

Princeton Regional Schools

25 Valley Road, Princeton, New Jersey 08540 609-806-4200

~ A Place for Learning ~ A Commitment to Excellence

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2

DRAFT WELLNESS POLICY – JULY 20, 2010

3 THE BOARD of Education recognizes that P-12 children need healthful foods and
4 abundant physical activity to grow, learn and thrive. The Board recognizes that
5 good health fosters student attendance and educational achievement, that
6 [healthy environments promote healthy behavioral norms](#)¹. The Board is
7 committed to [strengthening the district's nutrition and physical activity policies](#)²
8 and implementing them in a timely fashion, to creating a healthy school
9 environment and to investing in the health and well being of children through all
10 foods provided on campus. Thus, the Board will further its strategic 'commitment
11 to excellence' by supporting a robust P-12 nutrition and food education
12 curriculum, by supporting traditional and nontraditional modes of physical
13 activity and by modeling best policies and standards.

14

15 The Board is committed to instilling in PRS students the idea that healthful
16 eating is not a luxury but an achievable necessity, and to using mealtime as a
17 teaching opportunity and a learning experience. It is committed to teaching
18 children to recognize foods that contribute to a healthful diet and to helping them
19 develop lifelong dietary habits that enhance their health. The Board agrees with
20 the secretary of the U.S. Department of Agriculture, Tom Vilsack, that:

21

22 *"The health of our nation – of our economy, our national security and*
23 *our communities – depends on the health of our children. We will not succeed if*
24 *any of our children aren't learning as they should because they are hungry, and*
25 *[cannot achieve their potential](#)³ because they aren't healthy."*

26

27 The Board supports the U.S. Department of Education and its Childhood Obesity
28 Task Force [action plan](#)⁴, including improved labels on food and menus that
29 provide clear information to help make healthy choices for children; reduced
30 marketing of unhealthy products to children; upgraded nutritional quality of
31 foods sold in schools; and improved nutrition education and the overall school
32 environment.

33

34 Further, because this commitment represents a new way of thinking about food
35 and wellness at Princeton Regional Schools, the Board seeks and welcomes
36 assistance in implementation from students, parents, teachers, food service
37 professionals, health professionals, organizations and other community
38 members.

39

40 SCHOOL FOODS NUTRITION STANDARDS

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42 Beginning with the 2010 school year food service contract, the Board requires
43 that Request for Proposals for any/all school meals purveyors and all foods
44 served within the current contract use a consistently nutritious, delicious
45 framework and include all specifics listed in this document.

46

47 In accord with the White House-sponsored [Let's Move](#)⁵ program for healthy
48 children, the Board requires a decrease in the amount of sugar, fat and salt in all
49 school food items, an increase in whole grains and produce for all P-12 students –
50 on an accelerated schedule.

51

52 Specifically, the Board requires that, beginning with the 2010 school year and
53 until upward revision of this policy, any school meal purveyor apply the following
54 policy standards to all foods served, sold or given out anywhere on school
55 property during the academic school day, including a la carte lines, vending
56 machines, snack bars and fundraisers:

57

59 A. Comply with
61 calorie counts for
63 meals as per the
65 latest [Dietary
67 Guidelines for
69 Americans](#)⁶ within
71 14 calendar days of
73 publication (likely
75 based on Institute
77 of Medicine
79 [guidelines](#)⁷ due out
81 in autumn of
83 2010), with the
85 [Dietary Guidelines
87 Advisory
89 Committee report](#)⁸
91 published on June,
92 15,2010;



