# NUTRITION RESOURCES

## Child Nutrition Programs

This list contains online resources for the U.S. Department of Agriculture's (USDA) Child Nutrition Programs. Resources are listed by main category. Handouts and guides are in *italics*. Many websites contain information on multiple content areas. **Note:** The inclusion of commercial websites or products is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

For additional content areas related to food and nutrition, see the CSDE's other resource lists on the Resources for Child Nutrition Programs webpage.

> **Quick Search Tips:** Click on the blue titles below to go directly to each section. Use the blue highlighted *"Return to Contents"* at the end of each section to get back to Contents. Search for key words using the "Find" option in the PDF toolbar or go to "Edit" then "Find."

## Contents

For more information, visit the CSDE's Nutrition Education webpage or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103, 860-807-2075, susan.fiore@ct.gov.

*This document is available at*
*www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcescnp.pdf.*

## Afterschool Snack Program

*Afterschool Care Program NSLP Snack Service Best Practices* (Institute of Child Nutrition, 2006):
http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=123

Afterschool & Health: Opportunities for Advocacy (Afterschool Alliance):
www.afterschoolalliance.org/policyActiveHoursObesity.cfm

Afterschool Nutrition Programs (Food Research & Action Council):
http://frac.org/programs/afterschool-nutrition-programs

Afterschool Snack Program (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320648

Afterschool Snack Program (USDA Healthy Meals Resource System):
https://healthymeals.fns.usda.gov/resource-library/child-nutrition-program-resources/afterschool-snack-program

School Meals: Afterschool Snacks (USDA):
www.fns.usda.gov/school-meals/afterschool-snacks

*The School-Based Afterschool Snack Program* (USDA, 2009):
www.fns.usda.gov/cnd/Afterschool/factsheet.htm

## Child and Adult Care Food Program (CACFP) for Adults

Adult Day Care Centers (USDA):
www.fns.usda.gov/cnd/care/AdultCare.htm

*Adult Day Care Fact Sheet for the USDA Child and Adult Care Food Program, Number 1: CACFP Meal Pattern for Adults* (Institute of Child Nutrition, 2006): www.nfsmi.org/documentlibraryfiles/PDF/20071128040359.pdf

*Adult Day Care Fact Sheet for the USDA Child and Adult Care Food Program, Number 2: Nutritional Needs of Adult Day Care Participants* (Institute of Child Nutrition, 2006):
www.nfsmi.org/documentlibraryfiles/PDF/20071128040535.pdf

*Adult Day Care Fact Sheet for the USDA Child and Adult Care Food Program, Number 3: Feeding Techniques for Adult Day Care Participants* (Institute of Child Nutrition, 2006):
www.nfsmi.org/documentlibraryfiles/PDF/20071128040648.pdf

*Adult Day Care Resource Manual for the USDA Child and Adult Care Food Program* (USDA, 2005):
http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=37

CACFP Adult Day Care Centers (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321572

CACFP (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321576

CACFP (USDA):
www.fns.usda.gov/cnd/care/

CACFP Regulations (7CFR 226) (USDA):
www.fns.usda.gov/cnd/care/Regs-Policy/Regulations.htm

CACFP Resources (USDA Healthy Meals Resource System): http://healthymeals.nal.usda.gov/resource-library/child-nutrition-program-resources/child-and-adult-care-food-program

Connecticut CACFP Operational Memoranda (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333794

*Crediting Handbook for the Child and Adult Care Food Program* (USDA, 2013):
www.fns.usda.gov/crediting-handbook-child-and-adult-care-food-program

Facts about the Adult Component of CACFP (USDA):
www.fns.usda.gov/cacfp/facts-about-adult-component-cacfp

*Infant Nutrition and Health Resource List* (USDA Food and Nutrition Information Center, November 2013):
www.nal.usda.gov/sites/default/files/fnic_uploads//infnut.pdf

Nutrition Policies and Guidance for CACFP Adult Day Care Centers (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322694
*Links to five guides to assist adult day care centers with planning meals to meet the requirements of the Child and Adult Care Food Program (CACFP). The guides include CACFP Meal Pattern Requirements, Crediting Foods, Special Diets, Food Safety, and Planning Healthy Meals.*

Nutrition Standards for CACFP Meals and Snacks (CACFP Meal Patterns) (USDA):
www.fns.usda.gov/cacfp/meals-and-snacks

