

# CSS School Services

## Resources by SLAQ Category

<b>Wellness Policy and School Meal Participation Program</b>	<ul style="list-style-type: none"> <li>• <b>ADVISE</b> on wellness policy and committee best practices</li> <li>• <b>PROVIDE</b> assessment tools and conduct assessments to inform district programming, policy revisions, and triennial review</li> <li>• <b>SUPPORT</b> implementation by providing CalFresh programming including nutrition and cooking education, Smarter Lunchrooms Movement (SLM), Youth Participatory Action Research, physical activity programming, and school gardens</li> </ul>
<b>Meals and School Meal Environment</b>	<ul style="list-style-type: none"> <li>• <b>PROVIDE</b> educational resources and promotional materials highlighting the benefits of the National School Lunch Program, the School Breakfast Program, drinking water, and water access</li> <li>• <b>TRAIN</b> food service staff on SLM techniques to increase meal participation and decrease food waste; support implementation by providing taste test materials and technical assistance</li> <li>• <b>PROVIDE</b> guidance on School Nutrition Standards</li> <li>• <b>FACILITATE</b> Youth Participatory Action Research programming</li> </ul>
<b>Food and Drink around School</b>	<ul style="list-style-type: none"> <li>• <b>TRAIN</b> staff and provide resources on Smart Snacks in Schools' competitive food and beverage standards</li> <li>• <b>HELP</b> create resources to explain competitive food and beverage standards</li> <li>• <b>PROVIDE</b> list of healthy options for celebrations and non-food items</li> </ul>
<b>Gardens</b>	<ul style="list-style-type: none"> <li>• <b>FUND</b> school garden projects, including garden supplies, taste test materials, and supervisor salary</li> <li>• <b>PROVIDE</b> nutrition or garden curriculum</li> <li>• <b>TRAIN</b> staff on curriculum implementation, allowable expenses, and invoicing and documentation requirements; provide technical assistance as needed</li> <li>• <b>SUPPORT</b> harvest celebrations, providing recipe cards, cookbooks, and taste tests</li> </ul>
<b>Nutrition Education</b>	<ul style="list-style-type: none"> <li>• <b>TEACH</b> evidence-based nutrition and cooking curricula, virtually or in person</li> <li>• <b>TRAIN</b> staff on curriculum implementation; provide curriculum and resources</li> <li>• <b>TRAIN</b> staff on USDA guidelines, nutrition information</li> </ul>
<b>Physical Education (Grades K-8)</b>	<ul style="list-style-type: none"> <li>• <b>FUND</b> CATCH PE equipment and curriculum to increase student engagement</li> <li>• <b>TRAIN</b> staff on CATCH PE implementation and documentation</li> <li>• <b>SUPPORT</b> implementation by providing ongoing technical assistance</li> </ul>
<b>Physical Activity</b>	<ul style="list-style-type: none"> <li>• <b>TEACH</b> evidence-based physical activity lessons for K-8</li> <li>• <b>TRAIN</b> teachers to increase movement in the classroom during lessons and with activity breaks</li> <li>• <b>SUPPORT</b> Walk or Bike to School campaigns and the development and implementation of the Safe Routes to Schools program</li> </ul>
<b>Parent and Family Involvement</b>	<ul style="list-style-type: none"> <li>• <b>PROVIDE</b> educational resources to be sent home</li> <li>• <b>LEAD</b> healthy activities such as taste tests or CATCH games at school-sponsored events</li> <li>• <b>TEACH</b> nutrition or cooking classes to caregivers and families</li> </ul>

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