Office of the Superintendent of Schools MONTGOMERY COUNTY PUBLIC SCHOOLS Rockville, Maryland

October 12, 2010

MEMORANDUM

To: Members of the Board of Education

From: Jerry D. Weast, Superintendent of Schools

Subject: Wellness in Montgomery County Public Schools

The purpose of this memorandum is to provide the Board of Education with an update about activities within Montgomery County Public Schools (MCPS) that promote the good health and well-being of MCPS students and staff. These activities support strategies and initiatives in *Our Call to Action: Pursuit of Excellence*, the strategic plan for MCPS. In particular, Goal 1: Ensure Success for Every Student; Goal 2: Provide an effective Instructional Program; and Goal 3: Strengthen Productive Partnership for Education, provide the foundation for MCPS' wellness activities. MCPS is committed to creating and maintaining a school system that comprehensively supports the well-being of our students and staff.

Background

Our commitment to the health and wellness of our staff and students is not a new endeavor. In fact, over the past several years, the Board of Education has received information and engaged in discussions regarding public health issues related to childhood obesity in Montgomery County and the nation. In the last two decades, the number of overweight children and teens has more than tripled. Nationally, one in three children is either overweight or obese and has an increased risk of developing hypertension, elevated cholesterol levels, and Type II diabetes. The obesity epidemic is not limited to children; obesity in the adult population and the attendant health issues are a growing concern. Two out of every three adults in the U.S. struggle with issues related to weight. Causes for obesity can be attributed to a decrease in physical activity, changes in the food supply, food portion size, and the types of foods each of us chooses to eat.

MCPS continues to focus efforts on supporting a healthier population by providing nutrition education to students, staff, and parents. There is little question that dietary habits contribute to students' learning, achievement, and lifelong health and those habits are significantly influenced by what happens in school. Nutrition education, provided in the classroom and lunchroom, empowers students with the knowledge, skills, and foundation for developing healthy eating

habits. The meals provided in our schools and the nutrition education and physical education programs that are an integral part of the school day have been recognized nationally.

The Board of Education adopted Policy JPG Wellness: Physical and Nutritional Health in April 2006; and in July of that year, MCPS Regulation JPG-RA Wellness: Physical and Nutritional Health was implemented. These documents outline the systemwide commitment to healthy school meals and collaboration among the Division of Food and Nutrition Services (DFNS); physical education, curriculum, other classroom instruction; and the community to support healthy eating and physical activity.

Additionally, there is recognition at the national level that wellness in the workplace is important to productivity and to the national economy. In 2008, Congress passed a resolution declaring the first week in April as "National Workplace Wellness Week." The resolution is intended to encourage employers to invest in the health and wellness of their employees.

Promoting a Healthy Workforce

Efforts focused on improving lifestyle choices and health habits consider both MCPS students and staff. According to research studies outlined in the March 10, 2004, edition of the *Journal of the American Medical Association*, poor diet and physical inactivity comprise the second leading cause of diseases in adults. It has been determined that being overweight can increase greatly an individual's risk of suffering from heart disease, stroke, many forms of cancer, and other ailments. In the workforce, poor health impacts human resources and employee productivity. With the continuing increase in health care costs, it is essential to keep employees healthy.

Less than 15 percent of Americans include in their diet the daily recommended servings of healthy foods; and less than 25 percent of Americans engage in recommended daily exercise.. This is one of the main reasons that MCPS and Kaiser Permanente have partnered to develop a 12-week health and fitness competition called *MCPS on the Move*. We want to create a supportive environment for staff to make and model healthy decisions. The goal of the *MCPS on the Move* program is to provide a friendly competition that emphasizes physical activity and healthy eating and results in long-term changes in lifestyle. This approach fosters a community committed to health and wellness. When individuals attempt to make changes in how they eat and the amount of physical activity in which they engage, they are more likely to be successful if others around them are engaged in making similar changes. We hope that this initiative will have long-term benefits for our employees and the school system.

On September 29, 2010, Richard Montgomery High School hosted the kickoff summit for the *MCPS on the Move* fitness challenge. The primary purpose of the competition is to encourage habits of lifelong exercise and healthy eating among MCPS employees, beginning with employees in our 135 elementary schools and special schools, including the bus drivers who serve each school, with a goal of 50 percent participation. The competition officially began on October 4, 2010, and will run through December 22, 2010.

Each elementary school has the opportunity to field teams on which each member can record up to 60 minutes of activity a day. These cumulative minutes help participants win individual, school, and team prizes to provide additional motivation for participants. Individuals will record their activity on *Fitness Journal*, a web-based program that allows staff members to track their health, fitness, and weight loss goals easily and efficiently. Every participating school will receive two in-school visits from a Kaiser Permanente physician who will provide tips about fitness and nutrition and provide a forum in which staff can receive information about healthy living.

The MCPS on the Move competition will be supported by health screenings, health awareness/education workshops, and weight management specialists. Each school has a volunteer staff member who serves as the school's coach and coordinates the activities for the participants. Kaiser Permanente has donated more than \$100,000 in prizes and incentives.

To maintain the initial high energy level, accomplishments will be acknowledged along the way. Mid-competition and end-of-competition ceremonies will take place at Richard Montgomery High School on Wednesday, November 17, 2010, and Wednesday, January 12, 2011, respectively. As of today, 5,080 elementary school staff members have signed up to participate in *MCPS on the Move*, evidence of the level of excitement in the schools about this program.

This competition represents *MCPS* on the Move's first phase. The plan is to expand this program throughout the school system to create a community truly committed to the wellness of its members. The challenges for a successful phase two of the competition include obtaining donations from sponsors and community partners to sustain the positive impact of this program. There are discussions underway about how to provide opportunities for staff members at the middle and high school levels—as well as those in central office—to become involved in this program. A wellness coordinator has joined the Employee and Retiree Service Center (ERSC) staff to support health and wellness initiatives.

The benefits of worksite wellness programs have been documented through the return-on-investment cost. The Cost Benefit Analysis and Report completed by the University of Michigan Health Management Research Center reported that comprehensive corporate wellness programs have shown saving-to-cost ratios of more than \$3 saved for each \$1 invested. Not only is there a saving in medical costs when organizations create wellness programs, but reductions have been noted in employees' absenteeism, workers' compensation costs, and short-term disability absences.

The School Meals Program

DFNS provides a wide range of services that support good nutrition and wellness. Samples of these services include the following:

- School breakfast and lunch meals must meet the nutritional requirements established by the United States Department of Agriculture (USDA). Averaged over a week, the breakfast meal must meet 25 percent and the lunch meal must meet 33 percent of the Recommended Dietary Allowances for children, based on age ranges. The meals must provide 30 percent or less of their calories from fat and less than 10 percent of their calories from saturated fat. The meals also must meet specific requirements for protein, calcium, iron, Vitamin A, and Vitamin C.
- DFNS continually revises the student menu to ensure that student needs and expectations are met, and to provide well-balanced, nutritious meals at an affordable price. Menus reflect ethnic preferences as well as meatless and vegan entrees. Student focus groups are conducted to determine menu acceptability and inform new menu ideas. Fresh fruit is available daily, and the secondary school menu features a daily entree salad offering. All a la carte items meet the guidelines stipulated in the Board of Education's Wellness Policy. Specific nutritional and allergen information pertaining to all foods and beverages available through the meal program is available on the DFNS' website.
- DFNS has oversight responsibility regarding the foods and beverages sold to students during the school day. A systemwide vending contract went into effect July 1, 2007. The contract has very specific language on the process for approving snack foods and beverages that meet the established nutritional requirements and on the hours of vending machine operation. DFNS staff members monitor the contents of all vending machines to ensure compliance. Systems are in place within DFNS to correct issues of noncompliance.
- DFNS' mission is to provide a variety of appealing, quality, nutritious meals for MCPS students. This is accomplished through many innovative programs. The Maryland Meals for Achievement Program (MMFA) provides in-class breakfast at no cost for students at 25 elementary schools and 4 middle schools. Studies show that students who eat breakfast have higher test scores, less absenteeism, and fewer visits to the health room. This school year, as a means to encourage more students to eat a healthy breakfast at school, reduced-price-eligible students receive these meals at no cost.
- The Fresh Fruit and Vegetable Program was piloted in MCPS during the 2008–2009 school year. At that time, students and staff from two schools, Arcola Elementary School and Newport Mill Middle School, received a snack of fresh fruits and vegetables between breakfast and lunch twice a week. Since that time, this program has expanded to a total of seven schools. An educational component of the program provides information related to the fresh fruits and vegetables offered to the students each week.
- This is the third year of operation of the Jane Lawton Farm-to-School Program, through which locally grown fruits and vegetables are featured on the student menu for one week

