

SCHOOL MEALS THAT ROCK:

Unified Strategies to Prevent Childhood Obesity,
Promote Healthy Weights, and Support Academic Success

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Nutrition for the Future ONLINE:

BLOG <http://eatwellatschool.blogspot.com/>

WEBSITE www.nutritionforthefuture.org (including PDFs of slides)

FACEBOOK [School Meals That Rock](#)

Dayle's Resources ONLINE:

Billings Gazette (regular semi-weekly columns)

www.billingsclinic.com/body.cfm?id=113

Eat Right Montana's Healthy Families (monthly packets)

www.eatrightmontana.org/eatrighthealthyfamilies.htm

To sign up for free monthly packets, send request to:

maryann.harris@montana.edu

Enriching Family Mealtimes (complete kit)

www.school-wellness.org/indeEnrichingFamilyMealtimesDownloads.aspx

FIT KIDS = HAPPY KIDS (poster)

www.eatrightmontana.org/PDF/Fit%20Kids%20=%20Happy%20Kids%20Poster.pdf

FIT KIDS = HAPPY KIDS (handout)

www.eatsmart.org/client_images/gd2005217920261.pdf

1. Serve SCHOOL MEALS THAT ROCK.

2. Partner up on FUTP60 and/or HUSSC.

3. Start to TOOT YOUR HORN every day.