



Resources Related to Executive Order 509

EO 509 – Healthy Eating and Nutrition Resources Online

Website or Tool	Source	Link	Target Audience	Information
Mass in Motion	MA Department of Public Health	www.mass.gov/massinmotion	Children Adults	<ul style="list-style-type: none"> Promoting healthy lifestyles across the Commonwealth
MyPlate	United States Department of Agriculture (USDA)	www.choosemyplate.gov	Children Adults	<ul style="list-style-type: none"> Explains food groups using the MyPlate model Guidance on physical activity, weight management, and healthy eating SuperTracker tool to help plan, track, and analyze your nutrition and physical activity Special resources available for children
It's About Eating Right: Food and Nutrition Source	The Academy of Nutrition and Dietetics (AND)	http://www.eatright.org/Public/	Adults	<ul style="list-style-type: none"> AND, the nation's largest organization of food and nutrition professional, promotes optimal nutrition, health and well-being A variety of educational resources are available via download from the web Resources specifically for children are available at

Executive Order 509 is part of the **Mass in Motion** statewide initiative. Materials were developed by the Nutrition and Physical Activity Obesity Initiative, Bureau of Community Health Access and Promotion, MA Department of Public Health, May 2011

				www.eatright.org/kids/
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Find a Nutrition Professional	Massachusetts Dietetic Association (MDA). State affiliate of the Academy of Nutrition and Dietetics (AND)	http://www.eatrightma.org/content4087	Children Adults	<ul style="list-style-type: none"> • MDA has a list of registered dietitians (RD) who are available on a fee-for-service basis for counseling and speaking engagements • MDA site is linked to AND's website to help locate an RD in your area
2010 Dietary Guidelines for Americans	U.S Department of Health and Human Services	www.health.gov/DietaryGuidelines/	Adults	<ul style="list-style-type: none"> • The 2010 Dietary Guidelines for Americans are the nationally recognized nutrition standards provided by The Department Health and Human Services, the principle government agency protecting the health of all Americans
Food and Nutrition	USDA's National Agricultural Library	http://riley.nal.usda.gov/nal_display/index.php?info_center=8&tax_level=1&tax_subject=2	Adults	<ul style="list-style-type: none"> • Links to government nutrition resources, including the National Agricultural Library and USDA Nutrient Database
Food and Nutrition Information Center	USDA's National Agricultural Library	http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=1	Adults	<ul style="list-style-type: none"> • FNIC provided database of nutrition materials for people of all ages
Nutrition and Healthy Eating	Mayo Clinic	www.mayoclinic.com/health/nutrition-and-healthy-eating/MY00431	Adults	<ul style="list-style-type: none"> • Many physicians, scientists and researchers sharing their expertise to help you manage your health • Information about dietary fats, fiber, and sodium, as well as other general nutrition information; topics ranging from caffeine to yerba mate

Calorie Counter	American Cancer Society (ACS)	http://www.cancer.org/healthy/toolsandcalculators/calculators/app/calorie-counter-calculator	Adults	<ul style="list-style-type: none"> An American Cancer Society provided calorie counter that can give you an idea of how many calories are needed to maintain or lose weight
Nutrition for Everyone	Centers for Disease Control and Prevention (CDC)	http://www.cdc.gov/nutrition/everyone/resources/index.html	Adults	<ul style="list-style-type: none"> A public health approach addressing the role of nutrition and physical activity in improving the public's health and preventing and controlling chronic diseases Resources about topics ranging from general nutrition to food safety
Nutrition-Related Resources	Connecticut State Department of Education	http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/Crediting_Foods/Crediting_RESOURCES.pdf	Young children Children Older adults	<ul style="list-style-type: none"> Nutrition-related resources including food safety, general health and nutrition, menus and recipes, nutrition labels, nutrition myths and fad diets, facts for select populations and special diets, and training materials for food service staff
Modified MyPlate for Older Adults	Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy, Tufts University	http://www.nutrition.tufts.edu/research/myplate-older-adults	Older adults	<ul style="list-style-type: none"> MyPlate adapted by the Friedman School of Nutrition Science and Policy, striving to fit the needs of older adults