in September. Students learn where the farms that provide the fruits and vegetables are located. A classroom component to facilitate the learning experience also is provided.

- After-school snacks are provided at no cost for students who attend eligible programs. During the 2009–2010 school year, snacks were provided in 69 schools, and the after-school supper program was piloted in six schools. Sites will be added this year for both each of these programs.
- Starting in January 2009, DFNS provided breakfast for students attending the George B. Thomas Learning Center Saturday School at nine of the program's locations. Plans are in place to continue this service during the current school year.
- Forty-three MCPS elementary schools received the USDA HealthierUS School Challenge Award in 2008. At that time, criteria for the award were based on menu and nutritional content, and on nutrition education and physical activity integrated into the school day, as well as on the percentage of student lunch participation. Since the award is given for two years, DFNS currently is in the process of applying once again. This year, the award criteria have enhanced the standards for menu content and include standards for a la carte items offered for sale to students. Applications are being submitted for all MCPS elementary schools.

Outreach

DFNS staff members continue to inform staff, students, and the community about the changes being made to improve the nutritional value of foods provided in the meals program, vending machines, school stores, and on schools' a la carte menus. Menus are provided in English and Spanish. The elementary school menu, designed as a newsletter, is sent home via backpack distribution with elementary school students. Both the elementary and the secondary menus are available on the DFNS website. Principals have received an electronic toolkit for wellness activities, and many resources also are available on the DFNS website. Staff will continue to work with our partners and provide classroom teachers with updated information, instructional strategies, and materials that emphasize good nutrition and healthy lifestyle choices.

MCPS TV supports wellness by producing programs that review the relationship between school meals, the nutrition education curriculum, and the physical education curriculum offered to our students. A broad range of programs, publications, and information on the MCPS website feature the summer meals program, nutrition facts, and other key topics. Additionally, all school cafeterias have menu signage that displays calorie information for all items served. Attached are samples that reflect our efforts to support good nutrition and wellness.

In 2007, a Summer Outreach Work Group was created to explore ways to provide meals to more eligible students during the summer months. The work group comprised DFNS staff; members of the Board of Education and the Montgomery County Council; and representatives of the

Montgomery County Department of Recreation, the Montgomery County Council of Parent Teacher Associations, faith-based organizations, the Housing Opportunities Commission, and other organizations. Since 2007, participation in the summer meals program has increased approximately 34 percent.

Next Steps

We anticipate expanding the *MCPS* on the Move competition and hope to offer phase two of the program to middle school, high school, and central office staff members. MCPS will continue working toward creating opportunities for all employees to learn about and embrace healthy habits.

DFNS recently has employed a wellness specialist whose charge is to promote student health and well-being and provide information to parents. Additionally, this specialist will work closely with the Department of Instructional Programs and ERSC staff to promote an environment supportive of good health and wellness for staff. Clearly, there will be increasing emphasis on providing innovative programs, educational supports, and engaging activities to promote health and wellness for MCPS students, staff, and the community.

At the table for today's discussion are Ms. Sylvia K. Morrison, director, Department of Instructional Programs; Mr. Eric A. Wilson, principal, Arcola Elementary School; Mr. William A. Epps, physical education teacher and wellness coach, Forest Knolls Elementary School; Ms. Claudia Hernandez, parent, Arcola Elementary School; Mrs. Marla R. Caplon, director, Division of Food and Nutrition Services; and a representative from Kaiser Permanente.

JDW:LAB:FKL:lsh

Attachments

MCPS ON THE MOVER

MONTGOMERY COUNTY PUBLIC SCHOOLS & KAISER PERMANENTE



















Competition Dates: Oct. 4 to Dec. 22 Registration Begins: Sept. 20

MCPSonthemove.org

Individual and Team Prizes Win big for your school, your team, and yourself!



Editorial, Graphics & Publishing Services 0143.11s • 8/10 • 300



SCHOOL AWARDS

GET MOVING AND BE THE SCHOOL that supports health and fitness by WINNING—

- ~ \$25,000 for the highest activity
- ~ \$10,000 for the highest average Body Mass Index* (BMI) decrease
- ~ \$5,000 and Spirit Award for the highest staff participation

TEAM AWARDS

GET MOVING AND BE THE TEAM with the highest average BMI decrease and WIN—

~ Three-day, two-night resort spa weekend (includes meals + a guest)

GET MOVING AND BE ONE OF THREE TEAMS with the highest activity or one of the TWO TEAMS with the highest BMI decrease and WIN—

~ Wii Fit

INDIVIDUAL AWARDS

GET MOVING AND BE ONE OF THE FIVE INDIVIDUALS with the highest BMI decrease or be nominated for a Spirit Award and WIN—

~ \$100 gift certificate to NikeStore online or Whole Foods

*Body Mass Index is a calculation that uses your height and weight to estimate how much body fat you have.

Any person receiving a prize valued over \$500 will receive a form 1099 for tax purposes.





INCENTIVES

GET MOVING AND BE

- ~ one of the first 50 employees to register online and receive a \$25 gift certificate to Sports Authority
- ~ the team with the most activity by November 12, 2010, and receive a healthy lunch and personal training session sponsored by Kaiser Permanente

School Meals... Take another look!

The School Meals Program

- Menus meet nutritional standards
- Appealing choices are available
- Food safety is a priority
- Portion sizes are appropriate
- Artificial trans fats eliminated

Meals Include FIVE Great Choices!

- Fat free or 1% white, fat free flavored
- **Vegetables** Fresh or prepared without added fat or salt
- Fresh available at every meal
- More whole grain items including rolls
- Meat or Meat Alternates A variety of entrees including meatless choices

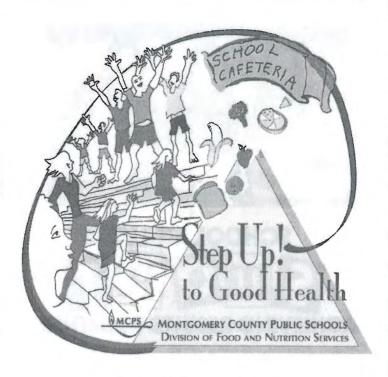


Popular New Menu Items

Chalupa Morningstar Chik'n Nuggets Whole Grain Soft Taco Mandarin Orange Chicken w/Asian Vegetables Yogurt and Granola Parfait

Tried & True Kid-Tested Favorites with a Healthy Edge

Pizza Wedge with Whole Grain Crust Oven Baked Whole Grain Chicken Drumstick Controlled Sodium Soups Reduced Fat Chips Olé



DARE TO COMPARE School Lunch vs. Bagged Lunch

Parents often seek information to help them decide whether their child should buy school meals. Studies show that students who eat school lunches consume 29% less calories from fat and that school lunches contain three times as many dairy products, twice as much fruit and seven times as many vegetables as lunches brought from home.* On average it costs less to buy a school lunch than bring lunch from home. The estimated national average of a lunch from home was \$3.43. **

SCHOOL LUNCH

Cheese Pizza Baby Carrots w/Ranch Dip Apple Cookie Milk 1% Fat, 1/2 pint

BAGGED LUNCH

Ham & Cheese Sandwich Potato Chips, I oz. bag Pudding,, 4 oz. luice Drink, 8 oz.

