



Eat Smart New York welcomes you to utilize these quick resources below. Many are simple 1-2 page PDF's with great, simple, and easy ideas. Several of them are already printed within this binder/CD. We hope you find them useful and easily accessible.

Physical Activity:

- Alliance for a Healthier Generation – Task Cards
https://www.healthiergeneration.org/_asset/336fvp/14-6346_PATaskCards.pdf
- Alliance for a Healthier Generation – Secondary Classroom Physical Activity
https://www.healthiergeneration.org/_asset/590hh0/10-1819_SecondaryClassroomPA.pdf
- **“Brain Break” Videos** – Click on the links below, get students moving and your classrooms will be rejuvenated!
 - Go Noodle, <https://www.gonoodle.com/>
 - HOPSports, <http://www.hopsports.com/content.php?pgID=289>
 - Energizing Brain Breaks, <http://energizingbrainbreaks.com/>
 - Brain Breaks Blog Spot, <http://brainbreaks.blogspot.com/>
 - Teach, Train and Love, <http://teachtrainlove.com/?s=brain+breaks>

Physical Education:

- NYSED Curriculum and Instruction Information
<http://www.p12.nysed.gov/ciai/pe/toolkit.html>
- NYSED OFFICIAL COMPILATION OF CODES, RULES AND REGULATIONS OF THE STATE OF NEW YORK.
<http://www.p12.nysed.gov/ciai/pe/documents/CR135.4-Current%20through%20August%202015%202015.pdf>

Non-Food Rewards:

- Healthy Non-Food Rewards, Action For Healthy Kids
<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/rewardsf3a.pdf>
- Non-food Rewards for Kids, Clemson Cooperative Extension
<http://www.clemson.edu/extension/hgic/food/pdf/hgic4110.pdf>
- Non-Food Rewards, Why does it Matter., Alliance for a Healthier Generation
https://www.healthiergeneration.org/_asset/tljc7f/12-5933_NonFoodRewards.pdf
- Constructive Classroom Rewards: Promoting Good Habits While Protecting Children’s Health, Center for Science in the Public Interest
http://www.cspinet.org/nutritionpolicy/constructive_rewards.pdf

Smart Snacks:

- Smart Snacks in School Infographic, USDA
http://www.fns.usda.gov/sites/default/files/allfoods_infographic.pdf
- Smart Snacks in School Fact Sheet, USDA
http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf
- Nutrition Standards for All Foods Sold in School, Summary Sheet, USDA
http://www.fns.usda.gov/sites/default/files/allfoods_summarychart.pdf
- USDA Website for Smart Snack Guidance:
<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- PTA Smart Snacks Guide, National PTA
http://www.pta.org/files/Advocacy/FINAL_SMARTSNACKS_ImpGuide_Web.pdf



Fundraising:

- [Sweet Deals: Fundraising Can be Healthy and Profitable, Center for Science in Public Interest \(70 page Document\)](http://www.cspinet.org/schoolfundraising.pdf)
<http://www.cspinet.org/schoolfundraising.pdf>
- [Healthy School Fundraising Success Stories, Center for Science in the Public Interest](https://www.cspinet.org/new/pdf/healthy-school-fundraising-success-stories.pdf)
<https://www.cspinet.org/new/pdf/healthy-school-fundraising-success-stories.pdf>
- [Healthy Fundraisers: Promote Family Health and Well-Being, Action for Healthy Kids](http://www.actionforhealthykids.org/storage/documents/parent-toolkit/fundraisers-family-health-f1.pdf)
<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/fundraisers-family-health-f1.pdf>
- [Smart Fundraising for Healthy Schools, Mississippi Department of Education](http://healthinfo.montana.edu/health-wellness/MS%20OHS%20FundraisingAlternatives.pdf)
<http://healthinfo.montana.edu/health-wellness/MS%20OHS%20FundraisingAlternatives.pdf>
- [Fundraising Options Available to Schools, Center for science in Public Interest](https://www.cspinet.org/new/pdf/Fundraising_Ideas_Fact_Sheet.pdf)
https://www.cspinet.org/new/pdf/Fundraising_Ideas_Fact_Sheet.pdf
- [Best practices for Healthy School Fundraisers, USDA Brochure](http://www.fns.usda.gov/sites/default/files/cn/bestpractices_fundraisers.pdf)
http://www.fns.usda.gov/sites/default/files/cn/bestpractices_fundraisers.pdf

Celebrations:

- [Healthy Schools Celebrations: Center for Science in Public Interest](http://cspinet.org/new/pdf/healthy_school_celebrations.pdf)
http://cspinet.org/new/pdf/healthy_school_celebrations.pdf
- [Healthy Alternatives for School Celebrations, Rewards, Fundraisers and Snacks Project, September 2008](https://www.tpchd.org/files/library/3379ffef0bb808ad.pdf)
<https://www.tpchd.org/files/library/3379ffef0bb808ad.pdf>
- [Healthy Celebrations Making the Healthy Choice the Easy Choice – But It’s Just a Cupcake](http://www.tpchd.org/files/library/9a7e33138a46bfb0.pdf)
<http://www.tpchd.org/files/library/9a7e33138a46bfb0.pdf>
- [Healthy School Celebrations, University Of Colorado Health](https://www.uhealth.org/Documents/file-pdf/COMHEA-PVH-HealthySchoolParties-WELD.pdf)
<https://www.uhealth.org/Documents/file-pdf/COMHEA-PVH-HealthySchoolParties-WELD.pdf>

Staff Wellness/Meetings:

- [Eat Smart Move More, NC Healthy Eating Guidelines](http://www.eatsmartmovemorenc.com/HealthyMeetingGuide/Texts/ES_Healthy_Meeting_Guide.pdf)
http://www.eatsmartmovemorenc.com/HealthyMeetingGuide/Texts/ES_Healthy_Meeting_Guide.pdf
- [National Alliance for Nutrition and Activity Meeting Guidance](http://cspinet.org/nutritionpolicy/Healthy-Meeting-Guidelines.pdf)
<http://cspinet.org/nutritionpolicy/Healthy-Meeting-Guidelines.pdf>
- [Meeting Well, American Cancer Society \(27 pages\)](http://www.acsworkplacesolutions.com/wspdfs/meetingwell_guidebook_f251300.pdf)
http://www.acsworkplacesolutions.com/wspdfs/meetingwell_guidebook_f251300.pdf



USDA Wellness Policy Regulations and Laws:

- USDA Websites for information on wellness policy and school meals
<http://www.fns.usda.gov/tn/local-school-wellness-policy>
<http://www.fns.usda.gov/school-meals/local-school-wellness-policy>
- PUBLIC LAW 111–296—DEC. 13, 2010 124 STAT. 3183
<https://www.gpo.gov/fdsys/pkg/PLAW-111publ296/pdf/PLAW-111publ296.pdf>
- 2016 Final Rule: <https://www.gpo.gov/fdsys/pkg/FR-2016-07-29/pdf/2016-17230.pdf>
- Summary of the Final Rule
https://www.fns.usda.gov/sites/default/files/tn/LWPsummary_finalrule.pdf

Recipes:

- Whats Cooking – USDA Mixing bowl
<https://whatscooking.fns.usda.gov/>

Research:

- White Paper: The Use of Food as a Reward in Classrooms: the Disadvantages and the Alternatives
<https://kyhealthykids.files.wordpress.com/2014/04/whitepaper.pdf>
- Active Living Research Brief: Active Education: Growing Evidence on Physical Activity and Academic Performance, January 2015.
<http://activelivingresearch.org/ActiveEducationBrief>