

Partners for Healthy Schools

We know you want to make the healthy choice the easy choice for your students, but is there an easy choice for you? There is now! For everyone working to improve school wellness through healthy eating and active living strategies, here's a list of easily-accessed free resources. Healthy choices are now easy for you, too!

SaludableOmaha

www.saludableomaha.com



SaludableOmaha is a youth-led Latino health movement based in South Omaha. With help from local and regional community leaders, a group of Omaha South High Magnet School students work together to advocate for changes within their school and community that make healthy choices easier and cheaper. Check out the SaludableOmaha website for more information.

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Healthy Families (Alegent Creighton Health)

<http://livewellomahakids.org/programs-solutions/healthcare/healthy-families/>



Healthy Families is a free, family-based intervention program for families with one or more children and/or teens who have been diagnosed as overweight or obese and are ready to make a healthy change. Healthy Families is a fun class that engages the whole family in physical activity, nutrition, and behavioral health skills that help the family set and achieve healthy lifestyle goals. Healthy Families is offered throughout the metro area in North Omaha, South Omaha, Council Bluffs, and West Omaha.

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Partners for Healthy Schools

<http://partnersforahealthycity.org/policy-center/>



Join the growing list of organizations in our community who are working to make the healthy choice the easy choice. Schools looking to make policy change can look to Live Well Omaha to help. A menu of easily implemented policies on the subjects of physical activity, nutrition, fresh water availability, and active transportation are available, along with expert assistance and guidance.

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Safe Routes to School, Live Well Omaha

www.livewellomaha.org



Give your principal and parent groups the tools they need to make your neighborhood school a place where kids can walk or bike. Live Well Omaha's Safe Routes to School has helped many schools set up Walk 'n Roll programs both big and small. These are the folks to help you get everyone moving together on a walking school bus or bike train. They can help your neighborhood by mapping safe routes to school, libraries, community centers, and other nearby destinations.

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Fuel Up to Play 60 (Midwest Dairy Council)

www.midwestdairy.com/fueluptoplay60

Fuel up to Play 60 is an in-school nutrition and physical activity initiative launched by National Dairy Council (NDC) and National Football League (NFL), and in Nebraska, provided by Midwest Dairy Council. Enrolled schools engage by implementing nutrition and physical activity initiatives to enhance the wellness environment of their school. Funding is available for all schools, K-12, public and private. Your school can enroll by visiting www.FuelUptoPlay60.com

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5-4-3-2-1-Go!® (Live Well Omaha Kids)

www.Facebook/LiveWellOmahaKids

Use LWOK's 5-4-3-2-1-Go!® message to support a healthy lifestyle for kids. Any Omaha kid can tell you it's 5 servings of fruits or vegetables per day, 4 glasses of water (OK), 3 servings of low-fat dairy, 2 hours (or less) of screen time, and 1 hour of physical activity. It's 5-4-3-2-1-Go!® Free materials and classroom curriculum are available by contacting us via our Facebook page or at the contacts below.

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Nutrition Education Program (University of Nebraska Lincoln Extension)

http://douglas-sarpy.unl.edu/web/douglas-sarpy/nep_70_30

The Nutrition Education Program (NEP) teaches adults and youth how to eat nutritiously on a limited budget. Each class includes hands-on learning activities to help participants apply what they learn in class to their daily life. NEP provides free nutrition school enrichment kits for teachers to use at schools where 50% or more of the students receive free or reduced meals.

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Farm to School (Gretchen Swanson Center for Nutrition)

www.centerfornutrition.org

Do children really know where their food comes from? They will after working with the Farm to School (F2S) Program. F2S helps local farmers and school food service staff, in collaboration with the Gretchen Swanson Center for Nutrition, bring fresh produce to school cafeterias. The kids learn, the farmers earn, and everyone eats better!

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School Gardens

<http://www.douglascounty-ne.gov/gardens/start-a-school-garden>

Plants aren't the only things that grow in school gardens. So do people when they work and learn in community gardens. These outdoor communal spaces are living classrooms that provide "hands-on" education. The Douglas County School Garden Toolkit provides the knowledge to set up safe and sustainable school garden.

