



PSE RESOURCE GUIDE



1

Early Childhood

- Assessment Instruments
- General Resources

PSE: Early Childhood

- Major PSE for this channel
 - Qualifying childcare centers that self-assessed and undertook improvements in healthy food and beverages and physical activity policies

This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net

PSE Options	For More Information (Links to Resources & Examples)
ASSESSMENT INSTRUMENTS	<p>Contra Costa ChildCare Council Self-Assessment Questionnaire (Available in English, Spanish, and Chinese) <i>Self-assessment questionnaire covering feeding practices, food served, physical activity, staff and parent training.</i> http://www.ccfproundtable.org/docs/BestPractices/SelfAssessmentQues.pdf</p> <p>Nutrition and Physical Activity Self-Assessment for Child-Care (NAP SACC) <i>Self-assessment, goal setting, and action planning tools combined with workshops and technical assistance tools. Designed to be used together to enhance policies, practices, and environments in child care. Self-assessment and goal setting tools can be used in combination with other interventions designed to improve child care policies and practices in nutrition and physical activity.</i> http://www.napsacc.org/</p> <p>NAP SACC Instrument http://www.ijbnpa.org/content/supplementary/1479-5868-4-29-s1.pdf</p> <p>Yale Rudd Center's Wellness Child Care Assessment Tool (WellCCAT) <i>The WellCCAT provides a standard method for the quantitative assessment of nutrition, physical activity, and wellness policies written in parent handbooks, staff handbooks, and in other child care center policy documents. This tool offers a reliable means of assessing the comprehensiveness and strength of these written policies.</i> http://www.yaleruddcenter.org/resources/upload/docs/what/communities/WellnessChildCareAssessmentToolForResearch.pdf</p> <p>Head Start Body Start Play Space Assessment <i>A user-friendly Play Space Assessment Survey will help you create safe, age-appropriate outdoor play environments that encourage active play and movement opportunities, and provide educators a place to tap into nature-based learning. Use the assessment to help you target areas in need of the most improvement and help you prioritize your project tasks. Available in English and Spanish.</i></p> <ul style="list-style-type: none"> • Preschool Play Space Assessment: http://www.aahperd.org/headstartbodystart/activityresources/upload/Play-Space-Assessment-Aug_2010-With-Cover.pdf • Infant/Toddler Play Space Assessment: http://www.aahperd.org/headstartbodystart/playspace/upload/HBSB_Infant-Toddler-Play-Space-Assessment_FINAL_PRODUCT.pdf
GENERAL RESOURCES Comprehensive resource that addresses feeding practices, foods served, physical	<p>USDA/Team Nutrition <i>Nutrition resources for childcare providers.</i> http://teamnutrition.usda.gov/childcare.html</p> <p>Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program. <i>This handbook was developed by USDA's Food and Nutrition Service and</i></p>

activity, and staff/parent training and education.

the Department of Health and Human Services (HHS) [Administration for Children and Families](#), [Centers for Disease Control and Prevention](#), and [Health Resources and Services Administration](#) to help Child and Adult Food Program child care providers create healthier environments for the children in their care. It includes a series of tip sheets addressing wellness recommendations from the [Dietary Guidelines for Americans, 2010](#) and [Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education, 3rd Edition](#).
<http://teamnutrition.usda.gov/Resources/nutritionandwellness.html>

Best Practices for Child Care Nutrition and Physical Activity Environments Handbook

A Guide for Self-Assessment and Policy Development *

Through partial funding from two grants (NEOPB for Healthy California and the Vitamin Cases Consumer Settlement Fund), the Contra Costa Child Care Council, Child Health and Nutrition Program, has developed the Self-Assessment Questionnaire (SAQ) and the Best Practices Manual to help with the process of developing and implementing comprehensive written nutrition and physical activity policies for child care centers or child care homes. The SAQ is a list of 35 best practices for child care nutrition and physical activity environments. The four sections address nutrition, child feeding practices, foods served, physical activity, and staff and parent training.

