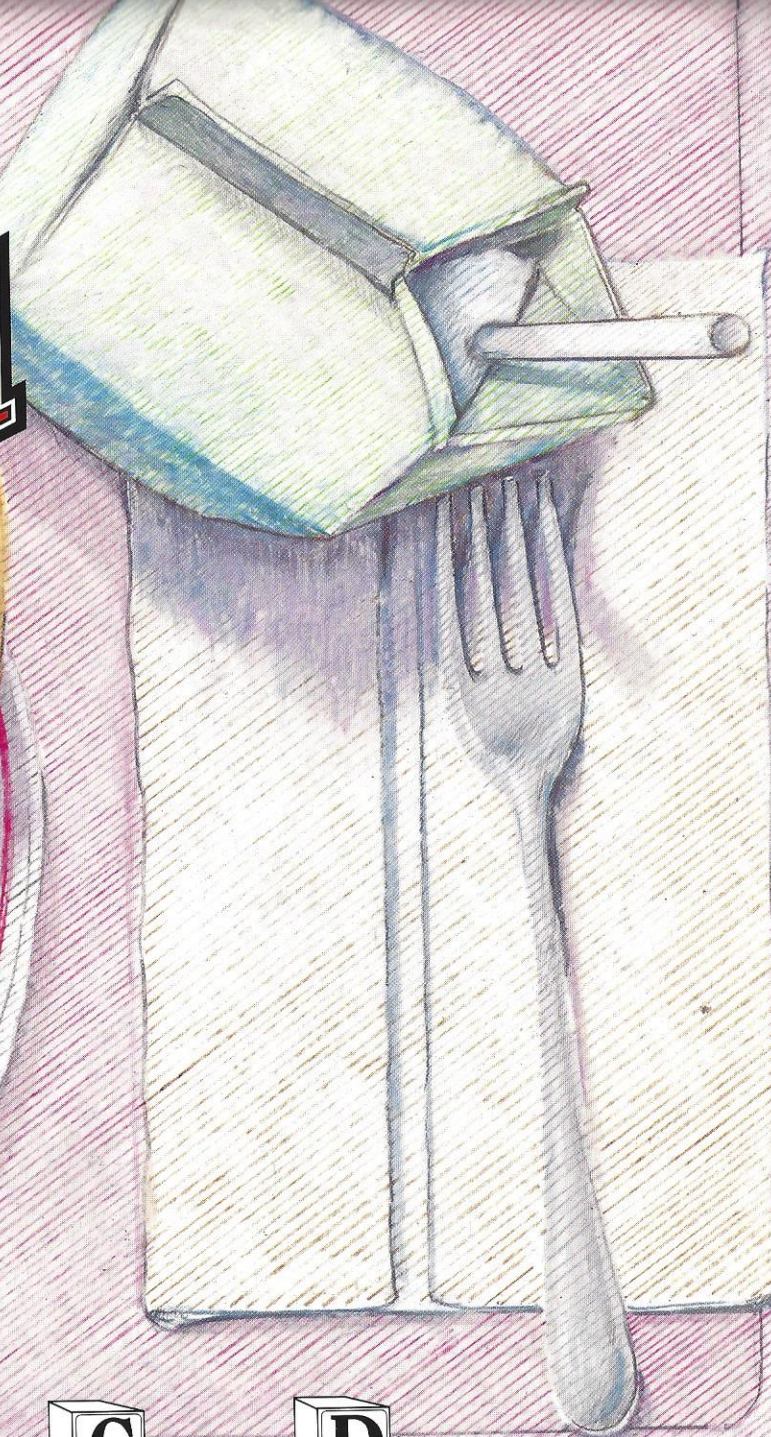
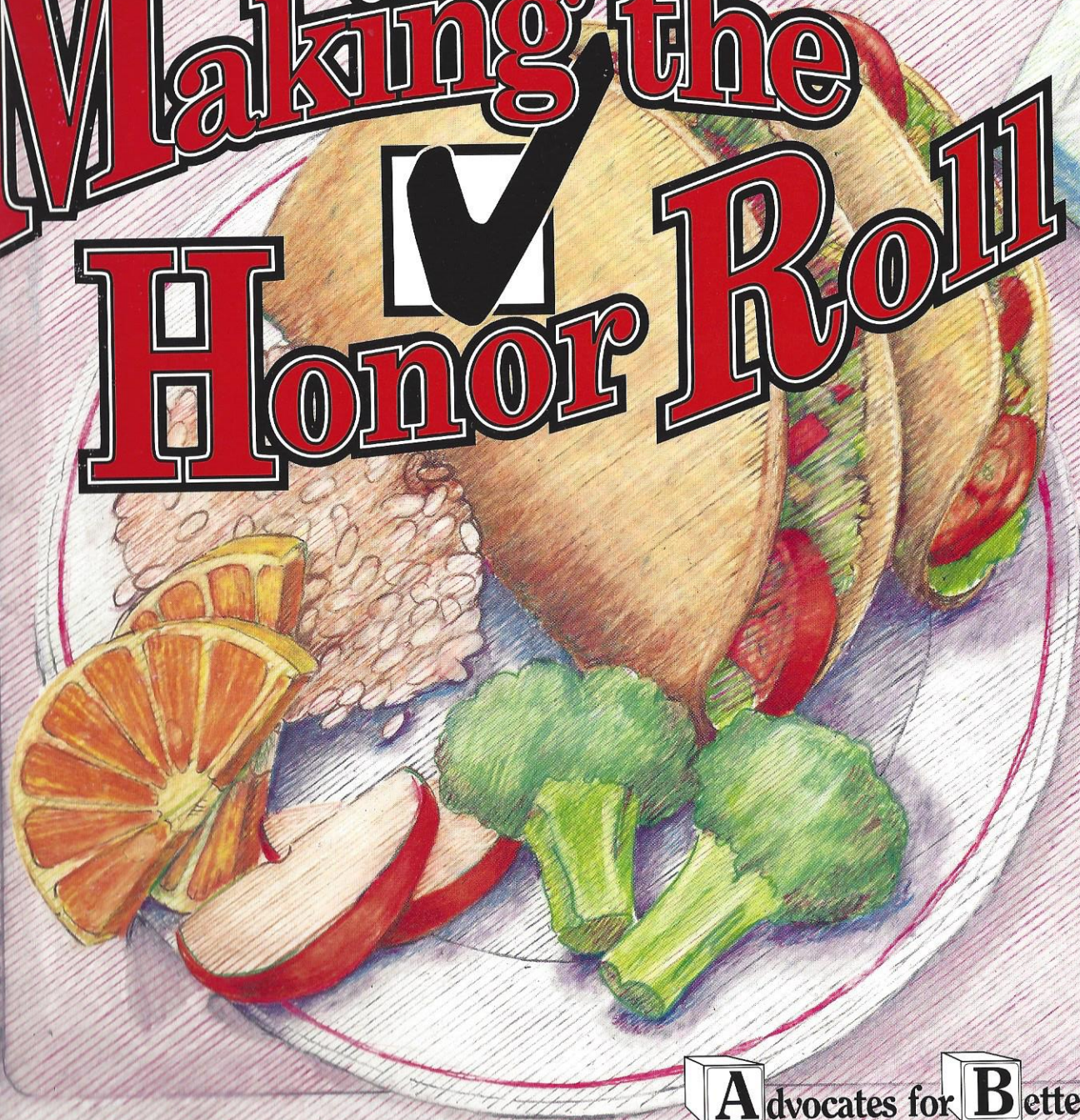