COMPARISON

Calories: 697 Fat: 26.5 grams Saturated Fat: 8.0 grams Cost: \$2.50 (elementary schools)

Calories: 777 Fat: 31 grams Saturated Fat: 11 grams

Cost: \$3.43**

SCHOOL MEALS - Still a great value!

Affordable + Convenient

Great Taste

^{*} Rainville, AJ (2001), Nutritional quality of reimbursable lunches compared to lunches brought from home in elementary schools in two southeastern Michigan districts. The Journal of Child Nutrition & Management, 25(1) 13-18.

^{**} According to meal cost analysis by Alice Jo Rainville, PhD, RD, CHE, SNS of Eastern Michigan University, Ypsilanti, MI



SCHOOL MEALS: SMC/R/ ACHIEVING RESULTS TOGETHER

Who We Are

We serve over 12 million meals annually. The Division of Food and Nutrition Services has approximately 800 dedicated employees who are committed to serving nutritious meals to students in 200 schools across Montgomery County. The mission of the Division of Food and Nutrition Services is to provide a variety of appealing, quality, nutritious meals in a cost effective and efficient operation. We operate within the business policies of the school system while maintaining a non-profit self supporting status.

What We Believe

We support healthy meal options for students and continually explore new ways to enhance the nutritional contribution and student acceptability of meals. Our philosophy is that appropriate combinations, balance, careful selections, recipe ingredients and preparation of individual food items play equally important roles. Menus are planned by licensed, registered dietitians and analyzed by computer to ensure dietary goals are maintained.

Menus must meet nutrition standards based on the Dietary Guidelines for Americans. No more than 30% of calories can come from fat and less than 10% from saturated fat. School lunches provide one-third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium and calories over the course of one week of menus.

All foods available during the school day including vending machines and a la carte meet the specific nutritional requirements of the MCPS Wellness Policy. Students are encouraged to try different foods and given the opportunity to make smart food choices.

Division of Food and Nutrition Services MONTGOMERY COUNTY PUBLIC SCHOOLS

16644 Crabbs Branch Way Rockville, MD 20855 301-840-8170 (phone) 301-840-4658 (fax)

Visit us on the Web at www.montgomeryschoolsmd.org/departments/foodserv



Do you want more detailed nutrient and allergen information?

You can find the specific nutrient content of menu items, including the calories, protein, carbohydrates, sugars, total fat, saturated fat, cholesterol, trans fat, sodium, and dietary fiber. Also listed is information on 17 different allergens.

www.montgomeryschoolsmd.org/departments/foodserv/

Trusted Brands We Serve

We frequently receive questions about the quality of the food that is served and where does it come from? Actually, many of the items we serve for school lunch and breakfast are the same brands you serve at home. We work with several nationally known companies to choose quality foods so you can be confident in the foods we serve at breakfast and lunch. Products are not accepted if they do not meet specifications and pass staff and/or student testing.

Tyson Kellogg's Land o Lakes Con Agra Red Baron Perdue Hormel Kraft

| Friday | Thursday | Wednesday | Tuesday | Monday |
|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| % Cheese or 'Pepperoni WG Pizza 300-343 'Het Dog 260 W Baked Beans 133 | *WG Chicken Drumstick ISO W/ Seasoned Potascoes IIO Fish & Cheese Muggest 280 W/ Carrots & Com 47 | Whole Grain Soft Taco 302 W Corn 58 Baked Chicken Nuggets 230 W Green Beans 18 | Cheese or Pepperoni Personal Pizza 400-439 BBQ Beef Chill Bites 169 Wi Broccoli 16 | • Obs. sasis Andrews Baked Chicken Bites 240 CLI said Arinage 90 Color Section 240 Sel said Threat Baked Free Chicken 300 All said Baked Free Chicken Chicken Chicken 240 All said Select Threat Chicken C |
| NO SCHOOL | 14 **Cheese or **Pepperoni **WG Pizza 300-343 **Paked Chicken Nuggers 230 **WI Baked Beans 33 | 13 "Mandarin Orange Chicken 190 W W Carross & Rice 121 Cafe Burger 285 W W/Oven Baked French Fries 156 | Vhole Grain Philip Cheesesteak Pocket 350 'Edked Chicken Part, Sandwich 420 'Baked Chicken Part Sandwich 420 Wilbaked Sweet Pocato Fries1 75 | Penne Pasta 336 W Meatballs & Marinara Sauce Chilled Cheese Sandwich 292 W Oven Baked Ister Tots 88 |
| 22 "Cheese or "Pepperoni WG Pizza 300-343 "Morningstar Chik'n Muggets238 "W Confetti Corn 58 | *Chips Olé 377 W/Whole Grain Taco Pieces +Hoc Dog 260 W/ Baked Beans 133 | **Baked Chicken Muggees 230 W/ Spice Bread 319 Baked Shrimp Poppers 180 W/ Macaroni & Cheese 290 | Cheese or 'Pepperoni Personal Pizza 400-439 **Kozat Turkey & Gray 123 ***Roast Turkey & Gray 123 ************************************ | 81 Lucky Plate Day \$1 "Cheese Dippers 320 W Marinara Sauce 62 Cafe Burger 285 W Seasoned Pocacoes 110 |
| Cheese or Pepperoni Pizza 300-343 "Hot Dog 260 W Baked Beans 133 | 28 "WG Chicken Drumstick 150" W/ Seasoned Potatoes 110 W/ Seasoned Potatoes 280 Fish & Cheese Muggets 280 W Carnots & Corn 47 | **Chips Olé 377 **Whyble Grain Taco Pieces ** **Baked Chicken Muggets 230 **Baked Chicken Bears 18 | 26 Cheese or Pepperoni Personal Pizza 400-439 BBQ Beef Grill Bites 169 W/ Corn 58 | Oks sarid naxian baked Oks sarid naxian baked CLI abid Alinked W OEE assard\nw argundnabrad OEI sairi danari baked navO\w |

Breakfast Menu

Egg & Cheese Wrap 190 Tuesday French Toast Sticks 260 Orange Juice 55 Monday

Choice of Milk 80-130

Friday

Pancakes 23 | Apricots 80

Choice of Milk 80-130 Wednesday

Cinnamon Roll 210 Peaches 70

Ham & Cheese Breakfast Sandwich251

Thursday

Choice of Milk 80-130

Choice of Milk 80-130

Apple Juice 60

Choice of Milk 80-130

Daily Alternate Selections

Pancake(s) 277, Bagel 170 w/Cream Cheese or Jelly, th cohing geolobes milgions, ancestary, neclanal oxigits emosical too Title IX formet auch so geolor sequity and sexual has basedone no ac 301-513-4265, t. 600-335-2358 @haryland Reday, no Fruit of the Day 60-90 Yogurt 200.

Bagel-Ful 190,

Cereal 70-130

cut along dotted line and mail to the address below

Our staff is committed to providing the highest quality school meal program. We hope that your expectations are met in a timely, efficient, and courteous manner. Please take a minute to complete and return the survey. Thank you

Customer Service Comment Card

Please rate the quality of services provided. Read each statement below and check the box that best describes your answer.