Working on Wellness: Supporting Healthier People, Workplaces, and Communities	MA Department of Public Health	http://www.mass.gov/eohhs/docs/dph/mass-in-motion/worksite-wellness-toolkit.pdf	Adults	<ul style="list-style-type: none"> • The <i>Nutrition Policies, Programs, and Resources</i> section, beginning on page 125 of this toolkit, provides a wealth of information about: <ul style="list-style-type: none"> ○ Eating healthfully ○ Policies for bringing healthier vending machine fare into your workplace ○ Suggested substitutions for common cafeteria foods to make them healthier ○ Examples of institutions who've implemented policy regarding healthier eating in cafeterias and restaurants ○ Fact sheets ○ Sample agendas for healthy eating workshops
Health and Sustainability Guidelines for Federal Concessions and Vending Operations	Department of Health and Human Services, Centers for Disease Control and Prevention, US General Services Administration	http://www.cdc.gov/chronicdisease/pdf/Guidelines_for_Federal_Concessions_and_Vending_Operations.pdf	Adults	<ul style="list-style-type: none"> • Details guidelines for food available for purchase in federal buildings
Healthy Workplace Food Initiative	NYC Department of Health and Mental Hygiene	http://www.nyc.gov/html/doh/html/living/cdp-pan-hwp.shtml	Adults	<ul style="list-style-type: none"> • Provides implementation guides for healthy vending and worksite initiatives

Sodium in Food

Credible websites providing information about sources of sodium, ways to identify sodium in foods, tips to reduce sodium consumption, and resources to use.

Website or Tool	Source	Link	Target Audience	Information
CDC Sodium Information	Centers for Disease Control (CDC)	http://www.cdc.gov/salt/	Adults	<ul style="list-style-type: none"> • Explores relationship of sodium with high blood pressure • Identifies sodium in food • Links to DASH eating plan • Makes recommendations to reduce sodium in the diet • Provides resources for consumers
Sodium Tip Sheet	MyPlate	http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet14SaltAndSodium.pdf	Adults Families	<ul style="list-style-type: none"> • Identifies ten tips to reduce sodium in the diet
Your Guide to Lowering Your Blood Pressure with DASH	National Institutes of Health's National Heart, Lung and Blood Institute	http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf	Adults Families	<ul style="list-style-type: none"> • Introduces high blood pressure and DASH eating plan • Outlines a week with the DASH eating plan • Provides recipes and resources to learn more
Cut Down on Salt and Sodium	National Heart, Lung and Blood Institute, Nutrition.gov	http://www.nhlbi.nih.gov/health/public/heart/other/sp_salt.pdf	Adults Children Families	<ul style="list-style-type: none"> • Bilingual Spanish and English handout • Identifies importance of salt reduction and tips on how to implement changes
Under Pressure: Strategies for Sodium Reduction in Worksites	National Center for Chronic Disease Prevention and Health Promotion	http://www.cdc.gov/salt/pdfs/Sodium_Reduction_Worksites.pdf	Adults	<ul style="list-style-type: none"> • A worksite wellness guide to promote sodium reduction among employees as well as customers

Financial Impact of Healthy Foods

Credible websites providing information about healthy eating, healthy food procurement, and the financial impact and benefits. Settings range from schools to adults at home. For additional resources please see the Dept. of Prevention and Wellness.

Website or Tool	Source	Link	Target Audience	Information
School/School District Success Stories	Center for Science in the Public Interest, Action for Healthy Kids	http://cspinet.org/nutrition/policy/improved_school_foods_without_losing_revenue2.pdf	Adults	<ul style="list-style-type: none"> • Success stories of schools that have improved school foods and beverages and either maintained or improved revenue streams
Dollars and Sense: The Financial Impact of Selling Healthier School Foods	University of California, Berkeley	http://cwh.berkeley.edu/sites/default/files/primary_pdfs/Dollars_and_Sense_FINAL_3.07.pdf	Adults Children	<ul style="list-style-type: none"> • Recognizes current school and legislature response to childhood obesity • Identifies challenges and barriers to switching to healthier options • Summarizes current nutrition standards • Evaluates pilot programs and identifies revenue increases • Identifies best practices for financial success

Arizona Healthy School Environment Model Policy Implementation Pilot Study	Arizona Department of Education	http://www.cspinet.org/nutritionpolicy/AZPilot_ReviewReport.pdf	Adults	<ul style="list-style-type: none"> • Studies in 8 pilot schools showed no negative financial impact of healthy foods • Details Team Nutrition Grant, schools (prior health efforts, financial reports pre and post), data collection, evaluation • Assesses enrollment and participation • Provides detailed nutrition information pre and post • Provides sample documents in appendices
The CHIPS Study “Pricing and promotion effects on low-fat vending snack purchases: The CHIPS study”	American Journal of Public Health 2001;91:112-117	PDF version of journal article available electronically at the Dept. of Prevention and Wellness http://ajph.aphapublications.org/cgi/reprint/91/1/112.pdf	General Audience	<ul style="list-style-type: none"> • Study conducted in schools and work sites • Analyzed pricing reductions and saw improved sales of low fat snacks • Analyzed promotional signage and saw no effect on sales of low fat snacks • Average profits per machine was not affected by the intervention

Vendors Providing Healthier Snacks

Always check the nutrition information of the products you order for compliance with the State Agency Food Standards.