Program Guidance for CACFP Adult Centers (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333820
*Links to information and resources on federal and state requirements and guidance for CACFP adult day care centers.*

USDA Policy Memoranda for the CACFP (USDA):
www.fns.usda.gov/cnd/Care/Regs-Policy/PolicyMemoranda.htm

## Child and Adult Care Food Program (CACFP) for Child Care

*Best Practices for Healthy Eating: A Guide to Help Children Grow Up Healthy* (The Nemours Foundation, 2008):
www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/heguide.pdf
*Provides information on healthy food guidelines for beverages, fruits and vegetables, milk, meats and meat alternates and grains and breads; portion sizes that are based on the CACFP reimbursable meal guidelines; rationale to explain the recommendations; and sample policies.*

CACFP (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321576

CACFP At-risk Afterschool Care (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321574

CACFP Child Care Centers (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321580

CACFP Emergency Shelters (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321582

CACFP Family Day Care Homes (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321584

CACFP (USDA): www.fns.usda.gov/cnd/care/

CACFP Regulations (7CFR 226) (USDA):
www.fns.usda.gov/cnd/care/Regs-Policy/Regulations.htm

CACFP Resources (USDA Healthy Meals Resource System): http://healthymeals.nal.usda.gov/resource-library/child-nutrition-program-resources/child-and-adult-care-food-program

*CACFP Training Resource Checklist* (Institute of Child Nutrition, 2003):
www.nfsmi.org/documentlibraryfiles/PDF/20080220044949.pdf
*Two-page voluntary training resource checklist was designed to assist CACFP professionals in making an informed decision regarding the appropriateness of a training resource for use in CACFP.*

*CARE Connection (Institute of Child Nutrition*, 2009): www.nfsmi.org/ResourceOverview.aspx?ID=199
*Short grab-and-go lessons on best practices in the operation of CACFP child care centers and family day care homes that can be delivered in 10 minutes or less. The kit includes lesson plans, family materials, fun activities to do with the children for nutrition education and links to NFSMI's resources developed specifically for child care providers. Topics addressed include Child Care Fact Sheets; Introduction to CACFP; Menu Templates; Nutrition Needs of Young Children; Meal Patterns for CACFP; Menu Planning and Food Purchasing for Child Care; Food Preparation; Food Safety; Happy Mealtimes for Child Care; Nutrition Education; Business Practices for Child Care; and Video Lessons.*

*Calculation Tables for CN Labels and Manufacturer's Analysis Sheets* (Florida Department of Education*):*
www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/cn-calculator.html
*An on-line calculator to assist child care staff in determining appropriate CACFP serving size and CACFP meal pattern contribution for frozen or canned convenience foods.*

Child Care Fact Sheets (Institute of Child Nutrition): www.nfsmi.org/ResourceOverview.aspx?ID=268
*Nutrition and food service fact sheets for family day care homes and child care centers.*

Child Care Nutrition and Physical Activity Policies (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322562

*Child Care Recipes, Food for Health and Fun* (USDA, 1999):
www.fns.usda.gov/tn/Resources/childcare_recipes.html

Connecticut CACFP Operational Memoranda (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333794

*Crediting Handbook for the Child and Adult Care Food Program* (USDA, 2013):
www.fns.usda.gov/crediting-handbook-child-and-adult-care-food-program

Education and Training Resources for the CACFP (Institute of Child Nutrition):
www.nfsmi.org/Templates/TemplateDivision.aspx?qs=cElEPTc

Feeding Young Children in Group Settings (University of Idaho): www.ag.uidaho.edu/feeding/
*An educational program designed for child care professionals, educators, food service workers, and anyone who trains staff or parents on issues related to feeding. Downloadable materials include videos, educational activities, and resources*

*First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care* (Delaware Department of Education, January 2011): http://healthymeals.nal.usda.gov/state-resources/first-years-first-state-toolkit-improving-nutrition-and-physical-activity-quality
*A practical "how-to" guide created to help child care providers follow Delaware CACFP/Delaware child care licensing nutrition and physical activity rules. Includes two books, an Administrator's Guide and Menu Planning Guide and a handout, the Shopping Cheat Sheet.*

