

ONLINE RESOURCES: HEALTHY KIDS, HEALTHY SCHOOLS

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Dayle Hayes is an award-winning author and educator. Since 2000, she has concentrated on creating healthier school environments, presenting workshops in dozens of states and writing USDA-CDC's *Making It Happen: School Food and Beverage Success Stories*, as well as numerous newsletters, articles, and tip sheets for families and professionals.

Billings Gazette Nutrition Columns

www.billingsclinic.com/body.cfm?id=113

- Archive of regular columns, published in Billings Gazette, Billings, MT

Eat Right Montana's Healthy Families Campaign

www.eatrightmontana.org/eatrighthealthyfamilies.htm

- 5+ years of monthly packets with consumer handouts on food and fitness
- To receive free packets electronically, send a request with your Email address to: marvann.harris@montana.edu

Enriching Family Mealtimes (Toolkit with leader's guide and slide sets)

www.family-mealtimes.org/

- Download electronic materials; place online order for hard copy of kit

School Wellness: A Golden Opportunity

www.school-wellness.org/indeSchoolWellnessMaterials.aspx

- Download electronic materials (hard copy is out-of-print and unavailable)

Action for Healthy Kids (AFHK)

www.actionforhealthykids.org/

The AFHK site provides extensive tools, resources, and contacts from the 2005 Summit in Washington, DC, along well as materials from state teams around the US. AFHK offers a searchable database and tools to evaluate your school wellness policy.

Center for Screen Time Awareness (formerly TV-Turnoff Week)

www.screentime.org/

The center provides information and tools (for kids, parents, teachers, and librarians) "*so people can live healthier lives in functional families in vibrant communities by taking control of the electronic media in their lives, not allowing it to control them.*"

Centers for Disease Control and Prevention (CDC)

www.cdc.gov/nccdphp/dnpa/ and www.cdc.gov/HealthyYouth/index.htm

The CDC site is an essential resource for nutrition and activity issues. Search for surveillance data (including maps of obesity prevalence); pediatric growth charts; and several national campaigns, as well numerous school tools and YRBSS data/trends for the US and individual states.

Dole SuperKids

www.dolesuperkids.com/

Dole was one of the first companies to create a nutrition education website – and this one keeps getting better. Log on for fruit and veggies facts, recipes, and educational fun. There are special sections for kids, parents, and teachers (with extensive lesson plans and student activities).

Do More, Watch Less (Screen time reduction toolkit)

www.dhs.ca.gov/cdic/copi/documents/COPI_TV_Tool.pdf

Developed by the California Obesity Prevention Initiative, this four-lesson campaign is designed for after-school programs, complete with screen time tracking forms, parent permission letters, and long lists of screen-free things to do (for kids and their families).

Farm to School

www.farmtoschool.org/

Farm to School programs “connect schools with local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing health and nutrition education opportunities that will last a lifetime, and supporting small farmers.”

Institute of Medicine ~ Preventing Childhood Obesity

www.iom.edu/report.asp?id=22596

IOM Committee on Prevention of Obesity in Children and Youth developed national strategies in *Preventing Childhood Obesity: Health in the Balance*. From this site, you can link to other IOM reports focused on childhood overweight in schools, communities, and the built environment.

Kaiser Foundation Report: Generation M: Media in the Lives of 8-18 Year-olds

www.kff.org/entmedia/entmedia030905pkg.cfm

This 2005 survey found that youth spend an increasing amount of time using ‘new media’ like computers, the Internet, and video games, without cutting back on time spent with ‘old’ media. It documents how they pack increasing amounts of media content into the same amount of time.

Meals Matter (California Dairy Council)

www.mealsmatter.org/

A consumer-friendly website with thousands of easy-to-prepare recipes in a searchable database, along with nutrition tools and information (including personal, online, health challenges) and lots of tips on making menu planning fun and simple.

Montana Team Nutrition Resources

www.opi.mt.gov/schoolfood/teamNutritionNEW.html

Use drop-down **RESOURCES** menu for PDFs of excellent resources from Big Sky country, including *Making It Balance and Kickin’ It Up-A Cycle Menu for Montana Child Care, Recess Before Lunch: A Guide for Success*, and *All it Takes is Nutritious SENSE*.

National Dairy Council Tools for Schools

www.nationaldairyCouncil.org/nationaldairyCouncil/tools

Sign up for *NDC Update* (a free monthly newsletter), read about opportunities for 3-A-Day Nutrition Education Grants, check out extensive index of educational materials, and download several free kits for use in schools.

National Food Service Management Institute (NFSMI)

www.nfsmi.org/

NFSMI is a leader in providing resources for Child Nutrition programs, including CACFP and school meals. Many resources can be downloaded for free, others may be ordered in hard copy. Several new webcasts – like the *Cooks for Kids* series – can be viewed online.

National Eating Disorders Association

www.nationaleatingdisorders.org/

If you are concerned about the increasing risk of eating disorders and disordered eating patterns, you'll want to bookmark this site – which offers information about **National Eating Disorders Awareness Week** along with statistics, handouts, and lots of links.

National PTA ~ Healthy Lifestyles Initiative

www.pta.org/archive_article_details_1181835444078.html

This link offers a long list of *Healthy Lifestyles Event and Activity Ideas* plus links to numerous other PTA resources, including *How Do I Get People to Participate?*, *Programs Promoting Physical Activity and Nutrition*, and *Potential Partners for PTA Healthy Lifestyles Programs*.

President's Challenge ~ You're It. Get Fit!

www.presidentschallenge.org/

Physical activity and awards program for Americans of ALL ages. Site offers activity logs for kids, teens, and adults (you can register you whole school), as well as cool online tools and ways to win awards for activity.

Project LEAN (Leaders Encouraging Activity and Nutrition)

www.californiaprojectlean.org/

California Project LEAN, from The Public Health Institute, supports several projects, including *School Wellness Policy Tools* and Spanish language materials, as well as *Food on the Run: Your Energy Wake Up Call*, a site with nutrition and active solutions for teens.

School Nutrition Association

www.schoolnutrition.org/

The 55,000+ members of SNA work in school nutrition all across the USA, and many are active in creating school-based nutrition programs for healthy kids. The site features news, research, and free promotional kits for school meals.

USDA Healthy Meals Resource System (HMRS)

<http://healthymeals.nal.usda.gov/>

HMRS provides information to those working in all USDA's Child Nutrition programs, including access to online discussion groups (like the **MealTalk** listserv), **Child Nutrition Database Release 12**, and numerous resources produced by USDA and state child nutrition programs.

USDA Team Nutrition ~ Making It Happen

<http://teamnutrition.usda.gov/Resources/makingithappen.html>

Making It Happen: School Nutrition Success Stories tells the stories of many schools that have successfully implemented innovative approaches to offer and sell more nutritious foods and beverages to students and staff. Download sections online or order a free hard copy on this page.

USDA Empowering Youth with Nutrition & Physical Activity

<http://teamnutrition.usda.gov/Resources/empoweringyouth.html>

For use in after school programs and classrooms with youth 11-18 years old, this manual contains nutrition and physical activity information to enhance leader knowledge; fun, hands-on activities that teach nutrition concepts; and tips, worksheets, handouts, and discussion prompts.

Washington Dairy Council

www.eatsmart.org/

WDC offers extensive list of nutrition education materials for purchase, as well as several items for free download, including the *Fit Kids = Healthy Kids* handout developed by Montana Action for Healthy Kids as a PDF (www.eatsmart.org/client_images/gd2005217920261.pdf)