Vending machine and snack companies			
Kashi	www.kashi.com/products	877-7GRAINS (747-2467)	<ul style="list-style-type: none"> • A company passionate about making healthy, all-natural, whole grain foods.
Healthy Vending	http://www.healthyvending.com/products/	310-845-7745	<ul style="list-style-type: none"> • A company that provides 100% healthy vending machines
Good Health Food Inc	www.goodhealthnaturalfoods.com	336-285-735	<ul style="list-style-type: none"> • Good Health Food, Inc. offers natural and organic healthy snacks like pretzels, chips and popcorn.
Eat Smart	http://www.eatsmartnaturals.com/		<ul style="list-style-type: none"> • A division of Synder's of Hanover, snacks from this company include potato chips, veggie crisps, and CheddAirs.
Sensible Foods	www.sensiblefoods.com	707-769-0170	<ul style="list-style-type: none"> • Various dried fruit, vegetable and soy nut snacks are available from this company. Each fruit snack equals ½ cup of fruit!

The Stalker Institute has an “A-List” of vendors who sell “A-acceptable” snacks, based on MA Action for Healthy Kids standards. While directed towards schools, most of this list is applicable to all ages, and fits the MA State Agency Food Standards. A list of these vendors can be found at: <http://www.johnstalkerinstitute.org/alist/distributors.pdf>

A list of products can be found at: <http://www.johnstalkerinstitute.org/alist/alist.pdf>

Nutrition Related Medical Conditions

Website or Source	Source	Link	Target Audience	Information
Mayo Clinic	Mayo Clinic	http://www.mayoclinic.com/	Adults	<ul style="list-style-type: none"> • Look up conditions by disease state, symptoms, tests and procedures or simply find information regarding healthy living • Website also has a section for healthy recipes

WebMD	WebMD	http://www.webmd.com/	Adults	<ul style="list-style-type: none"> • Comprehensive, Doctor Reviewed, website for common medical conditions • Includes tab for Eating & Diet which shares helpful tips on portion control, healthy recipes
Cleveland Clinic	Cleveland Clinic	http://my.clevelandclinic.org/health/default.aspx	Adults	<ul style="list-style-type: none"> • Search the Site for health information by topic or by specialty • Easily understood descriptions for all types of medical conditions, including nutritional treatment guidelines
Medline Plus by the National Institutes of Health	National Institutes of Health	http://www.nlm.nih.gov/medlineplus/	Adults	<ul style="list-style-type: none"> • Combines information from many reputable websites such as CDC, American Cancer Society, and Harvard School of Public Health • Has information ranging from basic to academic journal articles, as well as further sources
Nutrition.gov	USDA	http://www.nutrition.gov/nutrition-and-health-issues	Adults	<ul style="list-style-type: none"> • Provides easy access to online government information on food and human nutrition for consumers • Includes a section on nutrition and health issues
Tufts Medical Center Television Clips	Tufts Medical Center	http://www.tuftsmedicalcenter.tv/	Adults	<ul style="list-style-type: none"> • Video descriptions of common cardiovascular conditions • Also contains videos about how to obtain a primary care physician for further medical workup

Culinary Techniques

Cooking a healthy nutritious meal is an art and a science. The more practiced your cooking skills, the better the final product will be. Here are some Internet resources showing culinary techniques that can help improve the skills of your foodservice staff and help them learn how to cook healthier meals.

Source	Link	Information
Mayo Clinic	http://www.mayoclinic.com/health/healthy-cooking/NU00201	<ul style="list-style-type: none"> • Videos of healthy, basic cooking techniques to minimize the fat and calories in recipes while keeping in the nutrients
	http://www.mayoclinic.com/health/food-and-nutrition/NU00202	<ul style="list-style-type: none"> • Ten tips for cooking meat that cut down on fat
CookingLight.com	http://www.cookinglight.com/cooking-101/techniques/	<ul style="list-style-type: none"> • The online version of Cooking Light magazine • Video demonstrations of cooking techniques and the recipes used to show the techniques off
	http://www.cookinglight.com/cooking-101/techniques/cooking-class-fundamental-techniquesi-ndex-main-00400000032930/	<ul style="list-style-type: none"> • More video demonstrations, showing lots of fundamental cooking techniques
Epicurious.com	http://www.epicurious.com/video/technique-videos	<ul style="list-style-type: none"> • Even more video demonstrations of cooking pointers
University of Nebraska Lincoln Extension	http://food.unl.edu/web/fnh/spice-herb	<ul style="list-style-type: none"> • A PowerPoint giving tips for cooking with herbs and spices to lower the fat, salt, and sugar content of foods

