeating.org/Schools/School-Foodservice
   Resources on milk and milk products in school nutrition programs.

Meat and Meat Alternates

10 Tips: Vary Your Protein Routine (USDA): www.choosemyplate.gov/ten-tips-with-protein-foods-variety-is-key *English and Spanish.*

Crediting Meat and Meat Alternates in the National School Lunch Program (Video) (Maine Department of Education, December 2012): www.youtube.com/watch?v=WES8HiegOnk

Crediting Meat in a Recipe (Video) (Maine Department of Education, January 2013): www.youtube.com/watch?v=e52So70wtdM

Meat and Meat Alternates: Build a Healthy Plate with Protein (from *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program)* (USDA, December 2012): www.fns.usda.gov/tn/nutrition-wellness-tips-young-children

MyPlate: Protein Foods (Lesson 21 from *No Time to Train: Short Lessons for School Nutrition Assistants)* (National Food Service Management Institute, 2011): www.nfsmi.org/ResourceOverview.aspx?ID=256

Protein Foods (USDA Choose MyPlate): www.choosemyplate.gov/protein-foods

Menu Planning

Building Blocks for Fun and Healthy Meals: A Menu Planner for the Child and Adult Care Food Program (USDA, 2000): www.fns.usda.gov/tn/building-blocks-fun-and-healthy-meals

Chefs Move to Schools (USDA): www.chefsmovetoschools.org/
Resources and tools for chefs and schools to use in improving the way children interact with food, from the cafeteria to the classroom.

Crediting Foods in School Nutrition Programs (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796

Crediting Foods Video Series (Maine Department of Education, December 2012):
www.youtube.com/user/mainechildnutrition
Short videos (10 minutes or less) on how to foods in the USDA Child Nutrition Programs. The videos include How to Use the Food Buying Guide; Crediting Vegetables in Recipes Crediting Meat in Recipes; Crediting Grains in Recipes; How to Use the Food Buying Guide Calculator; Crediting Meat and Meat Alternates in the National School Lunch Program; Crediting Grains in the National School Lunch Program; Crediting Fruits and Vegetables in the National School Lunch Program; Resources for Crediting in the National School Lunch Program; How to Use the Food Buying Guide; How to Use the Food Buying Guide Calculator; and Resources for Crediting in the National School Lunch Program.

Food Buying Guide for Child Nutrition Programs (USDA):
www.fns.usda.gov/tn/Resources/foodbuyingguide.html
Resource to determine the amount of food to purchase and the contribution each food makes toward the USDA meal patterns.

Food Buying Guide Calculator for Child Nutrition Programs (National Food Service Management Institute and USDA, 2011): http://fbg.nfsmi.org/

How to Use the Food Buying Guide (Maine Department of Education, January 2013):
www.youtube.com/watch?v=wOCw2bH3XjU

How to Use the Food Buying Guide Calculator (Maine Department of Education, December 2012):
www.youtube.com/watch?v=3PCNHgAraJ0

Meal Patterns for School Nutrition Programs (Connecticut State Department of Education):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336544

Menu Planning (Connecticut State Department of Education): Resources to assist school nutrition programs with planning and promoting healthy school meals. www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333780

Menu Planning (USDA Healthy Meals Resource System): Links to resources to assist with menu planning in the USDA Child Nutrition Programs. http://healthymeals.nal.usda.gov/menu-planning-0

Menu Planning Guide for School Meals (CSDE, 2016): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320
Comprehensive information and guidance on planning menus to meet the USDA meal patterns for the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Seamless Summer Option (SSO) of the NSLP.

Menu Planning Tools (USDA Healthy Meals Resource System.):
https://healthymeals.fns.usda.gov/menu-planning/menu-planning-tools

Menu Planning Tools for Child Care Providers (USDA Healthy Meals Resource System):
http://healthymeals.nal.usda.gov/menu-planning/menu-planning-tools/menu-planning-tools-child-care-providers

Nutrition Standards for School Meals (USDA):
www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm

Planning Healthy Menus: A Companion Booklet to the Florida Child Care Food Program Cookbook (Florida Department of Health Bureau of Child Nutrition Programs, 2007): www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/_documents/planning-healthy-menus.pdf

Useful Resources for Crediting in the National School Lunch Program (Maine Department of Education, December 2012. www.youtube.com/watch?v=iHqbXusz9Uk

Nutrient Analysis

Fiber Chart (Icahn School of Medicine at Mount Sinai):
www.wehealny.org/healthinfo/dietaryfiber/fibercontentchart.html

Food Composition (USDA National Agricultural Library): http://fnic.nal.usda.gov/food-composition

Nutrition Analysis Tool (University of Illinois): www.pdesas.org/module/content/resources/5367/view.ashx
Online calculator that provides a detailed analysis of the nutrient content of the foods eating based on age and gender.