*Florida Child Care Food Program Cookbook* (Florida Department of Health Bureau of Child Nutrition Programs, 2007): www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/cookbook.html
*A compilation of standardized recipes from CACFP child care providers that include nutrition information and CACFP contribution.*

*Making It Balance and Kickin' It Up: A Cycle Menu for Montana Child Care* (Montana Office of Public Instruction September 2005): www.opi.mt.gov/pdf/schoolfood/cyclemenu/5WeekCycleMenu.pdf
*Five weeks of breakfast, lunch and snack menus with accompanying recipes and resources to assist childcare providers in serving healthy meals that are cost-effective, easy to prepare, and appealing to children.*

*Menu Planning Makes the Difference* (Institute of Child Nutrition, 2003):
www.nfsmi.org/documentLibraryFiles/PDF/20080611083801.pdf

*Menus for Child Care 1* (Institute of Child Nutrition, 2008):
http://nfsmi-web01.nfsmi.olemiss.edu/DocumentDownload.aspx?id=1425
*Eight complete weekly menus meeting CACFP meal pattern requirements.*

*Menus for Child Care 2* (Institute of Child Nutrition, 2009):
http://nfsmi-web01.nfsmi.olemiss.edu/DocumentDownload.aspx?id=1767
*Four sets of four-week cycle menus for child care.*

*Nutrition and Menu Planning for Children in the Child Care Food Program* (Florida Department of Health, 2013):
www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/_documents/nmp-workbook-2013.pdf

*Nutrition & Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program* (USDA, December 2012): www.teamnutrition.usda.gov/Resources/nutritionandwellness.html
*Tips sheet for planning meals and activities for children ages 2 to 6 years that address fruits, vegetables, dry beans and peas, meat and meat alternates, whole grains, milk and other dairy, sodium, fat and oils, added sugars, water, food safety, providing opportunities for active play, encouraging active play, written policies and practices that promote active play, and the importance of limiting screen time.*

Nutrition Policies and Guidance for CACFP Child Care Programs (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326
*Links to six guides to assist child care centers, family day care homes, emergency shelters, and at-risk afterschool care centers with planning meals to meet the requirements of the Child and Adult Care Food Program (CACFP). The guides include CACFP Meal Pattern Requirements, Crediting Foods, Feeding Infants, Special Diets, Food Safety, and Planning Healthy Meals.*

Program Guidance for CACFP Child Care (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333814
*Links to information and resources on federal and state requirements and guidance for CACFP centers and family day care homes.*

*Statutes and Regulations for Licensing Child Day Care Centers and Group Day Care Homes* (Connecticut State Department of Public Health, Division of Community Based Regulation, Child Day Care Licensing Program):
www.ct.gov/dph/lib/dph/daycare/pdf/Statutes_and_Regulations_Centers.pdf

*Statutes and Regulations for Licensing Family Day Care Homes* (Connecticut State Department of Public Health, Division of Community Based Regulation, Child Day Care Licensing Program):
www.ct.gov/oec/lib/oec/licensing/childcare/family_statsregs.pdf

USDA Policy Memoranda for the CACFP (USDA):
www.fns.usda.gov/cnd/Care/Regs-Policy/PolicyMemoranda.htm

*Using Cycle Menus to Control Food Costs* (Institute of Child Nutrition, 2009):
http://nfsmi-web01.nfsmi.olemiss.edu/DocumentDownload.aspx?id=1922

*What's Cookin' II* (Nebraska Department of Education, 2001): www.education.ne.gov/NS/CACFP/cookin.html
*Includes 171 recipes, each with a suggested menu, that have been child-tested and checked for nutrition quality, CACFP creditability, ease of preparation and cost. Also includes cooking tips, helpful hints, and four weeks of sample menus with nutrient analysis.*

## Financial Management

*Food Purchasing for Child Care Centers* (Institute of Child Nutrition, 2005):
www.nfsmi.org/ResourceOverview.aspx?ID=70

*Financial Management: A Course for School Food Service Directors* (Institute of Child Nutrition, 2011):
*www.nfsmi.org/ResourceOverview.aspx?ID=63*

*Financial Management Information System* (Institute of Child Nutrition, 2005): http://nfsmi-web01.nfsmi.olemiss.edu/documentLibraryFiles/PDF/20080225023009.pdf
*Standard method of data collection and financial analyses developed to help school food-service administrators evaluate financial management decisions. This standard method includes procedures for consistently recording financial data, recommendations for generating standard financial reports, and guidelines for interpreting the outcomes of financial decisions.*