Food Buying Tips

Remember, it's important to keep in mind that not all of the foods discussed in these buying guides will fit into the MA Food Standards. Be sure to check with the Standards before purchasing food for your facility.

Website or Tool	Source	Link	Information
"How to Buy" Guides	USDA's Agricultural Marketing Service (AMS)	http://www.ams.usda.gov/AMSV1.0/	<ul style="list-style-type: none"> AMS is part of the Marketing and Regulatory Programs (MRP) mission area, whose agencies facilitate the marketing of U.S. agricultural products and ensure the health and care of animals and plants Brochures by AMS featuring tips on what to look for when buying food, and what the grade labels mean on foods

Menu Planning and Recipe Makeover Tips

Website or Tool	Source	Link	Target Audience	Information
Shopping, Cooking, and Meal Planning	Nutrition.gov	http://www.nutrition.gov/nal_display/index.php?info_center=11&tax_level=1&tax_subject=391	<ul style="list-style-type: none"> Adults Families 	<ul style="list-style-type: none"> Nutrition.gov provides easy access to the best food and nutrition information from the federal government Shopping, cooking and healthy meal planning and recipe tips
Adult Day Care Fact Sheets	National Foodservice Management Institute (NFMFI)	http://www.nfsmi.org/ResourceOverview.aspx?ID=41	<ul style="list-style-type: none"> Older adults 	<ul style="list-style-type: none"> The mission of NFMFI is to provide information and services that promote the continuous improvement of child and adult nutrition programs Meal patterns, nutrition, feeding techniques, and food safety specific to the adult day care setting
Nutrition and Healthy Eating	Mayo Clinic	http://www.mayoclinic.com/health/healthy-recipes/NU00584	<ul style="list-style-type: none"> Adults Families 	<ul style="list-style-type: none"> Five easy ways to makeover recipes to reduce the fat, calories, and sodium

Website or Tool	Source	Link	Target Audience	Information
		http://www.mayoclinic.com/health/healthy-recipes/NU00585	<ul style="list-style-type: none"> Adults Children 	<ul style="list-style-type: none"> Ingredient substitution ideas that can help make recipes healthier
		http://www.mayoclinic.com/health/dash-diet/HI00046/?%202012	<ul style="list-style-type: none"> Adults 	<ul style="list-style-type: none"> Sample menus from a diet that focuses on fruits, vegetables, low-fat dairy products, whole grains, fish, poultry and nuts
Child & Adult Care Food Program: Meal Patterns	Food and Nutrition Service (FNS) of USDA	http://www.fns.usda.gov/cnd/Care/ProgramBasics/Meals/Meal_Patterns.htm	<ul style="list-style-type: none"> Infants Children Adults 	<ul style="list-style-type: none"> FNS administers the nutrition assistance programs of the U.S. Department of Agriculture Meal planning guides
Click 'N Cook	Greater Boston Food Bank	http://www.gbfb.org/modules/clickcook.php	<ul style="list-style-type: none"> Adults 	<ul style="list-style-type: none"> Allows user to input foods on hand and generates a list of recipes with those ingredients

How to use Spices and Herbs in Cooking

Website or Tool	Source	Link	Target Audience	Information Found Here
What Spices Go with What Meat	Spices Inc	http://www.spicesinc.com/p-510-what-spices-go-with-what-meat.aspx	<ul style="list-style-type: none"> Adults Families 	<ul style="list-style-type: none"> Identifies spices to use on different types of meats Organized by meat (the food being cooked)
Herb and Spice Guide	Good Cooking	http://www.goodcooking.com/herspice.htm	<ul style="list-style-type: none"> Adults Families 	<ul style="list-style-type: none"> Common seasonings and suggested use
Spices Every Cook Must Have in their Kitchen	ArticlesBase	http://www.articlesbase.com/nutrition-articles/spices-every-cook-must-have-in-their-kitchen-from-the-start-375540.html	<ul style="list-style-type: none"> Adults Families 	<ul style="list-style-type: none"> Article summarizing the spices everyone should have in their kitchen Recommends foods/spice combinations
What Spices to Use	3men	http://www.3men.com/what_spices_to_use.htm	<ul style="list-style-type: none"> Adults 	<ul style="list-style-type: none"> Detailed information on spices Common foods spices used with

