

# NUTRITION, FOOD ASSISTANCE AND PHYSICAL ACTIVITY RESOURCES

## **Action for Healthy Kids ([www.actionforhealthykids.org](http://www.actionforhealthykids.org))** **(800) 416-5136**

Nonprofit organization formed to address childhood obesity, undernourishment and prevention. Works with schools to help kids learn to eat right and be active everyday. Physical activity/Nutrition Tool kit available: "Game On! The Ultimate Wellness Challenge"

✓ Nutrition  
✓ Physical Activity

## **Active Living Research (<http://www.activelivingresearch.org/>)** **(619) 260-5534**

Active Living Research, a national program of the Robert Wood Johnson Foundation, contributes to the prevention of childhood obesity in low-income and high-risk racial/ethnic communities by supporting research to examine how environments and policies influence active living for children and their families.

✓ Physical Activity

## **Afterschool Physical Activity ([www.afterschoolpa.com](http://www.afterschoolpa.com))**

After school physical activity site for children in grades 4-8. Site developed by the San Diego County Office of Education in partnership with the California Department of Education.

✓ Physical Activity

## **Alliance for a Healthier Generation ([www.healthiergeneration.org](http://www.healthiergeneration.org))** **(888) KID-HLTH**

Addresses childhood obesity and seeks to develop lifelong healthy habits. (American Heart Association and William J. Clinton Foundation).

✓ Nutrition  
✓ Physical Activity

## **American Alliance for Health Physical Ed., Recreation and Dance (AAPHERD) (<http://www.aahperd.org>)** **(800) 213-7193**

AAHPERD is an alliance of five national associations, six district associations, and a research consortium that is designed to provide members with a comprehensive and coordinated array of resources on both the national and local level, support, and programs to help practitioners improve their skills and so further the health and well-being of the American public.

✓ Physical Activity

## **American Council on Exercise**

**([www.acefitness.org/ofk/youthfitness/default.aspx](http://www.acefitness.org/ofk/youthfitness/default.aspx))**

A free youth fitness curriculum is available (Operation Fit Kids, grades 3-5)

**(888) 825-3636**

✓ Physical Activity

## **The American Heart Association ([www.heart.org](http://www.heart.org))**

Offers information on heart healthy food and fitness activities; "Hoops for Heart", "Jump Rope for Heart" and "NFL Play 60 Challenge". Elementary and Middle School lesson plans.

**(800) 242-8721**

✓ Nutrition  
✓ Physical Activity

## **American Cancer Society ([www.cancer.org](http://www.cancer.org))**

Provides posters, flyers, booklets, recipes, and other materials. Most are **FREE. Can be invited to health and nutrition fairs.**

Valley schools: 818-905-7766 Coastal L.A. schools: 310-348-0356  
Central L.A. schools: 213-386-6102 South L.A. schools: 310-768-2017

**(800) 227-2345**

✓ Nutrition  
✓ Physical Activity

## **American Dietetic Association (ADA) ([www.eatright.org/](http://www.eatright.org/))**

Provides extensive nutrition resources (sponsors National Nutrition Month). Some are **FREE**. Use the official Web site to find a Registered Dietitian. All information on the website is research based.