93 B. Limit animal-derived saturated fats to 10 percent in all meals and/or a la carte
94 sold or served;

95 C. Avoid processed foods;

96 D. Avoid refined carbohydrates;

- 97 E. Limit sodium content in each meal or combination a la carte meal substitutes
 98 sold or served to 400mg for P-5, 500mg for middle and high school, as per
 99 [Mayo Clinic](#)⁹ standards;
- 100 F. Eliminate [potentially harmful food additives](#)¹⁰ and processes, including but
 101 not limited to high-fructose corn syrup and/or any corn-derived sweeteners
 102 other than that for fresh school-made treats (gingerbread or caramel, for
 103 instance); all artificial sweeteners or sugar substitutes, [all artificial coloring](#)¹¹,
 104 all artificial flavoring, all nitrates
 105 and nitrites and all trans fats other
 106 than those naturally occurring in
 107 whole, fresh foods;
- 108 G. Eliminate processed and/or
 109 packaged items listing any
 110 sweetener or sugar substitute as
 111 first or second ingredient, as well
 112 as all forms of candy and foods of
 113 [minimal nutritional value as](#)
 114 [defined by USDA](#)¹²;
- 115 H. Serve only foods that the food
 116 service provider can verify as free
 117 from rBST- bovine growth
 118 hormone (including spent dairy
 119 cows slaughtered for hamburger),
 120 free from [non-therapeutic](#)
 121 [antibiotics, antimicrobials](#)¹³ and/or
 122 growth hormones, and free of
 123 [ammonia, carbon monoxide](#),¹⁴
 124 arsenic or irradiation;
- 125 I. Eliminate the “offer vs. serve”
 126 (OVS) policy as it stands (except
 127 for the high school, as [per USDA](#)
 128 [requirements](#)¹⁵) and in its place
 129 ensure that all plates are filled and appetizingly presented;
- 130 J. Repeat a menu main dish only once a month (patties are the same as nuggets;
 131 pizza is the same as pizza dippers, waffles count as French toast and vice
 132 versa); and each vegetable or fruit only once a week as per the [USDA](#)
 133 [HealthierUS School Challenge](#)¹⁶;
- 134 K. Ensure that each child, for every lunchtime meal or its equivalent, every day,
 135 routinely is served:
- 136 i. A dark leafy green vegetable (broccoli, spinach, romaine lettuce, collard
 137 greens, kale, and turnip greens);
 - 138 ii. An attractively presented yellow/orange vegetable (acorn squash,
 139 butternut squash, carrots, Hubbard squash, pumpkin, and sweet
 140 potatoes);
 - 141 iii. A whole-grain or whole-food based carbohydrate (brown rice, whole-
 142 grain pasta, and oatmeal, whole cornmeal, other cooked whole grains –
 143 quinoa, millet, barley, whole-grain sliced bread (allowed only if it is



- 144 part of a sandwich or larger dish, etc.); and
145 iv. Either a small portion of lean, unprocessed, uncoated animal/seafood
146 protein or an equivalent plant-based protein (beans, lentils, legumes,
147 nuts or seeds);
- 148 L. Ensure that each child, for every meal, every day, is served cut fresh fruit
149 and/or berries (with or without a crunchy whole-grain topping) or an
150 occasional dessert (house-made carrot cake or banana bread, for example);
- 151 M. Replace processed snacks with fresh or dried fruits, nuts and seeds. (Packaged
152 items may contain, based on manufacturers' nutritional data or nutrient fact
153 labels, no more than 8 grams of total fat per serving, with the exception of
154 nuts and seeds; and no more than 2 grams of saturated fat per serving, as per
155 the standard [New Jersey School Nutrition/Wellness Policy](#)¹⁷.)
- 156 N. Institute a [cash-only payment](#)¹⁸ plus written parental permission requirement
157 for elementary school students for all packaged and/or processed snack
158 and/or dessert items;
- 159 O. Limit beverages sold or served only to:
- 160 i. 1-percent fat, unflavored milk in 8-ounce servings,
161 ii. 100-percent juice in 4-ounce servings, and
162 iii. Free filtered water from any and all school drinking fountains (for
163 which 12-ounce reusable cups shall be provided by the schools);
- 164 P. Purchase foods grown [from farmers within a 150-mile radius](#)¹⁹ as a first
165 priority, based on seasonality. Source 20 percent of all foods served at PRS
166 from foods grown within a 150 mile radius in 2010 school year, and increasing
167 to 50 percent over the next 5 years, and [organic](#)²⁰ to the maximum extent
168 possible;
- 169 Q. Form a buying cooperative with community institutions to increase the
170 amount of products purchased from local farms and organic food suppliers.
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172 Additionally, these standards apply not only to the food service purveyor but also
173 to all foods provided by the schools during school hours and during any after-
174 school program.

