



Key Contact List

Joan M. Atkinson, MS, RD, Maine State 5-A-Day Coordinator

Maine Nutrition Network

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- Provides technical assistance regarding assessment, planning, development, implementation and evaluation of 5-A-Day for Better Health-sponsored nutrition programs.
- Directs fruit and vegetable advocates to supportive resources at the local, state and national levels.
- Provides state and local fruit and vegetable advocates with updates and news regarding 5-A-Day for Better Health initiatives via Maine Nutrition Network Web site and electronic mail.

Judy Gatchell, MS, RD, LD, Coordinator, Child Nutrition Projects

Maine Nutrition Network

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- Provides resources for healthy quantity recipes.
- Provides tips for working with restaurants and other food establishments to provide healthy food choices at group events.
- Shares policies and guidance to assure the availability of healthy food choices at group events.

Andy Spaulding, Worksite Health Coordinator

Maine Cardiovascular Health Program

Medical Care Development

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- Provides examples of how Maine employers have created/modified their work environments to support health improvement regarding physical activity, nutrition and tobacco.



Web Resources

Expert Advice

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.

The Center for Nutrition Policy and Promotion

<http://www.usda.gov/cnpp>

Created in the U.S. Department of Agriculture on December 1, 1994, the Center is the focal point within USDA where scientific research is linked with the nutritional needs of the American public.

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

www.5aday.gov

Promotes five fruits and vegetable servings every day with resources, recipes and promotional materials.

Center for Science in the Public Interest

www.cspinet.org

An education and advocacy organization that focuses on improving the safety and nutritional quality of our food supply; represents citizens' interests before legislative, regulatory and judicial bodies and works to ensure advances in science are used for the public good.

Community

Community Toolbox

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

An essential resource created as an online community health/development-organizing manual.

Includes topics related to community capacity building and resource development.

Eat Smart, Move More...North Carolina

<http://www.eatsmartmovemorenc.com>

North Carolina statewide initiative that promotes increased opportunities for physical activity and healthy eating through policy and environmental change.

Maine State Resource

Maine Department of Agriculture, Food and Rural Resources

<http://www.getrealmaine.com>

The Maine Department of Agriculture, Food and Rural Resources Web site provides information, contacts and resources on where to find Maine producers of farm-fresh locally grown, raised or harvested food, plants and other farm products.



Web Resources (continued)

Schools

USDA Team Nutrition

<http://www.fns.usda.gov/tn/Default.htm>

Team Nutrition is a part of the National School Lunch Program and is designed to promote implementation of healthy eating policies and environments in schools.

National Association of State Boards of Education

<http://www.nasbe.org/healthyschools/index.mgi>

National Association of State Boards of Education aims to help policymakers and practitioners create safe, healthy and nurturing school environments for children and youth. *Fit, Healthy and Ready to Learn: A School Health Policy Guide* is a resource for schools to address nutrition policies.

National School Board Association

<http://www.nsba.org/schoolhealth/101packets.htm>

National School Board Association has information regarding Coordinated School Health. The *Healthy Eating 101* packet focuses on adopting coordinated school nutrition policies and programs that promote healthy eating through classroom lessons and a supportive school environment.



References

Clauson, A. Share of food spending for eating out reaches 47 percent. *FoodReview*. 1999; 22(3): 20-22.

Clauson, A. Spotlight on national food spending. *FoodReview*. 2000; 23(3): 15-17.

Guthrie, J.F.; Lin, B.H.; and Frazao, E. Role of food prepared away from home in the American diet, 1977-78 versus 1994-96: changes and consequences. *Journal of Nutrition Education and Behavior*. 2002; 34: 140-150.

Lin, B.H.; Guthrie, J.; and Frazao, E. American children's diets not making the grade. *FoodReview*. 2001; 24(2): 8-17.