Online Conversion: www.onlineconversion.com/weight_common.htm
Common weight and mass conversions.

Profile (AFS Technologies, Inc.): http://foodprofile.com/WEB-AFSProfile/Share/frmHomePage.aspx
A comprehensive database of product information for food industry products.

Recipe Analyzer (Dietitians of Canada): www.eatracker.ca/recipe_analyzer.aspx

Recipe Calculator (Spark Recipes): http://recipes.sparkpeople.com/recipe-calculator.asp

SELF Nutrition Data (Condé Nast): www.nutritiondata.com/
Online calculator for foods and recipes.

The Calorie Counter: www.thecaloriecounter.com/
Provides nutrition information for foods and beverages in a Nutrition Facts label format.

Nutrient Analysis Software Approved by USDA for Nutrient Analysis (USDA Healthy Meals Resource System):.
http://healthymeals.nal.usda.gov/menu-planning/software-approved-usda-administrative-reviews/list-approved-software-nsmpsmi

USDA Food Composition Databases (USDA): www.nal.usda.gov/fnic/foodcomp/search/
A searchable database of the nutrient content for thousands of foods.

What's in the Foods You Eat Search Tool (USDA Agricultural Research Service): www.ars.usda.gov/northeast-area/beltsville-md/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/whats-in-the-foods-you-eat-emsearch-toolem/

Recipes

> The following recipe resources may or may not comply with the updated meal patterns for the NSLP, SBP, and CACFP. Programs are responsible for ensuring that local menus meet USDA meal patterns and should review the meal pattern contribution of all recipes. For information on the USDA meal patterns, visit the CSDE's webpages Meal Patterns for School Nutrition Programs, Meal Pattern Requirements for CACFP Child Care Programs and Meal Pattern Requirements for CACFP Adult Day Care Centers.

Chef Recipes (Idaho Department of Education): www.sde.idaho.gov/cnp/hne/chef.html
Chef-designed recipes for the NSLP and SBP.

Florida Child Care Food Program Cookbook (Florida Department of Health Bureau of Child Nutrition Programs, 2007): www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/cookbook.html
A compilation of standardized recipes from CACFP child care providers that include nutrition information and CACFP contribution.

Fruit and Veggie Quantity Cookbook (New Hampshire Obesity Prevention Program, October 2011): www.dhhs.nh.gov/dphs/nhp/documents/cookbook.pdf
Recipes designed for use in schools, child care settings, and other congregate meal sites and restaurants. These recipes identify USDA commodity fruits, vegetables, and beans and identify the USDA food components.

Healthy Recipes (Oregon State University): http://oregonstate.edu/dept/kbrec/recipes-0

Let's Cook Healthy School Meals (Project Bread, 2013): www.projectbread.org/children-and-schools/lets-cook-healthy-school.html
More than 100 recipes that have been kid-tested in cafeteria kitchens and meet the new USDA school meal requirements.

Measuring Success with Standardized Recipes (National Food Service Management Institute, 2002): www.nfsmi.org/ResourceOverview.aspx?ID=88
Assists school food service and child care managers and employees with development and use of standardized recipes in their operations.