<http://www.ccfproundtable.org/docs/BestPractices/BestPracticesHandbook.pdf>

Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs

National standards representing the best evidence, expertise, and experience in the country on quality health and safety practices and policies that should be followed in today's early care and education settings. Third edition released by The American Academy of Pediatrics (AAP), the American Public Health Association (APHA), and the National Resource Center for Health and Safety in Child Care and Early Education (NRC). This link provides access to the standards.

http://nrckids.org/CFOC3/PREVENTING_OBESITY/index.htm

Preventing Childhood Obesity in Early Care and Education Programs – selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs

The second edition of [Preventing Childhood Obesity in Early Care and Education Programs](#) is the new set of national standards describing evidence-based best practices in nutrition, physical activity, and screen time for early care and education programs. The standards are for ALL types of early care and education settings - centers and family child care homes. These updated standards are part of the new comprehensive Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, Third Edition (CFOC, 3rd Ed.), which was released in June 2011. (see above)

http://cfoc.nrckids.org/StandardView/SpcCol/Preventing_Childhood_Obesity

Nutrition and PA in Child Care

Extension is an Internet-based collaborative environment where Land Grant University content providers exchange objective, research-based knowledge to solve real challenges in real time. The nutrition and physical activity in childcare page contains links to articles that include specific information about feeding practices, healthy food choices and ways to encourage physical activity in a child care setting.

<http://www.extension.org/pages/25848/nutrition-and-physical-activity-in-child-care>

Promoting Good Nutrition and PA in Childcare Settings

A research brief from Healthy Eating Research, a national program of the Robert Wood Johnson Foundation. Contains information about what child-care arrangements and programs are used by children in the U.S., federal support, regulations that govern nutrition and physical activity in child-care settings, regulations that govern nutrition and physical activity in child-care settings, what is known from research about the nutritional quality of foods and beverages offered and the promotion of healthy eating in child-care settings, what is known from research about opportunities for and the promotion of physical activity in child-care settings, what types of interventions could be implemented in child-care settings to reduce obesity, and what research is needed to direct nutrition and physical activity improvements in child-care settings.

http://www.healthyeatingresearch.org/images/stories/her_research_briefs/her%20child%20care%20setting%20research%20brief.pdf

Contra Costa Child Care Council's Best Practices:

Through partial funding from two grants (NEOPB for Healthy California and the Vitamin Cases Consumer Settlement Fund), the Contra Costa Child Care Council, Child Health and Nutrition Program, has developed the Self-Assessment Questionnaire (SAQ) and the Best Practices Manual to help with the process of developing and implementing comprehensive written nutrition and physical activity policies for child care centers or child care homes. Contains best practices and a resource guide for feeding practice, food served, active play, and staff and parent training.

<http://www.healthybeveragesinchildcare.org/bestpractices/BestPracticesHandbook.pdf>

Potter the Otter Water Resources

Website from Santa Clara County encouraging water consumption. Book for children plus additional resources.

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

Website from Scholastic

Featuring the latest Potter book that promotes a balanced diet and encourages children to play. Additional teaching resources available.

<http://www.scholastic.com/first5/>

SNAP-Ed Interventions: A Toolkit for States (from USDA)

This toolkit includes a childcare-specific section with nutrition and physical activity strategies, examples, and additional resources

<http://snap.nal.usda.gov/snap/SNAP-EdInterventionsToolkit.pdf>

Incorporating MyPlate in the Child Care Classroom

Power Point presentation from the National Food Service Management Institute about incorporating My Plate into the child care classroom. It explains basic strategies for introducing MyPlate to young children, how to incorporate MyPlate into age appropriate activities, and ideas for introducing young children to the five food components.

<http://nfsmi.org/Webinars/MyPlate/3/handouts-3per.pdf>

Healthy Beverages in Childcare

A project of California Food Policy Advocates. Website includes fact sheets with links to resources and relevant childcare policies, highlights of best practices being used by programs in California, and links to educational materials, publications and research related to healthy beverages.

www.HealthyBeveragesinChildcare.org

Let's Move Childcare

Strategies, tools and resources to address five goals related to physical activity, screen time, food, beverages, and infant feeding.

<http://healthykidshealthyfuture.org/welcome.html>

Healthy and Active Preschoolers Nutrition Learning Center for Childcare Professionals

Offers a variety of online courses and resources to improve nutrition and physical activity environment in childcare programs: nutrition and nutrition-related courses, classroom nutrition education curriculum, nutrition tips for child care staff and parents, nutrition and physical activity songs and storybooks, nutrition and physical activity calendar of events.