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Healthier US School Challenge

<http://www.fns.usda.gov/hussc/healthierus-school-challenge>

This is a U.S. Department of Agriculture program, administered locally by the Department of Education. It evolved out of the growing health concern around obesity in our children. The USDA believes schools can take a leadership role in helping students learn to make healthier eating and active lifestyle choices. Schools can apply for various levels (bronze, silver, gold, or gold award of distinction) and, if criteria are met, will receive recognition and monetary rewards.

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Action for Healthy Kids

www.actionforhealthykids.org/nebraska

Action for Healthy Kids (AFHK) was created in 2002 as a response to then-Surgeon General Dr. David Satcher's public call to action to work with schools to fight the national epidemic of childhood obesity. Nebraska AFHK is the go-to place for how-to guides, fact sheets, and quick tips that will help schools create a healthy environment. Whether you're helping to write a new school nutrition policy or activate classroom energizers, you can find best practice tools from partners, volunteers, and experts. For more information or to sign up to receive updates, please visit our website.

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Coordinated School Health—Nebraska Department of Education

<http://www.education.ne.gov/CSH/Index.html>



The Coordinated School Health (CSH) initiative began with the passage of Nebraska Department of Education's CSH Policy in 2010. CSH is a systems-building process by which schools, school districts, and communities develop capacity and create an infrastructure to support continuous improvement in health-promoting environments for students, staff, and communities. The CSH structure outlines eight components that must be addressed to assure students' holistic health. The process integrates the efforts and resources of education and the community to provide a coordinated, comprehensive, multifaceted approach that enhances policy and environmental supports along with the capacity of the school to ensure its academic mission. Workshops and trainings are provided to assist schools and communities in the implementation of CSH.

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Alliance for a Healthier Generation – Healthy Schools Program

<http://healthiergeneration.org/>



This program, launched in 2006, and has supported over 18,000 schools across the nation to create a comprehensive approach toward healthier environments. Any school can be part of the Healthy Schools Program at no charge and enroll to have access to free support, onsite and virtual training, tools and resources to help them address wellness and implement their schools wellness policy.

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GoGirlGo!

<http://www.womenssportsfoundation.org/home/programs/gogirlgo>



GoGirlGo! is designed to keep girls involved in physical activity and to improve the health of sedentary girls. The free, award-winning curriculum provides 12 lessons with activities to get girls active and stories from female athletes to help girls develop healthy habits. GoGirlGo! has specific curriculum for elementary, middle, and high school girls and interested organizations can download the curriculum online.

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HealthTeacher & GoNoodle

www.healthteacher.com & www.gonoodle.com



HealthTeacher & GoNoodle are provided to Omaha area school districts by Children's Hospital & Medical Center. HealthTeacher is an online comprehensive K-12 resource that provides lessons and interactive tools to make teaching health awesome! Lessons cover the most relevant youth health issues like bullying, obesity, physical activity, and depression and are built for seamless classroom integration. GoNoodle provides teachers with 5 minute brain-breaks related to deep breathing, stretching, and physical activity. Trainings and technical support are offered to all schools interested in implementing HealthTeacher or GoNoodle.

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Nebraska School Breakfast Challenge

<http://hungerfreeheartland.org/breakfast-challenge>



This is a coordinated effort between Hunger Free Heartland, Midwest Dairy/Fuel Up to Play 60, Share our Strength, and the Department of Education to encourage schools to implement a School Breakfast Program if they currently do not offer one or increase school breakfast participation in existing School Breakfast Programs. The program was announced in October, 2011 by Dr. Roger Breed, Commissioner of Education and Sally Ganem, First Lady of the State of Nebraska. All districts are automatically enrolled and encouraged to increase participation by at least 35%. Significant resources are available including access to breakfast consultants, research, technical and marketing assistance, and funding opportunities.

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