

CSS School Services

Resources by SLAQ Category

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



This material was funded by the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider.

Contact Jenna at jmccarthycss@gmail.com for more information.