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

Washington State Active Bodies Active Minds (WAABAM)

The purpose of Active Bodies Active Minds is to ensure that environments for children ages 2-5 encourage minimum screen time and maximum physical activity. Provides early childhood health and education professionals a website that provides: background information about the importance of limiting screen time and encouraging physical activity for young children, resources for limiting screen time and encouraging physical activity in child care, and resources for limiting screen time and encouraging physical activity in homes.

<http://depts.washington.edu/tvhealth/>

Eat Well Play Hard in Child Care Settings

Multi-component intervention that focuses on improving the nutrition and physical activity behaviors of pre-school age children and their parents/caregivers by using educational strategies and skill building activities to promote healthy behavior change. The intervention also builds social support within the child care environment by including teachers and care providers in lessons and encouraging positive role-modeling and classroom reinforcement of nutrition and physical activity messages. Practice-tested intervention.

<http://centertrt.org/?p=intervention&id=1105>

Healthy Habits for Life (Sesame Street) (In English and Spanish)

Created to help parents and caregivers encourage children to build healthy habits early. The project features Sesame Street friends who model fun ways to move and play and encourage children to explore and enjoy healthy foods.

<http://www.sesamestreet.org/parents/topicsandactivities/toolkits/healthyhabits>

Ready, Set, Go! Creating and Maintaining a Wellness Environment in Child Care Centers Participating in the CACFP

National Food Service Management Institute best practice resource for developing and maintaining a wellness environment. This best practice resource is a Web-based, self-assessment checklist designed for child care directors who are implementing or assessing wellness practices in child care centers participating in the CACFP.

<http://www.nfsmi.org/documentlibrary/files/PDF/20110126034352.pdf>

First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care

Delaware Department of Education Child and Adult Care Food Program (one version for partnering with families, one for child care administrators, and one for menu planning). Delaware Department of Education/USDA Team Nutrition.

Administrator's toolkit is intended to serve as a practical, how-to guide to following DE CACFP/Delaware Rules for nutrition and physical activity in your child care home or center. Materials include: DE CACFP/Delaware Rules for nutrition, physical activity and screen time in child care, a self-assessment to show the center's or home's strengths in complying with the Rules and identify areas needing improvement, challenges and successes of child care providers in implementing the DE CACFP/Delaware Rules, 16 weeks of DE CACFP/Delaware approved and CACFP-reimbursable menus, shopping lists and budget-saving shopping tips, ideas for engaging children, staff, parents and community, age-appropriate physical activities and ways to include physical activity in lesson plans, tips and tools for reading nutrition labels, motivating picky eaters, storing food safely and modeling healthy habits, lists of books, websites and local resources.

<http://healthymeals.nal.usda.gov/hsmrs/Delaware/nhpsadminguide.pdf>

First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care: Partnering with Families.

The Partnering with Families Guide is intended to assist child care providers in engaging families as partners to support healthy habits. It will help you understand the benefits of building positive relationships with families and give you tools to engage parents and guardians as partners in making your child care environment the best it can be! Materials in this guide include: what families want to know, best practices for creating family-provider partnerships, effective communication strategies, resources for family-provider partnerships, self-assessment tool, action planning template family feedback survey, parent interest tool, success stories from Delaware child care providers, ideas for engaging families, ideas for extending center-based learning to the home environment.