Healthy Recipes for Smaller Groups

Tool	Source	Link	Target Audience	Information Found Here
Eat Smart, Move More NC Recipes	North Carolina's Eat Smart, Move More Leadership Team	http://www.myeatsmartmove.com/Recipes.html	<ul style="list-style-type: none"> Families 	<ul style="list-style-type: none"> Eat Smart, Move More NC was developed in North Carolina to promote increased opportunities for healthy eating and physical activity Healthy recipes
Consumer Corner	USDA Food and Nutrition Information Center	http://fnic.nal.usda.gov/consumers	<ul style="list-style-type: none"> Families 	<ul style="list-style-type: none"> Links to recipes, cooking tips, and ingredient substitutions to make healthier recipes
SNAP-Ed Connection Recipe Finder	USDA	http://recipefinder.nal.usda.gov	<ul style="list-style-type: none"> Families Adults 	<ul style="list-style-type: none"> This recipe database was put together by nutrition educators in the Supplemental Nutrition Assistance Program (SNAP) New feature where you can build your own recipe book online
Delicious Decisions	American Heart Association	http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Welcome-to-Delicious-Decisions_UCM_301068_SubHomePage.jsp	<ul style="list-style-type: none"> Adults 	<ul style="list-style-type: none"> A database of heart-healthy recipes developed by the American Heart Association, whose objective is to fight heart disease and stroke
Recipes	Centers for Disease Control and Prevention (CDC)	http://www.cdc.gov/healthyweight/healthy_eating/recipes.html	<ul style="list-style-type: none"> Families Adults 	<ul style="list-style-type: none"> Links to healthy recipes, including Hispanic/Latino and African American style meals

Quantity Cooking

Tool	Source	Link	Target Audience	Information Found Here
Recipe Finder	USDA's Team Nutrition	http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php	<ul style="list-style-type: none"> • Children • Adults 	<ul style="list-style-type: none"> • Team Nutrition is a nationwide integrated program designed to help implement the School Meals Initiative for Healthy Children • Standardized recipes, quantity recipes, USDA recipes, recipes from industry and more
Fruit and Veggie Quantity Cookbook	New Hampshire Obesity Prevention Program	http://www.dhhs.nh.gov/dphs/nhp/documents/cookbook.pdf	<ul style="list-style-type: none"> • Adults • Children 	<ul style="list-style-type: none"> • Quantity recipe resource that provides nutrient analyses and features whole grains, fruits, vegetables, and beans

Food Safety

Tool	Source	Link	Information Found Here
Shopping, Cooking, and Meal Planning: Food Storage and Preservation	Nutrition.gov	http://www.nutrition.gov/shopping-cooking-meal-planning/food-storage-and-preservation	<ul style="list-style-type: none"> • Food safety resources
Adult Day Care Fact Sheets: Food Safety Basics	National Foodservice Management Institute (NFSMI)	http://www.nfsmi.org/DocumentDownload.aspx?id=97	<ul style="list-style-type: none"> • Learn more about food safety from NFSMI, which is especially important when serving food to those at higher risk of getting sick, like children and older adults
Food Protection Program	Bureau of Environmental Health of MA Dept of Public Health	www.mass.gov/dph/fpp	<ul style="list-style-type: none"> • The Massachusetts Food Protection Program strives to ensure a safe and wholesome food supply in the Commonwealth of Massachusetts • Links leading to a wealth of information about keeping food safe
Food Safety Resources	UMASS Extension	http://extension.umass.edu/nutrition/programs/food-safety	<ul style="list-style-type: none"> • The UMASS Extension Nutrition Education program (NEP) is one of

