



www.livewellsbc.org/schools

HEAL resources for Schools

Improving the health of students, staff and teachers in schools through a focus on healthy eating, active living, school employee wellness and positive school climate.



SCHOOL WELLNESS POLICY RESOURCES

- ✓ Each local educational agency that participates in the National School Lunch Program or other federal child nutrition programs is required by federal law to establish a local school wellness policy for all schools under its jurisdiction.
www.fns.usda.gov/tn/local-school-wellness-policy
- ✓ **USDA Local Wellness Policy Overview:**
www.fns.usda.gov/sites/default/files/lwpoverview.pdf
- ✓ **Center for Ecoliteracy Model for Wellness Policy Guide:**
www.ecoliteracy.org/downloads/rsl-wellness-policy



STAFF RESOURCES

- ✓ **Harvest of the Month:** features ready-to-go tools and resources that can be used in diverse applications to support healthy eating and daily physical activity.
harvestofthemonth.cdph.ca.gov/Pages/Program-Overview.aspx
- ✓ **Coordinated Approach to Child Health (CATCH):** CATCH is based on the CDC Whole School, Whole Community, Whole Child model
<http://catchinfo.org>
- ✓ **Workplace Wellness:** www.cdph.ca.gov/programs/cpns/pages/worksitefitbusinesskit.aspx



CAMPUS RESOURCES

- ✓ **Healthy Fundraising:** www.cdph.ca.gov/programs/cpns/Documents/Network-FV-PP-ParentTipSheetsFundraising-2007-03.pdf
- ✓ **Support your Outdoor Environmental Learning Center and Garden:**
www.ecoliteracy.org/sites/default/files/uploads/getting-started-2009.pdf
- ✓ **Smart Snacks in Schools:** PTA's Guide to Smart Snacks in Schools s3.amazonaws.com/rdcms-pta/files/production/public/Advocacy/FINAL%5FSMARTSNACKS%5FImpGuide%5FWeb.pdf



www.healcitiescampaign.org

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HEALTH & WELLNESS



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