http://www.doe.k12.de.us/infosuites/students_family/nutrition/cacfp/PARTNE

	<p>RINGwFAMILIES_083011.pdf First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care: Menu Planning Guide. <i>Materials include: a summary of the Delaware CACFP/Delacare Rules on nutrition, information on choking hazards and allergies, 16 weeks of Delaware CACFP/Delacare-approved menus, 120 CACFP-reimbursable recipes with nutritional information, 8 shopping lists of items needed for every two-week menu cycle.</i> http://healthymeals.nal.usda.gov/hsmrs/Delaware/nhpsmenuplanning.pdf</p> <p>Caring for our Children: Our Child Care Center Supports Breastfeeding <i>National standards representing the best evidence, expertise, and experience in the country on quality health and safety practices and policies that should be followed in today's early care and education settings. Rationale and guidelines for facilities to encourage, provide arrangements for, and support breastfeeding.</i> http://nrckids.org/CFOC3/PDFVersion/PDF_Color/CFOC3_JJ.pdf</p>
<p>* Qualifying Child care centers that self-assessed and undertook improvements in healthy eating and physical activity policies</p>	<p>State Efforts to Address Child Obesity Prevention in ChildCare Quality Rating and Improvement Systems [Challenges and opportunities related to implementation of child care nutrition and PA policies in Delaware (Specific to the state of Delaware, but broad enough to use as a guide for other regions)] <i>Describes an emerging strategy being implemented by states to address childhood obesity by incorporating nutrition, physical activity, and screen time standards into child care Quality Rating and Improvement Systems (QRISs). The primary purpose was to learn how child care providers and parents are responding to Delaware's comprehensive nutrition and physical activity standards for child care facilities. The secondary purpose was to understand what child care providers need to comply with nutrition and physical activity standards and develop a set of recommendations to address these needs.</i> http://www.qrisNEOPB.org/sites/all/files/resources/gscobb/2012-01-30%2007:30/Report.pdf</p> <p>CHOICE: Creating Healthy Opportunities in Child Care Environments (English and Spanish manual with forms) – <i>A manual to help an organization through the process of developing and implementing comprehensive written nutrition and physical activity policies for its child care center .It addresses the steps of assessment, best practices, and the writing policy.</i> http://www.cocokids.org/health-and-nutrition/child-fit/nutr/choice/ CHOICE Assessment Instrument http://www.cocokids.org/health-and-nutrition/child-fit/nutr/evaluate-nutr-pa/</p> <p>ChangeLab Solutions: Model Child care Licensing Statue For Obesity Prevention <i>Model licensing statute developed by the National Policy and Legal Analysis NEOPB to assist states in strengthening obesity prevention in child-care licensing.</i> http://changelabsolutions.org/publications/child-care-statute</p>

	<p>National Resource Center for Health & Safety in Child Care and Early Education – California Regulations <i>Links to documents regulating health and safety in child care for each state.</i> http://nrckids.org/STATES/CA/california.htm</p> <p>Child Care Food Program Wellness Toolkit <i>The Child Care Wellness Tool Kit: Child and Adult Care Food Program (CACFP) is for advocates, state child care subsidy, CACFP and licensing agencies, state and local health promotion and obesity prevention initiatives, child care providers, policy makers and other key stakeholders. This tool kit can be used to support nutrition and wellness requirements in the Healthy, Hunger-Free Kids Act. The tool kit focuses on innovative and effective CACFP best practices and strategies for implementing good nutrition and physical activity policies and standards at the state and local level. (Includes many other resources, such as California case studies)</i> http://frac.org/federal-foodnutrition-programs/child-and-adult-care-program/child-care-wellness-plans-and-policies/ http://frac.org/federal-foodnutrition-programs/child-and-adult-care-program/child-care-wellness-plans-and-policies/#local</p> <p>Keeping Children Healthy in CA's Child Care Environment <i>This report presents the findings from a strategic assessment of the child care nutrition environment in California.</i> http://www.cde.ca.gov/ls/nu/he/documents/keepchildhealth.pdf</p> <p>Action Guide for Child Care Nutrition and PA Policies (Connecticut) <i>The Action Guide for Child Care Nutrition and Physical Activity Policies is intended to help local and community child care, early education and after-school programs establish and implement policies and practices that encourage healthy lifestyles in children. The action guide includes best practices for promoting healthy eating and physical activity for children in child care from infancy through school age, based on current science, public health research, and national recommendations and standards.</i> http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322594</p>
<p>Early Childhood sites have made their snacks or meals more healthy; environment for FV intake improved</p>	<p>Color Me Healthy (with recipes) <i>Color Me Healthy is a program developed to reach children ages four and five with fun, interactive learning opportunities on physical activity and healthy eating. It is designed to stimulate all of the senses of young children: touch, smell, sight, sound, and, taste. Through the use of color, music, and exploration of the senses, Color Me Healthy teaches children that healthy food and physical activity are fun.</i> http://colormehealthy.com/ <i>Color Me Healthy (CMH) is a research-tested intervention designed to improve fruit and vegetable intake and increase physical activity among 4 and 5 year old children in child care and preschool settings by increased exposure to nutrition education and opportunities for physical activity.</i> http://www.centertrt.org/?p=intervention&id=1095</p> <p>MyPlate for PreSchoolers <i>Link to section of the MyPlate website for parents and caregivers of children 2 through 5 years of age to help their preschoolers eat well, be active, and be healthy.</i></p>

