**School Wellness Websites**

Quad City Health Initiative [www.qchealthinitiative.org](http://www.qchealthinitiative.org)

Be Healthy Quad Cities (PICH Grant) [www.behealthyqc.org](http://www.behealthyqc.org)

**WELLNESS**

CDC Local School Wellness Policy <http://www.cdc.gov/healthyschools/npao/wellness.htm>

School Wellness Toolkit <https://www.healthiergeneration.org/_asset/wwj4dq/09-875_SWCToolkit.pdf>

Ill. School Wellness Policy Task Force <http://www.isbe.net/nutrition/pdf/task_force_report.pdf>

School Wellness: Iowa Dept. of Ed. <https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness>

Missouri School Wellness Inventory <https://dese.mo.gov/sites/default/files/SchoolWellnessInventory.pdf>

Overview of Model School Wellness Policies <http://schoolwellnesspolicies.org/>

Illinois Dept. of Health Website <http://www.dph.illinois.gov/>

**HEALTHY ENVIRONMENTS**

HealthierUS Schools Challenge <http://healthymeals.nal.usda.gov/hsmrs/HUSSC/HUSSCSL2014.pdf>

Healthy School Environments [http://www.rwjf.org/en/library/collections/healthy schoolenvironments.html?rid=CstH\_KiXJTY-09VtxRnc6DQdVg1kOCBskNbutOroqEg&et\_cid=249565](http://www.rwjf.org/en/library/collections/healthy%20schoolenvironments.html?rid=CstH_KiXJTY-09VtxRnc6DQdVg1kOCBskNbutOroqEg&et_cid=249565)

National Alliance for Nutrition… <http://www.cspinet.org/nutritionpolicy/nana.html>

**USDA**

Healthy, Hunger Free Kids Act of 2010 <http://www.fns.usda.gov/sites/default/files/HHFKA_080112.pdf>

USDA Nutrition Standards <http://healthymeals.nal.usda.gov/menu-planning/nutrition-standards-school-meals>

USDA Physical Activity School Age Children <http://healthymeals.nal.usda.gov/resource-library/physical-activity/physical-activity-school-aged-children>

USDA Smart Snacks Calculator <https://healthymeals.nal.usda.gov/smartsnacks>

USDA: Healthier School Day <http://www.fns.usda.gov/healthierschoolday>

USDA: Tools for Schools Smart Snacks <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

USDA: Healthy Meals Resource (Home) <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

**LUNCHROOMS**

Smarter Lunchrooms Website <http://smarterlunchrooms.org/>

School Meal FAQs <http://cspinet.org/new/pdf/new-school-meals-faq.pdf>

Controlling Junk Food Case Studies <http://iphionline.org/pdf/IPHI_Controlling_Junk_Food_Report_32113.pdf>

Lessons from the Lunchroom <http://www.ucsusa.org/food-agriculture/expand-healthy-food-access/lessons-lunchroom-childhood-obesity-school-lunch#.VeiVVo1RFpq>

**GARDENS**

Setting up a school garden <http://www.fao.org/docrep/009/a0218e/A0218E04.htm>

School Garden grants <http://kgi.org/grants?gclid=CJuAmJ7fl8cCFRAxaQodIK4OMQ>

REAL School Gardens <http://www.realschoolgardens.org/>

School Garden Funding Opportunities <https://communitygarden.org/resources/funding-opportunities/>

**OTHER RESOURCES**

Free Resources <https://volunteer.heart.org/apps/vfhk/Pages/VFHK-Toolkit-Form.aspx>