

# Food Service Web Sites

The following Web sites offer information on programs for school food services, including descriptions of innovative programs, fact sheets, and quantity recipes. These Web sites are operated by the federal government, by state governments, and by nonprofit groups that health professionals consider to be reputable organizations. *Eat Well & Keep Moving* cannot vouch for the accuracy or completeness of the information contained on these Web sites. The listing of a Web site here does not mean that *Eat Well & Keep Moving*, the Harvard School of Public Health, or the Harvard Prevention Research Center endorses these organizations or their positions.

The following Web site links will not work with all browsers. If the Web site links do not work with your browser, go to [www.eatwellandkeepmoving.org](http://www.eatwellandkeepmoving.org) for a complete listing of these Web sites, or simply type the Web site URL directly into your browser.

## **Berkeley Unified School District**

School Lunch Initiative

The School Lunch Initiative is a public–private partnership based in Berkeley, California, that aims to improve local public school lunches through a variety of means, including farm-to-school programs, school gardens, and nutrition education. The Web site contains links to frequently asked questions about the project.

[www.school lunchinitiative.org](http://www.school lunchinitiative.org)

## **California Project Lean**

“Food Standards Calculators”

These online calculators can be used to determine whether a food meets California’s standards for foods sold outside of school meals; there are separate calculators for elementary schools and middle and high schools.

[www.californiaprojectlean.org/calculator/](http://www.californiaprojectlean.org/calculator/)

## **California School Nutrition Association (CSNA)**

Fuel Up Right! With School Meals

The CSNA Web site contains position statements on nutrition standards, competitive food sales, child nutrition program finance, mealtime issues, nutrition education, childhood obesity, and school breakfast programs.

[www.calsna.org/PositionStatements.asp](http://www.calsna.org/PositionStatements.asp)

## **Centers for Disease Control and Prevention (CDC)**

*Fact Sheet on Food Service*

Based on data from the CDC’s School Health Policies and Programs Study 2000, this fact sheet has information on several school food service practices, including menu planning and food variety, food safety, and fat-reducing preparation techniques.

[www.cdc.gov/Healthyouth/shpps/factsheets/pdf/food\\_service.pdf](http://www.cdc.gov/Healthyouth/shpps/factsheets/pdf/food_service.pdf)

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

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### **Centers for Disease Control and Prevention (CDC)**

#### Healthy Youth State Report Cards

Healthy Youth, part of the CDC's Division of Adolescent and School Health, has created report cards for every state, grading seven aspects of school health (including food services).

[www.cdc.gov/HealthyYouth/shpps/report\\_cards/index.htm](http://www.cdc.gov/HealthyYouth/shpps/report_cards/index.htm)

### **Centers for Disease Control and Prevention (CDC)**

#### *Making It Happen: School Nutrition Success Stories*

This report features 32 success stories from schools and districts that have improved school nutrition standards and have been able to make money from these changes.

[www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/index.htm](http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/index.htm)

### **Center for Ecoliteracy**

#### Rethinking School Lunch

The Center for Ecoliteracy's Rethinking School Lunch (RSL) program offers a comprehensive planning framework for improving school lunches, addressing food policy, curriculum integration, finances, farm-to-school procurement strategies, and other considerations. The Web site offers a link to the RSL guide.

[www.ecoliteracy.org/programs/rsl.html](http://www.ecoliteracy.org/programs/rsl.html)

### **Center for Food and Justice and the Community Food Security Coalition**

#### Farm to School

The Farm to School program connects schools with local farms in order to improve school meals and student nutrition, provide health and nutrition education opportunities, and support local small farmers. Farm to School's Web site has a resource packet, survey and evaluation tools, links to other programs, and funding information.

[www.farmtoschool.org](http://www.farmtoschool.org)

### **The Food Studies Institute**

#### *Food is Elementary*

This Web site offers information on *Food is Elementary*, a multicultural curriculum that uses all the senses to instruct children about food and nutrition. The Web site also offers tips for initiating a food-based teaching program in schools as well as tips for teachers.