**(800) 877-1600**

✓ Nutrition

## NUTRITION, FOOD ASSISTANCE AND PHYSICAL ACTIVITY RESOURCES (continued)

<b>Body and Mind (<a href="http://www.BAM.gov">www.BAM.gov</a>)</b>	<b>(800) 311-3435</b>
This is an interactive site from the Centers for Disease Control providing information on healthy living to children 9-13.	✓ Nutrition ✓ Physical Activity
<b>California Active Communities (<a href="http://caactivecommunities.org">caactivecommunities.org</a>)</b>	<b>(916) 552-9874</b>
Formerly the California Center for Physical Activity. Creates opportunities for safe, everyday physical activity through environmental and policy change strategies.	✓ Nutrition ✓ Physical Activity
<b>California Adolescent Nutrition and Fitness Program (CANFit)</b> <b>(<a href="http://www.canfit.org">http://www.canfit.org</a>)</b>	<b>(510) 644-1533</b>
Provides numerous resources for nutrition education and physical activity, funding opportunities through grants, lesson plans and curricula, posters, flyers, booklets, recipes, and other materials. Many are <b>FREE</b> .	✓ Nutrition ✓ Physical Activity
<b>California Association for Health, Physical Education, Recreation and Dance</b> <b>(<a href="http://cahperd.org">cahperd.org</a>)</b>	<b>(800) 499-3596</b>
A nonprofit, voluntary corporation that promotes health, physical education, recreation and dance.	✓ Physical Activity
<b>California Department of Public Health (<a href="http://www.cdph.ca.gov">www.cdph.ca.gov</a>)</b>	<b>(916) 558-1784</b>
Website features numerous links to health, nutrition, and other resources.	✓ Nutrition ✓ Other
<b>California Food Policy Advocates (<a href="http://www.cfpa.net">www.cfpa.net</a>)</b>	<b>(213) 482-8200</b>
Can provide a guest speaker on community food security issues and how to conduct food stamp outreach and advocacy campaigns. Web site has information on legislation, hunger statistics, and nutrition programs.	✓ Food Assistance
<b>California Healthy Kids Resource Center (<a href="http://www.californiahealthykids.org">www.californiahealthykids.org</a>)</b>	<b>(888) 318-8188</b>
Maintains a comprehensive collection of reviewed health education materials for grades preschool – 12 <sup>th</sup> grades. These materials are available for loan with <b>free delivery</b> in California. Funded by California Department of Education and the California Department of Health. Website also has links to nutrition resources, including studies, non-profit and government programs that support nutrition and physical activity, and much more.	✓ Nutrition ✓ Physical Activity
<b>California Project LEAN (<a href="http://www.californiaprojectlean.org">www.californiaprojectlean.org</a>)</b>	<b>(916) 552-9907</b>
Sponsors a wide variety of programs that promote healthy eating and physical activity.	✓ Nutrition ✓ Physical Activity
<b>Center for Weight and Health, UC Berkeley (<a href="http://www.cwh.berkeley.edu">www.cwh.berkeley.edu</a>)</b>	<b>(510) 642-2915</b>
Works with community groups to develop and evaluate programs to support healthy eating and active living.	✓ Nutrition ✓ Physical Activity
<b>Centers for Disease Control and Prevention (CDC) (<a href="http://www.cdc.gov">www.cdc.gov</a>)</b>	<b>(800) 232-4636</b>
Visit the “Healthy Living” section for information on nutrition and physical activity	✓ Nutrition ✓ Physical Activity

# NUTRITION, FOOD ASSISTANCE AND PHYSICAL ACTIVITY RESOURCES (continued)

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**Cooper Institute ([www.cooperinstitute.org](http://www.cooperinstitute.org))** **(800) 635-7050**

Non profit research and education organization dedicated to preventive medicine.

✓ Physical Activity

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**Coordinated Approach to Child Health (CATCH)** **(800) 793-7900**  
**(<http://www.catchinfo.org/>)**

CATCH (Coordinated Approach To Child Health) is an evidence-based, coordinated school health program designed to promote physical activity and healthy food choices, and prevent tobacco use in children from preschool through grade 8. The program is currently being implemented in over 7,500 schools and after-school programs across the United States and Canada.

✓ Nutrition  
✓ Physical Activity

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**Dairy Council of California ( [www.dairycouncilofca.org/](http://www.dairycouncilofca.org/))** **(310) 342-6122**

Numerous resources for nutrition education (lesson plans for specific grade levels and afterschool programs). Posters, pamphlets, brochures, and other materials for teachers, students, and parents. Representatives will come to your school to train teaching staff on implementing the program. Representatives can be invited to health and nutrition fairs. A mobile dairy classroom brings a live cow to schools. This outdoor assembly is for both lower and upper grade elementary students and supports the California state standards. **FREE**

✓ Nutrition  
✓ Physical Activity

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**Dole ([www.dole.com/](http://www.dole.com/))**

This website provides recipes, coupons, kids activities, contests, education modules, songs, and other resources.

✓ Nutrition  
✓ Physical Activity

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**Food and Nutrition Information Center (<http://fnic.nal.usda.gov>)** **(301) 504-5414**

Website provides nutrition education materials and resources for health professionals and educators. Provides information on Dietary Guidelines. Provides credible, accurate and practical resources for nutrition and health professionals, educators, government personnel and consumers.

✓ Nutrition

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**Girls Health ([www.girlshealth.gov](http://www.girlshealth.gov))**

U.S. Department of Health and Human Services site created to help girls 10-16 learn about health, growing up and issues they may face.

✓ Nutrition

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**Governor's Fitness Challenge ([www.calgovecouncil.org/challenge](http://www.calgovecouncil.org/challenge))**

The Governor's Challenge Competition is a challenge among California K-12 schools that encourages students, parents and teachers to get active, healthy and fit. Prizes.

✓ Physical Activity

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**Harvest of the Month ([www.harvestofthemoth.com](http://www.harvestofthemoth.com))**

The State's complete website for Harvest of the Month.