175
176 Further, the Board requires that the school meals purveyor work enthusiastically
177 with the administration, faculty and staff to incorporate a maximum of school-
178 grown and locally procured foods into the mealtime learning experience.
179

180 The Board requires that any and all food service purveyors, working with each
181 school's Green Team, incorporate and report regularly on conscious reduction of
182 water use, energy and carbon emissions, and that they aggressively work toward a
183 zero-waste goal – through improving the deliciousness and attractiveness of the
184 foods, through food waste separation and composting, and through a ban on
185 [polystyrene](#)²¹, Styrofoam or foam disposable trays, plastic utensils and disposable
186 dishes by January 1, 2011.
187

188 Further, the Board insists upon the highest standards of sanitation and
189 infection control policies in the schools – installation of filters for all drinking-
190 water sources, strong water pressure in all drinking fountains, abundant soap

191 and towels in the restrooms and at all sinks, reliable pest prevention and
192 stringent prevention of pesticide contamination throughout all structures and
193 across all campuses, [use of green cleaning supplies](#)²², and addition of hand-
194 washing/produce-washing sinks near school gardens.

195

196 **CUPCAKES AND HOME-BAKED TREATS**

197

198 The Board recognizes past confusion on its policy of home-baked treats and
199 wishes to clarify its position. It is not the Board's desire to thwart celebrations in
200 the classroom. If all school-supplied food is in the nutritious/delicious category,
201 board members condone homemade treats, as well as lessons in making layer
202 cakes, pesto, homemade bread, salsa verde and roast chicken.

203

204 Further, the Board supports after-school bake sales featuring homemade snacks
205 and homemade desserts as ways for clubs to raise money.

206

207 **FOODS & BEVERAGES SOLD OUTSIDE OF SCHOOL MEALS**

208

209 All snack and beverage items sold or served by PRS or by its school food purveyor
210 on school property during the school day and during any after-school activities,
211 including all items sold in a la carte lines, vending machines and/or snack bars,
212 or sold in the reimbursable After-School Snack Program, shall meet the same
213 nutritional standards set forth for school meals and may not contain:

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A. High-fructose corn syrup or other corn-derived sweetener;

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B. Artificial flavorings and or artificial sweeteners or sugar substitutes;

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C. Artificial color;

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D. Nitrites or nitrates; or

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E. Trans fats, other than those naturally occurring in whole foods.

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F. Beverages sold or served are limited only to

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i. 1-percent unflavored milk in 8-ounce servings, and

221

ii. 100-percent juice in 4-ounce servings.

222

iii. Free filtered water from any and all school drinking fountains shall be
223 readily available; 12-ounce reusable cups shall be provided by the
224 schools.

225

226 Additionally, no processed and/or packaged items listing any form of sweetener
227 as its first or second ingredient can be served on school grounds.

228

229 **TRANSPARENCY IN FOOD SERVICE**

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231 The Board requires that any food service purveyor hired by the district must
232 operate in complete transparency, including but not limited to:

233

A. A current online and parent-accessible accounting that details each
234 student's daily itemized food and beverage purchases, whether with cash or
235 through debits to his/her account;

236

B. A complete and accessible online listing of ingredients labels, nutrition
237 information and any farms-of-origin listings for all packaged or processed

- 238 items, plus all available farm of origin for any livestock/dairy product and
239 processing plant addresses for all items at least 30 days before those items
240 appear on a school lunch menu or in any cafeterias;
- 241 C. A daily listing of any and all recalls from the USDA, FDA or private firms
242 that supply any portion of foods and/or ingredients used, served and/or sold
243 at PRS;
 - 244 D. A monthly listing of all organic products used for food service;
 - 245 E. A monthly listing of products grown/produced within 150 miles of PRS;
 - 246 F. A food popularity listing, updated monthly, that details sales of each menu
247 and a la carte item sorted by school and grade;
 - 248 G. A monthly report on plate waste at each school listing edible items
249 discarded; and
 - 250 H. Adherence to all requirements set forth in this document and in the most
251 current Dietary Guidelines for Americans, updated monthly.