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			<p>four UMass Extension programs that address public concerns of high priority for the Commonwealth</p> <ul style="list-style-type: none"> • Posters, pamphlets and training guides with valuable food safety information • Offered in several languages
Industry News	National Registry of Food Safety Professionals	http://www.nrfsp.com/NRFSP/News.aspx	<ul style="list-style-type: none"> • The National Registry of Food Safety Professionals develops and maintains certification programs in the food safety profession • Links to articles about current food safety issues across the country to keep you updated
Fight BAC!	Partnership for Food Safety Education	http://www.fightbac.org/	<ul style="list-style-type: none"> • Research-based, actionable consumer food safety initiatives that reduce food borne illness • Brochures, handouts, presentations, videos, and lesson plans on safe food handling, food borne illness, and kids and food safety are available
Food Safety Education	USDA's Food Safety and Inspection Service (FSIS)	http://www.fsis.usda.gov/Food_Safety_Education/index.asp	<ul style="list-style-type: none"> • FSIS is the public health agency in USDA responsible for ensuring that the nation's commercial supply of meat, poultry, and egg products is safe, wholesome, and correctly labeled and packaged • The Food Safety Education section links to programs, fact sheets, and more food safety information
Food Safety.gov website	Foodsafety.gov	http://www.foodsafety.gov/	<ul style="list-style-type: none"> • An affiliate of USA.gov, foodsafety.gov provides a wealth of food safety information • Provides information on recalls and gives visitors an option to subscribe for automatic alerts

PowerPoint: Food Safety Myths	University of Nebraska Lincoln Extension	http://food.unl.edu/web/safety/whatyoudontknow	<ul style="list-style-type: none"> • The Nutrition Education Program at UNL Extension teaches nutrition, food safety and food resource management to limited-resource families • A PowerPoint presentation about 10 common food safety myths
MA Partnership for Food Safety Education	UMASS Extension and MA Department of Secondary and Elementary Education	http://www.mafoodsafetyeducation.info	<ul style="list-style-type: none"> • The Partnership provides easy access to information, education and training resources for the following food safety principles and topics in multiple languages • Information about keeping food safe to serve, both at home and in the workplace

Non-English Language Materials:

Language	Source	Link	Information Found Here
Spanish	National Food Service Management Institute	http://nfsmi-web01.nfsmi.olemiss.edu/DocumentSearch.aspx?q=spanish	<ul style="list-style-type: none"> • Several tools geared towards food service workers are available in Spanish for download
Multi-Language	USDA National Agricultural Library	http://fnic.nal.usda.gov/resource-lists-0	<ul style="list-style-type: none"> • Various resources for nutrition education available for download
Finding Consumer Health Materials in Spanish	National Network of Libraries of Medicine	http://nnlm.gov/outreach/consumer/chspanish.html	<ul style="list-style-type: none"> • Links to the bilingual resources provided by government agencies • Link to the NIH's Spanish healthfinder.gov portal

From School to Everyone: Resources Developed for the National School Lunch Program

A lot of work has been done to get healthy meals into schools nationwide. While most agencies affected by Executive Order 509 might not serve children regularly, USDA Child Nutrition Programs regulations are also based on the 2010 Dietary Guidelines for Americans, and have many of the same standards as the MA State Agency Food Standards in terms of quality of food and purchase and use of fruits, vegetables, whole grains, and low-fat dairy products. So, while resources below pertain to schools, a lot of the information will apply to your facility, too. Keep in mind that some changes may need to be made to recipes to tailor them for adults. Information about nutrition standards for adults can be found at www.choosemyplate.gov. Remember to refer to the MA State Agency Food Standards to ensure compliance.

Educational Materials

Tool	Source	Link	Information Found Here
Resource Library: Nutrition Essentials	USDA's Food and Nutrition Service	http://teamnutrition.usda.gov/Resources/nutritionessentials.html	<ul style="list-style-type: none"> Nutrition Essentials for Healthy Choices teaches basic nutrition info and can be used to educate your staff and the population you serve
For Foodservice Professionals		http://teamnutrition.usda.gov/foodservice.html	<ul style="list-style-type: none"> Info for foodservice professionals to educate your staff and the population they serve Posters to inspire your clientele to make healthier choices
Web Seminars	National Foodservice Management Institute	http://www.nfsmi.org/Templates/TemplateDivision.aspx?qs=cEIEPTQ0	<ul style="list-style-type: none"> Web-based seminars about Using Exchange Lists for Students with Diabetes in School Food Service and Carbohydrate Counting for School Food Service Professionals are valuable for agencies whose populations have or are at risk for diabetes

Food Purchasing Tips

Tool	Source	Link	Information Found Here
Resource Library: Food Buying Guide for Child Nutrition Programs	USDA's Food and Nutrition Service	http://teamnutrition.usda.gov/Resources/foodbuyingguide.html	<ul style="list-style-type: none"> • Food buying guide giving tips on purchasing quality healthy food
A-List	Stalker Institute	http://www.johnstalkerinstitute.org/alist/	<ul style="list-style-type: none"> • “A-acceptable” products that are in line with Action for Healthy Kids nutrition standards
School Food and Beverages	Connecticut State Department of Education	http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322416	<ul style="list-style-type: none"> • A list of healthier food and beverages based on Connecticut's nutrition standards
National Alliance for Nutrition and Activity	Center for Science in the Public Interest	http://cspinet.org/nutritionpolicy/priority_nutritionprogram.html	<ul style="list-style-type: none"> • Provides information and guidelines for strengthening school meals