[www.foodstudies.org/](http://www.foodstudies.org/)

### **Green Schools Initiative**

#### *The Little Green Schoolhouse*

The Green Schools Initiative was founded by parent environmentalists to improve the environmental health and ecological sustainability of schools in the United States. This report broadly addresses environmental sustainability in schools, and it includes recommendations for improving school lunches and the school food environment.

[www.greenschools.net/report/index.html](http://www.greenschools.net/report/index.html)

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### **National Business Group on Health**

#### Cafeteria Audit

This checklist is designed to help employers assess the availability of healthy choices in work site cafeterias.

[www.hsph.harvard.edu/nutritionsource/Cafeteria\\_Audit.pdf](http://www.hsph.harvard.edu/nutritionsource/Cafeteria_Audit.pdf)

### **The Nutrition Source**

#### Food Service

Maintained by the Department of Nutrition at the Harvard School of Public Health, this Web site offers quantity recipes that are consistent with the *Eat Well & Keep Moving* Principles of Healthy Living.

[www.hsph.harvard.edu/nutritionsource/food\\_service.html](http://www.hsph.harvard.edu/nutritionsource/food_service.html)

### **Harvard School of Public Health, Department of Nutrition, and Brigham and Women's Hospital**

#### *Delicious and Nutritious Food Choices: Healthy Selections for Conferences*

This document contains healthy breakfast, lunch, and dinner menus that are free of trans fat. These menus can be used by organizers of meetings and events. The document includes recipes for muffins, cookies, and quick breads.

[www.hsph.harvard.edu/nutritionsource/Healthy\\_food\\_options\\_for\\_conferences\\_BWH.pdf](http://www.hsph.harvard.edu/nutritionsource/Healthy_food_options_for_conferences_BWH.pdf)

### **New Hampshire Department of Education and Department of Health and Human Services**

#### *5 A Day Quantity Recipe Cookbook*

This cookbook offers quantity-size and family-size recipes featuring fruits and vegetables; the quantity recipes use USDA commodity foods and are kid tested.

[www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf](http://www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf)

### **Project Bread**

#### Better Breakfast Initiative

Created by Project Bread and the Department of Nutrition at the Harvard School of Public Health, the Better Breakfast Initiative seeks to improve the nutritional content of school breakfasts. The Web site includes the Better Breakfast Initiative guidelines and information on breakfast and learning.

[www.projectbread.org/site/PageServer?pagename=end\\_betterbreakfast](http://www.projectbread.org/site/PageServer?pagename=end_betterbreakfast)

### **School Nutrition Association**

The School Nutrition Association Web site offers a recipe database for both quantity-size and family-size recipes, as well as links to continuing education programs, a legislative action center, and other resources for school food service personnel.

[www.schoolnutrition.org/DefaultPage.aspx](http://www.schoolnutrition.org/DefaultPage.aspx)

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### **Slow Food USA**

#### Slow Food in Schools

Slow Food USA is a nonprofit organization that promotes a sustainable, high-quality, socially just and environmentally responsible food system. Resources available for schools include how-to guidelines on starting a Slow Food in Schools project (such as a farm to school program, a cooking and food tasting curriculum, or a school garden) and a PowerPoint presentation to use in educating the school community about a Slow Food in Schools project.

[www.slowfoodusa.org/education/resources.html](http://www.slowfoodusa.org/education/resources.html)

### **Team Nutrition, U.S. Department of Agriculture**

#### Healthy Meals Resource System (HMRS)

Designed to offer training and technical assistance to food service personnel who work in USDA child nutrition programs, the HMRS Web site includes recipes, food safety information, and a database of education and training materials for school nutrition staff.

[http://riley.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=1](http://riley.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1)

### **University of Mississippi**

#### National Food Service Management Institute

The National Food Service Management Institute provides information and services to promote the improvement of child nutrition programs. Its Web site has a comprehensive resource guide for food service managers and staff, newsletters, and research related to school food service.

[www.olemiss.edu/depts/nfsmi/index.html](http://www.olemiss.edu/depts/nfsmi/index.html)

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