✓ Nutrition

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**Healthfinder ([www.healthfinder.gov](http://www.healthfinder.gov))**

Consumer health information coordinated the Office of Disease Prevention and developed by the Department of Health and Human Services. Links to other agencies (English/Spanish).

✓ Nutrition  
✓ Physical Activity

# NUTRITION, FOOD ASSISTANCE AND PHYSICAL ACTIVITY RESOURCES (continued)

## **LA Coalition to End Hunger & Homelessness ([www.lacehh.org](http://www.lacehh.org))**

**(213) 500-0947**

Working to end hunger and homelessness.

✓ Food Assistance

## **Let's Move ([www.letsmove.gov](http://www.letsmove.gov))**

This nationwide campaign, led by First Lady Michelle Obama, tackles the challenge of childhood obesity. Information on healthy food choices, physical activity and access to affordable healthy foods.

✓ Nutrition  
✓ Physical Activity  
✓ Food Assistance

## **Los Angeles Collaborative for Healthy Active Children**

**(<http://publichealth.lacounty.gov/nut/lacollaborative/lacollab.htm>)**

This website has links to ready-to-use classroom resources developed by other school districts. Download **Harvest of the Month Workbooks** free from this site (click on the Harvest of the Month icon. Scroll down to find the workbooks).

✓ Nutrition  
✓ Physical Activity  
✓ Food Assistance

## **Los Angeles County Health and Nutrition Hotline**

**(877) 597-4777**

Local information on the food stamp program and referral services for people who need help obtaining care.

✓ Food Assistance

## **LAUSD Food Services Division Resource (<http://cafe-la.org>)**

**(213) 241-3366**

Provides LAUSD school menus and nutrition information. Website resources for parents, students, and school sites. Arrange a tour of the state-of-the-art Newman Nutrition Center and see how school meals are prepared for satellite kitchens. **FREE**

✓ Nutrition  
✓ Physical Activity

## **Marathon Kids ([www.marathonkids.org](http://www.marathonkids.org))**

Contact: Kay Morris ([kay@marathonkids.org](mailto:kay@marathonkids.org))

A **FREE** endurance building running/walking/nutrition/gardening program for kindergarteners through 5<sup>th</sup> graders. Special Los Angeles program kick-off Oct. 23, 2010.

✓ Nutrition  
✓ Physical Activity  
✓ School Gardening

## **Mayo Clinic ([www.mayoclinic.com](http://www.mayoclinic.com))**

The Mayo Clinic offers information on children, teen and adult health.

✓ Nutrition  
✓ Physical Activity

## **Monrovia Unified School District ([www.monroviaschools.net](http://www.monroviaschools.net))**

Look under the "Programs and Services" tab for Harvest if the Month section.

This site has simple Harvest of the Month recipes for classroom use.

daily food recommendations and find the pyramid that fits your life. **FREE** downloadable lesson plans and parent letters in English & Spanish.

✓ Nutrition

## **My Plate ([www.choosemyplate.gov](http://www.choosemyplate.gov))**

Newest information from the United States Department of Agriculture (USDA)

Regarding *My Plate*. Official website of the USDA. Find updated information about daily food recommendations And how the new *My Plate* fits into today's lifestyle.

