

# LUKE CENTER FOR PUBLIC SERVICE

## Service Learning Teacher Institute 2010

### “Out-of-the-Box Nutritious Options”

#### Food Related Books and Journals List adapted from [www.centerforecoliteracy.org](http://www.centerforecoliteracy.org) February 2010

Broda, Herbert W.

#### **Schoolyard-Enhanced Learning: Using the Outdoors as an Instructional Tool, K–8**

Portland, ME: Stenhouse Publishers, 2007.

How-to advice on using school grounds and natural areas beyond the campus as outdoor classrooms, including lessons and activities for teaching content and developing skills in experiencing, observing, and learning from nature.

Center for Ecoliteracy

#### **Big Ideas: Linking Food, Culture, Health, and the Environment**

Berkeley: Center for Ecoliteracy, 2008.

Offers a conceptual framework for understanding the connections between food, food production, and personal and environmental health. Includes essential questions, sample activities, and key concepts drawn from Benchmarks for Science Literacy from the American Association for the Advancement of Science.

Cooper, Ann, and Lisa M. Holmes

#### **Lunch Lessons: Changing the Way We Feed Our Children**

New York: Collins Living, 2007.

The director of nutrition services for the Berkeley Unified School District critiques the state of children’s nutrition and offers advice, recipes, and recommendations for both parents and school food reformers.

Demas, Antonia

#### **Hot Lunch: A History of the School Lunch Program**

New York: Food Studies Institute, 2000.

Traces the origins and development of school meals programs in Europe and the United States, with attention to policy decisions made long ago that continue to affect efforts to improve school meals.

The Green Schools Initiative

#### **“Little Green Schoolhouse: Thinking Big about Ecological Sustainability, Children's Environmental Health and K–12 Education in the USA”**

Berkeley, CA: The Green Schools Initiative, 2005. Download at [www.greenschools.net/greenschools.pdf](http://www.greenschools.net/greenschools.pdf).

This downloadable 40-page guide from the Green Schools Initiative presents a framework and many examples for envisioning and reforming schools to provide healthy environments for students and staff and to promote ecological sustainability.



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Kiefer, Joseph, and Martin Kemple

**Digging Deeper: Integrating Youth Gardens Into Schools & Communities**

Montpelier, VT: Food Works/Common Roots Press, 1998.

A practical, step-by-step guide for creating successful youth gardens, with activities, project ideas, and resources for teaching communities about living sustainably in their local ecosystems.

Kingsolver, Barbara

**Animal, Vegetable, Miracle: A Year of Food Life**

New York: Harper Perennial, 2008.

The acclaimed novelist reports on her family's move to rural Virginia with the intention to buy food raised in their neighborhood, grow it themselves, or do without it.

Levine, Susan

**School Lunch Politics: The Surprising History of America's Favorite Welfare Program**

Princeton: Princeton University Press, 2008.

Traces the history of school lunch in the United States, with attention to the influence of the agricultural and commercial food industries and the consequences for the meals served to students.

Life Lab Science Program

**Getting Started: A Guide for Creating School Gardens as Outdoor Classrooms**

Berkeley: Center for Ecoliteracy, 1997.

This collaboration of the Life Lab Science Program and the Center for Ecoliteracy offers a step-by-step guide for starting a school garden and integrating it into the curriculum.

Pollan, Michael

**In Defense of Food: An Eater's Manifesto**

New York: Penguin Press, 2008.

Michael Pollan explores the replacement of food in Western diets with “edible foodlike substances,” and indicts the food industry and nutritional science for their complicity in shifting attention from food — and the pleasures of eating — to obsession with a nutrient-by-nutrient litany of isolated substances, viewed as the causes or cures for diet-related unhealthiness.

Poppendieck, Janet

**Free for All: Fixing School Food in America**

Berkeley: University of California Press, scheduled for publication 2010.

Illuminates the “deep politics” of the National School Lunch and Breakfast Programs from perspectives including history, policy, environmental sustainability, nutrition, and taste. Draws from extensive interviews with officials, workers, students, and activists.

Schlosser, Eric, and Charles Wilson

**Chew on This: Everything You Don't Want to Know about Fast Food**

New York: Houghton Mifflin, 2007.

The author of Fast Food Nation tells the whole story of fast food, including its social and nutritional consequences, for preteen readers.



