



# Local School Wellness Policy Resources

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## Local School Wellness Policy Process and Outreach

[Local School Wellness Policy Information](#) (Pennsylvania Department of Education)

[Local School Wellness Policy – overview and helpful links](#) (USDA)

[Local School Wellness Policy Outreach Toolkit](#) (USDA)

[Implementation Tools and Resources](#) (USDA)

[Refresh! Infographic](#) (USDA)

[Local School Wellness Policy resources](#) *including integration into Whole School, Whole Community, Whole Child model for school health* (CDC)

[School Health Guidelines | Healthy Schools | CDC](#) (CDC series of local wellness policy briefs highlighting opportunities to support wellness policies through evidence-based strategies)

## Classroom Celebrations and Snack Ideas

[Celebrations that Support Child Health flyer](#) (Alliance for a Healthier Generation)

[Healthy School Celebrations booklet](#) (University of Colorado Health)

[Ghoulishly Great Ideas for Halloween Parties flyer](#) (Center for Science in the Public Interest)

[Healthy Celebrations](#) (Connecticut State Department of Education)

## Non-Food Rewards

[Alternatives to Food Rewards flyer](#) (Connecticut State Department of Education)

[Healthy Non-food Rewards tip sheet](#) (Action for Healthy Kids)

[Healthy Ways to Reward Kids flyer](#) (Alliance for a Healthier Generation)

[Non-food Rewards at School for Children with Food Allergies flyer](#) (Asthma and Allergy Foundation of America)

[Constructive Classroom Rewards fact sheet](#) (Center for Science in the Public Interest)

## Nutrition Education and Nutrition Promotion

[Pennsylvania Harvest of the Month](#) (Pennsylvania Department of Education & Project PA)

[Pennsylvania Farm to School Network](#) (National Farm to School Network)

[Project PA](#) (PSU Department of Nutritional Science & Pennsylvania Department of Education)

[Agriculture-related nutrition education and resources](#)

[Team Nutrition Resources for Schools](#) (USDA)

[MyPlate lesson plans and materials](#)

[Fueling My Healthy Life](#) *Project-based learning and technology for grades 6 - 8*

[School Breakfast resources](#)

[School Lunch resources](#)

[Team Nutrition posters](#)

[Garden resources](#)

[Games and activities](#)

[Graphics library](#)

[Popular Events Idea Booklet](#)

[Spanish resources](#)

[Team Nutrition Cooks!](#) *Cooking-based nutrition activities for children 8 – 12 years old*

[Team Nutrition online order form](#) *for free resources*

[MyPlate Resources](#) (USDA)

[MyPlate print materials](#)

[MyPlate graphics](#)

[Resources – Child Nutrition Sharing Site \(theicn.org\)](#) (Institute of Child Nutrition)

## Physical Activity, Physical Education, and Other School-Based Wellness Activities

[Adequate sit-down time for school meals](#) (Centers for Disease Control and Prevention)

[Physical Education and Physical Activity](#) (Centers for Disease Control and Prevention)

[Classroom Physical Activity](#)

[Physical Activity Before and After School](#)

[Recess](#)

[Comprehensive School Physical Activity Program \(CSPAP\)](#) (CDC and SHAPE America)

[Classroom Physical Activity Breaks](#) *page and resources* (Action for Healthy Kids)

[AFHK Resource Library](#) – *filter by topic, grade level, etc.* (Action for Healthy Kids)

[Health and Physical Education webpage](#) (Pennsylvania Department of Education)

[Girls on the Run](#), [Let Me Run](#), and [Healthy Kids Running Series](#) programs

[Access to Drinking Water in Schools](#) (Centers for Disease Control and Prevention)

## **Food/Beverage Marketing and Advertising at School**

[Food and Beverage Marketing](#) (Centers for Disease Control and Prevention)

[Food Marketing](#) (UConn Rudd Center for Food Policy & Obesity)

[Food and Beverage Marketing: Model School Wellness Policy Language](#) (ChangeLab Solutions)

[Addressing Unhealthy Food and Beverage Marketing in Schools through Local School Wellness Policies](#) (Centers for Science in the Public Interest & Voices for Healthy Kids)

## **Fundraisers**

[Best Practices for Healthy School Fundraisers | Food and Nutrition Service \(usda.gov\)](#) (USDA)

[Healthy Fundraisers tip sheet](#) (Action for Healthy Kids)

[The Healthy, Hunger-Free Kids Act and School Fundraisers flyer](#) (ChangeLab Solutions)