252

253 Further, the Board requires that the district also practice complete transparency
254 on funding and/or costs for any and all school foods sold and served, including
255 but not limited to:

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NUTRITION EDUCATION

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The Board of Education recognizes the growing problems of diet-related disease, skyrocketing health-care costs, food-borne illness, agriculture and its carbon footprint, joblessness and food stamp applications. It understands the school's role in equipping today's students with tools for solving these pressing problems, called "core subjects" in the [Partnership for 21st Century Skills](#)²³.

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It is committed to using a team approach for interactive and structured nutrition education that includes teachers, food-service staff, guest speakers, field trips, and community partners and to teaching skills needed to develop healthy eating habits.

The Board recognizes that beyond health classes, the schools have abundant opportunities for education of students regarding nutrition, food and wellness

285 across multiple channels of communication - in the classroom and the cafeteria,
286 in the [Green Tiger edible gardens](#)²⁴ (P-12) via Physical Education classes and on
287 the playground. The Board also understands the importance of linking nutrition
288 education to efforts at home and in the community. To that end, schools will
289 establish and maintain a robust farm-to-school program. The program will build
290 relationships with local farmers and local vendors, encouraging them to come to
291 classrooms and arranging for students to visit farms.

292
293 The Board will enthusiastically support PRS faculty and staff in integrating
294 school meals and other eating experiences, the farm-to-school program, Phys
295 Ed's Green Tiger Gardens and all [edible gardens](#)²⁵ plus nutrition education into
296 the curriculum for not only physical education but also visual arts, music, math,
297 science, social studies, language arts and reading at all grade levels.

298
299 Because the Board understands that nutrition education and nutrition programs
300 that are linked to school gardens [improve academic achievement](#)²⁶, it is
301 committed to students having the opportunity to plant, harvest, cook and eat
302 their own school-grown food. Further, it is committed to using all P-12 Green
303 Tiger edible gardens as physical education opportunities and to using all
304 cafeterias as "learning labs" for school staff and students to apply decision-
305 making skills learned in the classroom.

306
307 The Board, beginning with the fall 2010 semester and thereafter, will provide
308 each P-12 student with 20 minutes of seated dining time (beyond that needed to
309 stand in line for food) in a pleasant setting each school day. Further it commends
310 and will publicly support daily faculty/staff modeling of good nutrition habits,
311 conversational skills and table manners in the cafeteria at a special table at each
312 school.

313
314 The Board is committed to, as part of ongoing after-school and summertime
315 programs, providing and supporting activities that promote enjoyment and
316 understanding of food, such as a Culinary Arts Club, French or Spanish Cooking
317 Clubs, a Garden Club, or Healthy Kids Club, whose membership includes school
318 staff, students, parents, family members, and community partners. For parents,
319 the Board supports creation and sustaining of an online Nutrition Education
320 Resource Center that encourages healthy food shopping and planning of family
321 meals. The Board will ensure that cafeterias are part of the environmental
322 education of students and staff through the reduction of waste by recycling,
323 reusing, food-waste composting and the purchase of recycled products to the
324 maximum extent possible.

325
326 The Board requires of its faculty/staff and the food service purveyor and its staff
327 comprehensive school health education that includes accurate and current
328 information on foods and nutrition, and furthermore, combines skills, practices
329 and instructional strategies that promote healthy eating habits on one or more
330 scheduled professional days each school year. District-wide nutrition education
331 professional development opportunities will be provided by PRS.

332

333 The Board is committed to establishing regular opportunities for staff to
334 [participate in wellness activities](#)²⁷, including fitness classes and potluck lunches.

335

336 **PHYSICAL ACTIVITY**

337

338 The Board recognizes that a sedentary lifestyle and unhealthy dietary habits are
339 sources of diet-related disease and that [abundant physical activity enhances](#)
340 [learning](#)²⁸ and seems to promote growth of the very brain centers that allow
341 children to focus and learn. Therefore, it is committed to connecting P-12
342 students to the joys of physical activity and to linking that education with health,
343 food and community resources.

