

Supports and Resources for Nutrition Promotion Vermont Local Wellness Policy Guide

General Strategies/Resources

- Optimizing cafeteria layouts is a proven method to increase school meal participation, see: [Smarter Lunchrooms Movement](#).
- Healthy cooking workshops in the school kitchen for parents, students and other community members [Hunger Free VT Learning Kitchen](#).
- Numerous nutrition promotion materials are available from [USDA Team Nutrition](#).
- Local food promotion materials are available from [VT Farm to School Network](#).
- Instruction and assessment for students to adopt and maintain healthy behaviors, including opportunities for agricultural education, to become agriculturally literate and engaged, should focus on skill development and opportunities to eat local, fresh, and nutritious food.
- Organizations that provides technical assistance to schools developing or implementing a Farm to School program, or other agriculturally-related school activities – [VT FEED Resources and Curricula](#) and [Vermont Community Garden Network](#).
- Refer to [VT Farm to School](#) page for list of regional Vermont farm to school technical assistance services.
- The [Vermont Harvest of the Month](#), [Shelburne Farms](#), [Vermont Community Garden](#), [VT FEED](#) etc., provides ready to go materials for the promote the use of local, seasonal Vermont produce.
- [Nutrition.Gov](#) - Resources on teaching about nutrition are included on this website.

Marketing and Promotion Resources

- School-based marketing should be consistent with nutrition education and health promotion.
- Schools exclude all forms of advertising and promotion from candy, fast food restaurants, or soft drinks.
- Schools price nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages.