

RESOURCES FOR SCHOOLS AND COMMUNITIES



To launch a successful **Game On! The Ultimate Wellness Challenge** program, you don't have to work alone. It's easy to find free or low-cost promotional materials, lesson plans, food and recipe ideas, physical activity ideas, background information and other resources. Many government agencies and national organizations are available to support your efforts as well.

See Sections 4 and 5 for additional resources to support specific challenge periods.

SCHOOL WELLNESS

Action for Healthy Kids

www.ActionForHealthyKids.org

Action for Healthy Kids provides valuable tools, links, background information and best-practice models for improving children's nutrition and physical activity through changes at school. Resources of note:

[*Action for Healthy Kids Wellness Policy Tool*](#)

[*ReCharge! Energizing After-school™*](#)

Reports:

[*Engaging School Leaders as Partners in Creating Healthy Schools*](#)

[*Helping Students Make Better Food Choices in School*](#)

[*The Learning Connection: The Value of Improving Nutrition and Physical Activity in School*](#)

[*Parents' Views on School Wellness Practices*](#)

[*Resource Database*](#)

Association for Supervision and Curriculum Development

www.ascd.org

[*Healthy School Communities: The ASCD Whole Child Initiative*](#)

California Project LEAN

www.californiaprojectlean.org

Centers for Disease Control and Prevention

www.cdc.gov

[*Healthy Schools: Healthy Youth!*](#)

National Institute of Child Health and Human Development

www.nichd.nih.gov

[*Media-Smart Youth: Eat, Think, and Be Active!*](#)

U.S. Department of Education

www.ed.gov

[*Office of Safe and Drug-Free Schools*](#)

RESOURCES FOR SCHOOLS AND COMMUNITIES

MAKING BETTER FOOD CHOICES

Agriculture in the Classroom

www.agclassroom.org

Dietary Guidelines for Americans, 2005

(U.S. Departments of Agriculture and Health and Human Services)

www.health.gov/dietaryguidelines/dga2005/document/default.htm

Fruits & Veggies — More Matters™

(Centers for Disease Control and Prevention and Produce for Better Health Foundation)

www.fruitsandveggiesmorematters.org

[Explore the World with Fruits and Vegetables](#)

Milk Matters Calcium Education Campaign (NICHD)

www.nichd.nih.gov/milk

MyPyramid Food Guidance System (USDA)

www.mypyramid.gov

National Dairy Council

www.nationaldairycouncil.org

[Little D's Nutrition Expedition](#) (Curriculum for Grade 2)

[Arianna's Nutrition Expedition](#) (Curriculum for Grade 4)

[Enhancing Experiences in School Foodservice](#)

[Food Groups to Encourage Signs](#) (with key messages for students)

[Your Local Dairy Council](#)

National Farm to School Network

www.farmentoschool.org

School Nutrition Association

www.schoolnutrition.org

Bridges to Wellness (joint program with National Dairy Council)

www.schoolnutrition.org/CNF.aspx?id=2436

Recipe Database

<http://docs.schoolnutrition.org/recipes>

Society for Nutrition Education

www.sne.org

[MyPyramid e-Catalog of Nutrition Education Resources](#)

RESOURCES FOR SCHOOLS AND COMMUNITIES

U.S. Department of Agriculture Food and Nutrition Service

www.usda.gov

[*Food Distribution Programs*](#)

[*Team Nutrition*](#)

[*Recipes for Schools*](#)

We Can! Ways to Enhance Children's Activity & Nutrition (National Institutes of Health)

www.nhlbi.nih.gov/health/public/heart/obesity/wecan

Wheat Foods Council

www.wheatfoods.org

Whole Grains Council

www.wholegrainscouncil.org

MOVING MORE

Carol M. White Physical Education Program (U.S. Department of Education)

www.ed.gov/programs/whitephysed/index.html

KidsWalk-to-School (Centers for Disease Control and Prevention)

www.cdc.gov/nccdphp/dnpa/kidswalk/

National Association for Sport and Physical Education

www.aahperd.org/naspe

[*Teacher Toolbox*](#)

[*Shape of the Nation Report*](#)

National Center for Safe Routes to School

www.saferoutesinfo.org

National Football League: NFL Rush

www.NFLRush.com

PE Central

www.pecentral.org

[*Classroom Teacher/Integration Lesson Plans*](#)

Physical Activity for Local Students (PALS)

(National Middle School Association and Comprehensive Health Education Foundation)

www.nmsa.org

The President's Council on Physical Fitness and Sports

www.fitness.gov

[*PCPFS Research Digests*](#)

[*President's Challenge*](#)

RESOURCES FOR SCHOOLS AND COMMUNITIES

FAMILY AND COMMUNITY OUTREACH

Corporation for National and Community Service: Retired and Senior Volunteer Program

www.nationalserviceresources.org

[Get Involved! Volunteer Recruitment Resource](#)

National PTA

www.pta.org

[Health and Wellness Resources](#)

We Can! Ways to Enhance Children's Activity & Nutrition

(National Institutes of Health)

<http://wecan.nhlbi.nih.gov>

GENERAL HEALTH AND WELLNESS

American Academy of Pediatrics

www.aap.org

American Dietetic Association

www.eatright.org

American School Health Association

www.ashaweb.org

Eat Smart Get Moving (School Nutrition Association)

www.eatsmart-getmoving.org

Food Research and Action Center

www.frac.org

Generation Fit (American Cancer Society)

www.cancer.org

Healthy Eating and Activity Together: HEATSM

(National Association of Pediatric Nurse Practitioners)

<http://napnap.org>

Ready, Set, FIT!

(American Academy of Family Physicians)

www.aafp.org

U.S. Department of Health and Human Services

www.health.gov

RESOURCES FOR PARENTS, OTHER CARING ADULTS AND CHILDREN

Action for Healthy Kids

www.ActionForHealthyKids.org

BAM! Body and Mind™ (Centers for Disease Control and Prevention)

www.bam.gov/

Eat Smart. Play Hard.™ (U.S. Department of Agriculture)

www.fns.usda.gov/eatsmartplayhard

Fruits & Veggies — More Matters™

(Centers for Disease Control and Prevention and Produce for Better Health Foundation)

www.fruitsandveggiesmorematters.org

[*Cooking with Your Kids: Fun Recipes*](#)

HealthierUS.gov (U.S. Department of Health and Human Services)

www.healthierus.gov/index.html

Milk Matters for Kids

(National Institute of Child Health and Human Development)

www.nichd.nih.gov/milk/kids/kidsteens.cfm

My Pyramid Food Guidance System (USDA)

www.mypyramid.gov

[*MyPyramid for Kids*](#)

[*El Plan MiPirámide*](#)

[*MyPyramid Tips for Families*](#)

[*Team Up at Home: Lots of Fun Activities for the Family*](#)

National Dairy Council

www.nationaldairycouncil.org

[*Nutrition Explorations: Parents*](#)

[*Nutrition Explorations: Kids*](#)

[*Healthier Eating: Getting Where You Need to Be*](#) (English version)

[*Healthier Eating: Getting Where You Need to Be*](#) (Spanish version)

[*3-A-Day*](#)

National Football League: NFL Rush

www.NFLRush.com

National PTA

www.pta.org

[*Health and Wellness Resources*](#)

[*Healthy Lifestyles: A Parent's Guide*](#)

RESOURCES FOR PARENTS, OTHER CARING ADULTS AND CHILDREN

Powerful Bones, Powerful Girls: The National Bone Health Campaign™

(Centers for Disease Control and Prevention)

www.cdc.gov/powerfulbones/index.html

The President's Council on Physical Fitness and Sports

www.fitness.gov

Get Fit and Be Active! A Handbook for Youths Ages 6-17

President's Challenge

SmallStep Kids (U.S. Department of Health and Human Services)

www.smallstep.gov/kids/flash/index.html

U.S. Administration on Aging

www.aoa.gov

Fact Sheet: *There Are Real Benefits to Volunteering*

U.S. Department of Health and Human Services

www.health.gov

We Can! Ways to Enhance Children's Activity & Nutrition

(National Institutes of Health)

www.nhlbi.nih.gov/health/public/heart/obesity/wecan

Families Finding the Balance: A Parent Handbook (English version)

Families Finding the Balance: A Parent Handbook (Spanish version)

Wheat Foods Council

www.wheatfoods.org

Recipe List

Whole Grains Council

www.wholegrainscouncil.org

Whole Grain Recipes

YMCA of the USA

www.ymca.net