	<p>http://www.choosemyplate.gov/preschoolers.html</p> <p>Head Start Garden Guide <i>A resource guide giving a simple and easy approach to gardening with preschool age children. This guide is directed toward container gardening, such as garden beds, wine barrels, and planter boxes</i> http://caheadstart.org/HeadStartGardenGuide07.pdf</p>
<p>Early childhood sites have made water the primary beverage of choice for snacks and meals</p>	<p>AB 2084 Chaptered Bill <i>Additions to the California Child Day Care Facilities Act Health and Safety Code related to beverages served by day care providers</i> http://www.leginfo.ca.gov/pub/09-10/bill/asm/ab_2051-2100/ab_2084_bill_20100930_chaptered.html</p> <p>Healthy Beverages in Child Care Resource Website <i>A project of California Food Policy Advocates. Website includes fact sheets with links to resources and relevant child care policies, highlights of best practices being used by programs in California, and links to educational materials, publications and research related to healthy beverages.</i> www.healthybeveragesinchildcare.org</p>
<p>Early childhood programs have added or increased the amount of physical activity to their curricula. Early childhood programs limit the amount of screen time</p>	<p>National Association for Sport and Physical Education (NASPE); Active Start: A Statement of Physical Activity Guidelines for Children From Birth to Age 5, 2nd Edition <i>Practical suggestions on how parents & caregivers can implement NASPE's physical activity guidelines for infants, toddlers and preschoolers, expanded guidance on physical activity for preschoolers, based on newly emerging research, FITT (Frequency, Intensity, Time and Type) guidelines for all three age groups, expanded resource list for parents & caregivers.</i> http://www.aahperd.org/naspe/standards/nationalGuidelines/ActiveStart.cfm</p> <p>Wisconsin Early Care and Education Active Early Resource Kit <i>Guides designed to help ECE professionals address childhood obesity by improving physical activity and nutrition. Guides are based on current scientific evidence and provide a self-assessment to allow child care programs to freely assess their own environment, program policies and practices as they relate to nutrition and physical activity. The guides also suggest key areas for improvement and information on how to implement strategies for developing program policies in child care settings.</i> http://www.dhs.wisconsin.gov/publications/P0/P00280.pdf</p> <p>Moving and Learning <i>Website of an childhood education consultant who wants to help audiences better understand the mind/body connection, educate the whole child, implement active learning across the curriculum (get children <i>moving and learning</i>), promote the value of play, identify and implement developmentally appropriate fitness and physical education for young children, promote children's creativity despite the trend toward standardization, advocate for developmentally appropriate practice.</i> http://www.movingandlearning.com/index.html</p> <p>PE Central <i>Pre-K section contains information that should be helpful to those who are responsible for providing movement programs for young children. FREE lessons.</i> http://www.pecentral.org/preschool/preschoolindex.html</p>

	<p>I Am Moving, I Am Learning <i>Program designed to increase daily Moderate to Vigorous Physical Activity (MVPA), improve the quality of movement activities, and promote healthy food choices among pre-k children. (designed by Patty Kimbrell)</i> http://www.pkimbrell.com/</p> <p>Physical Activity Policies and Playground Stencils for Movement in Preschools, California State University Chico <i>With a Community Grant from the California Obesity Prevention Program, the CSU Chico, Center for Nutrition & Promotion (CNAP) partnered with Preschools in Butte County to enhance physical activity opportunities for low income children. CNAP worked with 4 agencies serving over 300 children to adopt the recommendations from Preventing Childhood Obesity in Early Care and Education Programs (2010). Together they developed, adopted, and implemented policies that support outlined standards to address opportunities for physical activity, playing outdoors, caregivers/teachers' encouragement of physical activity and policies and practices that promote physical activity. Contains physical activity best practices and resources. Also contains pilot project using playground stencils as an effective strategy to increase levels of physical activity during outside free play.</i> http://www.csuchico.edu/cnap/programs/Preschool_Physical_Activity/index.shtml</p> <p>Head Start Body Start National Center for Physical Development and Outdoor Play (HSBS). <i>Resources and ideas to help bring active play and meaningful movement to Head Start, early childhood programs, or day care centers – both indoors and out! Online professional development opportunities and tools and guidance to enhance play space or create an outdoor classroom. Families can find activities and tools to inspire creative, movement-based play and healthy food choices at home.</i> http://www.aahperd.org/headstartbodystart/</p> <p>Hip Hop to Health Jr. <i>Evidence-based healthy eating and exercise curriculum developed for children ages 3-7 years.</i> http://www.hiphoptohealth.com/</p> <p>Sesame Street Healthy Habits for Life – We Have The Moves! <i>Resource developed for children ages 2 to 5 years that provides fun ways to boost children's activity during every day routines. Includes physical activities that require minimal time and equipment; activities for both large and small spaces and groups; fun and easy ways to add more active play into everyday routines; and ways to link movement to different curriculum areas.</i> http://www.sesamestreet.org/cms_services/services?action=download&uid=46841dfe-a76c-4df7-8e40-d165417d9be5</p>
<p>*Schools/districts, retail, and/or worksite participate in Farm to School/Farm to Fork</p>	<p>Farm to Child Care Initiative <i>Farm to childcare initiatives section of the Child Care Food Program Wellness Tool Kit described above. Includes policies and resources.</i> http://frac.org/federal-foodnutrition-programs/child-and-adult-care-program/child-care-wellness-plans-and-policies/#farm</p>