Name of School Your Child Attends very much for your time and input!

fell short of my expectations

Exceeded my expectations

000

I. School meals offer a variety of choices.

0000

000 O

4. Overall I am satisfied with school meals.

Comments or Suggestions

3. Quality of customer service is good. 2. School meals offer healthy options.

Elementary Menus

Division of Food and Nuterrion Strencts

A MONTCOMERY COUNTY PUBLIC SCHOOL

September - October 2010 for



Would you like us to contact you? If so, please provide the information below

Thank you for helping us provide better service for you.

Daytime telephone number

Name

Please return to:
Division of Food and Nutrition Services
Montgomery County Public Schools
16644 Crabbs Branch Way
Rockville, Maryland 20855

This menu newsletter is published five times a year and provides 2 monthly menus at a time

www.montgomeryschoolsmd.org/departments/foodserv MENUS & NUTRITION & ALLERGEN INFORMATION AVAILABLE ON THE WEB

School meals meet the nutrition standards established by the United States Department of Agriculture for the National School Lunch And School Breaklast Programs.

October 2010 Lunch Specials



on the menu from September 13-17, 2010 to promote Maryand Home Grown School Lunch Week. Melons, cherry tomatoes, red and green peppers, lettuce and cucumbers are some of the Maryland agricultural products that will be served in the cafeteria. We're excited to go local and progrown fruits and vegetables will be featured Visit www.marylandsbest.net to find out more. Fresh from the Farm! mote Maryland's best... fresh from the farm.



October 11-15, 2010

the opportunity to find out about their school lunch personality by taking a fun per-Visit your school cafeteria a enjoy a healthy and nutritious school lunch to help you sonality quiz. Find out whether you are a social star, busy bee, sports fanatic or just Your favorite foods and activities reveal a lot about your personality. Students have Go on-line to www.whatsonyourtray.org to take the quiz. get the most out of your day. totally chilled-out?

What's that number?

Wondering about the numbers that appear after the name of each menu item? It's the calories per serv-Montgomery County Council adopted Reso-Ing.

tablishments to post on the menu the number of lution16-1194 requiring all eating and drinking es-Detailed nutrition and allergen information is always available at

www.montgomeryschoolsmd.org/departments/foodserv calories in an item.

Free and Reduced Price Meals

Applications for free and reduced price meal benefits are sent home with the youngest in family in the information packet given out at the start of each school year. Applications for parents to print and complete are also available at your school's office or on the Web at www.montgomeryschoolsmd.org/departments/foodserv/. Only one application is needed for all students in a household. Eligibility is based on income and family size

Please submit the 2010-2011 Meal Benefit You will receive notice that your application has been approved or not approved through your child's school. Students whose applications are not received by September 30, 2010 will no longer receive meal A new application must be completed at the beginning of every school year benefits as of October 12, 2010, and must pay full price for meals. Application by September 30, 2010. receive meal 9 order

Choose an entree-vegetable combination from our daily lunch specials, two side items and milk. grilled cheese pocket, is also available

Side Items May Include

Seasonal Fresh Fruit 60-90 Assorted Fruit Cup 72-80 Baby

Fossed Salad 5-25

80 Fat Free White 1% White 100

Fat Free Chocolate 120 Fat Free Strawberry 130

Jump Start Your Day with School Breakfast

Check out the new prices this year. Still a great value!

| Elemer | Flementary Schools | |
|---------------------------------|--------------------|---------|
| LUNCH | Daily | Weekly |
| Students, full pay | \$2.50 | \$12.50 |
| Students, reduced pay BREAKFAST | \$.40 | \$ 2.00 |
| Students, full pay | \$1.30 | \$ 6.50 |
| Students, reduced pay | \$.00 | \$ 0.00 |
| MILK | 9. \$ | \$ 3.00 |



account, parents can manage their

www.myLunchMoney.com For more information:

Check Acceptance Policy

value and Marykand State allowed fee of \$35 through an electronic debit or paper draft to the same account. Your payment by check constitutes your acceptance Checks used to pay for school meals must contain an address, phone number and student PIN number. Returned checks are subject to recovery for the face of these terms. If you have any questions concerning our check acceptance policy, please call CHECK-redi 1-800-239-1222.

A third entree choice, either a peanut butter and jelly pocket or

Monday

Café Burger 285 w/ Sweet Potato Fries 176 'Grilled Cheese Sandwich 292 w/ Oven Baked Tater Tots 88

HOLIDAY

LABOR DAY

*Baked Chicken Bites 240

*Baked Chicken Bites 240

w/ Spanish Rice 125

Gardenburger w/Cheese 330

w/Oven Baked French Fries 156

Penne Pasta 336

w/ Meatballs & Marinara Sauce "Grilled Cheese Sandwich 292 w/ Oven Baked Tater Tots 88

*Cheese Dippers 320 w/ Salsa 19 Café Burger 285 w/ Seasoned Potatoes 110

Carrots or Other Seasonal Fresh Vegetable 25 Chilled 100% Fruit Juice 60-90

Whole Grain Breads 130-150 Milk Choices

*Cheese, "Veggie or "Pepperoni Personal Pizza 400-439 Café Burger 285 w/ Seasoned Potatoes 110

HOLIDAY PRIMARY ELECTION

21
"Cheese, "Veggie or "Pepperoni Personal Pizza 400-439
"Baked Chicken Nuggets 230 w/ Carrots & Corn 47

Cheese, Veggie or Pepperoni Personal Pizza 400-439 Roast Turkey & Gravy 123 w/ Mashed Potatoes 80

Also available daily: Peanut Butter & Jelly Pocket 420 or Grilled Cheese Pocket 260. Check with your school.

Menu Key: *Pork ^Meatless +Poultry - Spicy w/ with & Lucky Plate Day WG -Whole Grain

Breakfast boosts your brain power.

Wednesday Tuesday 31
'Cheese, 'Veggie or 'Pepperoni Personal Pizza 400-439
'Baked Chicken Nuggets 230 w/ Baked Beans 133 Macaroni & Cheese 564

August-September 2010 Lunch Specials Thursday

w/Green Beans 18
*Baked Chicken Patty Sandwich 420
w/Oven Baked French Fries 156

*Baked Chicken Nuggets 230 w/ Oven Baked Tater Tots 88 Baked Shrimp Poppers 180 w/ Macaroni & Cheese 290

BBQ Beef Grill Bites 169

w/ Corn 58
"Baked Chicken Nuggets 230
w/ Oven Baked Tater Tots 88

"Macaroni & Cheese 564

w/Green Beans 18 Beef Mega Slider 378 w/Baked Sweet Potato Fries 176

*Baked Chicken Nuggets 230 w/ Green Beans 18

Baked Shrimp Poppers 180 w/ Macaroni & Cheese 290

Upside Dawn Day

Pancakes | 54

w/ *Sausage 140 *Whole Grain Chalupa 233 w/ Salsa 19

NO SCHOOL COCOCOCO

16 *WG Chicken Drumstick 150

w/ Seasoned Potatoes 110
Fish & Cheese Nuggets 280
w/ Mixed Vegetables 45

Whole Grain Chalupa 233 w/ Salsa 19

*Whole Grain Soft Taco 302 w/ Corn 58 *Hot Dog 260 /Oven Baked French Fries 156

Friday

3 ^Cheese, *Veggie or *Pepperoni WG Pizza 300-343 *Hot Dog 260 w/ Corn 58

"Cheese, "Veggie or "Pepperoni WG Pizza 300-343 "Morningstar Chik'n Nuggets 238 w/ Confetti Corn 58