**FREE** downloadable lesson plans in English and Spanish.

✓ Nutrition  
✓ Physical Activity

# NUTRITION, FOOD ASSISTANCE AND PHYSICAL ACTIVITY RESOURCES (continued)

<b>National Association for Sport and Physical Education (NASPE)</b> <a href="http://www.aahperd.org/naspe">www.aahperd.org/naspe</a> A nonprofit membership association that sets best practices in quality physical education and sport.	<b>(800) 213-7193</b> ✓ Physical Activity
<b>National Association for Health and Fitness</b> ( <a href="http://www.physicalfitness.org">www.physicalfitness.org</a> ) The network of state and governor's councils.	<b>(716) 583-0521</b> ✓ Nutrition ✓ Physical Activity
<b>National Women's Health Information Center (U.S. Dept. of HHS)</b> <a href="http://www.womenshealth.gov">www.womenshealth.gov</a> Reliable and current information on women's health.	<b>(800) 994-9662</b> ✓ Nutrition ✓ Physical Activity
<b>Network for a Healthy California—LAUSD</b> ( <a href="http://www.healthylaasd.net">www.healthylaasd.net</a> ) Teacher Advisors and Nutrition Specialists to assist with planning and implementing nutrition education and physical activity projects for participating <i>Network</i> schools. A library of nutrition education resources can be checked out by teachers for use in the classroom. <b>FREE</b>	<b>(818) 609-2550</b> ✓ Nutrition ✓ Physical Activity ✓ Food Assistance ✓ Other
<b>Network for a Healthy California Power Play! Campaign</b> <a href="http://www.dhs.ca.gov/ps/cdic/cpns/powerplay">www.dhs.ca.gov/ps/cdic/cpns/powerplay</a> Complete nutrition and physical activity curriculum for 4 <sup>th</sup> and 5 <sup>th</sup> grades available for use in the classroom. Consumable workbooks for each child. Representatives will come to your school site to train staff on implementing the program. Call Carly Marino at 323-260-3388, or email her at <a href="mailto:cmarino@ucdavis.edu">cmarino@ucdavis.edu</a> . <b>FREE</b>	✓ Nutrition ✓ Physical Activity
<b>PE Central</b> ( <a href="http://www.pecentral.com">www.pecentral.com</a> ) Provides teachers with lesson ideas, assessment and appropriate programs for preschool through high school students.	<b>(540) 953-1043</b> ✓ Nutrition ✓ Physical Activity
<b>Playworks</b> ( <a href="http://www.playworks.org">www.playworks.org</a> ) A national nonprofit organization that supports learning by providing safe, healthy and inclusive play and physical activity to schools at recess and throughout the entire school day. Works in public elementary schools with student populations of 50% or more free/reduced-lunch-eligible children.	✓ Physical Activity
<b>President's Challenge</b> ( <a href="http://www.presidentschallenge.org">www.presidentschallenge.org</a> ) Learn how to apply for the Presidential Active Lifestyle Award and get information on The Nation's Physical Activity and Fitness Program. This website gives assistance in administering the physical fitness and health fitness tests at your school. Register as the challenge coordinator for your school.	✓ Physical Activity
<b>Recreation</b> ( <a href="http://www.recreation.gov">www.recreation.gov</a> ) Information about federal recreation areas.	<b>(877) 444-6777</b> ✓ Physical Activity

## NUTRITION, FOOD ASSISTANCE AND PHYSICAL ACTIVITY RESOURCES (continued)

**Sport Play and Recreation for Kids (SPARK) ([www.sparkpe.org](http://www.sparkpe.org))** **(800) SPARK PE**  
Public health organization dedicated to creating, implementing and evaluating programs that promote lifelong wellness. ✓ Nutrition  
✓ Physical Activity

**Steps to Healthy Living ([mykidhealthy.org](http://mykidhealthy.org))**  
This partnership with ABC7 (local television station) and others gives 4th and 5th grade students the opportunity to record their fruit and vegetable consumption and count their steps using pedometers. Contact Scot Matsuda at (213) 241-3512. ✓ Nutrition  
✓ Physical Activity

**Students Run LA ([www.srla.org](http://www.srla.org))** **(818) 654-3360**  
Challenging at-risk secondary students to experience the benefits of goal-setting, character development, adult mentoring and improved health by providing them with a truly life-changing experience: Training for and completion of The City of Los Angeles Marathon. ✓ Physical Activity

**Supplemental Nutrition Assistance Program (SNAP) (<http://snap.nal.usda.gov>)**  
Website provides information and resources on the Food Stamp program. ✓ Food Assistance

**Team Nutrition ([www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov))** **(703) 305-1624**  
A project of the US Department of Agriculture that provides support for community-wide nutrition programs. Provides training and technical assistance, nutrition education, and school and community support for projects. **FREE.** ✓ Nutrition

**Weight Control Information Network (<http://win.niddk.nih.gov/>)** **(877) 946-4627**  
Provides up to date, science based information on weight control, obesity, physical activity and nutrition. ✓ Nutrition  
✓ Physical Activity

- **This Resource Guide is compiled by the *Network for a Healthy California—LAUSD* from a variety of sources. No guarantees are made as to the accuracy, integrity, relevance or quality of the resources listed in this guide. Contact name, numbers, web addresses and available resources are subject to change without notice. In order to provide the most accurate data possible in future publications, please fax corrections or inaccuracies to (818) 609-2580 or call (818) 609-2550.**
- The use of trade, firm or corporation names in this publication is for the information and convenience of the reader. Such use does not constitute an official endorsement or approval by the United States Department of Agriculture of the Agricultural Research Service of any product or service to the exclusion of others that may be suitable.
- **Physical Activity:** *The Network for a Healthy California—LAUSD* promotes physical activity along with a nutrition education component. Our funding does not allow the purchase of physical activity equipment or supplies but allows collaboration with other organizations that provides resources to incorporate the message of healthy eating and achieving the recommended daily amount of physical activity. **For more information on Nutrition Education resources related to Physical Activity, contact the *Network* office at (818) 609-2550**