



Nutrition Education

Use this interactive online document to find the latest Evidence Based Research, Resources and Best Practices that can be used for implementing wellness policy objectives for nutrition education. Click on the links below to access online resources.

- a. General Guidelines
- b. Cafeteria
- c. Events During School Day
- d. After School Programs
- e. Family and Community
- f. Staff Wellness

a. General Guidelines

▶▶ Evidenced Based Research

Development and Evaluation of a Garden-Enhanced Nutrition Education Curriculum for Elementary School Children- Journal of Child Nutrition and Management
2010 Dietary Guidelines-USDA
Involving Parents-CDC

▶▶ Resources

Healthy Eating Habits for Your Child
 Healthy Kids Challenge
 We Can!
 USDA Nutrition Education
 Kids Eat Right
 KSDE Team Nutrition
 KSDE for Training
 Nutrition in the Classroom
 Eat Smart Play Hard
 Fuel Up to Play 60
 USDA Team Nutrition
 Get Kids Involved in Healthy Cooking & Shopping
 National Dairy Council
 Wellness Policies - Resources from Other Organizations
 RUDD Center for Policy and Obesity
 Choose My Plate

▶▶ Best Practices

School nutrition: Healthier ingredients, more education for 2010-11
 Nutrition education in schools: experiences and challenges
 School Nutrition Success Stories
 Popular Team Nutrition Events Idea Book
 Best Practices Sharing Center USDA

b. Cafeteria

▶▶ Evidenced Based Research

The Many Benefits of Breakfast-WebMD

▶▶ Resources

Choose My Plate
 USDA Team Nutrition
 KSDE Team Nutrition
 It's Up To You

▶▶ Best Practices

Taste Testing New Foods
 My Plate Poster

c. Events During School Day

▶▶ Resources

USDA Nutrition Education
 KSDE Team Nutrition
 USDA Team Nutrition
 Food For a Day
 Fruit and Vegetable Challenge Packet

▶▶ Best Practices

Nutrition in the Classroom

d. After School Programs

▶▶ Evidenced Based Research

Nutrition Education for School-aged Children-USDA

▶▶ Resources

Preventing Childhood Obesity Choosing Healthy Snacks Choosing Healthy Snacks
 Healthy Snacking for Children
 Healthy Snacks for Kids: 10 Child-Friendly Tips
 National Nutrition Month
 After School Snacks

▶▶ Best Practices

Kids A Cookin

e. Family and Community

▶▶ Evidenced Based Research

Involving Parents-CDC

▶▶ Resources

Get Kids Involved in Healthy Cooking & Shopping
 USDA Nutrition
 Choose My Plate
 Healthy Food Choices
 Tool for Parents
 USDA Parents
 Let's Eat for the Health of It
 Read It
 Team up at Home
 Kansas Team Nutrition

▶▶ Best Practices

We Can!
 2011-2012 Taking It Home Videos
 School Nutrition Success Stories
 Maximizing the Message

f. Staff Wellness

▶▶ Evidenced Based Research

Are school employees role models of healthful eating? Dietary intake results from the ACTION worksite wellness trial.-Journal of American Dietetic Association

▶▶ Resources

School Wellness
 Team Nutrition Professionals

▶▶ Best Practices

Starting A School Health & Wellness Committee: 6 Easy Steps
 Health and Wellness Committee



Child Nutrition & Wellness
 120 SE 10th Avenue
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www.ksde.org www.kn-eat.org

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