344

345 The Board understands that this change begins with coordination with [federal,](#)
346 [state and local authorities](#)²⁹ to establish and maintain safe bike/pedestrian
347 pathways that link all of the schools and neighborhoods with each other, and by
348 encouraging students to integrate physical activity into their lives by walking,
349 biking or skateboarding to and from school. Thus, the Board will partner with the
350 municipal, state and federal authorities to establish those pathways.

351

352 In addition to [daily half-hour Physical Education classes](#)³⁰ and the 20-minute
353 seated lunchtime each day for each student, the Board is committed to providing
354 20 minutes of dedicated recess each school day, and to including Phys Ed
355 performance on students' report cards.

356

357 The Board, however, understands that not every child wants to participate in
358 extracurricular organized sports or wishes to compete in a jumping-jacks contest
359 during Phys Ed classes. Further, it realizes that just as children learn in a multi-
360 disciplinary fashion, they also find satisfaction in physical fitness in at least the
361 same number of ways and that they value other aspects of Phys Ed, including
362 being outside, time alone, being with friends, competition, personal goal
363 achievement and stress reduction.

364

365 The Board wants to create a school environment that provides time, space, safety,
366 variation and novelty in Phys Ed so that the active choice in P-12 is easier, thus
367 fostering that ease of choice beyond high school.

368

369 The Board asks that PRS physical fitness teachers consult with science, nutrition
370 health, history and social studies teachers, and, using that information, create a
371 physical fitness program that incorporates those classes and stretches into the
372 Green Tiger Edible Gardening program, hiking, community circus, dance, yoga,
373 Pilates and especially casual games and free play. The Board retains its
374 admiration for [The President's Challenge physical fitness test](#)³¹, and trusts that
375 these alternatives ably condition children for testing.

376

377 Further, the Board directs the administration to immediately begin establishing
378 playgrounds with abundant age-appropriate equipment and fitness stations for

379 grades 6-12, [to encourage students' continued interest in unstructured play](#)³² and
380 physical activity past elementary school.

381
382 The Board directs that physical activity and education messages be reinforced by
383 neither denying nor requiring physical activity as punishment, as set forth by the
384 [HealthierUS School Challenge](#)³³.

385
386 **IMPLEMENTATION**

387
388 The Board recognizes that the “best wellness policy in the country” is [of little use](#)
389 [if it is not implemented](#)³⁴. Further, it understands that effectiveness requires a
390 clear message for decisions and evaluations; universal delivery and support;
391 relentless attention, consistency and commitment to adopting these changes;
392 promoting buy-in for faculty and staff and offering incentives for training and
393 accountability, setting goals and monitoring progress, then regrouping if needed,
394 in a timely fashion.

395
396 To that end, the Board is creating a Wellness Policy Action Committee
397 responsible for the ongoing coordination, nimble updating and implementation
398 of the PRS Wellness Policy and oversight of all school-supplied foods sold or
399 served. The WPAC will provide monthly reports to the Board, the news media
400 and to the community about goals set and met, challenges that arise and efforts
401 to fund associated initiatives and create community partnerships.

402
403 The WPAC will include both [school and community members](#)³⁵: Board of
404 Education committee chair of Sustainability, the Facilities chair and the
405 Curriculum chair, plus PRS faculty representatives from Physical Education,
406 Health, Health Services, Counseling Services, the PTO Council president, a
407 representative from the Robert Wood Johnson Foundation, a representative from
408 the University Medical Center at Princeton-Plainsboro; a nutrition-oriented
409 pediatrician, a local farmer/food producer, a member of the Princeton School
410 Gardens Cooperative, and a non-PTO participant representative elected from
411 each of the district's six schools plus the charter school(s).

412
413 The WPAC will receive monthly reports from the existing PRS Wellness
414 Committee (which crafted this policy) and from each school's Green Team
415 members on progress of all Wellness Policy goals, as well as challenges and
416 innovations. Those reports simultaneously will be made publicly available on the
417 PRS website.

