



HEALTH AND WELLNESS POWERED
SCHOOLS AND AFTERSCHOOLS

HARVEST HEALTH CAMPAIGN





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DEAR PARTNER,

We are committed to working with you to support the health and wellness of your community and site. As part of our partnership we support you with tools and materials to support your health and wellness goals. Each quarter, we share a campaign toolkit on a specific area of focus.

These campaign toolkits provide resources, learning tools, and reading materials. We ask that you share the information with your site attendees. Hang and post this materials throughout your site to raise awareness for the topics shared.

This quarter (October - December) our focus is the topics: Harvest Health. The toolkit will focus on the importance of nutrition for students. It is important for students to have a healthy relationship with food that way they will eat a balanced diet and perform at their best each day during school and afterschool activities.

Best,

Nutrition Education Team
Community FoodBank of New Jersey



WHAT IS NUTRITION FOR KIDS?

Students can benefit from learning about and receiving proper nutrition by how they develop a healthy relationship with food and how it is beneficial to them during the school day.

Ensuring students are eating a well balanced breakfast and lunch can help promote students to perform better during the day.

Are you setting your students up for a successful school day?



With the USDA Dietary guidelines and what schools are required to serve students will receive healthier options that will help them perform better during the school day. Healthier options include whole grains, a serving of a fruit or vegetable a day, and providing low fat or non fat milk options to students.



Proper nutrition for kids is vital as it helps them to focus in school during the day, gives them the proper energy for all tasks, and allows them to sleep better throughout the night.





NUTRITION FOR KIDS



SUPPORTING OUR FAMILIES

Child Nutrition programs are programs offered here at CFBNJ to help sites who qualify receive nutritious meals that meet the USDA guidelines. One of these programs is called Kids Cafe. These programs ensure that kids at risk of being hungry receive meals all year long. Between Kids Cafe which is for after school sites, and Family Pack which is a program that sends students home with shelf stable foods for the weekends. CFBNJ helps partners ensure no kid goes hungry throughout the year.



CFBNJ Program Eligibility Cheat Sheet

CFBNJ SITE DOCUMENTATION	CFBNJ	SNAP	USDA	WIC	WIC
Child Care License <input type="checkbox"/> Certificate of Occupancy <input type="checkbox"/>	✓				
Ventilation Inspection Certificate	✓		✓		
Fire Inspection Certificate	✓				
Fire Exempt Status Letter <input type="checkbox"/> Tax ID Letter <input type="checkbox"/>	✓				
Food Safety Certificate <input type="checkbox"/> (with <input type="checkbox"/> 2018 Food <input type="checkbox"/>)	✓	✓	✓		
Sample of an After-School Enrichment Activity	✓				
Calendar of Closure Dates	✓	✓	✓		
At-Risk Attendance Zone Verification Letter	✓				
CFBNJ Program Partner Agreement	✓	✓	✓	✓	✓
Field Trip Form		✓			
Weekly Universal Site Record Forms <input type="checkbox"/> (Site Required)		✓			
CFBNJ Pre-Approval Visit Form <input type="checkbox"/> (Completed by CFBNJ staff)	✓	✓	✓		
Area Eligibility Map or School Data <input type="checkbox"/> (If or when participating with schools provided by CFBNJ staff - site does not have to provide this)	✓	✓	✓		



Interested in more of what Child Nutrition has to offer? Please see here for more information and eligibility requirements: [Child Nutrition Programs](#)

BUILDING YOUR WELLNESS TEAM

Your wellness team should consist of those individuals who are dedicated to making a change in the school community. The Wellness committee should consist of a wellness champion, someone who takes the lead in efforts of making sure the action plan comes to life, and other individuals committed to seeing a positive change throughout the school. Alternatively you can also include other faculty, parents, students and community partners.



Healthy Eating in Schools

Following USDA guidelines schools are required to serve nutritious options for students to select from. However they can do more by reducing the amount of foods and beverages that have added sugars in them, or high sodium content. It can be replacing the vending machines in the building with healthier drink and snack options.

Healthy Eating Posters

Having Posters and various Signage about healthy eating will help promote a healthier school. While giving examples of what students and staff alike should be eating.

Examples of healthy signage would be the Go Slow Woah posters, and posters about staying hydrated would be beneficial for schools.



SEASONAL RECIPES



[PEANUT BUTTER AND BANANA POCKETS](#)

[TURKEY CHILI WITH VEGETABLES](#)

[PUMPKIN MUFFINS](#)

Nutrition Resources

Double click on the image to interact with the links

Childhood Nutrition Facts

Tools for Schools: Focusing on Smart Snacks

Nutrition Facts

Read the Label



ONE 12-OUNCE
can of regular soda
contains about

10 TEASPOONS
of added sugars



For Tweens and Teens

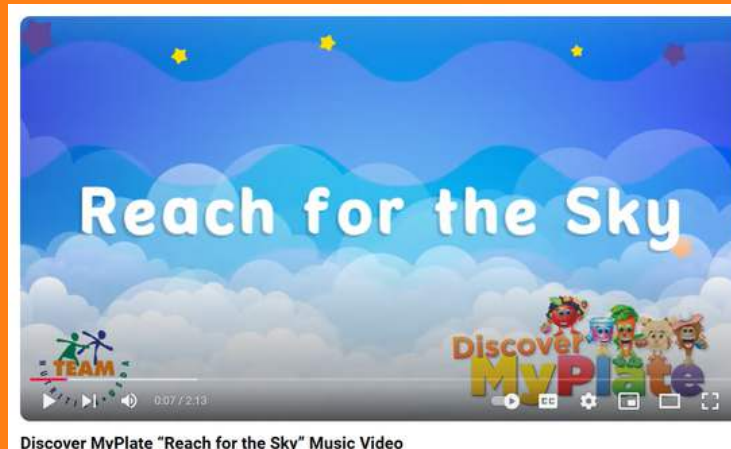


Let's Make a Snack!

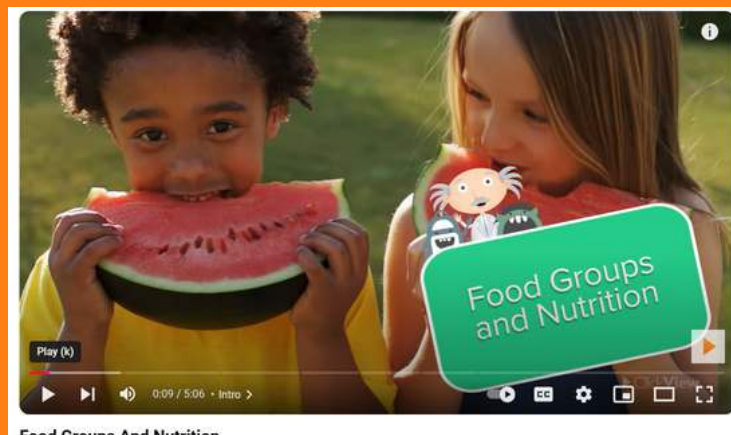


Nutrition Resources

Double click on the image to interact with the videos



Discover MyPlate "Reach for the Sky" Music Video



Food Groups And Nutrition



How the food you eat affects your brain - Mia Nacamulli



How the food you eat affects your gut - Shilpa Ravella