*Financial Management Issues and Practices in School Nutrition Programs, An Annotated Bibliography* (Institute of Child Nutrition, 2004): http://nfsmi-web01.nfsmi.olemiss.edu/documentLibraryFiles/PDF/20080221032733.pdf

*First Choice: A Purchasing Systems Manual for School Food Service, 2nd Edition* (Institute of Child Nutrition, 2002): www.nfsmi.org/documentlibraryfiles/pdf/20111129111739.pdf

*Inventory Management and Tracking Reference Guide* (Institute of Child Nutrition, 2012): www.nfsmi.org/documentlibraryfiles/pdf/20121114100354.pdf

*Keys to Excellence in School Food and Nutrition Programs* (School Nutrition Association):
https://schoolnutrition.org/Keys/
*Defines national standards for quality programs and provides a framework for continuous program review, evaluation, and improvement. Financial management standards are found in the Administration section.*

*Quality Financial Decision Making* (Institute of Child Nutrition, 2002):
http://nfsmi-web01.nfsmi.olemiss.edu/documentLibraryFiles/PDF/20080313033619.pdf

## Food Distribution Program (USDA Foods)

Connecticut Food Distribution Program (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333790

*Disaster Feeding Guidance for School Food Authorities Using USDA Foods* (CSDE, May 2017): www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/fdp/disaster.pdf

FNS Instructions and Handbooks for the USDA Food Distribution Program (USDA): www.fns.usda.gov/fdd/instructions-handbooks

Food Distribution Food Safety (USDA Food Distribution Program): www.fns.usda.gov/fdd/fd_foodsafety.htm

Food Distribution Program (USDA): https://www.fns.usda.gov/fdd/food-distribution-programs

List of Available USDA Foods (USDA); www.fns.usda.gov/sites/default/files/fdd/USDA_Foods_Available_List_SY17.pdf

NSLP USDA Foods Product Information Sheets (USDA): www.fns.usda.gov/fdd/nslp-usda-foods-fact-sheets

USDA Foods FAQs (USDA): http://www.fns.usda.gov/fdd/schoolsusda-foods-programs-faqs

USDA Foods Policy Memos (USDA): http://www.fns.usda.gov/fdd/policy

USDA Foods Processing (USDA): http://www.fns.usda.gov/fdd/usda-foods-processing-home

USDA Foods Regulations (USDA): http://www.fns.usda.gov/fdd/regulations

USDA Foods Resources (USDA Healthy Meals Resource System): http://healthymeals.nal.usda.gov/menu-planning/usda-food-commodity-resources

*USDA Foods Toolkit* (USDA): www.fns.usda.gov/usda-foods/usda-foods-toolkit-child-nutrition-programs
*A collection of valuable resources to assist school nutrition professionals and educate students, school staff, and the community about the healthy and nutritious contributions that USDA foods provide to school meal programs.*

## Food Service Qualifications

*Competencies, Knowledge, and Skill Statements for District School Nutrition Directors/Supervisors* (Institute of Child Nutrition, December 2001): www.nfsmi.org/documentLibraryFiles/PDF/20080221021404.pdf
> *Updated research report includes a detailed list of competency, knowledge and skill statements describing fourteen functional areas of responsibility for school food service directors or supervisors.*

*Competencies, Knowledge, and Skills of Effective School Nutrition Assistants/Technicians* (Institute of Child Nutrition, 2006): www.nfsmi.org/documentlibraryfiles/PDF/20080221022122.pdf

*Competencies, Knowledge, and Skills of Effective School Nutrition Managers* (Institute of Child Nutrition, Revised 2003): www.nfsmi.org/ResourceOverview.aspx?ID=131
> *Updated research report includes a detailed list of competency, knowledge and skill statements and a job description for school nutrition managers.*

*Competencies, Knowledge, and Skills of Effective School Nutrition Assistants and Technicians* (Institute of Child Nutrition, 2006): www.nfsmi.org/documentlibraryfiles/PDF/20080716085837.pdf

HR-Guide (Human Resources): www.hr-guide.com/
> *Contains hundreds of pages of information related to Human Resources, including interview questions.*