418
419 The WPAC will aggressively seek to increase participation in the subsidized
420 school lunch program by placing a priority on nutrition and the beauty of the
421 plate and by fostering immediate, continuous and specific written, oral and
422 photographic feedback on school meal preparation, quality, variety and service
423 from members of the PRS Wellness Committee and faculty, staff and parents.
424 Each of its members will eat lunch at school once each month and will solicit and
425 assimilate student and parent opinions on purchased foods. The WPAC will

426 ensure that the food service purveyor create and sustain annual focus groups,
427 surveys and taste tests of new foods and recipes.

428
429 Because the Board understands that these innovations require a district-wide
430 change in thinking as well as an increase in funds, it asks PRS administration to
431 aggressively seek funding and support of this innovation from the community,
432 the state of New Jersey, the federal government and all other stakeholders.

433
434 The Board, recognizing that parents and taxpayers are partners in this effort, will
435 create and maintain a list of priorities and funding needs and gather all
436 stakeholders for support.

437
438 Further, the Board will, beginning with the 2010 contract, apply any and all
439 subsequent payments from the food service purveyor in their entirety (such as
440 the \$20,000 paid annually by the current food service purveyor) directly to
441 improving school foods for PRS children.

442
443 The Board will ensure that a full kitchen will be installed at all school sites where
444 public bond money is expended for a major repair or remodeling project. Further,
445 the Board is committed to seeking grants available to further this goal.

446

PRS WELLNESS POLICY COMMITTEE MEMBERS

John Miranda, chairman. Supervisor, Health and Physical Education; Athletic Director, Princeton Regional Schools.

Matt Wilkinson. Health and Physical Education Instructor, Princeton High School; horticulturist.

Deb Donahue. Registered Dietitian; 30-year member of American Dietetic Association; Public Affairs and Human Services consultant; parent of two PRS students.

Diane Landis. Coordinator, Princeton School Gardens Cooperative; Coordinator, Sustainable Princeton; parent of three PRS students.

Karla Cook. Chair, Princeton School Gardens Cooperative; parent of two PRS students.

Margarida Cruz. Lead nurse, PRS.

Pete Vazquez. District operations manager, PRS.

Tony Diaforli. Grounds foreman, PRS.

Jim Gillespie. District manager, Chartwells School Dining Services.

Cindy Hill. Manager, Chartwells dining services, PRS.

Lance Mount. Utility/maintenance department, PRS.

PRS WELLNESS LINKS

This document is an attempt to craft “the best wellness policy in the United States.” It is not an original work, but instead is an aggregation of concepts, plans and phrasings from forward-thinking programs, policies, essays and published news accounts. We see it as a living document, one that always can be improved to better serve all children at Princeton Regional Schools. Among our sources:

Let’s Move

<http://www.letsmove.gov/schools/index.html>

<http://www.letsmove.gov/activity/index.html>

<http://www.letsmove.gov/choices/index.html>

<http://www.letsmove.gov/accessing/index.html>

Rethinking School Lunch Guide

<http://www.ecoliteracy.org/programs/rsl-guide.html>

Berkeley Unified School District

<http://www.chefann.com/html/tools-links/BUSD.html>

<http://www.school lunchinitiative.org/>

Baltimore City Public School System

[http://www.bcps.k12.md.us/About/pdf/Local Wellness Policy.pdf](http://www.bcps.k12.md.us/About/pdf/Local_Wellness_Policy.pdf)

<http://www.citypaper.com/news/story.asp?id=18167>

[http://www.washingtonpost.com/wp-](http://www.washingtonpost.com/wp-dyn/content/article/2009/05/05/AR2009050500876.html)

[dyn/content/article/2009/05/05/AR2009050500876.html](http://www.washingtonpost.com/wp-dyn/content/article/2009/05/05/AR2009050500876.html)

Institute of Medicine: School Meals

http://books.nap.edu/openbook.php?record_id=12751

The USDA HealthierUS School Challenge (HUSCC)

<http://www.fns.usda.gov/tn/healthierus/index.html>

National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, Centers for Disease Control