*Cheese, "Veggie or "Pepperoni WG Pizza 300-243 "Hot Dog 260 w/ Baked Beans 133

"Cheese "Veggie or "Pepperoni WG Pizza 300-343 "Baked Chicken Patty Sandwich 420 w/ Oven Baked French Fries | 56

'MorningstarChik'n Nuggets238 w/ Baked Beans 133

Calories per serving appear next to each item.

ese, "Veggie or "Pepperoni WG Pizza 300-343

| Friday November 5 | 0 Gassic Italian Chicken Salad \$4.00 421 calories 15 Tuna Noodle Casserole \$3.00 433 calories | Friday November 12 | Oriental Ch 408 calorie Tuna Salad 331 calorie | Friday November 19 | Large Fossed Salad w/Croutons \$2.75 227 calories Funa Stuffed Tomato \$2.50 141 calories | Friday November 26 | HOLIDAY | | 4 |
|-------------------------|----------------------------------------------------------------------------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------|---------------------------------------------------------------------------------------------------------|------------------------|---------------------------------------|
| Thursday November 4 | Baked Potato w/Chili & Cheese \$2.50 314 calories BBQ Chicken \$2.75 294 calories | Thursday November 11 | Chicken Caesar Salad \$4.00 243 calories Fresh Fruit Salad \$2.75 105 calories | Thursday November 18 | Baked Potato w/Broccoli & Cheese \$2.50 427 calories BBQ Chicken \$2.75 | Thursday November 25 | HOLIDAY | | 1 |
| Wednesday November 3 | Veggie Personal Pizza \$2.75 497 calories Baked Potato w/Broccoli & Cheese \$2.50 427 calories | Wednesday November 10 | Large Tossed Salad w/Croutons \$2.75 227 calories Tuna Stuffed Tomato \$2.50 141 calories | Wednesday November 17 | Chicken Caesar Salad \$4.00 243 calories Egg Salad on Croissant \$3.00 330 calories | Wednesday November 24 | Chicken Caesar Salad \$4.00 243 calories Tuna Stuffed Tomato \$2.50 141 calories | Caron | MC S |
| Elementary Schools | Staff a la Carte Menu November 2010 | Tuesday November 9 | Baked Potato w/Bacon & Cheese \$2.50 477 calories Veggie Personal Pizza \$2.75 497 calories Soup of the Day \$1.25 | Tuesday November 16 | Tuna Noodle Casserole \$3.25 433 calories Baked Potato w/Chili & Cheese \$2.50 314 calories Soup of the Day \$1.25 | Tuesday November 23 | Grilled Cheese & Tomato on Rye \$2.50 300 calories Tuna Melt \$2.50 317 calories Soup of the Day \$1.25 | Tuesday November 30 | Tuna Noodle Casserole \$3.25 |
| Montgomery | Profile Staff a | Monday November 8 | BBQ Chicken \$2.75 294 calories Hot Ham & Cheese on Croissant \$3.00 383 calories | Monday November 15 | Grilled Cheese & Tomato on Rye \$2.50 300 calories Ham & Cheese Puff \$2.50 476 calories | Monday November 22 | Veggie Personal Pizza \$2.75 497 calories Baked Potato w/Broccoli & Cheese \$2.50 427 calories | Monday November 29 | Grilled Cheese & Tomato on Rye \$2.50 |

At middle and high schools, the daily menu features selections from these popular groups.

C. S

Montgomery County Public Schools

CAFE LUNCH





FAVORITES

| Calories | |
|----------|-------------------------------------|
| 352 | Asian Rice Bowl ⁺ |
| 467 | Barbecued Pork Sandwich* |
| 334 | Cheeseburger |
| 420 | Chicken Patty Sandwich+ |
| 359 | Spicy Chicken Patty Sandwich+ |
| 567 | Chicken Club Sandwich+ |
| 276 | Chicken Nuggets ⁺ |
| 273 | Chicken Wrap+ |
| 284 | Hamburger |
| 629 | Nachos, Chili or Taco+ |
| 443 | Pepperoni Pizza* |
| 396-425 | Potato Bowl, Beef or Chicken+ |
| 300-500 | Quesadilla, Beef, Cheese or Chicken |
| 420 | Steak & Cheese Sub |

SAND'WICH CRAFT

Calories

265-495 Assorted Sandwiches on Daily Bread Choice

SIDES

| 133 | Baked Beans | 18 | Green Beans |
|---------|------------------------------|--------|-------------------|
| 22 | Carrots | 5 | Lettuce & Tomato |
| 12 | Celery Sticks | 45 | Mixed Vegetables |
| 58 | Corn | 80 | Mashed Potatoes |
| 156-176 | French or Sweet Potato Fries | 110 | Seasoned Potatoes |
| 60-90 | Fresh Fruit | 75-243 | Homestyle Soup |
| 20-25 | Fresh Veggies | 103 | Steamed Rice |
| 50-80 | Fruit Cup | 102 | Sweet Potatoes |
| 55-60 | Fruit Juice - 4 oz. | 88 | Tater Tots |
| 60 | Fruitad Galatin | 5 | Toccod Salad |

GO MEATLESS

| Calorie | S |
|---------|-----------------------------------------|
| 190 | Morningstar Chik'n Nuggets [^] |
| 233 | Chalupa [^] |
| 339 | Cheese Dippers w/ Marinara^ |
| 400 | Cheese Pizza^ |
| 450 | Peanut Butter & Jelly Sandwich w/ |
| 100 | Cheese Snack [^] |
| 362 | Grab n' Go Bagel & Yogurt^ |
| 481 | Macaroni & Cheese |

GET YOUR GREENS

| Culorie | 5 |
|---------|---------------------------------------|
| 222 | Chef Salad+ |
| 243 | Chicken Caesar Salad ⁺ |
| 494 | Chicken Fajita Salad+ |
| 601 | Spicy Chicken Salad+ |
| 648 | Taco Salad |
| 402 | Tuna Salad |
| 382 | Turkey Salad w/Fruit & Veggies+ |
| 211 | Vegetarian Salad w/Egg & Cheese* |
| | Dressing - add 40 calories per packet |

LUNCH MEAL PRICES

| Student | \$2.75 | |
|---------|--------|--|
| Reduced | \$.40 | |

The meal includes an entree, choice of 3 sides and milk.

Nutrition & Allergen Information available at: www.montgomeryschoolsmd.org/departments/foodserv

School meals meet the nutrition standards established by the United States Department of Agricuture for the National School Lunch Program.

Nutritional Guidelines for MCPS Menus

| | Breakfast Nutrient | Standards (1/4 RD) | A) |
|--------------------------------------|------------------------|-------------------------|---------------------------|
| Nutrients & Dietary Components | Ages 3-4 Head Start | Ages 5-10 Grades K—5 | Ages 11–17 Grades 6—12 |
| Calories (kcal) | 388 | 554 | 554 |
| Protein (gm) | 5 | 10 | 10 |
| Iron (mg) | 2.5 | 3 | 3 |
| Calcium (mg) | 200 | 257 | 257 |
| Vitamin A (RE) | 113 | 197 | 197 |
| Vitamin C (mg) | 11 | 13 | 13 |
| Total Fat | 30% of kcal or less | 30% of kcal or less | 30% of kcal or less |
| Saturated Fat | <10% of kcal | <10% of kcal | <10% of kcal |

| | Lunch Nutrient St | andards (1/3 RDA) | |
|--------------------------------------|--------------------------|-------------------------|---------------------------|
| Nutrients & Dietary Components | Ages 3-4 Head Start | Ages 5-10 Grades K—5 | Ages 11–17 Grades 6—12 |
| Calories (kcal) | 517 | 664 | 825 |
| Protein (gm) | 7 | 10 | 16 |
| Iron (mg) | 3.3 | 3.5 | 4.5 |
| Calcium (mg) | 267 | 286 | 400 |
| Vitamin A (RE) | 150 | 224 | 300 |
| Vitamin C (mg) | 14 | 15 | 18 |
| Total Fat | 30% of kcal or less | 30% of kcal or less | 30% of kcal or less |
| Saturated Fat | <10% of kcal | <10% of kcal | <10% of kcal |

Carbohydrate, cholesterol, sodium and fiber are monitored, though no specific guidelines have been set.