New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks (Vermont Agency of Education, 2013): http://vermontfarmtoschool.org/resources/new-school-cuisine-cookbook-nutritious-and-seasonal-recipes-school-cooks-school-cooks

Now We're Cooking! A Collection of Simple Scratch Recipes Served in Minnesota Schools (Minnesota Department of Health, 2012): www.health.state.mn.us/divs/hpcd/chp/cdrr/nutrition/greattrays/pdfs/NowCooking.pdf

Recipe Source: http://recipesource.com/

Recipes and Menus (Epicurious Food): www.epicurious.com/recipesmenus

Recipes for Child Nutrition Programs (USDA Healthy Meals Resource System): http://healthymeals.nal.usda.gov/recipes

Recipes for Healthy Kids: Cookbook for Child Care Centers (USDA): www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers

Recipes for Healthy Kids: Cookbook for Homes (USDA): www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes

Recipes for School Food Service (USDA Healthy Meals Resource System): http://healthymeals.nal.usda.gov/recipes/recipes-school-food-service

Standardized Recipe Form for School Nutrition Programs (CSDE): www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/nslp/stdrecipeschools.doc

Taste Testing and Evaluating Recipes (USDA Healthy Meals Resource System): http://healthymeals.nal.usda.gov/recipes/taste-testing-and-evaluating-recipes

Team Nutrition Recipes and Cookbook Toolkit (USDA):
www.fns.usda.gov/tn/team-nutrition-recipes-and-cookbook-toolkit

USDA Recipes for Child Care (USDA): www.fns.usda.gov/tn/usda-recipes-child-care

USDA Recipes for Schools (USDA): http://teamnutrition.usda.gov/Resources/usda_recipes.html

What's Cooking? USDA Mixing Bowl: www.whatscooking.fns.usda.gov/
A searchable collection of recipes and other resources including quantity recipes.

Yield Study Data Form (CSDE): www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/yieldstudy.pdf

Sample Menus for Child Care

> The following sample menus may or may not comply with the updated meal patterns for the CACFP. Programs are responsible for ensuring that local menus meet USDA meal patterns. For information on the USDA meal patterns, visit the CSDE's webpages Meal Patterns for School Nutrition Programs, Meal Pattern Requirements for CACFP Child Care Programs and Meal Pattern Requirements for CACFP Adult Day Care Centers.

CACFP Menu Planning Guide (Nemours Health & Prevention Services, No Date):
   https://healthymeals.fns.usda.gov/hsmrs/Wisconsin/cacfp-menu-planning.pdf
   Includes 16 weeks of menus and 120 CACFP-reimbursable recipes with nutritional information.

CACFP Sample Menu 1: Cold Breakfast Menus for CACFP Adult Day Care Centers (CSDE):
   www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/adults/CACFPadultmenu1.pdf
   Sample cold breakfast menus that comply with the new CACFP meal patterns of the USDA's final rule, Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010, effective October 1, 2017.

CACFP Sample Menu 2 – CACFP Hot Breakfast Menus for CACFP Adult Day Care Centers (CSDE):
   www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/adults/CACFPadultmenu2.pdf
   Sample hot breakfast menus that comply with the new CACFP meal patterns of the USDA's final rule, Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010, effective October 1, 2017.

CACFP Sample Menu 3 – CACFP Cold Lunch/Supper Menus for CACFP Adult Day Care Centers (CSDE):
   www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/adults/CACFPadultmenu3.pdf
   Sample cold lunch menus that comply with the new CACFP meal patterns of the USDA's final rule, Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010, effective October 1, 2017.

CACFP Sample Menu 4 – CACFP Hot Lunch/Supper Menus for CACFP Adult Day Care Centers (CSDE):
   www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/adults/CACFPadultmenu4.pdf
   Sample hot lunch and supper menus that comply with the new CACFP meal patterns of the USDA's final rule, Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010, effective October 1, 2017.

CACFP Sample Menu 5 – CACFP Snack Menus for CACFP Adult Day Care Centers (CSDE):
   www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/adults/CACFPadultmenu5.pdf
   Sample snack menus that comply with the new CACFP meal patterns of the USDA's final rule, Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010, effective October 1, 2017.

CACFP Sample Menu 1: Cold Breakfast Menus for CACFP Child Care Centers and Homes (CSDE):
   www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/mp/CACFPMenu1oct1.pdf
   Sample cold breakfast menus that comply with the new CACFP meal patterns of the USDA's final rule, Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010, effective October 1, 2017.

CACFP Sample Menu 2 – CACFP Hot Breakfast Menus for CACFP Child Care Centers and Homes (CSDE):
   www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/mp/CACFPMenu2oct1.pdf
   Sample hot breakfast menus that comply with the new CACFP meal patterns of the USDA's final rule, Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010, effective October 1, 2017.

