



Web Sites for Online Nutrition Promotion and Education

School Nutrition Association: Formerly American School Food Service Association, SNA is a national, nonprofit professional organization representing more than 55,000 members who provide high-quality, low-cost meals to students across the country. <http://www.schoolnutrition.org/> State of Georgia: <http://gsfsa.com/>

Journal of Child Nutrition and Management: Features up-to-date research articles on significant issues affecting child nutrition and school foodservice management. <http://www.schoolnutrition.org/Content.aspx?id=98>

The Healthy School Lunch Campaign: dedicated to improving the food served to children in schools by educating government and school officials, food service workers, parents, and others about the food choices best able to promote children's current and long-term health. <http://www.healthyschoollunches.org>

United States Department of Agriculture: <http://www.usda.gov/wps/portal/usda/usdahome>

Center for Nutrition Policy and Promotion: Operates by developing and promoting dietary guidance that links scientific research to the nutrition needs of consumers. <http://www.cnpp.usda.gov/>

Nutrition Link: USDA's official child nutrition page. <http://www.fns.usda.gov/nutritionlink/>

Team Nutrition: an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. <http://teamnutrition.usda.gov>

Food and Nutrition Information Center: Provides credible, accurate, and practical resources for nutrition and health professionals, educators, government personnel and consumers. http://fnic.nal.usda.gov/nal_display/index.php?tax_level=1&info_center=4

California Nutrition Network on Fruits and Vegetables: Provides tools and resources to teach students about fruits and vegetables. <http://www.harvestofthemonth.com/download/How-To-Guide.pdf>

Food Studies Institute: Nutrition education curriculum available to promote the long-term health of elementary children and assists schools with incorporating nutritious foods into meals. <http://www.foodstudies.org/>

5-A-Day: Produce for Better Health Foundation: provides Information, recipes, and teaching tools to promote fruit and vegetable consumption for children. http://www.5aday.com/html/consumers/consumers_home.php

National Foodservice Management Institute: provides information and services that promote the continuous improvement of Child Nutrition Programs.

http://www.nfsmi.org/Information/school_recipe_index_alpha.html

Action for Healthy Kids: nonprofit organization formed specifically to address the epidemic of overweight, undernourished and sedentary youth by focusing on changes at school.

<http://www.actionforhealthykids.org/>

PBS Teacher Source: includes more than 2,000 free lesson plans, teachers guides, and activities, most of which are built around PBS television programming and are correlated to 200 sets of local, state, and national curriculum standards

http://www.pbs.org/teachersource/health_fitness/high-nutrition.html

The Smart Spot: information on smart eating and physical activity for adults and children. Also included is a list of Smart Spot products that meet nutrition criteria based on authoritative statements of the U.S. Food and Drug Administration (FDA) and the National Academy of Sciences.

<http://www.smartspot.com/>

American Heart Association Justmove.org: helps people learn the relationship of nutrition and exercise to health. There is an exercise diary, fitness resources, and a section that offers suggestions to help people lead an active lifestyle. <http://www.justmove.org/>

American Heart Association Heart Power! Online: curriculum-based program for teaching about the heart and how to keep it healthy for a lifetime. Nutrition, physical activity, living tobacco-free, and knowing how the heart works all are vital in maintaining a healthy heart.

<http://www.americanheart.org/presenter.jhtml?identifier=3003357>

Kidnetic.com: is a website that communicates healthy eating and active living information in meaningful and relevant ways to kids aged 9-12 and their families. Kidnetic.com is intended to encourage kids and their families to begin the process of behavior change toward healthy lifestyles.

<http://www.kidnetic.com/>

Shaping America's Youth: an initiative of Shaping America's Health: Association for Weight Management and Obesity Prevention, a program of the American Diabetes Association. SAY exists to unite the efforts of the many groups and programs across the US that are working to improve childhood physical activity and nutrition. By centralizing information on community programs and acquiring grassroots input, SAY is identifying effective approaches for promoting exercise and healthy eating in childhood, and the best ways of putting those approaches into action.

<http://www.shapingamericasyouth.org/>

The Center for Science in the Public Interest (CSPI): a non-profit organization and advocacy organization that focuses on improving the safety and nutritional quality of foods. There are sections that can be used as supplements to health instruction such as nutritional quizzes, health facts, and a kid's index. <http://www.cspinet.org/>

Kidshealth.org: This site helps parents, children, and professionals find answers to commonly asked health questions. Topics include the benefits of different types of vitamins, the food pyramid, healthy children's recipes, how to read food labels, and keeping fit. Children can also submit their own questions.

<http://www.kidshealth.org/>

MyPyramid.org: make smart choices from every food group, find your balance between food and physical activity, and get the most nutrition out of your calories. <http://www.mypyramid.gov/>

SmartMouth.org: The Center for Science in the Public Interest introduces a web site designed to teach kids that healthy eating can be fun! This web site uses games to teach kids (and their parents and teachers) how to eat well and resist the food industry's marketing campaigns. Kids can see how their favorite restaurant foods stack up, play "true or false" with a food industry spokesman, and "bite back" by asking food companies and government officials to promote nutrition.

<http://www.cspinet.org/smartmouth/>.

Institute of Medicine ~ Preventing Childhood Obesity: IOM Committee on Prevention of Obesity in Children and Youth developed national strategies in ***Preventing Childhood Obesity: Health in the Balance***. From this site, you can link to other IOM reports focused on childhood overweight in schools, communities, and the built environment. <http://www.iom.edu/Reports/2004/Preventing-Childhood-Obesity-Health-in-the-Balance.aspx>

Weight Control Information Network: The Weight-control Information Network provides the general public, health professionals, the media, and Congress with up-to-date, science-based information on weight control, obesity, physical activity, and related nutritional issues.

<http://win.niddk.nih.gov/index.htm>

Obesity Education Initiative: The National Heart, Lung, and Blood Institute formed this organization in order to reduce the risk of coronary heart disease (CHD) and overall morbidity and mortality from CHD. <http://www.nhlbi.nih.gov/about/oei/>

Farm to School: Farm to School programs *"connect schools with local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing health and nutrition education opportunities that will last a lifetime, and supporting small farmers."* www.farmtoschool.org

Dole SuperKids: Log on for fruit and veggies fact, recipes, and educational fun. There are special sections for kids, parents, and teachers (with extensive lesson plans and student activities).

www.dolesuperkids.com/

American Institute for Cancer Research: Up to date, peer-reviewed research and advice on nutrition. Also, access to weekly columns on healthy eating! <http://www.aicr.org/site/PageServer>

American Anorexia/Bulimia Association: Education, resources and support for those affected by eating disorders. <http://www.nationaleatingdisorders.org/> and <http://www.anred.com/>

Center for Disease Control and Prevention: A public health perspective and current national statistics on obesity. Also information from the Division of Nutrition, Physical Activity, and Obesity <http://www.cdc.gov/nccdphp/sgr/adoles.htm> and <http://www.cdc.gov/nccdphp/dnpao/index.html>

Center for Science in the Public Interest: Reliable link between scientific evidence and public opinion on nutrition issues. A strong political advocacy group for nutrition, health, and food safety.
<http://www.cspinet.org/>