

Key Contact List

Jennifer Willey, Nutrition Consultant

Canteen Service Company

252 Old Lisbon Road, Lewiston, ME 04240

1-800-499-0851 • E-mail: lewiston@canteenmaine.com • Web site: www.canteenmaine.org

- Works with each customer to establish the right merchandising plan.
- Provides information about Canteen's Balanced Choice program to merchandise items lower in fat and calories.
- Provides a merchandising plan that complies with the USRDA standard for beverage and snack vending.

Karen O'Rourke, Vice President, Operations

Maine Center for Public Health

12 Church Street, Augusta, ME 04330

207-629-9272 • Fax: (207) 629-9277 • E-mail: korourke@mcph.org • Web site: www.mcph.org

- Provides additional background/research to support the policy.
- Assists in developing a strategy and connecting people to those who can help.

Chris Greenier, Food Service Director

Reeds Brook Middle School

28A Main Road North, Hampden, ME 04444

207-862-3543 • E-mail: cgreenier@sad22.us

- Provides expertise in the development of food sales policy.
- Provides information on how to get students involved in the process of making changes to vending machines.
- Shares experience with schools that do not enforce policies.

Stacey Caruso, School Health Coordinator

Waterville School Department

21 Gilman Street, Waterville, ME 04901

207-873-4281 • Fax: (207) 873-5331 • E-mail: scaruso@fc.wtvl.k12.me.us

- Provides assistance with the process of test marketing new school lunch menu items.
- Provides assistance when working with different food vendors.
- Shares expertise in building healthy working relationships between food service staff and school administration.

Web Resources

Information Resources

Centers for Disease Control and Prevention, Division of Nutrition and Physical Activity

www.cdc.gov/nccdphp/dnpa

- Provides science-based resources for children and adults that address the role of nutrition and physical activity in health promotion and the prevention and control of chronic diseases.

United States Department of Agriculture (USDA) Food, Nutrition, and Consumer Services

<http://www.fns.usda.gov/fncs/>

- The gateway to two United States Department of Agriculture (USDA) nutrition sites: The Food and Nutrition Service (FNS) and the Center for Nutrition Policy and Promotion (CNPP). The FNS is a collection of initiatives directed at reducing hunger and improving nutrition. The CNPP links scientific research with the nutritional needs of the American public.

Five-A-Day for Better Health Program from National Cancer Institute

www.5aday.com

- Promotes five fruit and vegetable servings every day with resources, recipes, promotional materials, food and nutrition policy, as well as a list of healthy vendors and their contact information.

Center for Science in the Public Interest

www.cspinet.org/nutritionpolicy

- An education and advocacy organization that focuses on improving the safety and nutritional quality of our food supply; contains advice on where to get started, details real examples of nutrition policy efforts, and gives nutritional information. The School Foods Tool Kit is available at www.cspinet.org/schoolfoods. This document includes model policies, fact sheets, and sample letters that can be reproduced and used when collaborating with school decision-makers.

Community Action Resources

Community Toolbox

<http://ctb.lsi.ukans.edu/tools/tools.htm>

- An essential resource created as an on-line community health/development-organizing manual. Includes topics related to community capacity building and resource development.

California Project LEAN

www.californiaprojectlean.org/consumer/

- An organization dedicated to creating healthier communities through policy and environmental efforts that support healthier eating and increased physical activity. Site contains consumer materials, healthy tips, and guides to taking community action.

Web Resources (continued)

Action for Healthy Kids

www.actionforhealthykids.org/

- A nationwide organization working to promote the health of school children by joining forces with education and health leaders to take action for children’s nutrition and physical activity. Learn how you can take action, find out what’s happening in your state, or use their tools for action.

The Center for Health and Healthcare in Schools

www.healthinschools.org/parents/lunch.htm

- This page of the Center’s Web site is devoted to background information on vending, sample “best practice” school policies, and a list of questions for parents and community members to use in assessing nutrition programs and policies at school.

Maine State Resources

Maine Dairy and Nutrition Council

www.drinkmainemilk.com

- Focused on creating a healthier school environment, the Maine Dairy and Nutrition Council is an organization dedicated to promoting good nutrition and health education.

Action for Healthy Kids—Maine State Profile

www.actionforhealthykids.org/docs/profiles/maine.pdf

- Contains information about demographics, health, fitness, current legislation, and policies in Maine.

Maine Cardiovascular Health Program

www.healthymainepartnerships.com/mcvhp2.html

- Working through a network of community, government, and health partners, the Maine Cardiovascular Health Program explores prevention opportunities in neighborhood, school, worksite, and healthcare settings. The site also contains downloadable County Fact Sheets that provide county-specific information regarding tobacco use, lack of physical activity, and overweight/obesity.

Maine Nutrition Network

www.maine-nutrition.org

- The Maine Nutrition Network (MNN) helps coordinate nutrition education activities that support the health of people living in Maine. Site includes links to the multiple projects that the Network is involved with, including Five-A-Day projects, school and children’s programs, and healthy aging and community support initiatives.

References

Borruo, L.G.; S.J. Mickle; A.B. Nowverl; K.S. Tippett. Eating Out in America: Impact on Food Choices and Nutrient Profiles. Speech by L.G. Borruo, Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Center, U.S. Department of Agriculture at the 124th Annual Meeting of the American Public Health Association, November 20, 1996. Available from: <http://www.barc.usda.gov/bhnrc/foodsurvey/Eatout95.html>.

Position of the American Dietetic Association, Society for Nutrition Education, and American School Food Service Association—Nutrition services: An essential component of comprehensive school health programs. *Journal of The American Dietetic Association*. 2003; 103(4):505-514.

Wechsler, H.; N.D. Brener; S. Kuester; C. Miller. Food Service and Foods and Beverages Available at School: Results from the School Health Policies and Programs Study 2000. *Journal of School Health*. 2001; 71(7):313-323.