CACFP Sample Menu 3 – CACFP Cold Lunch/Supper Menus for CACFP Child Care Centers and Homes (CSDE): www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/mp/CACFPMenu3oct1.pdf
   Sample cold lunch menus that comply with the new CACFP meal patterns of the USDA's final rule, Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010, effective October 1, 2017.

CACFP Sample Menu 4 – CACFP Hot Lunch/Supper Menus for CACFP Child Care Centers and Homes (CSDE): www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/mp/CACFPMenu4oct1.pdf
   Sample hot lunch and supper menus that comply with the new CACFP meal patterns of the USDA's final rule, Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010, effective October 1, 2017.

CACFP Sample Menu 5 – CACFP Snack Menus for CACFP Child Care Centers and Homes (CSDE):
www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/mp/CACFPMenu5oct1.pdf
Sample snack menus that comply with the new CACFP meal patterns of the USDA's final rule, Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010, effective October 1, 2017.

First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care – Menu Planning Guide (Delaware Department of Education, January 2011):
http://healthymeals.nal.usda.gov/hsmrs/Delaware/nhpsmenuplanning.pdf
Sixteen weeks of approved menu cycles and recipes with shopping lists and budget-saving shopping tips.

Menus for Child Care (Institute of Child Nutrition): www.nfsmi.org/ResourceOverview.aspx?ID=196

Menus That Move (Ohio Department of Education, 2012):.
http://education.ohio.gov/GD/Templates/Pages/ODE/ODEDetail.aspx?page=3&TopicRelationID=828&ContentID=131143&Content=135303
A set of seasonal cycle menus to help schools serve tasty meals that fit within the USDA's new meal guidelines. Each seasonal cycle menu contains five weekly menus that have been entered into the USDA Menu Certification Worksheet and meet both the required meal components and also nutrient standards that have been entered into USDA-approved software

Sample Child and Adult Care Menu (Mew York State Department of Public Health, 2017):
www.health.ny.gov/prevention/nutrition/cacfp/docs/cacfp-182.pdf

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Sample Menus for Schools

> The following sample menus may or may not comply with the updated meal patterns for the NSLP, and SBP. Programs are responsible for ensuring that local menus meet USDA meal patterns. For information on the USDA meal patterns, visit the CSDE's webpages Meal Patterns for School Nutrition Programs, Meal Pattern Requirements for CACFP Child Care Programs and Meal Pattern Requirements for CACFP Adult Day Care Centers.

Afterschool Snack Program Two-Week Cycle Menu (Colorado Department of Education):
www.cde.state.co.us/nutrition/afterschoolsnackcyclemenu

Chef Designed School Breakfast (Idaho Department of Education, 2013):
https://sde.idaho.gov/cnp/shared/Chef-Designed-Breakfast-Book.pdf
Includes recipes that appeal to students' tastes and meet the School Breakfast (SBP) Meal Pattern (implemented July 1, 2013) for Grades K-12.

Chef Designed School Lunch (Idaho Department of Education, 2016):
www.sde.idaho.gov/cnp/shared/Chef-Designed-School-Lunch.pdf
A two-week cycle of school meals designed by a chef and dietitian and tested and approved by Idaho students. Menus have been planned to meet the new USDA meal pattern and use three to ten USDA Foods in each meal. Includes recipes, nutrient analysis marketing flier and meal contribution

Fresh Start for School Breakfast: A School Nutrition Breakfast Resource (School Nutrition Association & Alliance for a Healthier Generation, 2013): https://schools.healthiergeneration.org/_asset/7l47w8/Fresh-Start-For-Bkfst_FINAL-3.pdf
Student-friendly two-week cycle menus that can fit into any style of breakfast operation (grab and go, hot line and breakfast in the classroom) while meeting the USDA's new meal standards.

Healthy, Hunger-Free Kids Act of 2010: Before/After Sample Menu (USDA):
www.fns.usda.gov/sites/default/files/HHFKA_BeforeAfterMealsChart.pdf

Healthier Kansas Menus (Kansas Department of Education, 2012):
www.kn-eat.org/SNP/SNP_Menus/SNP_Resources_Healthier_Kansas_Menus.htm
Six-week lunch menus and four-week breakfast menus that meet the USDA's new meal requirements. Includes recipes, lunch preparation instructions, serving tips, production records and purchasing guide.