Meal Planning Tips

Tool	Source	Link	Information Found Here
Meal Planning and Preparation Resource List	USDA's Food and Nutrition Information Center	http://www.nal.usda.gov/fnic/service/mealplanning.pdf	<ul style="list-style-type: none"> • A compilation of resources for professionals involved in school food service listing books, posters, videos, and websites to support foodservice professionals
New Mexico Menu Planning Tips and Cycle Menus	USDA's Team Nutrition	http://healthymeals.nal.usda.gov/hsmrs/manual8.pdf	<ul style="list-style-type: none"> • Sample menus and recipes that can be adapted for the nutrition needs of adults
Under Pressure: Strategies for Sodium Reduction in the School Environment	Centers for Disease Control and Prevention (CDC)	http://www.cdc.gov/salt/pdfs/sodium_reduction_in_schools.pdf	<ul style="list-style-type: none"> • Provides evidence-based recommendations on ways to identify sodium in foods, tips to reduce sodium consumption, and resources to use

Recipes and Culinary Techniques

Tool	Source	Link	Information Found Here
Cooks for Kids	National Foodservice Management Institute (NFSMI)	http://nfsmi.org/Templates/TemplateDivision.aspx?qs=cEIEPTQz	<ul style="list-style-type: none"> • A series of episodes demonstrating healthy cooking techniques and recipes that are easy and universally appealing • A great educational resource for facilities where clients cook their own meals
Recipes for Child Care		http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cEIEPTYzJmlzTWdyPXRydWU=	<ul style="list-style-type: none"> • A valuable list of recipes for institutions serving larger populations
Culinary Techniques for Healthy School Meals		http://nfsmi.org/ResourceOverview.aspx?ID=266	<ul style="list-style-type: none"> • A 16-lesson training module teaching nutrition, culinary techniques, and food production

Professional Development

Options for professional development in-house training of staff.

Institution	Link	What's offered
The Culinary Institute of America	http://www.ciaprochef.com/fbi/dvds.html	<ul style="list-style-type: none"> The Culinary Institute of America's goal is to help foodservice professionals be the best they can be Instructional DVDs teaching culinary arts and baking and pastry techniques are found at this website
UMASS Extension	http://extension.umass.edu/nutrition/programs/food-safety	<ul style="list-style-type: none"> Provides posters, pamphlets and training guides with valuable food safety information Materials are offered in several languages
USDA's Food Safety Information Center	http://foodsafety.nal.usda.gov/fsic/fseddb/fseddbsearch.php	<ul style="list-style-type: none"> This Education and Training Materials Database has presentations, texts, handouts, and more to help you train your staff in proper food safety techniques
National Food Service Management Institute		<ul style="list-style-type: none"> This 60-minute video, <i>Building Quality Meals: Standardized Recipes and Portion Control</i> educates viewers about standardized recipes, culinary terms, weighing and measuring, portion control techniques, and recipe modification to prepare quality, nutritious meals for customers While developed for members of the Child Nutrition Program, the general principles apply to all foodservice
Nutrition for Older Adults' Health, University of Georgia	http://noahnet.myweb.uga.edu/plans.html	<ul style="list-style-type: none"> The primary purpose of NOAHnet is to provide health educators with easily accessible nutrition education lesson plans targeted toward older adults with low literacy skills These 15-20 minute lesson plans would be useful for educating your staff about the nutritional needs of older adults

All across the state are institutions that offer foodservice and culinary arts training at different levels, from professional classes to certificate programs to Bachelor's degrees. Below are some of them. For more information about professional and career resources around the country, visit the USDA's website at:

http://riley.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=270&topic_id=1319.

