
Center for Science in the Public Interest

School Foods Toolkit

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<http://www.asu.edu/educ/eps1/CERU/Articles/CERU-0311-206-OWI.doc>

Parents, teachers, school administrators, elected officials and others in small and large communities across the country have been successful at improving the nutritional quality of foods and beverages in their local schools

Parents are defeating exclusive soft-drink contracts between schools and Coca-Cola and Pepsi. Schools are extending lunch periods so that kids get through the cafeteria line and still have time to eat. And, school food service directors are increasing healthy drink and snack selections, without losing revenue. Whatever your situation, we all share the common goal of improving the nutritional quality of the foods and beverages that our kids eat and drink at school and protecting our children's health. The School Foods Tool Kit is designed to help you realize those goals.

This Kit includes:

Part I: [How to Improve School Foods and Beverages](#)

This section includes goals and strategies for improving school foods and beverages as well as background materials and fact sheets on children's diets and health, school meal programs, and vending and other school food venues. It also has a section on techniques that you can use to affect change, with guidance and model materials for communicating with decision makers, the press, and other members of your community.

Part II: [Model Materials and Policies](#)

This section provides model legislation, sample letters, and a list of resources that can be adapted and used as appropriate for your community.

Part III: [Case Studies](#)

In this section you can read about and find contact information for individuals, organizations, and states working to improve the nutritional quality of school foods and beverages.

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