*Job Functions and Tasks of School Nutrition Managers and District Directors/Supervisors* (Institute of Child Nutrition, Insight No. 2, March 1995): www.nfsmi.org/documentLibraryFiles/PDF/20080313122920.pdf

*Job Functions/Duties, Competencies, Knowledge, and Skills of Sponsor Monitors Participating in the Child and Adult Care Food Program* (Institute of Child Nutrition, January 2002): www.nfsmi.org/documentlibraryfiles/PDF/20080221044124.pdf

*Keys to Excellence in School Food and Nutrition Programs* (School Nutrition Association): www.schoolnutrition.org/Content.aspx?id=2406
> *A free, online tool that offers an easy-to-use management and evaluation program that helps foodservice directors assess their school nutrition programs. The Keys automatically tabulates results from 60 assessment criteria and provides ideas to help promote excellence in food service throughout the school community.*

*Revised Competencies, Knowledge, and Skill Statements for School Nutrition Managers* (Institute of Child Nutrition, Insight No. 25, Spring 2004): www.nfsmi.org/documentLibraryFiles/PDF/20080313041603.pdf

*Sample Job Description Template for District School Nutrition Directors/Supervisors* (Institute of Child Nutrition, 2004): www.nfsmi.org/documentlibraryfiles/PDF/20080221043346.pdf
> *Research-based job description template, including the general function and scope of responsibilities as described in the 14 functional areas for the District School Nutrition Director/Supervisor position.*

School Nutrition Association National Certification Program: www.schoolnutrition.org/Content.aspx?id=126

School Nutrition Association National Credentialing Program: www.schoolnutrition.org/Content.aspx?id=132

◀ *Return to Contents* ▶

## Food Service Training

*Cashier's Training Resource* (Institute of Child Nutrition, 2014): www.nfsmi.org/ResourceOverview.aspx?ID=480
   *Focuses on recognizing a reimbursable meal at the point-of-service.*

Education and Professional Development Programs (School Nutrition Association):
   https://schoolnutrition.org/education/

Education and Training Materials Database (USDA Healthy Meals Resource System):
   http://healthymeals.nal.usda.gov/state-sharing-center-0
   *A compilation of educational materials developed by universities, private industry and local, state and federal government agencies for school personnel and others working in Child Nutrition Programs.*

Institute of Child Nutrition Resource Center: www.nfsmi.org/Templates/TemplateDivision.aspx?qs=cElEPTI
   *Comprehensive resource catalog of training materials for personnel working with Child Nutrition Programs.*

Institute of Child Nutrition Online Course System:
   httpwww.nfsmi.org/Templates/TemplateDefault.aspx?qs=cElEPTM=
   *Continuing education courses to support the professional development and training of child nutrition program personnel at all levels of responsibility.*

*Nutrition 101: A Taste of Food and Fitness, 2nd Edition* (Institute of Child Nutrition, 2012):
   www.nfsmi.org/ResourceOverview.aspx?ID=90
   *Basic training on nutrition that includes an instructor's manual, a participant's workbook and PowerPoint presentations. Also available as an online course.*

Professional Standards (USDA): www.fns.usda.gov/school-meals/professional-standards
   *Information on the training requirements for school nutrition professionals legislated by the Hunger-Free Kids Act of 2010.*

Professional Standards for School Nutrition Professionals (USDA):
   http://professionalstandards.nal.usda.gov/
   *Searchable database of training materials.*

School Nutrition University (School Nutrition Association): www.snuniversity.org/
   *Provides training and education to professionals working in all levels of the school nutrition and foodservice industry.*

Webinars (School Nutrition Association): https://schoolnutrition.org/Webinars/

Webinars (USDA Healthy Meals Resource System):
   https://healthymeals.nal.usda.gov/get-connected/webinars
   *Links to webinars from a variety of organizations on topics related to nutrition and Child Nutrition Programs.*

## Fresh Fruit and Vegetable Program (FFVP)

*Best Practices: Handling Fresh Produce in Schools* (USDA):
http://nfsmi.org/documentlibraryfiles/PDF/20100826093915.pdf

Fresh Fruit and Vegetable Program (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322546

Fresh Fruit and Vegetable Program (USDA): www.fns.usda.gov/ffvp/fresh-fruit-and-vegetable-program

*Fresh Fruit & Vegetable Program: A Handbook for Schools* (USDA): www.fns.usda.gov/cnd/FFVP/handbook.pdf