Iowa Gold Star Cycle Menus (Iowa Department of Education, 2011): www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/iowa-gold-star-cycle-menus
Two-week breakfast cycle menu and five-week lunch cycle menu and recipes that meet the new NSLP and SBP meal patterns and the Gold criteria for HealthierUS School Challenge, and offers healthy USDA Foods.

Menus That Move (Ohio Department of Education, 2012): http://education.ohio.gov/Topics/Other-Resources/Food-and-Nutrition/Resources-and-Tools-for-Food-and-Nutrition/Menus-that-Move
A set of seasonal cycle menus to help schools serve tasty meals that meet the USDA's new meal guidelines. Each seasonal cycle menu contains five weekly menus that have been entered into the USDA Menu Certification Worksheet and meet both the required meal components and also nutrient standards that have been entered into USDA-approved software.

Sample Cycle Menu (Minnesota Department of Health, 2012):
www.health.state.mn.us/divs/hpcd/chp/cdrr/nutrition/greattrays/pdfs/SampleCycleMenu.pdf
Three sample cycle lunch menus (grades K-5, 6-8 and 9-12) with nutrition information.

Signage and Posters

> The inclusion of commercial websites or products is for informational purposes only and does not constitute approval or endorsement by the CSDE.

1 Terrific Tray (Learning Zone Express): www.learningzonexpress.com/nsearch/?q=1+terrific+tray
Available for purchase: Dry erase menu board, banners, and other nutrition education resources to educate students and encourage healthy choices for school lunch.

Build a Healthy Lunch Reimbursable Meal Identification System (Iowa Team Nutrition, 2012):
http://healthymeals.nal.usda.gov/state-resources/build-healthy-lunch-reimbursable-meal-identification-system
Kit to assist students in selecting their meal choices and reduce unintentional purchase of food items not included in the reimbursable meal. Designed to help identify foods that are part of the reimbursable meal for the day at the near or beginning of the serving line, in compliance with the USDA's requirement for identifying reimbursable meals.

Build-a-Tray Program (Love Your Lunchroom):
www.loveyourlunchroom.com/
Commercial site selling signage that prompt students to make healthy, nutritious choices at school and comply with the USDA offer versus serve requirements

Color Your Tray: http://coloryourtray.com/
Commercial site selling dry erase menu boards for Choose MyPlate.

Communication Tools for Staff, Parents, and the Community (Iowa Department of Education; 2012):.
http://healthymeals.nal.usda.gov/state-resources/new-school-meal-pattern-communication-tools
Tools to help school nutrition programs communicate effectively with school staff, parents, and the community about the needs and value of the child nutrition program. Each tool can be edited and customized to meet specific school needs.

Connecticut Grown Fruit and Vegetable Posters (Start with Half a Cup):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322568

Dig In Posters (USDA, 2013): www.fns.usda.gov/tn/dig-posters
Posters to promote fruits and vegetables.

Graphics Library (USDA): www.fns.usda.gov/tn/graphics-library
Team Nutrition graphics for use on school menus and promotional materials.

Healthy Eating Posters for School Snack Bars (Baylor College of Medicine):
www.bcm.edu/departments/pediatrics/sections-divisions-centers/childrens-nutrition-research-center/nutrition-resources/posters

Estimating Quantities from Self-Serve Bars (Idaho State Department of Education):
http://healthymeals.nal.usda.gov/hsmrs/Idaho/SMART/Salad_Bar_Portion_Poster.pdf

Food and Health Communications: https://foodandhealth.com/

Healthy Snacking Posters (Kids Health in the Classroom, Nemours):
http://kidshealth.org/classroom/index.jsp?Grade=35&Section=personal
Teacher guides, handouts, and posters on a variety of health topics including nutrition and fitness.

John Bennett Creative Solutions for School Marketing:
www.schoolmealsmarketing.com/signage_for_new_regs.html
Commercial site selling point-of-service communication materials for reimbursable meals, such as posters, dry erase boards, static clings, banners, bookmarks, and stickers.

Learning Zone Express: www.learningzonexpress.com/school-foodservice.html
Commercial site selling nutrition education and line signage resources for school nutrition programs.

