

TEENS, HEALTHY EATING, AND OBESITY

RESOURCES AND LINKS

Healthy Eating, Active Communities

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

Healthy Eating, Active Communities is a six-year, multi-million program sponsored by The California Endowment. It aims to fight the growing childhood obesity epidemic in California and to develop state policy changes that will reduce the risk factors for diabetes and obesity. The website includes resources for collaborating and building partnerships, having the evidence and background data to make your case, policy advocacy, seeking grants to support this work, and more. (While the initiative is California based, many of the resources are valuable nationwide.)

KidsHealth from Nemours

http://kidshealth.org/teen/food_fitness/

KidsHealth is the number one most-visited website for children's health and development. Among its wealth of resources are special sections for teens on food and fitness and overall body health. Nemours is one of the nation's largest health systems dedicated to the health of children.

KNACK Online

<http://www.knackonline.org/workers/development/promoting-health-among-teens.php>

KNACK Online is a web site designed to help parents, community advocates, and youth workers address adolescent overweight and obesity through evidence-based, reliable, useful, down-to-earth and action-oriented resources. It was developed by the Kansas State University College of Human Ecology with the guidance of the health leaders of Kansas and is funded through the national Centers for Disease Control and Prevention.

SOME ARTICLES AND RELATED READING

“Michelle Obama on Obese Kids and Healthy Eating,” Chicago Sun-Times, 10.21.09

http://blogs.suntimes.com/sweet/2009/10/michelle_obama_on_obese_kids_a.html

“Teens Speak...About Getting Fit,” New York City Department of Health, 2007 (PDF)

http://www.nyc.gov/html/doh/html/cdp/cdp_pan_programs_public.shtml

“Urban Youth Take Up the Cause of Healthy Eating” | What Kids Can Do, Inc (WKCD)

“To Curb Teen Obesity, Harvard Study Recommends Less Soft Drinks, Fast Food and TV Watching, More Exercise,” Robert Wood Johnson Foundation, 2007
<http://www.rwjf.org/reports/grr/052194.htm>

“Obesity among State's Low-Income Teens Nearly Triple That of More Affluent Peers,” UCLA Center for Health Policy Research, 12.10.08
<http://newsroom.ucla.edu/portal/ucla/obesity-among-california-s-low-72532.aspx>

“Eating Well in Harlem: How Available is Healthy Food?” New York City Department of Health, 2007 (PDF)
<http://www.nyc.gov/html/doh/html/pr2007/pr037-07.shtml>

“Proximity to Fast Food a Factor in Student Obesity,” New York Times, 3.25.09
<http://www.nytimes.com/2009/03/26/health/nutrition/26obese.html?hp>

“School Water Fountains to Prevent Obesity,” New York Times, 3.30.09
<http://well.blogs.nytimes.com/2009/03/30/school-water-fountains-to-prevent-obesity/>

“New Factor in Teen Obesity: Parents,” Science Daily, 2.13.09
<http://www.sciencedaily.com/releases/2009/02/090209125824.htm>

“Study Predicts Obesity Apocalypse by 2030,” ABC News, 8.2.08
<http://abcnews.go.com/Health/Fitness/Story?id=5499878&page=1>

“How the Food Makers Captured Our Brains,” New York Times, 6.22.09
http://www.nytimes.com/2009/06/23/health/23well.html?_r=1&em

The Healthier Options for Public Schoolchildren Study (HOPS),
Agatston Research Foundation, February 2007
<http://agatstonresearchfoundation.org/research.html>

“Fast Food in California’s High Schools: Popular, Profitable, Contributing to Teen Obesity?” The California Center for Health Improvement
<http://newsroom.ucla.edu/portal/ucla/news.aspx>

RE-THINKING SCHOOL LUNCH

RESOURCES AND LINKS

Farm to School

<http://www.farmentoschool.org/index.php>

Farm to School connects schools (K-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers. This growing farm to school movement is supported by eight regional lead agencies that comprise the National Farm to School Network, which offers training and technical assistance, information services, networking, and support in policy and media and marketing activities. The website includes hundreds of profiles of farm to school sites, from a cadre of over 9,000 schools from over 2,000 school districts.

Healthy Schools Campaign

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

Healthy Schools Campaign (HSC), an independent not-for-profit organization, is the leading authority on healthy school environments and a voice for people who care about our environment, our children, and education. It advocates for policies and practices that allow all students, teachers and staff to learn and work in a healthy school environment. HSC prepares school stakeholders—students, parents, teachers, school nurses, administrators, community members and others—to become leaders in efforts to create change at the school, district, state and national levels.

Healthy School Lunches

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

The Healthy School Lunch Campaign, sponsored by the Physicians Committee for Responsible Medicine (PCRM), is 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. The campaign's key message: Foods served in schools should promote the health of all children. The Healthy School Lunch Campaign encourages schools to offer more healthy low-fat, cholesterol-free options, including reimbursable meals and beverages, a la carte items, and vending machine items.

Rethinking School Lunch

<http://www.ecoliteracy.org/programs/rsl.html>

The Rethinking School Lunch (RSL) program uses a systems approach to address the crisis in childhood obesity, provide nutrition education, and teach ecological knowledge. The RSL program includes: a framework for a comprehensive curriculum that integrates campus gardens, kitchen classrooms, school lunch, and a wide range of academic subjects; treats childhood obesity, nutrition-related illness, the quality of school lunches, and children's ability to learn as related issues; links schools' food purchasing decisions, the viability of family farms, solid waste generated by the lunchroom, and the environmental cost of shipping food over thousands of miles. RSL also provides a downloadable Model Wellness Policy Guide that provides language and instructions for drafting a Wellness Policy that places health at the center of the academic curriculum.