# Making the ✓ Honor Roll



**A**dvocates for **B**etter **C**hildren's **D**iets

# **A**dvocates for **B**etter **C**hildren's **D**iets

January, 1995

The Advocates for Better Children's Diets send you this copy of *Making the Honor Roll : A Community Action Guide to Improving Kids' Diets through Child Nutrition Programs* because you hold a position that can affect kids' education and health. This guide awards schools for serving meals that, on average, meet the USDA and DHHS' Dietary Guidelines for Americans. Out of one hundred individual schools and school districts that competed nationwide, twenty-one schools won praise. They excelled in nutrition education, outstanding leadership, community outreach, innovative marketing techniques, cost effectiveness, or increased participation. Honorable mention schools promoted wellness, linked nutrition education to the classroom and cafeteria, and diversified meals to meet the cultural needs of students.

*Making the Honor Roll* recognizes successful schools for stellar efforts to improve the nutritional quality of meals served to kids. It also serves as an action guide for other schools to improve their child nutrition programs. In those schools, parents, teachers, school administrators, coaches, the community, and students share a stake in healthy school meals. All have become change agents to improve school nutrition programs. We hope you will join these local efforts.

*Making the Honor Roll* vividly illustrates how schools have made the grade in good nutrition while increasing program participation and staying within budget. The packet contains eight individual pamphlets that cover a wide range of topics on successful school lunch programs:

Chapter 1	Building Blocks to Better Children's Diet One Step at a Time
Chapter 2	Roll Call (Highlights 21 schools that Made the Honor Roll)
Chapter 3	Much-Needed Resources Make It Happen
Chapter 4	Healthy Meals Sell
Chapter 5	Links from the Cafeteria to the Classroom and Community
Chapter 6	Formula for Fitness and Wellness
Chapter 7	Diversity Reshapes American and School Meals
Chapter 8	Conclusion: Call to Action
Appendices	Resource lists, school names and addresses, ABCD Statement of Nutrition Principles

We hope you will use the enclosed copy of *Making the Honor Roll* and share it with others. To order additional copies or to let us know how you like the guide, please call 202 659-1858.

Sincerely,

Advocates for Better Children's Diets

---

*Coordinating Committee:*

American Dietetic Association - Julie Stauss (202) 371-0500

Center for Science in the Public Interest - Michael Jacobson (202)332-9110

American Heart Association - Scott Ballin (202) 822-9380

National Association of State NET Coordinators - Lisa Kelly (202) 659-1858

Public Voice for Food and Health Policy - Allen Rosenfeld (202) 371-1840