

# NUTRITION EDUCATION RESOURCES

## LOS ANGELES UNIFIED SCHOOL DISTRICT

### **Network for a Healthy California—LAUSD** ([www.healthylausd.net](http://www.healthylausd.net)) (818) 609-2550

Teacher Advisors and Nutrition Specialists to assist with planning and implementing nutrition education and physical activity projects for participating *Network* schools. A library of nutrition education resources can be checked out by teachers for use in the classroom. **FREE**

### **Food Services Branch Resource** (<http://cafe-la.org>) (213) 241-3366

Provides LAUSD school menus and nutrition information. Website resources for 'tweens and teens, parents, students, and school sites. **FREE**

### **American Cancer Society** ([www.cancer.org](http://www.cancer.org)) (800) 227-2345

Provides lesson plans and curricula, posters, flyers, booklets, recipes, and other materials. Most are FREE. Can be invited to health and nutrition fairs. For Valley schools dial 818-905-7766. For coastal schools contact the LA Coastal Cities Unit at 310-348-0356, and for central LA schools contact the Central Los Angeles Unit at (213) 386-6102.

### **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 Web site is research based.

### **Network for a Healthy California—Power Play! Campaign**

([www.dhs.ca.gov/ps/cdic/cpns/powerplay](http://www.dhs.ca.gov/ps/cdic/cpns/powerplay))

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 the Los Angeles representative, Cynthia Bandera at (323) 260-3830, or email her at [cgbandera@ucdavis.edu](mailto:cgbandera@ucdavis.edu). Or contact the Program Coordinator for our region, Adriana Armenta at (323) 260-3388 or email her at [aaarmenta@ucdavis.edu](mailto:aaarmenta@ucdavis.edu) for more information. **FREE**

### **California Adolescent Nutrition and Fitness Program (CANFit)** (<http://www.canfit.org/>) (510) 644-1533

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 **FREE**.

### **California Department of Public Health** ([www.cdph.co.gov](http://www.cdph.co.gov))

Web site that features numerous links to health, nutrition, and other resources.

### **California Healthy Kids Resource Center** ([www.californiahealthykids.org](http://www.californiahealthykids.org)) (510) 670- 4583

Maintains a Web site with many links to nutrition resources, including studies, non-profit and government programs that support nutrition and physical activity, and much more. **FREE** checkout, shipping charge.

### **California Project LEAN** ([www.californiaprojectlean.org](http://www.californiaprojectlean.org)) (916) 552-9907

Sponsors a wide variety of programs that promote healthy eating and physical activity. Call the local representative: Shirley Thornton at (213) 351-7861 for more information. **FREE**.

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

Numerous resources for nutrition education (many lesson plans oriented for particular 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. Can be invited to health and nutrition fairs. **FREE**

**Dole 5-A-Day ([www.dole.com/](http://www.dole.com/))**

This Web site provides recipes, coupons, kids activities, contests, education modules, songs, and other resources. Can be invited to health and nutrition fairs.

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

Web site provides nutrition education materials and resources for health professionals and educators. Provides information on Dietary Guidelines.

**SNAP-Ed Connection (<http://foodstamp.nal.usda.gov>)**

Web site provides information and resources on the Food Stamp program.

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

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

**MyPyramid ([www.mypyramid.gov](http://www.mypyramid.gov))**

Interactive Web site with the United States Department of Agriculture (USDA) food pyramid. Official Web site of the USDA. Find updated information about daily food recommendations and find the pyramid that fits your life. **FREE** downloadable lesson plans and parent letters in English & Spanish.

**Team Nutrition ([www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov))** (800) 321-3054

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**.

**FOOD STAMP PROMOTION**

**California Food Policy Advocates ([www.cfpa.net](http://www.cfpa.net))** (213) 482-8200

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.

**Los Angeles County Health and Nutrition Hotline** (877) 597-4777

Local information on the food stamp program.

**Supplemental Nutrition Assistance Program (SNAP) ([www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp))**

For food stamp outreach materials (posters, flyers, fact sheets, booklets) visit the Web site. **FREE**.

**FIELD TRIPS**

**Newman Nutrition Center** (213) 625-6782

Available for tours of the state-of-the-art facility that prepares school meals for LAUSD satellite kitchens.

**LA Coalition to End Hunger & Homelessness** (213) 251-0041

Get connected to a local food pantry or food bank that can host a field trip for students to see how these operations work hard to provide food to those who have fallen on hard times. Many will also take donations of canned foods and excess garden harvest. **FREE**.

**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 names, 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 of errors or inaccuracies to at (818) 609-2580 or call (818) 609-2550.**

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