<http://www.cdc.gov/healthyyouth/keystrategies/index.htm>

Robert Wood Johnson Foundation

<http://www.rwjf.org/pr/product.jsp?id=44708>

Center for Science in the Public Interest

<http://www.schoolwellnesspolicies.org/WellnessPolicies.html>

USDA Economic Research Service

<http://www.ers.usda.gov/AmberWaves/March09/Features/LunchLine.htm>

<http://www.ers.usda.gov/amberwaves/september08/features/balancingnslp.htm>

Collaborative on Emotional and Social Learning

<http://www.casel.org/downloads/PackardES.pdf>

Center for Place-Based Learning and Community Engagement

http://www.promiseofplace.org/Research_Evaluation

Buck Institute for Education

http://www.bie.org/about/does_pbl_work

Partnership for 21st Century Skills

http://21stcenturyskills.org/index.php?option=com_content&task=view&id=254&Itemid=120

Dorothy Blair, Penn State University
The Journal of Environmental Education
<www.eric.ed.gov>

Ann Cooper, chef
<http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2009/08/30/INFT19DA17.DTL#ixzzOWPU4O7c9>

http://www.ted.com/talks/ann_cooper_talks_school_lunches.html

Alice Waters, Chez Panisse
<http://www.nytimes.com/2009/02/20/opinion/20waters.html>

Jamie Oliver, chef, “Teach Every Child About Food”
http://www.ted.com/talks/jamie_oliver.html

ENDNOTES

¹Obesity Part 1: What’s Needed to Encourage a Culture of Fitness?

<http://newtalk.org/2008/07/obesity-part-1-whats-needed-to.php>

²Centers for Disease Control Division of Adolescent and School Health. Key strategies from the Healthy Youth program

<http://www.cdc.gov/healthyyouth/keystrategies/index.htm>

³Statement by U.S. Secretary of Education Arne Duncan on Priorities for Reauthorization of the Child Nutrition Act

<http://www2.ed.gov/news/pressreleases/2010/02/02242010a.html>

⁴Childhood Obesity Task Force Report

<http://www.ed.gov/blog/2010/05/take-a-look-at-our-action-plan-to-solve-the-problem-of-childhood-obesity/>

⁵Let’s Move: Healthier Schools

<http://www.letsmove.gov/schools/index.html>

⁶New Dietary Guidelines Will Help Americans Make Better Food Choices, Live Healthier Lives

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2005/2005DGPressRelease.pdf>

⁷School Meals: Building Blocks for Healthy Children

<http://www.fns.usda.gov/ora/MENU/Published/CNP/FILES/SchoolMealsIOM.pdf>

⁸Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010

<http://www.cnpp.usda.gov/DGAs2010-DGACReport.htm>

⁹Nutrition for kids: Guidelines for a healthy diet

<http://www.mayoclinic.com/health/nutrition-for-kids/NU00606>

¹⁰Berkeley Unified School District Wellness Policy

<http://webcache.googleusercontent.com/search?q=cache%3Aie0XLCpIkUIJ%3Awww.chefann.com%2Fhtml%2Ftools-links%2FBUSD%2FBUSD-documents%2FBUSD-Wellness-Policy.pdf+berkeley+unified+school+wellness&hl=en&gl=us>

¹¹Food Dyes: A Rainbow of Risks

<http://cspinet.org/new/pdf/food-dyes-rainbow-of-risks.pdf>

¹²School Meals: Foods of Minimal Nutritional Value

<http://www.fns.usda.gov/cnd/menu/fmnv.htm>

¹³FDA seeks less use of antibiotics in animals to keep them effective for humans

<http://www.washingtonpost.com/wp-dyn/content/article/2010/06/28/AR2010062804973.html>

¹⁴Meat safety: How well done?

<http://www.chicagotribune.com/health/ct-nat-meat-safety-20100121.0,7498764.full.story>

¹⁵Resource Guide: Offer vs Serve in the School Nutrition Programs

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¹⁶HealthierUS School Challenge: Recognizing Excellence in Nutrition and Physical Activity

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