*Fresh Fruit and Vegetable Program Fact Sheet* (USDA, 2013):
www.fns.usda.gov/sites/default/files/FFVPFactSheet.pdf

Fresh Fruit and Vegetable Program Resources (USDA): www.fns.usda.gov/ffvp/fns-resources

Fresh Fruit and Vegetable Program Toolkit (USDA): www.fns.usda.gov/cnd/FFVP/toolkit.htm

*Fruits & Vegetables Galore: Helping Kids Eat More* (USDA, 2004): www.fns.usda.gov/tn/fruits-vegetables-galore-helping-kids-eat-more

## National School Lunch Program (NSLP)

Best Practices Sharing Center (USDA Healthy Meals Resource System):
http://healthymeals.nal.usda.gov/best-practices

Connecticut Operational Memoranda for School Nutrition Programs (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322550

Healthy, Hunger-Free Kids Act of 2010 (HHFKA) (USDA):
www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act
*Legislation that authorizes funding and sets policy for the USDA's child nutrition programs.*

Healthier School Day (USDA): www.fns.usda.gov/cnd/healthierschoolday/default.htm

HealthierUS School Challenge: Smarter Lunchrooms (HUSSC) (USDA):
www.fns.usda.gov/hussc/healthierus-school-challenge-smarter-lunchrooms
*A voluntary certification initiative recognizing schools enrolled in Team Nutrition that have created healthier school environments through promotion of nutrition and physical activity*

HealthierUS School Challenge Resources (USDA Healthy Meals Resource System):
http://healthymeals.nal.usda.gov/healthierus-school-challenge-resources-1

Menu Planning (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333780

National School Lunch Program (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320678

National School Lunch Program (USDA): www.fns.usda.gov/cnd/Lunch/default.htm

National School Lunch Program Regulations (USDA): www.fns.usda.gov/cnd/Governance/regulations.htm

National School Lunch Week (School Nutrition Association): https://schoolnutrition.org/NSLW/

*Nutrient Analysis Protocols: How to Analyze Menus for USDA's School Meals Programs* (USDA 2014):
https://healthymeals.fns.usda.gov/hsmrs/Software/For%20Web/NAPManual.pdf

Nutrition Standards for School Meals (USDA Healthy Meals Resource System):
http://healthymeals.nal.usda.gov/menu-planning/nutrition-standards-school-meals

Nutrition Standards for School Meals (USDA):
www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm
*Information and resources on the nutrition standards for school meals under the HHFKA.*

Policy Memos for the National School Lunch Program (USDA): www.fns.usda.gov/nslp/policy

*Road to SMI Success: A Guide for School Foodservice Directors* (USDA, 2006):
http://teamnutrition.usda.gov/Resources/roadtosuccess.html
*Provides guidance to school foodservice personnel on successfully implementing USDA's School Meals Initiative for Healthy Children (SMI) within the scope of daily practices, e.g., menu planning options, daily foodservice practices, tips to meet nutritional requirements for school meals, Team Nutrition and preparing for an SMI review.*

Resources for Child Nutrition Programs (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336552

School Meals: Tools for Schools (USDA): www.fns.usda.gov/healthierschoolday/tools-schools
*Policy and resource materials to assist schools in meeting the nutrition standards for school meals*

Tuesday Tidbits (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333784
*Information and resources to assist Connecticut sponsors of the USDA school Nutrition Programs.*

◀ *Return to Contents* ▶

## Resources for Child Nutrition Programs

Agricultural Research Service (USDA): www.ars.usda.gov/main/main.htm
*Includes agricultural news, information, teacher resources and downloadable photos of food.*

Best Practices Sharing Center (USDA Healthy Meals Resource System):
http://healthymeals.nal.usda.gov/best-practices

Beverage Requirements (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322418

Child Nutrition (CN) Labeling (USDA): www.fns.usda.gov/cnd/cnlabeling/default.htm

Child Nutrition Programs (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&Q=320670

Competitive Foods (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333772

Fact Sheet: Schools Serving, Kids Eating Healthier School Meals Thanks to Healthy, Hunger-Free Kids Act (USDA, 2015):
www.usda.gov/wps/portal/usda/usdamediafb?contentid=2015/09/0242.xml&printable=true&contentidonly=true

Federal and State Laws for School Foods (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322416

