



## WHAT YOU CAN DO TO SUPPORT

# NUTRITION Awareness Month!

⇒ Visit the SSSD website for programs, resources & news: [www.healthiersf.org](http://www.healthiersf.org)

**Teach a Lesson:** Contact your Health Advocate to locate curriculum resources.

Recommended Lessons for <i>Nutrition Education</i>						
Curriculum	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
* <i>Actions for Health</i> (ETR) District Adopted Curricula	Lessons 7, 11, 18-22, 28	Lessons 8, 15-17	Lessons 15, 22	Lessons 13-15, 17	Lessons 14-17	Lessons 4-6
Lessons from <a href="http://www.mypyramid.gov">www.mypyramid.gov</a>	Level 1		Level 2		Level 3	
Children's Power Play!**					Fourth Grade School Idea & Resource Kit	Fifth Grade School Idea & Resource Kit
Reading Across MyPyramid**	←←← Kindergarten to Grade 3 →→→					
Video: <u>Body Talk 3</u> (The Body Positive)	←←← Kindergarten to Grade 3 →→→					

\*Nutrition lesson content is not based on 2005 Dietary Guidelines for Americans. Updated information is available at [www.mypyramid.gov](http://www.mypyramid.gov).

\*\*Available to low income schools. Contact Jennifer Gabet, UC Cooperative Extension, [jgabet@ucdavis.edu](mailto:jgabet@ucdavis.edu) 650-871-7559

## Attend a Professional Development Workshop

- Contact your Health Advocate for more information; also see the WADs online.

**Afternoon Workshop (stipend provided)**—per funding requirements, registration priority will be given to teachers at schools with at least 50% participation as free/reduced in the school lunch program)

**Nutrition and Learning 3:** Learn strategies to link nutrition education to family and the community  
Classroom Teachers, Grades K–5 Wednesday, March 23, 2011 4:00 – 6:00 p.m. SSSD, 1515 Quintara St.

- Participate in Shape Up SF Walking Challenge – join the 2011 School/Staff Wellness Program - for more information go to [www.shapeupsfwalkingchallenge.com](http://www.shapeupsfwalkingchallenge.com) or contact Martha Adriasola at [adriasolam@sfusd.edu](mailto:adriasolam@sfusd.edu)

## Collaborate to organize a classroom or school-wide activity

Work with your students, parents, Parent Liaison, Health Advocate, PE specialist and Student Support Services Department staff: Nurse, Learning Support Professional, After School Coordinator, Site Nutrition Coordinator.

- **Organize a school-wide nutrition education activity:** create a bulletin board, sponsor a poster contest, provide a parent workshop on healthier snacks or on the importance of eating a healthy breakfast
- **Contact a community based organization** to invite a speaker into your classroom or for curriculum resources: UC Cooperative Extension (650) 871-7559, California Dairy Council ([www.dairycouncilofca.org](http://www.dairycouncilofca.org)) or visit <http://www.healthiersf.org/Resources/pubs/cbo/CBO%20Resource%20Guide.pdf>.
- **Promote the SFUSD Wellness Policy** ([www.sfusdfood.org](http://www.sfusdfood.org)) by displaying the Wellness Policy poster, set up a whole school wellness policy, role modeling healthy snacks at staff meetings; rewarding students with non-food items, including physical activities or field trips; and fundraising with a walkathon or sales of non-edible items.
- **Visit the Nutrition Education Project website @** [www.healthiersf.org/nutrition](http://www.healthiersf.org/nutrition) for additional resources, including: Harvest of the Month, Nutrition Newsletters, wellness tips, best practices & more!