



The Team Nutrition (TN) e-Newsletter is published periodically to share TN resources developed by USDA and/or by State agencies, and to share ideas for promoting healthy eating and physical activity through Team Nutrition at the State and local levels.

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Materials Developed by States

Making Wellness Work: A Guide to Implementing and Monitoring School Wellness Policies in Maryland



Maryland State Department of Education
The guide provides sample goals for each of the four required components of Wellness Policies: physical activity or education, nutrition standards, nutrition education, and other school-based activities that promote student wellness.

In addition, each goal has specific implementation activities, steps to support implementation, expected outcomes, and monitoring opportunities.

http://www.marylandpublicschools.org/MSDE/programs/school_wellness/mww

Promising Practices for Implementing Local Wellness Policies

Pennsylvania Department of Education and Project PA

Schools throughout Pennsylvania are implementing creative and successful strategies to promote healthier eating and physical activity for students. Check out their best practices at:

<http://nutrition.psu.edu/projectpa/2007Style/html/promisingpractice/index.html>

Healthy Whole Wheat Kit

Pennsylvania Department of Education and Project PA



The Healthy Whole Wheat Kit is a set of handouts that can be used to educate students to consume more whole grain foods both at school and home. Download the Kit at: <http://nutrition.psu.edu/projectpa>



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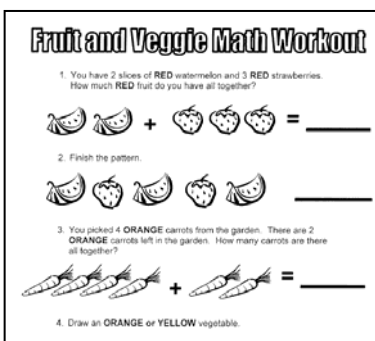
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Nutrition Lessons



These free nutrition lessons, developed by Indiana Team Nutrition, include lesson plans to incorporate nutrition into math, science, reading/language art, and combined curriculum classes. All lessons are appropriate for elementary schools, with the goals of promoting nutrition curriculum and education. Lessons for science and combined curriculum classes are also available for middle and high schools.

Examples include English Lessons with Citrus Fruit, Floating Orange Experiment, Creating a School Garden, and ideas for field trips.
http://www.doe.in.gov/food/training/nutrition_lessons.html

USDA Team Nutrition's New Publications

Team Nutrition is now on Facebook and Twitter!



Get the latest news and updates by becoming our fan on [Facebook](#), or by following [Team Nutrition](#) on Twitter <http://twitter.com/TeamNutrition>



Two-Bite Club



This educational storybook was developed to introduce *MyPyramid for Preschoolers* to young children. Parents or caregivers read the book to children and encourage them to try foods from each food group by eating just two bites, just like the characters in the story.

The back of the book contains a *MyPyramid for Preschoolers* coloring page, a blank certificate for Two-Bite Club, fun activity pages for kids, and Tips for Growing Healthy Eaters.

<http://teamnutrition.usda.gov/Resources/2biteclub.html>



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News from the Healthy Meals Resource System

Get Fresh!

Get outside with your students, or bring fresh produce into the lunchroom, with these resources. Children learn a great deal from growing their own fruits and vegetables. Find out how to start a school garden of your own!

- [Farm to School / School Garden](#)
- [Gardening with Children](#)



Education and Training Materials Database



Find educational materials developed by universities, private industry, and local, State and Federal government agencies for school personnel and others working in Child Nutrition Programs. Each entry includes developer information, publication date, cost

and ordering information, and an extensive review of the material.

Now you can also share your comments about each resource!

<http://healthymeals.nal.usda.gov/training.html>

About USDA's Team Nutrition

Team Nutrition is an integrated, behavior-based, comprehensive plan for promoting the nutritional health of the Nation's children. Team Nutrition uses three behavior-oriented strategies: 1) provide training and technical assistance to help Child Nutrition Program foodservice professionals to prepare and serve nutritious meals; 2) provide multifaceted, integrated nutrition education for children, their parents, and other adults who influence children's behavior; and 3) build school and community support to create a healthy school environment that is conducive to healthy eating and physical activity.

For more information regarding USDA's Team Nutrition and how to enroll your school as a Team Nutrition School, go to the USDA Web site at <http://teamnutrition.usda.gov/team.html>

What's new on USDA's Team Nutrition Web site? Check it out at <http://teamnutrition.usda.gov>

Submit your comments and suggestions regarding this Team Nutrition e-newsletter to the Healthy Meals Resource System (hmrs@nal.usda.gov)

National Agricultural Library, Food & Nutrition Information Center, 10301 Baltimore Avenue, Beltsville, MD 20705