Nutritional analysis of menus is based on a weekly average and must comply with the guidelines.

Montgomery County Public Schools

MS & HS CAFE A LA CARTE

BEVERAGES SNACKS A LA CARTE A LA CARTE

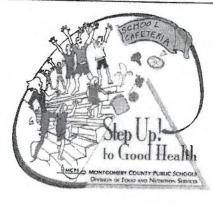
| Calorie | s | |
|---------|---------------------|----------|
| | 100% Fruit Juice | |
| * | 16 oz | \$1.50 |
| * | 11 oz | \$1.25 |
| * | 6 oz | \$.75 |
| 60-90 | 4 oz | \$.50 |
| | Waters | |
| 0 | Flavored | \$1.25 |
| 0 | 16 oz | \$.75 |
| 0 | 8 oz | \$.50 |
| | Milk - 1% fat or fa | t free |
| 80-260 | 16 oz | \$1.25 |
| 90-130 | 8 oz | \$.60 |
| 110 | Soy Milk - 8 oz | \$1.00 |
| ~ | - A | 6 |



Nutrition & Allergen Information www.montgomeryschoolsmd.org/departments/foodserv

| Calories | | |
|----------|-------------------------------------------|--------|
| 240 | Bagel and Cream Cheese | \$1.25 |
| 124 | Brownie Bife | \$.25 |
| 120-140 | Clif Z Bar | \$.75 |
| 140 | Cookie - CPF | \$.25 |
| 110-140 | Cookie - Special | \$.35 |
| * | Cup of Noodle Soup | \$1.25 |
| 60-90 | Fresh Fruit | \$.60 |
| 50-80 | Fruit - 1/2 c. | \$.50 |
| 18/oz. | Fruit Smoothie | \$1.00 |
| * | Frozen Fruit Bar w/ whole fruit pieces | \$1.00 |
| 60 | Fruit Juice Bar | \$.50 |
| 80 | Fruit Snacks | \$.35 |
| * | Ice Cream | \$.65 |
| 170 | Soft Pretzel | \$.50 |
| * | Snack Cakes | \$.35 |
| * | Snack Chips & Crackers | \$.65 |
| * | Yogurt | \$1.25 |
| | | |

* See nutrition label on individually packaged product.



Contact: Barbara Harral 301-840-8194 barbara_w_harral@mcpsmd.org

Protein grams 13.5 "Based on current recipes and manufacturers' labels. Inventory at schools may vary. Condiments not included; bread not included when served separate from entreir 12.5 14.5 7 16 19 15 16 20.5 8 14 14 15 0 16 138 19 23 15 16 16 18 16 20 œ Updated 9/15/10 Dietary grams Fiber 0.5 5 O 0 0.5 0 40 3 Sodium Bm. 1200 1138 612 260 1000 677 680 195 430 260 140 465 550 555 250 195 699 420 1088 1020 1399 630 680 670 891 221 781 320 510 760 760 Cholesterol 2010-11 NUTRIENT INFORMATION* FOR ELEMENTARY (Head Start, Pre-K) LUNCH MENUS Bu 35 45 30 40 30 35 00 38 5 25 30 35 30 58 29 45 5 10 36 14 0 30 NOTE: EARLY IN THE SCHOOL YEAR SCHOOLS MAY USE PRODUCT ON HAND FROM PREVIOUS YEAR Trans Fat grams V.5 4.5 0 0 0 0 0 0 0 0 0 0 00 0 0 0 0 0 0 0 0 0 0 Sat'd grams 6.5 1.5 7 6.5 9.5 3,5 2.5 80 2 19 3.5 V 9 Tot Fat grams 7 14 20 9 ග 15 10 Ξ 10 21 00 34 18 æ 14 Sugar grams 0 0 na na Pa 00 0 2 2 0 na n/a n/a 0 23 4 Carbs grams 29 33.5 10 16 20 V 16 14 6 6 24 30 20 10 31 32 40 39 36 53 41 41 4 Calories Kcal 233 35 169 320 150 223 190 270 35 336 230 377 360 280 160 160 292 135 380 300 154 371 350 391 130 564 1/2 c serv Portion 1 slice 10 each 1/2 cup 1 serving 1 c serving 4 pieces 1 each 4 sticks 1 each 3.92 oz. 1 serving 1 each 1 each 5 each 1 each 1 each 1 each 1 slice 4 each 1 each 1 each 1 each 1 each 1 each 2 each 1 each 1 oz 1 each 1 each 1 each 1 each Grilled Cheese Pocket (3rd choice in Wrapped Grilled Cheese Sandwich Peanut Butter & Jelly Pocket w/soy Philly Cheese Steak Pocket Gr Cheese/Turkey Ham Sandwich Grilled Cheese Sandwich (served Chili w/meat, beans Chips O'le w/ WG Tortilla pieces Cheese Slice, American (1/2 oz.) Chicken Drumstick w/ Seas Pot Values rounded to nearest .5 BBQ Beef Grill Bite w/ sauce Cheeseburger/corn (no bun) Macaroni & Cheese (side) Meatballs w/ Penne &Sauce Pancakes w/ Sausage Patty Chicken Fajita Strips Chicken Mandarin Orange Chicken Nuggets, breaded w/tater tots) Sandwich only lot Dog, turkey, (no bun) ish & Cheese Nuggets Chicken Patty, breaded Mac & Cheese (entree) Pancakes Whole Grain ITEM Sardenbuger (no bun) Fish Square (no bun) Café Burger (no bun) Chicken Drumstick Cheese Dippers Cheese Slice Max Quesadilla Chicken, Bites some schools) Beef Teriyaki Corn Dog Max Wrap Chalupa 1N of 4N

Sample
Conlact: Barbara Harrai
301-840-8194
barbara_w_harrai@ncpsmd.org

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Wellness Toolkit

School Programs

Coordinated School Health Programs

Policy Guides and Resources

<u>CDC - Healthy Youth</u> - The Center for Disease Control (CDC) gives the definition of a coordinated school health program along with an eight component model <u>Health, Mental Health, and Safety Guidelines for Schools</u> – Guidelines for multiple areas of health, mental health, and safety for school aged children, developed by more than 300 health, education, and safety professionals from more than 30 different national organizations as well as by parents and other supporters.

Healthy Students Learn More - PDF booklet used to assist schools in their efforts to create healthy school environments. Supported by Montana's legislators and the Montana Senate Joint Resolution No. 2, passed Spring 2003. Includes various resources, supporting information, and useful websites related to local school wellness policies.

Making the Connection, Health and Student Achievement (powerpoint) – The Society of State Directors of Health, Physical Education, and Recreation (SSDHPR) and The Association of State and Territorial Health Officials (ASTHO) provide an overview on research on links between health status, health behavior, and academic achievement.

NASBE: Safe and Healthy Schools – National Association State Boards of Education gives a brief descriptions of laws, legal codes, rules, regulations, administrative orders, mandates, standards, resolutions, and other written means of exercising authority on more than 40 school health topics.

<u>Nutrition and Physical Activity Policy Resource Guide</u> – The Washington State Department of Health looks at the effects of poor nutrition and obesity in youth populations and what roles policy change plays. Gives a comprehensive policy guide for the prioritization and development of nutrition and physical activity policies at state, local, and private jurisdictions.