Lunch Offer Versus Serve Poster (Connecticut State Department of Education, 2013):
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/lunchposterOVS.pdf

Lunch Meal Pattern Components Poster (Connecticut State Department of Education, 2013):
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/lunchpostercomp.pdf

NEAT Solutions, Inc.: www.neatsolutions.com/
Commercial site selling nutrition education resources including posters, books, manuals, videos, and teaching aids.

NCES Health and Nutrition Education: www.ncescatalog.com/
Commercial site selling nutrition education resources including posters, books, manuals, videos, and teaching aids.

Nutrition Posters and Motivational Nutrition Quotes (Wellness Proposals): Free downloadable nutrition posters.
http://wellnessproposals.com/wellness-library/nutrition/nutrition-posters/

Nutrition Posters for Kids and Teens (Wellness Proposals):
http://wellnessproposals.com/wellness-library/nutrition/nutrition-posters-kids-teens/
Free downloadable nutrition posters.

Offer versus Serve Sign for Lunch (Connecticut State Department of Education, September 2012):
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/ovs_poster.pdf

Posters (USDA):
https://healthymeals.fns.usda.gov/resource-library/general-nutrition-bulletin-board-resources/posters

Produce for Better Health Foundation Online Store: www.pbhcatalog.org/
Commercial site selling posters and other nutrition education resources for fruits and vegetables.

Rock Your Tray Videos (Nutrition Education Store, 2013):
http://nutritioneducationstore.com/products/Rock_Your_Tray_National_School_Lunch_Program_Training_Video_Program-563-12.html
Commercial site selling two short simple videos that help students understand the meal pattern requirements for breakfast and lunch including offer versus serve.

School Nutrition Association Emporium: Commercial site selling MyPlate posters and other promotional materials. http://emporium.schoolnutrition.org/

SMART School Meals Marketing Materials (Idaho State Department of Education, Child Nutrition Programs; 2012): http://healthymeals.nal.usda.gov/state-resources/smart-school-meals-marketing-materials
Posters and brochure that outline the changes and benefits of the new meal pattern requirements and encourage students to eat more fruits and vegetables.

Smarter Lunchrooms Posters and Signage (Alpha Graphics): Commercial site selling posters and signage for the cafeteria serving line. http://smarterlunchrooms.org/resource/alphagraphics-products

Team Nutrition Posters (USDA): www.fns.usda.gov/tn/posters

Team Nutrition Graphics Library (USDA): www.fns.usda.gov/tn/graphics-library
Messages for elementary school menus that encourage healthy choices, including graphics for MyPlate, milk, fruits, and vegetables.

Vegetarian Meals

5 Myths about Building a Healthy Vegetarian Meal (Academy of Nutrition and Dietetics):
www.eatright.org/resource/food/nutrition/vegetarian-and-special-diets/building-a-healthy-vegetarian-meal-myths-and-facts

10 Tips: Healthy Eating for Vegetarians: for Vegetarians (USDA):
www.choosemyplate.gov/ten-tips-healthy-eating-for-vegetarians
English and Spanish.

Eating Vegetarian (Nutrition.Gov): www.nutrition.gov/smart-nutrition-101/healthy-eating/eating-vegetarian

Feeding Vegan Kids (Vegetarian Resource Group): www.vrg.org/nutshell/kids.htm

KidsHealth Vegetarianism (Nemours Foundation):
http://kidshealth.org/parent/nutrition_center/healthy_eating/vegetarianism.html#cat20738

Lesson 6 – Handouts Vegetarian Diets (from *Nutrition 101: A Taste of Food and Fitness)* (National Food Service Management Institute, 2012): www.theicn.org/documentlibraryfiles/PDF/20120814022445.pdf

Position of the Academy of Nutrition and Dietetics: Vegetarian Diets (Journal of the Academy of Nutrition and Dietetics, December 2016 (Volume 116, Issue 12, Pages 1970-1980)): www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/vegetarian-diets

Vegan Nutrition in Pregnancy and Childhood (Vegetarian Resource Group):
www.vrg.org/nutrition/pregnancy.htm

Vegetarian Nutrition (Food and Nutrition Information Center, USDA): www.nal.usda.gov/fnic/vegetarian-nutrition

Vegetarian Nutrition Resource List (Food and Nutrition Information Center, USDA, May 2014):
www.nal.usda.gov/sites/default/files/fnic_uploads//vegetarian.pdf

Vegetarian Resource Group: www.vrg.org/

Whole Grains

10 Tips: Make Half Your Grains Whole Grains (USDA):
www.choosemyplate.gov/10-tips-make-half-your-grains-whole-grains-0
English and Spanish.

