

School Food Resources

Who/Topic	Link	Comments
USDA Food and Nutrition Service: <i>Tools for Schools</i>	http://www.fns.usda.gov/healthierschoolday/tools-schools	<ul style="list-style-type: none"> A huge assortment of resources on school food including breakfast, lunch, a-la-carte, and all foods sold “bell to bell.” You will also find information and resources on SNAP, WIC, Choose My Plate, food safety, and many other areas.
USDA Food and Nutrition Service: <i>Smart Snacks in School</i>	http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks	Resources, infographics, calculators, fundraisers, case studies, tip sheets, etc.
USDA Food and Nutrition Service: <i>School Food Breakfast Toolkit</i>	http://www.fns.usda.gov/sbp/toolkit	
NH Department of Education	http://www.education.nh.gov/program/nutrition/wellness.htm	Wellness Policy Resources
University of NH Cooperative Extension <i>Healthy Schools</i>	http://extension.unh.edu/Food-Health/Healthy-Schools	
USDA Team Nutrition <i>Recipes for Healthy Kids: Cookbook for Schools</i>	http://healthymeals.nal.usda.gov/recipes-healthy-kids-cookbooks/recipes-healthy-kids-cookbooks-cookbook-schools	
What’s Cooking? <i>Mixing Bowl (USDA)</i>	http://www.whatscooking.fns.usda.gov/	Recipes for households, large quantities. Recipes available in Spanish
Healthy Meals Resource System (USDA)	https://healthymeals.nal.usda.gov/menu-planning-0	Includes nutrition standards for school meals, menu planning tools, boosting flavor with less sodium, purchasing and procurement, etc.
What’s Shaking? <i>Creative Ways to Boost Flavor with Less Sodium (USDA)</i>	https://healthymeals.nal.usda.gov/whatsshaking	
Best Practices: <i>USDA Best Practices Sharing Center</i>	https://healthymeals.nal.usda.gov/best-practices	
Farm to School	http://www.nhfarmtoschool.org/	
Free Salad Bars	http://www.saladbars2schools.org/get-a-salad-bar/	

Center for Science in the Public Interest	Nutrition Policy: http://cspinet.org/nutritionpolicy/index.html Healthy School Snacks: http://cspinet.org/nutritionpolicy/smartsnacks.html School Foods/Lunches: http://cspinet.org/nutritionpolicy/back2school.html	Tips, fact sheets, infographics, policy options, communication materials, and other resources
Food Research & Action Center	http://frac.org/federal-foodnutrition-programs/	Includes <ul style="list-style-type: none"> • Latest news • Federal Nutrition Program resources • Healthy, Hunger-Free Kids Act implementation, etc.
Action for Healthy Kids	http://www.actionforhealthykids.org/	Variety of tools/resources including: <ul style="list-style-type: none"> • School grants • School Health Index • Wellness policy information and Wellness Policy Tool: 7 Steps to Success
NH Department of Education, Bureau of Nutrition Programs and Services	http://www.education.nh.gov/program/nutrition/	
NH Department of Education, Child and Adult Care Food Program	http://education.nh.gov/program/nutrition/child_adult.htm	
Institute of Child Nutrition Resources, Training and Research	http://www.nfsmi.org/Templates/TemplateDivision.aspx?q=cEIEPTU=	<ul style="list-style-type: none"> • Education and training resources for School Nutrition Programs • Other resources
Alliance for a Healthier Generation	<ul style="list-style-type: none"> • https://www.healthiergeneration.org/ • School Health Assessment: https://schools.healthiergeneration.org/dashboard/about_assessment/ • Healthy Schools Program Framework of Best Practices https://schools.healthiergeneration.org/assets/I062yk/07-278_HSPFramework.pdf 	<ul style="list-style-type: none"> • Adopted from the CDC School Health Index
5-2-1-0	5-2-1-0 Goes to School http://healthynh.com/index.php/5210-goes-to-school.html 5-2-1-0 Goes to After School Resource Kit http://healthynh.com/index.php/5-2-1-0-goes-to-after-school-resource-kit.html	<ul style="list-style-type: none"> • Includes template for the NEW 5-2-1-0 Tracker, adapted from the Greater Nashua Regional Public Health Network

Tips for Advocates of Healthy School Food

Summary Healthy Food in Schools presentation by Doris Demers, Director of Food Services at Oyster River Coop School District and Amy Cassidy, Director of Food Services at Nashua School District at the from May 2016 HEAL Community Network Meeting.



1. Look for something your school's Food Services is doing well! It often helps to recognize that while there may be improvement opportunities, there are a lot of great things going on as well! Just like all of us, Food Services Directors like to hear the good feedback too!
2. When you have a concern, communicate it to the Food Services Director. Use a face to face meeting to share your concerns. Also, be specific about your concern so you both understand the issue and can identify effective solutions.
3. Do some research on school nutrition and how school food services departments function. Meet with your school's director to increase your understanding of the system in which they work.
4. It helps when you can offer a suggestion of a possible solution to your concern. Better yet, identify a way you or your group can help solve the problem.
5. Host a "food event" such as a taste testing with smoothies, different vegetables, funky fruits, great grains, etc. This can help make the cafeteria a fun place and you can help food services try out new items and ideas. Work with your school's PTA/PTO or Wellness Committee.
6. Support school breakfast! Support after school snacks and dinner programs too. Ask your food services director how.
7. Lastly, for a change to happen, timing is everything. Work with your food services director to set a reasonable timeline for change.