<u>Promoting Healthy Youth: Community-School Health Advisory Councils</u> – PDF guide tailored to the planning needs of school district staff charged with forming a Community-School Health Advisory Council, or school staff who work with other health-related school committees, as well as parents and other community partners interested in promoting coordinated school health.

School Health Project – The Council of Chief State School Officers (CCSSO) created The School Health Project to create strong school health policies and programs that support the goal of removing the nonacademic barriers to learning faced by the nation's children.

Coordinated School Health Program Examples and Success Stories

<u>Coordinated Approach to Child Health</u> - Coordinated Approach To Child Health (CATCH) is an evidence-based Coordinated School Health Program designed to promote

physical activity and healthy food choices, and prevent tobacco use in elementary schoolaged children.

Long Beach Unified School District Nutrition Network - The Long Beach Unified School District (LBUSD) utilizes funding from the California Nutrition Network to increase the likelihood that low-income students and their families will consume five fruits and vegetables daily, participate in physical activity (60 minutes per day for youth, 30 minutes per day for adults), and participate in food assistance programs.

The Great Body Shop - The Children's Health Market have created The Great Body Shop, a nationally recognized comprehensive health and substance abuse prevention program used by preschool, elementary and middle schools throughout the US.

Taking Action

Moving Forward: Increasing Physical Activity in Youth - The Association of State and Territorial Health Officials (ASTHO) examines the role of state health agencies in coordinated health programs and how to increase the likelihood of partnerships by outlining some of the steps state health agencies might consider as they implement physical-activity-friendly policies and programs.

<u>Building a Sustainable School Health Program</u> – Article by an organization called Non-Profit Impact defines the critical components of program sustainability, discusses the application to school health programs, and shares lessons learned. The intent is to provide a more comprehensive definition of sustainability and to challenge coordinators to be more deliberate, strategic, and focused on building sustainable programs.

<u>School Health Starter Kit</u> - Designed for use by chief state school officers, state health officials, and their staff to help build support in communities and schools for coordinated school health.

School Programs

• Nutrition and Health Education Resources

2005 USDA Dietary Guidelines – The U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) publish the *Dietary Guidelines for Americans* every five years to provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. They serve as the basis for Federal food and nutrition education programs. 5 A Day and School Age Children - The U.S. Department of Agriculture (USDA) provides a planned approach to address the issue of fruit and vegetable consumption in schools. The Kit contains strategies and resources to help improve the school nutrition environment.

<u>American College of Sports Medicine</u> - Quarterly electronic newsletter written for the general public on a variety of popular health and fitness topics. Expert commentary and features on exercise, nutrition, sports, and health offer tips and techniques for maintaining a physically fit lifestyle.

<u>Educator Materials</u> – Healthy Kids Challenge offers a variety of books and toolkits for healthy changes in schools.

<u>Team Nutrition</u> - Initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

<u>Little D's Nutrition Explorations</u>- 4 interactive CD-Rom games designed to motivate and engage children through interactive stories, poem writing, and more. Colorful characters bring nutrition concepts to life as the Royal Food Family helps a sick dragon, named Little D learn about healthy eating and the importance of physical activity.

<u>Planet Health</u> - An interdisciplinary curriculum for teaching middle school nutrition & physical activity Developed by the Harvard School of Public Health and integrates four health themes into physical education, language arts, math, science, and social studies classes in keeping with Massachusetts curriculum standards.

<u>Team Up at Home</u> - This is a collection of hands-on nutrition education activities for parents to use with their school-age children.

<u>Changing the Scene: Improving the School Nutrition Environment</u> - Toolkit that addresses the entire school nutrition environment from a commitment to nutrition and physical activity, pleasant eating experiences, quality school meals, other healthy food options, nutrition education and marketing the issue to the public.

• Physical Education / Physical Activity

BAM! Body and Mind – Created by the Center for Disease Control and Prevention (CDC) to answer kids' questions on health issues and recommend ways to make their bodies and minds healthier, stronger, and safer. BAM! also provides teachers with educational and fun interactive activities to support their health and science curriculum. School Site Resource Kit - Colorado Department of Public Health and Environment designed empowering resource kit to simplify the processes of assessing, planning, and implementing nutrition and physical activity programs and policies in schools. NASPE - Tools for Observing Physical Education – National Association for Sport and

Physical Education (NASPE) offers various documents about the components of a quality physical education programs as well as advocacy tools.

<u>Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity</u> – Tool developed by Action for Healthy Kids for evaluating school-based programming. Can be used as criteria for developing new interventions, programs and practices.

Exemplary Physical Education Curriculum - award-winning chronic disease (obesity) prevention program for grades K-12 that is aligned to the National Association for Sport and Physical Education (NASPE) standards for physical education.

<u>Food and Fitness Matter: Raising Healthy, Active Kids DVD</u> - video designed to engage parents in efforts to prevent childhood obesity.

<u>Girls Health</u> - The Federal resource for girls' health information, GirlsHealth.gov is a web site that aims to inspire healthy behaviors in girls ages 10-16. Covers topics like bullying, healthy eating, relationships, feelings, exercise, and growing up.

<u>Gold Medal Rating Scale: Elementary</u> – Tool Designed by Action for Healthy Kids to assess physical education programs in elementary schools. It combines parts of the Physical Education Curriculum Analysis Tool (PECAT) and the School Health Index (SHI).

Gold Medal Rating Scale: Secondary Schools - Tool Designed by Action for Healthy Kids to assess physical education programs in middle and high schools. It combines parts of the Physical Education Curriculum Analysis Tool (PECAT) and the School Health Index (SHI).

Rate Your Schools Physical Education Program - Assessment tool developed by National Association for Sport and Physical Education (NASPE) that urges principals, teachers and parents to conduct an assessment of their school's physical education program - evaluating its strengths and weaknesses and then encouraging the development a plan for improvement where needed.

<u>Lewis and Clark Fitness Challenge</u> – Toolkit designed by the Montana Office of Public Instruction for 4th grade or higher to encourage healthy eating and physical activity while learning about the Lewis and Clark Expedition through Montana.

What Constitutes a Highly Qualified Physical Education Teacher - National Association for Sport and Physical Education (NASPE) position paper on what constitutes a highly qualified phys. Ed teacher.

<u>Quality Physical Education Fact Sheet</u> – Fact sheet designed by Healthy Action for Kids outlining what quality physical education is and why it should be implemented.

NCSL: Childhood Obesity - National Conference of State Legislatures (NCSL) provides a comprehensive 50-state overview of state legislation for 2006 aimed at addressing childhood obesity in schools and communities.

<u>New Mexico Wellness Toolkit</u> - Toolkit written by New Mexico Action for Healthy Kids to help schools provide opportunities for increased physical activity, and promote quality physical education.

<u>P.E. Central</u> - Extensive resources for physical activity and physical education for children.

<u>P.E. Fit</u> - Nutrition & Activity Programs with tools to help students embrace a healthy lifestyle. Uses student journals that include six lessons on basic nutrition facts, fitness information and journaling of habits.

<u>PECAT: Physical Education Curriculum Analysis Tool</u> – Tool designed to help school districts conduct a clear, complete, and consistent analysis of written physical education curricula, based upon national physical education standards.

<u>Parents are the Power: Toolkit</u> – Toolkit designed by Healthy action for kids to assist parents in creating healthy changes in their school within the areas of nutrition and physical activity/education.

<u>Physical Best</u> - A health-related fitness education program for use in conjunction with k-12 physical education curricula to assist physical educators in teaching health-related fitness education, through quality resources and professional development training, with a focus on inclusiveness of all children, enjoyment of physical activity, and teaching cognitive concepts of knowledge through activity.