Executive Order 509 is part of the **Mass in Motion** statewide initiative. Materials were developed by the Nutrition and Physical Activity Obesity Initiative, Bureau of Community Health Access and Promotion, MA Department of Public Health, May 2011 21

Institution	Link	What's offered
Stalker Institute	http://www.johnstalkerinstitute.org/profdev.htm	<ul style="list-style-type: none"> • While the Stalker Institute focuses on educating professionals working in schools, the basic culinary and nutritional skills taught apply to foodservice for people of all ages.
American Culinary Federation (ACF), Massachusetts Chapter	http://www.acfchefs.org/Content/presidents_portal/ACFChapter.cfm?ChapterChoice=MA021	<ul style="list-style-type: none"> • A professional organization for chefs and cooks, the ACF promotes their continuing education.
ServSafe	http://www.servsafe.com	<ul style="list-style-type: none"> • Provides various food safety certifications which are nationally recognized and accredited.
Berkshire Community College	http://www.berkshirecc.edu/ContentManager/index.cfm?Step=Display&ContentID=268	<ul style="list-style-type: none"> • Culinary Arts Certificate
Blue Hills Regional Technical School	http://www.bluehills.org/technical/culinary-arts/	<ul style="list-style-type: none"> • Culinary Arts Technical Program
Boston University	http://www.bu.edu/foodandwine/culinary/	<ul style="list-style-type: none"> • Culinary Arts Certificate
Bunker Hill Community College	http://www.bhcc.mass.edu/inside.php?navID=89&programID=30&year=2008	<ul style="list-style-type: none"> • Associate in Science: Culinary Arts
Cambridge School of Culinary Arts	http://www.cambridgeculinary.com/	<ul style="list-style-type: none"> • Professional Chef's Program • Culinary Certificate Program • Professional Pastry Program • Certificate Pastry Program
Cape Cod Community College	http://www.capecod.edu/web/academics/programs	<ul style="list-style-type: none"> • Culinary Arts Certificate
Holyoke Community College	http://www.hcc.edu/courses-and-programs/college-catalog/areas-of-study/culinary-arts-certificate	<ul style="list-style-type: none"> • Culinary Arts Certificate
Johnson and Wales, College of Culinary Arts	http://www.jwu.edu/college.aspx?id=19510	<ul style="list-style-type: none"> • Bachelor of Science: <ul style="list-style-type: none"> ○ Baking & Pastry Arts ○ Baking & Pastry Arts & Food Service Management ○ Culinary Arts & Food Service Management, Culinary Nutrition ○ Food Marketing ○ Food Service Entrepreneurship

Institution	Link	What's offered
		<ul style="list-style-type: none"> • Associate in Science: <ul style="list-style-type: none"> ○ Baking & Pastry Arts ○ Culinary Arts • Culinary Arts Diploma Program
Le Cordon Bleu College of Culinary Arts – Boston	http://www.lecordonbleu-boston.com/Home?src=192765&siteid=3793656841	<ul style="list-style-type: none"> • Associate degree
Massoit Community College	http://www.massasoit.mass.edu/	<ul style="list-style-type: none"> • Associate in Applied Science: Culinary Arts
Middlesex Community College:	http://www.middlesex.mass.edu/	<ul style="list-style-type: none"> • Associate in Science in Business Administration: Culinary Arts – Hospitality Management • Culinary Arts – Hospitality Management Certificate
Newbury College	http://www.newbury.edu/	<ul style="list-style-type: none"> • Bachelor of Science: Hotel, Restaurant and Service Management – Culinary Management Concentration • Associate in Applied Science: <ul style="list-style-type: none"> ○ Culinary Arts ○ Food Service and Restaurant Management • Certificate programs: <ul style="list-style-type: none"> ○ Food Service and Restaurant Management ○ Pastry Arts ○ Professional Cooking
North Shore Community College	http://www.northshore.edu/academics/ search for culinary Arts under Academics	<ul style="list-style-type: none"> • Associate in Applied Science: Culinary Arts and Food Service • Culinary Arts and Food Service Certificate
	http://www.northshore.edu/academics/ search non-credit programs of study	<ul style="list-style-type: none"> • Non-credit courses to enhance culinary knowledge or provide some basic culinary training.
	http://www.northshore.edu/academics/ Search for Certificate programs	<ul style="list-style-type: none"> • Basic Culinary Arts non-credit certificate program.
Quinsigamond Community College	http://www.qcc.edu/pages/Programs_of_Study.html	<ul style="list-style-type: none"> • Associate: Hotel and Restaurant Management – Foodservice Management Option

Institution	Link	What's offered
		<ul style="list-style-type: none"> • Hotel and Restaurant Management – Foodservice Management Option Certificate
Salter College	http://www.saltercollege.com/Programs/Certificate-Programs/Culinary-Arts/34/	<ul style="list-style-type: none"> • Culinary Arts Certificate
Middlesex Community College:	http://www.middlesex.mass.edu/	<ul style="list-style-type: none"> • Associate in Science in Business Administration: Culinary Arts – Hospitality Management • Culinary Arts – Hospitality Management Certificate