Food and Nutrition Information Center (USDA): http://fnic.nal.usda.gov/
*Provides credible, accurate and practical resources for nutrition and health professionals, educators, government personnel and consumers.*

Forms for School Nutrition Programs (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320680

Healthy Meals Resource System (USDA): https://healthymeals.nal.usda.gov/

Keys to Excellence (School Nutrition Association): https://schoolnutrition.org/Keys/
*Best practice standards and recognition program for school nutrition programs based on four key areas of evaluation: Administration, Communications & Marketing, Nutrition & Nutrition Education and Operations.*

Institute of Child Nutrition: www.nfsmi.org/

Laws and Regulations for Child Nutrition Programs (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336622

Manuals and Guides for Child Nutrition Programs (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334690

Nutrition Insights (USDA Center for Nutrition Policy and Promotion):
www.cnpp.usda.gov/NutritionInsights.htm
*Newsletter covering a variety of topics related to nutrition and federal child nutrition programs, e.g., obesity, breakfast, diet quality and food consumption.*

Nutrition Standards for School Meals (USDA):
www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm

Online Agreements and Claiming (CSDE): www.csde.state.ct.us/connecticutprod/Splash.asp

*Position of the Academy of Nutrition and Dietetics: Child and Adolescent Food and Nutrition Programs* (Journal of the Academy of Nutrition and Dietetics, May 2010 (Volume 110, Issue 5, Pages 791-799)):
www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/child-and-adolescent-nutrition-assistance-programs

Procurement for School Nutrition Programs (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336534

Professional Standards for School Nutrition Programs (USDA Food and Nutrition Information Center):
www.fns.usda.gov/school-meals/professional-standards

Program Guidance for School Nutrition Programs (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320674
*Links to information and resources on federal and state requirements and guidance for the USDA school nutrition programs.*

## Resources for Child Nutrition Programs

Resource Library (USDA Healthy Meals Resource System): http://healthymeals.nal.usda.gov/resource-library

Resources for Child Nutrition Programs (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336552

School Nutrition Association: https://schoolnutrition.org/

State Sharing Center (USDA Healthy Meals Resource System):
http://healthymeals.nal.usda.gov/state-sharing-center-0

Team Nutrition (USDA): www.fns.usda.gov/tn/

USDA Food and Nutrition Service: www.fns.usda.gov/fns/default.htm

USDA Regulations for Child Nutrition Programs: www.fns.usda.gov/fns/regulations.htm

## School Breakfast Program (SBP)

*Breakfast: Key to Academic Excellence* (B1-Home) (CSDE and New England Dairy and Food Council, revised 2009):
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sbp/breakfast1_home.pdf

*Breakfast: Key to Academic Excellence* (B2-School) (CSDE and New England Dairy and Food Council, revised 2009):
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sbp/breakfast2_sbp.pdf

*Breakfast in the Classroom: NEA Health Information Network School Breakfast Toolkit* (National Education Association):
http://breakfastintheclassroom.org/wp-content/uploads/2014/11/nea_hin_breakfast_toolkit.pdf
*Developed to educate teachers and other school professionals about the impact of hunger on learning and new models of addressing hunger in the school setting.*

Breakfast Menu Planning (Wisconsin Department of Public Instruction):
https://dpi.wi.gov/school-nutrition/school-breakfast-program/menu-planning
*Contains ideas for hot and cold breakfasts suitable for grab and go and breakfast in the classroom.*

Cereal Facts (Food Advertising to Children and Teens Score) (Rudd Center for Food Policy and Obesity):
www.cerealfacts.org/
*Information and research on the marketing of breakfast cereals to children including a cereal nutrition score calculator, a list of best and worst cereals, a search tool to find cereals meeting specific nutrition criteria (e.g., low sugar) and a searchable database to compare cereal nutrition and marketing.*

*Classroom Breakfast Playbook* (Got Breakfast Foundation):
www.gotbreakfast.org/media/Classroom_Breakfast_Playbook.pdf
*Includes information on benefits of breakfast; obtaining staff support, meal distribution, staffing and clean-up, funding questions, case studies and resources.*

Connecticut Operational Memoranda for School Nutrition Programs(CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322550

Energize Your Day with School Breakfast (USDA): https://www.fns.usda.gov/sbp/toolkit
*Resources to establish or expand school breakfast service.*

