

# Food Service

The following Web sites offer information on school food service programs, including descriptions of innovative programs, fact sheets, and quantity recipes. These Web sites include those operated by the federal government, state governments, and nonprofit groups that health professionals consider to be reputable organizations. *Planet Health* cannot vouch for the accuracy or completeness of the information contained on these Web sites. The listing of a Web site here does not mean that *Planet Health*, the Harvard School of Public Health, or the Harvard Prevention Research Center endorses these organizations or their positions.

## **Berkeley Unified School District**

### **The School Lunch Initiative**

The School Lunch Initiative is a Berkeley, California–based public/private partnership that aims to improve local public school lunches through a variety of means, including farm-to-school programs, school gardens, and nutrition education. The Web site contains links to frequently asked questions about the project.  
[www.school lunchinitiative.org/](http://www.school lunchinitiative.org/)

## **California Project LEAN**

### **Food Standards Calculator**

These online calculators can be used to determine whether a food meets California’s standards for foods sold outside of school meals; there are separate calculators for elementary schools and middle and high schools.  
[www.californiaprojectlean.org/calculator/](http://www.californiaprojectlean.org/calculator/)

## **California School Nutrition Association (CSNA)**

### **Position Statements on Issues that Impact Child Nutrition Programs**

CSNA has position statements on nutrition standards, competitive food sales, child nutrition program finance, mealtime issues, nutrition education, childhood obesity, and school breakfast programs.  
[www.calsna.org/PositionStatements.htm](http://www.calsna.org/PositionStatements.htm)

## **Centers for Disease Control and Prevention (CDC)**

### **Fact Sheet on School Food Service**

Based on data from the CDC’s School Health Policies and Programs Study 2000, this fact sheet has information on several school food service practices, including menu planning and food variety, food safety, and use of fat-reducing techniques.  
[www.cdc.gov/HealthyYouth/shpps/factsheets/pdf/food\\_service.pdf](http://www.cdc.gov/HealthyYouth/shpps/factsheets/pdf/food_service.pdf)

## **Centers for Disease Control and Prevention (CDC)**

### **Healthy Youth State Report Card**

Healthy Youth, part of CDC’s Division of Adolescent and School Health, has created report cards for every state on seven aspects of school health, including food service.  
[www.cdc.gov/HealthyYouth/shpps/report\\_cards/index.htm](http://www.cdc.gov/HealthyYouth/shpps/report_cards/index.htm)

## **Centers for Disease Control and Prevention (CDC)**

### **Making It Happen: School Nutrition Success Stories**

This report features 32 success stories from schools and districts that have improved school nutrition standards and have been able to make money from these changes.  
[www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/index.htm](http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/index.htm)

## **Center for Ecoliteracy**

### **Rethinking School Lunch**

The Center for Ecoliteracy’s Rethinking School Lunch (RSL) program offers a comprehensive planning framework for improving school lunches, addressing food policy, curriculum integration, finances, farm-to-school procurement strategies, and other considerations. The Web site offers a link to the RSL guide.  
[www.ecoliteracy.org/programs/rsl.html](http://www.ecoliteracy.org/programs/rsl.html)

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## **Center for Food & Justice and the Community Food Security Coalition**

### **Farm to School**

The National Farm to School Program connects schools with local farms to improve school meals and student nutrition, provide health and nutrition education opportunities, and support local small farmers. Farm to School's Web site has a resource packet, survey and evaluation tools, links to other programs, and funding information.

[www.farmtoschool.org/](http://www.farmtoschool.org/)

### **Green Schools Initiative**

#### **The Little Green Schoolhouse: Thinking Big About Sustainability, Children's Environmental Health and K-12 Education in the U.S.**

The Green Schools Initiative was founded by parent-environmentalists to improve the environmental health and ecological sustainability of schools in the United States. This report broadly addresses environmental sustainability in schools and includes recommendations for improving school lunches and the school food environment.

[www.greenschools.net/report/index.html](http://www.greenschools.net/report/index.html)

### **Harvard School of Public Health, Department of Nutrition**

#### **The Nutrition Source: Food Service & Healthy Eating**

Maintained by the Department of Nutrition at the Harvard School of Public Health, this Web site offers quantity food service recipes that are consistent with *Planet Health* principles of healthy living.

[www.hsph.harvard.edu/nutritionsource/food\\_service.html](http://www.hsph.harvard.edu/nutritionsource/food_service.html)

### **Harvard School of Public Health, Department of Nutrition, and Brigham and Women's Hospital**

#### **Delicious and Nutritious Food Choices for Conferences**

The document contains trans-fat-free, healthy menus for breakfast, lunch, and dinner that can be used by organizers of meetings and events. It includes recipes for muffins, cookies, and quick breads.

[www.hsph.harvard.edu/nutritionsource/Healthy\\_food\\_options\\_for\\_conferences\\_BWH.pdf](http://www.hsph.harvard.edu/nutritionsource/Healthy_food_options_for_conferences_BWH.pdf)

### **New Hampshire Department of Education and Department of Health and Human Services**

#### **5 A Day Quantity Recipe Cookbook**

This cookbook offers quantity and family-size recipes featuring fruits and vegetables; the quantity recipes use USDA commodity foods and are kid tested.

[www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf](http://www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf)

### **Project Bread**

#### **Better Breakfast Initiative**

Created by Project Bread and the Department of Nutrition at the Harvard School of Public Health, the Better Breakfast Initiative seeks to improve the nutritional content of school breakfasts. The Web site includes the Better Breakfast guidelines and information on breakfast and learning.

[www.projectbread.org/site/PageServer?pagename=endbreakfast](http://www.projectbread.org/site/PageServer?pagename=endbreakfast)

### **School Nutrition Association**

The School Nutrition Association Web site offers a recipe database for both quantity and family-size recipes, as well as links to continuing education programs, a legislative action center, and other resources for school food service personnel.

[www.schoolnutrition.org/DefaultPage.aspx](http://www.schoolnutrition.org/DefaultPage.aspx)

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## **Team Nutrition, USDA Food and Nutrition Information Center**

### **Healthy School Meals Resource System (HSMRS)**

Designed to offer training and technical assistance to food service personnel who work in USDA Child Nutrition Programs, the HSMRS Web site includes recipes, food safety information, and a database of education and training materials for school nutrition staff.

[http://riley.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=1](http://riley.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1)

## **University of Mississippi**

### **National Food Service Management Institute Web site**

The National Food Service Management Institute provides information and services to promote the improvement of Child Nutrition Programs. Its Web site has a comprehensive resource guide for food service managers and staff, newsletters, and research related to school food service.

[www.olemiss.edu/depts/nfsmi/index.html](http://www.olemiss.edu/depts/nfsmi/index.html)