

**NE Iowa Food & Fitness Initiative
County Planning Team Meeting
Additional Resources
November, 2007**

School Wellness Policies

Schools were advised on steps to take as their local wellness policy was developed.

Once the local school wellness policy team was identified, legislation emphasized that policies be written at the local level to assess the current school environment and meet needs identified by a local assessment. Several resources were made available to help policy-planning teams:

- Action for Healthy Kids: <http://www.actionforhealthykids.org/>
This nationwide initiative is dedicated to improving the health and educational performance of children through better nutrition and physical activity in school. The website offers tools for action, fact sheets, presentations, and state profiles.
- Changing the Scene: This toolkit is designed to help people look at their school nutrition environment and identify areas needing improvement. It has a checklist, presentation to create awareness, and a guide to local action. Copies are free to Iowa schools by calling (515) 281-5676 or contacting Janet Wendland at Janet.Wendland@iowa.gov
- Eat Smart and Move More: This N. Carolina initiative promotes increased opportunities for physical activity and healthy eating through policy and environmental change. On this website are recommended standards for all foods sold in schools—such as vending, school events, school meals, and a la carte. <http://www.eatsmartmovemorenc.com/>
- Fit, Healthy, and Ready To Learn: The National Association of State Boards of Education provides this resource intended to help planning committees understand broad policy issues. Sample general school health policies are shared. <http://www.nasbe.org/HealthySchools/fithealthy.html>
- Making It Happen: Examples from 32 schools are given, demonstrating innovative approaches to improving nutritional quality of foods and beverages. <http://www.fns.usda.gov/tn/Resources/makingithappen.html>
- School Foods Tool Kit: The Center for Science in the Public Interest offers information on competitive food standards, portion size recommendations, healthy beverage and snack options for vending, healthy fundraising alternatives, talking points, and success stories from schools. <http://www.cspinet.org/schoolfoodkit/>