Build a Healthy Plate with Whole Grains (from *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program)* (USDA, December 2012):
www.fns.usda.gov/tn/nutrition-wellness-tips-young-children

Child Care Fact Sheets: What are Whole Grain Foods? (National Food Service Management Institute, 2009):
www.nfsmi.org/documentlibraryfiles/PDF/20090210040517.pdf

Cooking with Whole Grains (Idaho State Department of Education, 2010):
http://healthymeals.nal.usda.gov/state-resources/cooking-whole-grains
Training kit to help school food service personnel serve whole grains in school meals.

Cooking Whole Grains (Whole Grains Council): Guidelines for cooking whole grains from scratch.
www.wholegrainscouncil.org/recipes/cooking-whole-grains

Crediting Grains in Recipes (Video) (Maine Department of Education, January 2013):
www.youtube.com/watch?v=-moemZbsbn0

Crediting Grains in the National School Lunch Program (Video) (Maine Department of Education, December 2012): www.youtube.com/watch?v=9sBqNBt5ALg

Go for Whole Grain (SuperKids Nutrition Inc. and American Institute for Cancer Research, 2013):
www.aicr.org/healthykids/go-with-whole-grains.html

Grains (USDA Choose MyPlate): www.choosemyplate.gov/food-groups/grains.html

Healthy Whole Wheat Kit (University of Pennsylvania, 2009):
www.projectpa.org/ppa-v3/index.php/styles/2012-08-16-17-54-07/healthy-whole-wheat-kit
A set of handouts that can be used to educate students to consume more whole grain foods both at school and home. The kit includes three lessons (The Whole-Wheat Kernel; Whole Wheat Health Benefits; and Identifying Whole Wheat Foods) and four handouts (Whole Wheat Kernel, Whole Wheat. Get the Healthy Choice, Take a Look at Whole Wheat Bread Labels; and Things to Remember About Whole Wheat).

Identifying Whole Grain Products (Whole Grains Council):
www.wholegrainscouncil.org/whole-grains-101/identifying-whole-grain-products

Menu Planning with Whole Grains (USDA Healthy Meals Resource System
http://healthymeals.nal.usda.gov/menu-planning/whole-grains

MyPlate: A Look at Grains (Lesson 19 from *No Time to Train: Short Lessons for School Nutrition Assistants)* (National Food Service Management Institute, 2011): www.nfsmi.org/ResourceOverview.aspx?ID=256

The Scoop on Whole Grains (Food and Drug Administration):
www.fda.gov/ForConsumers/ConsumerUpdates/ucm151902.htm

Tips to help you eat whole grains (USDA): www.choosemyplate.gov/grains-tips

Wheat Foods Council: www.wheatfoods.org/

Whole Grain-Rich and Schools (Whole Grains Council):
www.wholegrainscouncil.org/resources/schools-and-whole-grains
Information and recipes to support increased consumption of whole grains in schools.

Whole-Grain Rich Foodservice Recipes (Whole Grains Council):
http://wholegrainscouncil.org/newsroom/blog/2012/06/new-whole-grain-rich-foodservice-recipes

Whole Grains Council: www.wholegrainscouncil.org/

Whole Grains Fact Sheet (Food Insight, International Food Information Council Foundation, Revised 2014):
www.foodinsight.org/Whole_Grains_Fact_Sheet

Whole Grains

*Whole Grain Resource for the National School Lunch and School Breakfast Programs (*USDA):
www.fns.usda.gov/tn/whole-grain-resource-national-school-lunch-and-school-breakfast-programs-0

Whole Grains: Hearty Options for a Healthy Diet (Mayo Clinic):
www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/whole-grains/art-20047826

Whole Grain-Rich Foods Training Resource (Institute of Child Nutrition, 2016):
www.nfsmi.org/ResourceOverview.aspx?ID=390

Whole Grains Resources (USDA Healthy School Meals Resource System):
http://healthymeals.nal.usda.gov/resource-library/whole-grains

Whole Grains (USDA Healthy Meals Resource System):
http://healthymeals.nal.usda.gov/menu-planning/whole-grains