procurement systems

National Farm to School Network –Farm to Preschool Subcommittee

The [Farm to Preschool Program](#) at the [Urban & Environmental Policy Institute](#) at Occidental College began as a pilot program in 2009 offering a [Harvest of the Month](#) nutrition and garden-based curriculum, support for local food sourcing in participating schools, field trips to farmers' markets, a [market basket program](#) for parents and staff, parent workshops, as well as the development and integration of preschool gardens and [wellness policies](#) at participating sites.

<http://farmtopreschool.org/programmodels.html>

National Farm to Preschool

Expansion of the national farm to school model. Farm to Preschool serves: preschools, Head Start, center-based, programs in K-12 school districts, nurseries and family home care facilities.

<http://farmtopreschool.org/>

Farm to Preschool: Harvest of the Month Program

Description of San Diego County's HOTM program, including resources and press releases

<http://ourcommunityourkids.org/domains--committees/early-childhood/farm-to-preschool-.aspx>

Local Food Sourcing Options and Models

Resources and models for local food sourcing. Part of the Farm to Preschool website.

<http://farmtopreschool.org/localfood.html>

Oregon Farm to School and School Garden Policy Approach Intervention

Center-TRT assessment of an emerging intervention that uses evidence-based strategies to change the school food and learning environments to increase access to healthy, locally grown foods. A secondary focus is on influencing students' knowledge of, attitudes toward, and behaviors related to consuming those foods.

<http://www.centertrt.org/?a=intervention&id=1110>

Center TRT Oregon Farm to School Logic Model and Evaluation

Evaluation materials for the Oregon Farm to School intervention described above.

<http://www.centertrt.org/?a=intervention&id=1110§ion=10>

Farm to School Evaluation Toolkit

Evaluation toolkit for the Farm to School program evaluation. Includes school lunch recall tool, fruit and vegetable neophobia scales and semi-structured interview guides.

http://www.farmtoschool.org/files/publications_385.pdf

Know Your Farmer Know Your Food

(KYF2) is a USDA-wide effort to carry out President Obama's commitment to strengthening local and regional food systems. The mission is to support the critical connection between farmers and consumers and to strengthen USDA's support for local and regional food systems. Through KYF2, USDA

integrates programs and policies that: stimulate food- and agriculturally-based community economic development; foster new opportunities for farmers and ranchers; promote locally- and regionally-produced and processed foods; cultivate healthy eating habits and educated, empowered consumers; expand access to affordable fresh and local food; and demonstrate the connection between food, agriculture, community and the environment.

http://www.usda.gov/wps/portal/usda/usdahome?navid=KYF_MISSION

Vermont FEED

Works with schools and communities to raise awareness about healthy food, the role of Vermont farms and farmers, and good nutrition. Lots of resources including guidebooks, videos and evaluation of farm to school programs.

<http://www.vtfeed.org/tools>

Minnesota Toolkit for School Foodservice

This toolkit helps school foodservice start, build, and sustain their Farm to School efforts and includes sections on Getting Started, Food Safety, research related to farm to school,

[.http://www1.extension.umn.edu/food/farm-to-school/toolkit/](http://www1.extension.umn.edu/food/farm-to-school/toolkit/)

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