<u>Guide to K-12 Physical Education Program Development</u> – Created by the Connecticut State Department of Education. Presents standards for all Connecticut students in phys

education, and provides local CT school districts with direction for developing and delivering quality programs for CT students.

<u>Guide to Implementing Your Local School Wellness Policy</u> – Created by California Project Lean and the Center for Weight and Health. Designed to serve as a roadmap for implementing school nutrition and physical activity policies, including local wellness policies, and includes helpful hand-outs to develop your plan of action for implementing your policy.

American Alliance for Health, Physical Education, Recreation, and Dance - AAHPERD is an alliance of five national associations, six district associations, and a research consortium which support healthy lifestyles through high quality programs. Provides published journal articles about youth recreation and physical education.

STARS: Exemplary Physical Education Programs - Profiles of each of the award-winning schools for excellence in physical education programs.

<u>School Based Physical Education: Action Guide</u> - Evidence-based tool created by Action for Healthy kids for public health practitioners and others interested in helping children and adolescents become more physically active in PE classes.

<u>California Project Lean</u> – Provides a wealth of resources, evaluations, articles and materials for promoting healthy eating and physical activity.

<u>Tennessee Physical Activity Handbook</u> - A guide that offers information on physical activity and physical education and ways to integrate it into schools.

<u>The Science of Energy Balance</u> – The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) developed a creative, inquiry-based instruction program designed to promote active learning and stimulate student interest in medical topics by exploring the balance between calorie intake and physical activity.

<u>Vermont Healthy Schools Resource</u> - A guide that provides information and resources around physical education in schools.

<u>Guide to Physical Activity in Schools</u> – Action for Healthy Kids of Alabama's guide to incorporating physical activity in schools.

<u>Balance First</u> – Teachers guide for students grade 6-8 that focuses on the balance between calories in and calories out.

<u>Eat Smart Play Hard</u> - Encouraging and teaching kids and adults to eat healthy and be physically active everyday.

Media Smart Youth: Eat, Think, Be Active – An interactive after-school education program for young people ages 11 to 13. It is designed to help teach them about the complex media world around them, and how it can affect their health--especially in the areas of nutrition and physical activity.

<u>National Coalition for Promoting Physical Activity</u> - NCPPA newsletter published twice each month and contains information links to news stories featuring physical activity and related issues to activities, new research and reports, funding opportunities, and upcoming events.

<u>Physical Education for Me</u> – Tools and tips for physical education teachers to keep students active and engaged.

<u>Physical Best</u> - A comprehensive health-related fitness education program developed by physical educators for physical educators. Physical Best was designed to educate, challenge, and encourage all children to develop the knowledge, skills and attitudes for a healthy and fit life.

<u>Planet Health</u> - An interdisciplinary curriculum for teaching middle school nutrition & physical activity Developed by the Harvard School of Public Health and integrates four health themes into physical education, language arts, math, science, and social studies classes in keeping with Massachusetts curriculum standards.

<u>Verb: It's What You Do</u> - Tip sheets, brochures, and varied ideas for encouraging physical activity for "tweens" and those who work/interact with tweens.

Classroom Activities

<u>Brain Breaks</u> - Physical activities developed to help increase the amount of activity implemented into the elementary classroom.

Empowering Youth with Nutrition and Physical Activity - Manual for use in after school programs and classrooms with youth 11-18 years old.

<u>Classroom Programs for Educators</u> - Research-based nutrition education programs for various age groups.

<u>Exercise Your Options</u> – Designed for middle-school age, eight lesson unit to help students assess their current food and activity choices and plan for improvement. The lessons focus on improvement rather than perfection.

<u>H is for Healthy, Weight Management for Kids</u> – A fun way to teach and reinforce the importance of healthy eating, an active lifestyle, and unconditional acceptance for their bodies. The bright colors, adorable diverse kids, and catchy rhymes make this a book children will want to read again and again.

<u>RB's Activity Book</u> - Activity book that focuses on a variety of health and safety issues that are important to children today. Aimed at 6-9 year olds, the program allowed children to engage in fun activities as they learn about various health and safety topics.

Foodservice

<u>Snackwise</u> - Developed by the Center for Healthy Weight and Nutrition at Nationwide Children's Hospital, Snackwise® is a research-based snack rating system that calculates Nutrient Density in snack foods.

<u>Tips and Tools to Help Implement Healthy Food and Beverage Policies</u> - Toolkit designed to help schools implement the Healthy Food and Beverage policy.

<u>School Vending Guide</u> - Provides the opportunity for school districts to work with food and beverage companies to modify the foods and beverage offerings in vending machines to ensure that there are healthy options for students and school personnel.

<u>Healthy School Snacks</u> – Handout with ideas for teachers, caregivers, program directors, and parents for serving healthy snacks and beverages to children in the classroom, in after-school programs, at soccer games, and elsewhere.

<u>MCPS Foodservice</u> – Contains information on foodservice policies and programs as well as wellness and nutrition initiatives for Montgomery County Public Schools.

<u>Power Up with School Breakfast</u> - The Power Up with School Breakfast campaign is brought to you by the School Nutrition Association, with the aim of highlighting the importance of eating a healthy breakfast, eating a variety of foods and being active. We hope you will have fun learning with our team of breakfast superheroes.

<u>School Nutrition Association</u> - Recognized as the authority on school nutrition, a national, nonprofit professional organization representing more than 55,000 members who provide high-quality, low-cost meals to students across the country.

Recess/Field Day

<u>ASHA - Reasons for Recess</u> - American School Health Association provides evidenced based support why elementary schools should provide daily recess in addition to planned physical education for all students

<u>Recess Before Lunch, Policy Guide</u> - Pamphlet that contains general information, practical tips, and steps to take along with advice from Montana schools involved in a pilot program in 2002 to implement a recess before lunch program.

Before and After School Programs

<u>After School Snacks</u> – Article by Kids Health from Nemours, that discusses appropriate timing and choices for healthy after school snacks for children.

<u>Deal Me In...Food and Fitness</u> - Self-contained program that provides fun, hands-on, engaging ways to introduce and reinforce healthy eating and physical activity in an after-school program.

Hearts N' Parks - Community mobilization guide developed by the National Heart, Lung, and Blood Institute (NHLBI) and the National Recreation and Park Association to assist program planners at the community level with implementing a Hearts N' Parks program. Walk to School Program - CDC has developed several resources to download and use when meeting with members of a neighborhood, school, or community to increase knowledge and interest in participating in a Walk & Bicycle to School program. Recharge - An After-School program developed by Action for Healthy Kids to bring learning about good nutrition and the importance of physical activity to life. Targets boys and girls grades three through six.

<u>Healthy Child Care</u> – A bimonthly publication for childcare programs devoted to health and safety issues. Published six times a year, each issue includes information on health, safety, medicines, staff health, health education activities, illnesses, and more; including reproducible parent information sheets and mini-posters.

<u>Body Works</u> – Toolkit for parents, geared towards girls and young women, that consists of 9 sessions for parents/caregivers that focus on action steps and provide information on ways to change how the family eats, shops, cooks and moves in an effort to help families improve their lifestyles and prevent obesity.

<u>Families Finding the Balance: A Parent Handbook</u> - Handbook created by Action fro Healthy Kids explains the concept of Go, Slow and Whoa foods, proper portion size, and how to make screen time active time.

<u>Montgomery County Road Runners</u> - One of the largest, most active running clubs in the nation, known for our low-key but high-quality club races, training runs, special events, and other activities. We offer programs and opportunities for all types of runners, from all ages.

<u>The Walking School Bus</u> – A guide combining safety, fun and the walk to School. Outlines the benefits of starting a walking school bus as well as points to consider before launching it.