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## **School Garden Weekly**

Los Angeles, CA

[sgw@schoolgardenweekly.com](mailto:sgw@schoolgardenweekly.com)

[www.schoolgardenweekly.com](http://www.schoolgardenweekly.com)

Weekly e-newsletter with relevant stories and instructional activities for school gardens.

Teachers College Columbia University

## **LiFE Curriculum Series: Growing Food; Farm to Table & Beyond; Choice, Control & Change**

New York and South Burlington, VT: Teachers College Columbia University and National Gardening Association, 2007–2010.

This series from Teachers College Columbia University is designed to teach children to think scientifically, using scientific evidence to construct theories about food and food systems that can lead to choices that promote ecological and personal health.

Tillman, Tiffany

## **Healthy Neighborhoods/Healthy Kids Guide**

Shelburne, VT: Shelburne Farms, 2008. Order at [www.shelburnefarms.org/prodinfo.asp?number=869](http://www.shelburnefarms.org/prodinfo.asp?number=869).

Contains lesson plans, tools, planning guides, and resources to help educators engage youth in creating livable and sustainable communities, based on the Healthy Neighborhoods/Healthy Kids program in Burlington, Vermont.

Waters, Alice

## **Edible Schoolyard: A Universal Idea**

San Francisco: Chronicle Books, 2008.

Alice Waters tells the story of the Edible Schoolyard at Martin Luther King Middle School in Berkeley and the growth of the idea of Edible Education, integrating academics with the growing, cooking, and sharing of wholesome and delicious food.



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## Food Related Government Resources & Website List adapted from [www.centerforecoliteracy.org](http://www.centerforecoliteracy.org) February 2010

### Child Nutrition Programs

Washington, DC

(202) 694-5050

[www.ers.usda.gov/Briefing/ChildNutrition](http://www.ers.usda.gov/Briefing/ChildNutrition)

This USDA Economic Research Service website features studies, reports, and other information about food assistance programs that exclusively or primarily serve children.

### Harvest of the Month: Network for a Healthy California

Sacramento, CA

(916) 449-5400

[www.harvestofthemonth.com](http://www.harvestofthemonth.com)

This California Department of Public Health program offers educators tools and resources for creating hands-on opportunities that help students learn the importance of eating fruits and vegetables and being active every day. Website includes downloadable “How to Grow Healthy Students” guide.

### Healthy Youth!

Washington, DC

(800) 232-4636

[www.cdc.gov/HealthyYouth](http://www.cdc.gov/HealthyYouth)

The Centers for Disease Control and Prevention’s Division of Adolescent and School Health provides resources for preventing health risk behaviors among children, adolescents, and young adults.

### Protecting Children’s Health

Washington, DC

(202) 564-2188

[www.epa.gov/region02/children](http://www.epa.gov/region02/children)

This webpage from EPA’s Region 2 includes well-organized information and links to national resources and contacts.

### School Meals

Alexandria, VA

(703) 305-2062

[www.fns.usda.gov/cnd](http://www.fns.usda.gov/cnd)

The USDA Food and Nutrition Service’s School Meals include the National School Lunch Program, School Breakfast Program, Special Milk Program, and Team Nutrition.



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**This Just In!  
February 2010**

## **Chef Ann Cooper's new website: [thelunchbox.org](http://thelunchbox.org)**

Famous chef who transformed the Berkeley Unified School district's lunch program has just launched a new website to share resources with educators. Over the next year, she is going to be posting things like food policy and guidelines, curriculum, financial models for food services, etc.

## **Jamie Oliver's TED talk: [http://www.ted.com/talks/jamie\\_oliver.html](http://www.ted.com/talks/jamie_oliver.html)**

Jamie Oliver, the chef who prodded the British government to overhaul the nation's school lunch program, was awarded the \$100,000 TED Prize on Wednesday at the annual TED conference, a series of lectures by experts from a wide range of fields including science, religion, and economics.

The award is intended to allow prominent people to articulate "one wish to change the world."

"My wish is for everyone to help create a strong sustainable movement to educate every child about food," he said, "to inspire families to cook again and to empower people everywhere to fight obesity."

In front of more than 1,500 people in Long Beach, Calif. and millions more who watched live over CNN.com, Mr. Oliver challenged his listeners to work with him.



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