



Training Resource List

Training 1: Nutrition and Students' Academic Performance (February 6, 2018)

- Dietary Guidelines for Americans: <https://health.gov/DietaryGuidelines/>
 - Dietary Guidelines for American 2015-2020 PDF: https://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf

- Federal and State Nutrition Standards in Schools
 - Lunch: <https://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>

 - Breakfast: <https://www.fns.usda.gov/sbp/school-breakfast-program-sbp>

 - Smart Snacks in Schools: <https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

 - California competitive foods and beverages: <https://www.cde.ca.gov/ls/nu/he/compfoods.asp>
 - Competitive Nutrition Quick Reference: <https://www.cde.ca.gov/ls/nu/he/compfoodsrefpub.asp>

- California Department of Education
 - DataQuest: <https://data1.cde.ca.gov/dataquest/>

- Link Between Health and Academic Success
 - Centers for Disease Control and Prevention (CDC): https://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf

 - National Association of Chronic Disease Directors: http://c.ymcdn.com/sites/www.chronicdisease.org/resource/resmgr/school_health/health_and_academic_achievem.pdf

- United States Department of Agriculture (USDA)- Local School Wellness Policy (LSWP): <https://www.fns.usda.gov/tn/local-school-wellness-policy>

- Choose MyPlate: <https://www.choosemyplate.gov/>
 - Yummy Curriculum: <https://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
 - Nutrition Quizzes: <https://www.choosemyplate.gov/quiz>
 - Printable MyPlate Handouts: <https://www.choosemyplate.gov/myplate-tip-sheets>
- Eat Fresh website: <http://eatfresh.org/>

Training 2: Energizers for the School Day to Support Student Achievement (March 20, 2018)

- CATCH: www.catch.org
- SPARK: <https://sparkpe.org/>
- Playworks: <https://www.playworks.org/>
- GoNoodle: www.gonoodle.com
- Power Up in 10: <https://snaped.fns.usda.gov/materials/power-10-strength-training-families>
- Fruit, Vegetable, and Physical Activity Toolbox for Community Educators: <http://www.network-toolbox.cdph.ca.gov/en/index.html>
- School Health Index (SHI): <https://www.cdc.gov/healthyschools/shi/index.htm>
 - Elementary School SHI:
 - <https://www.cdc.gov/healthyschools/shi/pdf/Elementary-Total-2017.pdf>
 - Middle/High School SHI:
 - <https://www.cdc.gov/healthyschools/shi/pdf/Middle-High-Total-2017.pdf>
- United States Department of Agriculture (USDA)- Local School Wellness Policy (LSWP): <https://www.fns.usda.gov/tn/local-school-wellness-policy>
- California Department of Education
 - DataQuest: <https://data1.cde.ca.gov/dataquest/>
- Physical Activity Guidelines (PAG): <https://health.gov/PAGuidelines/>
 - PAG 2008 PDF: <https://health.gov/paguidelines/pdf/paguide.pdf>

Training 3: Nutrition Education Curriculum Resources (April 12, 2018)

- California Department of Education- California Nutrition Education Guide:
 - <https://www.cde.ca.gov/ls/nu/he/nerg.asp>
 - California Nutrition Guide PDF:
<https://www.cde.ca.gov/ls/nu/he/documents/nergcomplete.pdf>
- Articles: Nutrition education and academic outcomes:
 - <https://www.ncbi.nlm.nih.gov/pubmed/23218458>
 - <https://www.sneb.org/clientuploads/directory/Documents/PIIS1499404610004562.pdf>
 - https://www.sneb.org/clientuploads/directory/Documents/state_of_nutrition_ed_FINAL.pdf
- United States Department of Agriculture (USDA)- Local School Wellness Policy (LSWP):
<https://www.fns.usda.gov/tn/local-school-wellness-policy>
- California Department of Education
 - DataQuest: <https://data1.cde.ca.gov/dataquest/>
- Harvest of the Month (HOTM)
 - California- California Department of Public Health (CDPH):
<http://harvestofthemonth.cdph.ca.gov/Pages/default.aspx>
 - SNAP-Ed Toolkit- HOTM Evidence Summary:
<https://snapedtoolkit.org/interventions/programs/harvest-of-the-month-hotm/>
 - Other HOTM resources:
 - Georgia: <http://gafarmtoschool.org/harvest-of-the-month/>
 - Michigan: <http://www.michiganfitness.org/michigan-harvest-month>
- ReThink Your Drink (RYD)
 - California- California Department of Public Health (CDPH):
<https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/NEOPB/Pages/RethinkYourDrink.aspx>
 - SNAP-Ed Toolkit- RYD Evidence Summary:
<https://snapedtoolkit.org/interventions/programs/rethink-your-drink/>

- The CDC Guide to Strategies for Reducing the Consumption of Sugar-Sweetened Beverages:
http://dhhs.ne.gov/publichealth/documents/guidance_doc_sugar_sweetened_bev.pdf
- Increasing Access to Drinking Water in Schools (CDC) PDF:
https://www.cdc.gov/healthyschools/npao/pdf/water_access_in_schools_508.pdf
- Water in Schools Guide:
<http://www.waterinschools.org/pdfs/WaterWorksGuide2014.pdf>