In This Issue:

- Materials Developed by States
- USDA Team Nutrition’s New Publications
- News from the Healthy Meals Resource System (HMRS)

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](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:


**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](http://nutrition.psu.edu/projectpa)
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.

Quick Links:
- Sign Up Now
- Newsletter Archive
- Contact Us
- HTML Version

In This Issue:
- Materials Developed by States
- USDA Team Nutrition’s New Publications
- News from the Healthy Meals Resource System (HMRS)

**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](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](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.

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


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