



## 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 Liaison to locate curriculum resources.

Middle School Curriculum	Grade 6	Grade 7	Grade 8
Decisions For Health (Holt)	CH 4: Lessons 1 – 4 CH 12: Lesson 1 - 3	CH 5: Lesson 1 – 4 CH 6: Lesson 1 – 4	CH 8: Lesson 1 – 6
Human Relations Media	The New Dietary Guidelines: What you need to know	The New Dietary Guidelines: What you need to know	The New Dietary Guidelines: What you need to know
Middle School Health Smart (ETR)	Nutrition and Physical Activity	Nutrition and Physical Activity	Nutrition and Physical Activity
Body Talk 2: The Body Positive	All Levels	All Levels	All Levels
<b>High School Curriculum</b>			
Lifetime Health (Holt) CH 7: Section 1 - 4			
Human Relations Media The New Dietary Guidelines: What you need to know			
High School Health Smart (ETR) Nutrition and Physical Activity			
Body Talk 1: The Body Positive All Levels			

### Attend a Professional Development Workshop

Participate in Active for Life – Join the 2010 Staff Wellness Program. See the WAD for more information or contact Donna Blanchard at [blanchardd@sfusd.edu](mailto:blanchardd@sfusd.edu).

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

*Work with your students, parents, Parent Liaison, HST/HPC Team members and Student Support Services Department staff: Nurse, Learning Support Professional, After School Coordinator, Tobacco Youth Outreach Coordinator/Peer Educators, Community Health Outreach Worker, and Wellness Coordinator.*

- **Organize a school-wide nutrition education activity:** Create a bulletin board, sponsor a poster contest, provide a parent workshop on healthy 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 SDFUSD Wellness Policy** ([www.sfusdfood.org](http://www.sfusdfood.org)) by displaying the Wellness Policy poster, 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 school supplies.
- **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