

## Resources to Support Nutrition Education Activities

**Note: The school food authority (SFA) must seek prior approval from the California Department of Education (CDE) before using cafeteria funds to purchase any item on this list.**

- A. SFAs must consider free methods and resources to deliver nutrition education activities before requesting to use cafeteria funds. For example, SFAs may:
- 1) Use free posters and pamphlets
  - 2) Use volunteers, such as college students or individuals from the community
  - 3) Use U.S. Department of Agriculture (USDA) Foods for tasting in the cafeteria when that food is being showcased for nutrition education in the classroom
  - 4) Collaborate with local health department or University of California Cooperative Extension office staff
  - 5) Apply for a grant to support nutrition education activities for obesity prevention
  - 6) Seek Parent–Teacher Association support for fundraising or grant writing
  - 7) Request funds from local businesses to support a garden program or other nutrition education efforts for childhood obesity prevention
  - 8) Request that the school district 1. include key nutrition goals and food service activities in the Local Control and Accountability Plan (LCAP) to allow enhancement and expansion of the nutrition service, and 2. allocate LCAP funds to ensure that students have quality nutrition services and education necessary for their academic success

To learn more about the LCAP, please download the San Jose State University Local Control Funding Formula Web document at [http://www.nufs.sjsu.edu/calpronet/modules14\\_15/LCFF\\_Flyer.pdf](http://www.nufs.sjsu.edu/calpronet/modules14_15/LCFF_Flyer.pdf)

- B. Free or low-cost downloadable nutrition education materials may be available from the resources below:
- 1) The California Healthy Kids Resource Center Shaping Health As Partners in Education (SHAPE) Web page at <http://www.californiahealthykids.org/shape> (see archived SHAPE Newsletters)
  - 2) The Dairy Council of California Healthy Eating Made Easier: Schools Web page at <http://www.healthyeating.org/schools.aspx>

- 3) The USDA Dig In! Standards-based Nutrition Education from the Ground Up Web page at <http://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground>
- 4) Agricultural marketing boards or councils
- 5) The California Department of Public Health Harvest of the Month Web page at <http://harvestofthemonth.cdph.ca.gov/Pages/default.aspx>
- 6) The Choose MyPlate 10 Tips Nutrition Education Series Web page at <http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>
- 7) The CDE Nutrition Education Resources Web page at <http://www.cde.ca.gov/ls/nu/he/nutredres.asp>
- 8) The CDE Nutrition Education Resource Guide Web page at <http://www.cde.ca.gov/ls/nu/he/nerg.asp>
- 9) The San Jose State University California Professional Nutrition Education and Training Center Nutrition Education Links Web page at <http://www.nufs.sjsu.edu/calpronet/nutriedlinks.htm>
- 10) The USDA Supplemental Nutrition Assistance Program Education (SNAP-Ed) Connection Web site at <https://snap.nal.usda.gov/>
- 11) The USDA SNAP-Ed Interventions Toolkit for States Web page at <http://snap.nal.usda.gov/mwg-internal/de5fs23hu73ds/progress?id=xk-e4Cqvmqp4w-ebR-cb8YcTveOHsesbp9OpqRvT8WE,&dl>
- 12) The University of California, Davis, Center for Nutrition in Schools Web site at <http://cns.ucdavis.edu/>
- 13) The USDA Team Nutrition Web site at <http://healthymeals.nal.usda.gov/>
- 14) The Whole Grain Council Educational Materials Web page at <http://wholegrainscouncil.org/resources/educational-materials>