



P R E S E N T S

{ HEALTHY School Food Environment } Tool Kit!

IN PARTNERSHIP WITH Fit**4**Kids


{ Contents of Tool Kit }

- **WHY** focus on wellness at School?
- **WHO** should be on a Wellness Committee?
- **WHAT** is a school food environment?
- **WHERE** should we begin?
- **HOW** do we determine our committee's goals and focus?
- **WHAT** to do next?
- **WHAT** resources can help us improve our school food environment?
- **WHO** else is working in this field?
- **WHERE** can we find additional funding to further our efforts?

WHY focus on wellness at school?

Students spend half their waking hours and consume half their daily calories at school.

Schools are an ideal setting for teaching young people how to adopt and maintain a healthy lifestyle.

Healthier kids = brighter students

HEALTHIER STUDENTS:

- are more focused in class
- perform better on tests
- behave better
- are absent less
- have greater self-esteem
- are more likely to graduate from high school

REFERENCE: The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools http://www.actionforhealthykids.org/storage/documents/pdfs/afhk_thelearningconnection_digitaledition.pdf

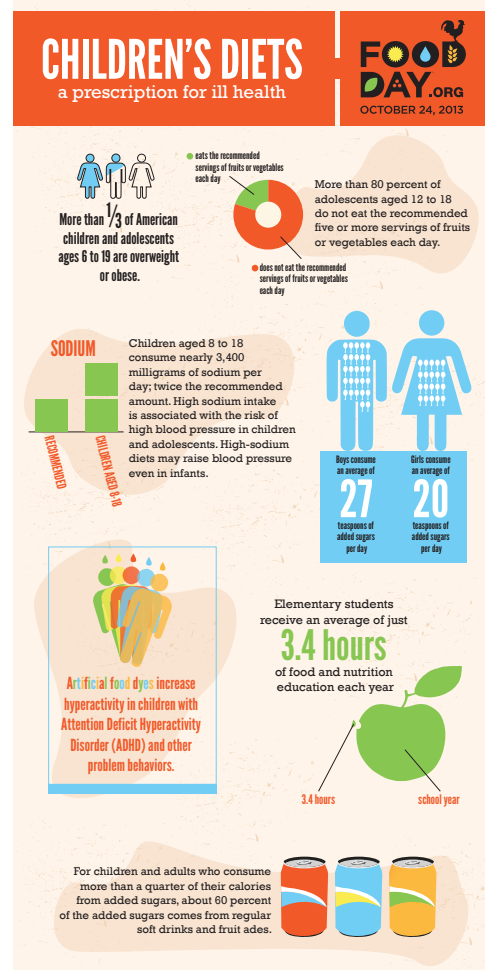
WHO should be on a Wellness Committee?

A Wellness Committee will be most effective when it is comprised of people who have a passion for students' health and well-being. All stakeholders in the school should be represented: school staff, students, and parents—especially individuals involved in the school food environment. Ideally, a health professional (school nurse, community physician, registered dietician, etc) would be part of the committee. A Wellness Committee can start out with as few as four committed individuals and can then expand as initiatives get underway.

WHAT is a school food environment?

The Robert Wood Johnson Foundation and The Pew Trust define the school food environment as:

“The school setting for students' dietary intake, including when and where children obtain food and the types of options that are available. This environment consists of foods and beverages in school meals—including the breakfast and lunch programs, fund-raisers, hallway and lunchroom vending machines, lunchroom a la carte lines, snack and other food carts, and school stores. The environment also includes food items that are not for sale, such as classroom party foods, treats, and student rewards.”



EXTRA CREDIT!
Visit: foodday.org/infographic
for info on children's diets!

WHERE should we begin?

Richmond Public Schools (RPS) has a wellness policy that should be adhered to by all schools. It can be found online at: web.richmond.k12.va.us/Portals/0/assets/Instruction/pdfs/wellness-policy.pdf

RPS has also developed a checklist to evaluate how your school is complying with the wellness policy. This checklist is a great starting point for a new Wellness Committee. Together, the committee can complete the checklist and use the data to decide what areas of health most need to be addressed at your school.

Richmond Public School Wellness Policy: Meeting the Challenge

web.richmond.k12.va.us/Portals/0/assets/Instruction/pdfs/wellness-policy-challenge.pdf

MORE IN-DEPTH ASSESSMENTS

If the Wellness Committee would like to conduct a more comprehensive evaluation of your school, here are three additional tools.

The Center for Disease Control School Health Index for Middle and High Schools

cdc.gov/healthyyouth/shi/pdf/MiddleHigh.pdf

Alliance for a Healthier Generation Healthy Schools Program Framework

schools.healthiergeneration.org/_asset/1062yk/07-278_HSPFramework.pdf

Fuel Up to Play 60 School Wellness Investigation (online tool)

school.fueluptoplay60.com/swi/introduction.php

HOW do we determine our committee's goals and focus?

After an initial assessment has been conducted, the committee can discuss the following questions to help define its goals and focus:

- What are the most pressing challenges to students' health and wellness at our school?
- What elements of our school food environment do we as a committee have influence over?
- What are one or two areas where we could make a measurable change to improve our school food environment?
- What are our desired outcomes?
- What barriers might we face in achieving these desired outcomes?
- How do we plan to overcome those barriers?
- What are our committee's greatest strengths and assets?
- What do we hope to accomplish at our school during this academic year?
- How will we make these goals acceptable to staff, teachers, and students?
- How do we plan to share our goals with our school?

WHAT to do next?