Lunch Lessons

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

"I'm the *renegade lunch lady*. My life work is to transform cafeterias into culinary classrooms for students — one school lunch at a time," writes Ann Cooper, the director of nutrition services for the Berkeley (California) Unified School District. She's a national outspoken activist for serving fresh, sustainable food to kids. Her website lunchlessons.org, rounds up recipes, links, and resources for food activism. See also "Ann Cooper talks school lunches" | Video on Ted

http://www.ted.com/talks/ann_cooper_talks_school_lunches.html

School Lunch: Food Museum Online Exhibit

<http://www.foodmuseum.com/exhibitschoollunch.html>

This online exhibit from the Food Museum includes photographs and simple text to tell the story of this history of school lunch in the U.S. It also includes a school lunch box exhibit and a school lunch reform issue.

School Lunch Talk

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

School Lunch Talk dishes out the latest on public school food, from chicken nuggets and chocolate milk to legislation and regulations. In addition to school lunch news and commentary, the website highlights the best and the worst of menus across the country; keeps tabs on school food bills at the federal level; takes a behind-the-scenes look at what goes on in the lunchroom, from menu-planning, to budget woes, to figuring out what to do with USDA commodity beans; examines what students eat for school lunch in other countries; and looks at the hottest items in school food

"Urban Youth Take Up the Cause of Healthy Eating" | What Kids Can Do, Inc (WKCD)

The Lunch Box

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

Started in September '09, The Lunch Box is a project of the F3: Food Family Farming Foundation. It is a web-based portal that enables all schools and school districts to make a healthy difference for all children in America by providing relevant information and the pragmatic tools necessary to make good food available for all kids.

SOME ARTICLES AND RELATED READING

“Congress May Bolster School Lunch Nutrition,” Los Angeles Times, August 26, 2009
<http://articles.latimes.com/2009/aug/26/nation/na-child-nutrition26>

“Retooling School Lunch,” Time Magazine, June 11, 2006
<http://www.time.com/time/magazine/article/0,9171,1200781,00.html>

“School Lunch: From Bad to Better,” Cape Cod Times, February 5, 2006
http://archive.capecodonline.com/special/child_obesity/schoollunch5.htm

“School Lunch Program: The Wisdom of Spending More Money to Provide Healthier Meals,” Washington Post editorial, September 21, 2009
<http://www.washingtonpost.com/wp-dyn/content/article/2009/09/20/AR2009092001966.html>

School Lunch Report Card: A Report by the Physicians Committee for Responsible Medicine, Autumn 2008 (PDF)
<http://www.healthyschoollunches.org/>

SCHOOL GARDENS

RESOURCES AND LINKS

California School Garden Network

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

CSNG represents a variety of state agencies, private companies, educational institutions and nonprofit organizations dedicated to creating and sustaining gardens in every willing school in California. The Network serves as a central organization to distribute school garden resources and support throughout the state, although many of its resources would be helpful to school gardeners nationwide. The Network's mission is to create and sustain California school gardens so as to enhance academic achievement, a healthy lifestyle, environmental stewardship, and community and social development.

Garden-based Learning Videos

<http://lifelabvideos.blogspot.com/2008/05/school-garden-history.html>

This blog entry points visitors to the Victory Grower website, which supports gardening as an excellent way to increase food security (the amount and quality of food) in America. Links lead to videos and other media documenting historical gardening efforts that have made a real difference in American life, including Liberty and Victory Garden programs and the U.S. School Gardening Army.

Kids Gardening

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

Sponsored by the National Gardening Association, this website offers a searchable index of school gardens across the country, classroom projects, grant opportunities, curriculum guides on topics ranging from hydroponics to pollination, and online teacher courses.

Life Lab

<http://lifelab.org/>

Life Lab Science Program has been working in the field of science and environmental education since 1979. With curricula and programs, the organization helps schools develop gardens where children can create "living laboratories" for the study of the natural world. Since developing the first Life Lab school garden in Santa Cruz in 1978, Life Lab has worked with over 1,400 schools across the United States training tens of thousands educators.

School Garden Wizard

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

School Garden Wizard was created for the K-12 school community through a partnership between the United States Botanic Garden and Chicago Botanic Garden. The website is divided into five sections: make the case, plan for success, create the garden, learn in the garden, and keep it growing.

The Edible Schoolyard

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

The Edible Schoolyard (ESY), established in 1995, is a one-acre garden and kitchen classroom at Martin Luther King, Jr. Middle School in Berkeley, California. It is a program of the [Chez Panisse Foundation](#), a nonprofit organization founded by chef and author [Alice Waters](#). The garden started as a cover crop in a vacant lot with once-monthly student participation. More than a decade later, it is a thriving acre of vegetables, fruits, herbs, and flowers. The program hosts over 1,000 visitors each year—from educators, to health professionals, to international delegates—and has inspired countless kitchen and garden programs, including a small network of Edible Schoolyard affiliate programs in cities across the country.

Urban Sprouts School Gardens

<http://urbansprouts.blogspot.com/>

By cultivating school gardens in San Francisco's underserved neighborhoods, Urban Sprouts partners with youth and their families to build eco-literacy, equity, wellness, and community. Activities include school gardens and nutrition education, a farmers-in-residence program, an intensive summer gardening and leadership program for youth, and a garden-based education model and training initiative, now spreading to other states in the West.