*Fact Sheet: School Breakfast Program* (Food Research & Action Center):
www.nokidhungry.org/pdfs/school-breakfast-program-factsheet.pdf

*No Kid Hungary* (Share Our Strength): http://join.nokidhungry.org/site/PageNavigator/SOS/Breakfast_2013.html

School Breakfast Program (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320662

School Breakfast Program (USDA): www.fns.usda.gov/cnd/Breakfast/Default.htm

*School Breakfast Program Cost/Benefit Analysis: Achieving a profitable SBP* (University of Wisconsin Extension, Family Living Program, 2007): http://fyi.uwex.edu/wischoolbreakfast/files/2009/10/Wisconsin-School-Breakfast-Cost-Benefit-Analysis-Report-20071.pdf

School Breakfast Program Delivery Models (University of Wisconsin Cooperative Extension):
http://fyi.uwex.edu/wischoolbreakfast/program-models/

School Breakfast Expansion Strategies (Food Research & Action Center): www.frac.org/programs/school-breakfast-program/school-breakfast-expansion-strategies

School Breakfast Program Marketing (USDA): http://www.fns.usda.gov/sbp/marketing

School Breakfast Program Menu Planning (USDA):
www.fns.usda.gov/cnd/Breakfast/Menu/sbp-menu-planning.htm

School Breakfast Program Regulations (USDA): www.fns.usda.gov/cnd/Governance/regulations.htm

School Breakfast Publications and Research (University of Wisconsin Extension):
http://fyi.uwex.edu/wischoolbreakfast/publications-research/

*Score Big with Breakfast* (Oregon Dairy Council, 2004):
www.dairyspot.com/wp-content/uploads/2015/04/scorebigwithbreakfast.pdf

*Start School with Breakfast: A Guide to Increasing School Breakfast Participation* (NEA Healthy Futures):
http://healthyfutures.nea.org/wpcproduct/start-school-with-breakfast-a-guide-to-increasing-school-breakfast-participation/
*Promotes alternative breakfast service models to educators, school professionals and the school community and includes information about the benefits of school breakfast, new ways to increase school breakfast participation, useful tools for advocates and success stories from school districts around the country.*

Tools for Parents (University of Wisconsin Extension): http://fyi.uwex.edu/wischoolbreakfast/tools-for-parents/
*Handouts for parents on breakfast.*

Tools for Schools (New England Dairy & Food Council):
www.newenglanddairycouncil.org/schools/breakfast/tools-for-schools/
*Resources to help advocate for, expand, and promote school breakfast.*

**Special Milk Program**

Special Milk Program (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320650

Special Milk Program (USDA): www.fns.usda.gov/cnd/Milk/Default.htm

Special Milk Program Regulations (USDA): www.fns.usda.gov/cnd/Governance/regulations.htm

◀ *Return to Contents* ▶

## Summer Food Service Program (SFSP)

Connecticut SFSP Operational Memoranda: www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333792

*Food Safety for Summer Food Service Programs* (Institute of Child Nutrition, 2003):
http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=73

Mapping Tools for Summer Meal Programs (USDA):
www.fns.usda.gov/sfsp/mapping-tools-summer-meal-programs

Seamless Summer Option of the NSLP (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320646

SFSP Best Practices from Across the Nation (USDA): www.fns.usda.gov/sfsp/best-practices

SFSP (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320658

SFSP (USDA): www.fns.usda.gov/cnd/Summer/Default.htm

SFSP (USDA): www.fns.usda.gov/cnd/summer/Administration/Regulations/regulations.html

SFSP Fact Sheets (USDA): www.fns.usda.gov/sfsp/sfsp-fact-sheets

SFSP Program Guidance (USDA): www.fns.usda.gov/sfsp/handbooks

*Summer Food Service Program Outreach Toolkit for Sponsors and Feeding Sites* (USDA, June 2010):
www.fns.usda.gov/cnd/summer/library/toolkit.pdf

Summer Meals Newsletters (USDA): www.fns.usda.gov/sfsp/summer-meal-newsletters

Summer Meals Webinars and Videos (USDA): www.fns.usda.gov/sfsp/2015-summer-meals-webinars

Summer Nutrition Programs (Food Research & Action Center):
http://frac.org/programs/summer-nutrition-programs

◀ *Return to Contents* ▶