

School Wellness Websites

Quad City Health Initiative
Be Healthy Quad Cities (PICH Grant)

www.qchealthinitiative.org
www.behealthyqc.org

WELLNESS

CDC Local School Wellness Policy
School Wellness Toolkit
Ill. School Wellness Policy Task Force
School Wellness: Iowa Dept. of Ed.
Missouri School Wellness Inventory
Overview of Model School Wellness Policies
Illinois Dept. of Health Website

<http://www.cdc.gov/healthyschools/npao/wellness.htm>
https://www.healthiergeneration.org/asset/wwj4dq/09-875_SWCToolkit.pdf
http://www.isbe.net/nutrition/pdf/task_force_report.pdf
<https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness>
<https://dese.mo.gov/sites/default/files/SchoolWellnessInventory.pdf>
<http://schoolwellnesspolicies.org/>
<http://www.dph.illinois.gov/>

HEALTHY ENVIRONMENTS

HealthierUS Schools Challenge
Healthy School Environments

<http://healthymeals.nal.usda.gov/hsmrs/HUSSC/HUSSCSL2014.pdf>
http://www.rwjf.org/en/library/collections/healthy-schoolenvironments.html?rid=CstH_KiXJTY-09VtxRnc6DQdVg1kOCBskNbutOroqEg&et_cid=249565
<http://www.cspinet.org/nutritionpolicy/nana.html>

National Alliance for Nutrition...

USDA

Healthy, Hunger Free Kids Act of 2010
USDA Nutrition Standards
USDA Physical Activity School Age Children

http://www.fns.usda.gov/sites/default/files/HHFKA_080112.pdf
<http://healthymeals.nal.usda.gov/menu-planning/nutrition-standards-school-meals>
<http://healthymeals.nal.usda.gov/resource-library/physical-activity/physical-activity-school-aged-children>

USDA Smart Snacks Calculator
USDA: Healthier School Day
USDA: Tools for Schools Smart Snacks
USDA: Healthy Meals Resource (Home)

<https://healthymeals.nal.usda.gov/smartsnacks>
<http://www.fns.usda.gov/healthierschoolday>
<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

LUNCHROOMS

Smarter Lunchrooms Website
School Meal FAQs
Controlling Junk Food Case Studies
Lessons from the Lunchroom

<http://smarterlunchrooms.org/>
<http://cspinet.org/new/pdf/new-school-meals-faq.pdf>
http://iphionline.org/pdf/IPHI_Controlling_Junk_Food_Report_32113.pdf
<http://www.ucsus.org/food-agriculture/expand-healthy-food-access/lessons-lunchroom-childhood-obesity-school-lunch#.VeiVV01RFpg>

GARDENS

Setting up a school garden
School Garden grants
REAL School Gardens
School Garden Funding Opportunities

<http://www.fao.org/docrep/009/a0218e/A0218E04.htm>
<http://kqi.org/grants?qclid=CJuAmJ7fl8cCFRAXaQodIK4OMQ>
<http://www.realschoolgardens.org/>
<https://communitygarden.org/resources/funding-opportunities/>

OTHER RESOURCES

Free Resources

<https://volunteer.heart.org/apps/vfhk/Pages/VFHK-Toolkit-Form.aspx>