Adapted from the Healthy Schools Campaign's advice for Getting Started

healthyschoolscampaign.org/act/create-change-at-your-school/

Develop a plan. Now that you've identified your goals, write them down. Identify the strategies and milestones you can use to measure progress. Also, outline the step-by-step activities that will take you to success. Give members on the committee responsibility for specific steps.

Take the first step. Remember that you don't need to do everything at once. Often, a pilot program will be the best way to gain acceptance for your goals, work out any logistical problems and test different methods.

Rate your progress. Regularly review the measurable outcomes you identified in your plan. Identify which steps have been taken, which milestones have been accomplished and what else needs to be done. Also, review the lessons you're learning along the way.

Give high-fives. Celebrate your progress, for goodness' sake! To keep the committee engaged and motivated, it can't be all work and no play. Take time to recognize the steps you take successfully and the people working hard to make it happen!

WHAT resources can help us improve our school's food environment?

LET'S GO! MIDDLE AND HIGH SCHOOL TOOL KIT

Great resources for understanding food labels, removing marketing of junk food in schools, limiting calorie-dense, nutrient-poor foods, etc. Look under the Activities for Schools tab.

letsgo.org/programs/schools/middlehigh-school-toolkit/

CHOOSE MY PLATE

Comprehensive website on nutrition education, food groups, dietary guidelines (including important information for youth about empty calories, added sugar and fats, etc).

choosemyplate.gov/

SMARTS SNACKS IN SCHOOLS

New nutrition standards for all foods sold in schools

fns.usda.gov/cnd/governance/legislation/allfoods_flyer.pdf

ALLIANCE FOR A HEALTHIER GENERATION

Guidelines, tools, and inventories for sourcing more nutritious snack foods in schools schools.healthiergeneration.org/wellness_categories/healthy_vending/

REV YOUR BEV

A Virginia site to raise awareness about the health effects of soda and other sugary drinks

revyourbev.com/facts/

revyourbev.com/downloads/resources/RevYourBev_FactSheet.pdf

revyourbev.com/resources/

HARD FACTS ABOUT FLAVORED MILK

jamieoliver.com/us/foundation/jamies-food-revolution/pdf/The-Hard-Facts-About-Flavored-Milk.pdf

RUDD ROOTS PARENTS

Added sugar fact sheet

ruddrootsparents.org/resources/pdf/AddedSugars-Fact-Sheet.pdf

FRUITS AND VEGGIES MORE MATTERS

fruitsandveggiesmorematters.org/

DUNK THE JUNK

dunkthejunk.org/home

RESTRICTING FOOD AND BEVERAGE ADVERTISING IN SCHOOL

changelabsolutions.org/sites/default/files/RestrtingAds_FactSheet_web_FINAL_090219.pdf

HEALTHY VENDING AGREEMENTS

changelabsolutions.org/sites/default/files/HealthyVendngAgrmnt_FactSheet_FINAL_090311_rebranded.pdf

AN OVERVIEW OF THE SCHOOL LUNCH AND BREAKFAST PROGRAM

jamieoliver.com/us/foundation/jamies-food-revolution/schoolfood/thebasics.pdf

WHO else is working in this field?

LOCAL ORGANIZATIONS

GREATER RICHMOND FIT4KIDS

grfit4kids.org

Improving the health and wellness of children by promoting healthier eating and increased physical fitness.

BACKYARD FARMER

backyardfarmer.us/

Building school gardens and facilitating garden-based lessons with students and teachers based on Virginia's Standards of Learning.

EDIBLE EDUCATION

edibleedu.com/

Cooking classes that come to schools to teach students about healthy eating in a fun, participatory way.

FARM TO FAMILY BUS

thefarmbus.com/

Feeding the Richmond community one stop at a time!

TRICYCLE GARDENS

tricyclegardens.org/

Growing healthy food, healthy communities, and a healthy local food system in Richmond, VA.

SLOW FOODS RVA

slowfoodrva.org/

Ensuring that local food is good, clean, and fair—to producers, to consumers, and to the earth and environment that we all share.

RENEW RICHMOND

facebook.com/pages/Renew-Richmond/194322143919656

Empowering individuals from all walks of life to cultivate healthier lifestyles through the growth and production of food.

NATIONAL ORGANIZATIONS

LET'S MOVE!

Michelle Obama's campaign to raise a healthier generations of kids in America.

letsmove.gov/about

Let's Move! 5 Simple Steps to Success in Schools.

letsmove.gov/sites/letsmove.gov/files/pdfs/TAKE_ACTION_SCHOOLS.pdf

HEALTHY SCHOOL CHALLENGE

A voluntary certification initiative through the US Department of Agriculture that recognizes thousands of schools for their efforts in having supportive school wellness policies.

fns.usda.gov/tn/Resources/HUSSCbrochure2012.pdf

ALLIANCE FOR A HEALTHIER GENERATION

healthiergeneration.org/

ACTION FOR HEALTHY KIDS

actionforhealthykids.org/

HEALTHY SCHOOL CAMPAIGN

healthyschoolscampaign.org

JAMIE OLIVER'S FOOD REVOLUTION FOOD EDUCATION IN EVERY SCHOOL

jamieoliver.com/us/foundation/jamies-food-revolution/school-food

KID'S SAFE AND HEALTHFUL FOODS PROJECT

healthyschoolfoodsnow.org/

WHERE can we find additional funding to further our efforts?

ACTION FOR HEALTHY KIDS GRANTS

actionforhealthykids.org/resources/school-grants

LET'S GO SALAD BAR TO SCHOOLS

saladbars2schools.org/apply

The Richmond Coalition for Healthy Children will share additional sources of funding as they become available.