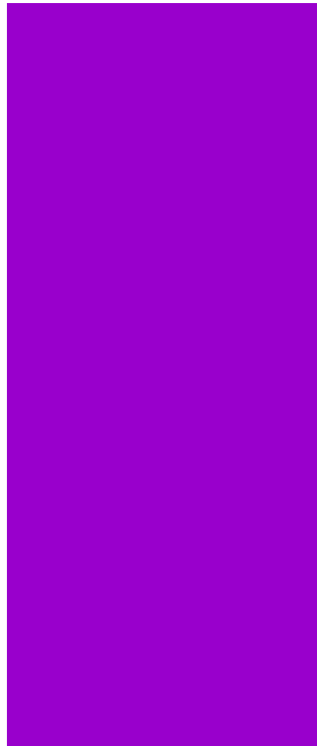




## Healthy Beverage and Sodium Reduction

# Resource Guide

Produced by Centers for Disease Control's REACH Obesity & Hypertension Demonstration Project



**Additional resources to help you create a healthy food and beverage environment**



## Boston Public Health Commission

Name: Swap the Salt / Deja La Sal Campaigns

Links: [www.bphc.org/swapthesalt](http://www.bphc.org/swapthesalt) [English]

[www.bphc.org/dejalasal](http://www.bphc.org/dejalasal) [Spanish]

Type of Resource: [Tips](#), [procurement guidelines](#), low-sodium ingredient guide, [low-sodium recipes](#), methods for [raising awareness](#) and making [policy changes](#), and additional [resources](#)

Name: Sugar Smarts / Azucar Sabia Campaigns

Links: [www.sugarsmarts.org](http://www.sugarsmarts.org) [English]

[www.bphc.org/azucarsabia](http://www.bphc.org/azucarsabia) [Spanish]

Type of Resource: [FAQ](#), [Fact Sheet](#), [Procurement guidelines](#), [healthy beverage recipe booklet](#), Healthy tips for [individuals](#) and [organizations](#), and additional [resources](#)

Name: Healthy Eating and Active Living

Links: <http://www.bphc.org/whatwedo/healthy-eating-active-living/Pages/Healthy-Eating-Active-Living.aspx>

Type of Resource: public health campaigns, local nutrition and physical activity resources

## Harvard School of Public Health

Name: Out of School Time Nutrition and Physical Activity (OSNAP) Initiative

Links: <http://osnap.org/>

Type of Resource: [Goals](#) to set, [Practice Assessment](#), [Policy Assessment](#), Additional [Resources](#) including an [Implementation Guide](#), [Tip Sheets](#), a [Policy-Writing Guide](#), and [Posters](#)

Name: Food & Fun After School

Links: <http://www.foodandfun.org/>

Type of Resource: [Trainings for Afterschool Program Staff](#), [Information for Parents](#) and [Kids](#)

## Harvard School of Public Health

Name: Improving the Food Environment through Nutrition Standards: a Guide for Government Procurement

Links: [http://www.cdc.gov/salt/pdfs/DHDSP\\_Procurement\\_Guide.pdf](http://www.cdc.gov/salt/pdfs/DHDSP_Procurement_Guide.pdf)

Type of Resource: Technical guide with a sample of nutritional standards, list of potential barriers and solutions, checklist of key decisions

Name: Improving Access to Drinking Water in Schools

Links: [http://www.cdc.gov/healthyyouth/npao/pdf/LWP\\_WaterAccess\\_Brief.pdf](http://www.cdc.gov/healthyyouth/npao/pdf/LWP_WaterAccess_Brief.pdf)

Type of Resource: Tipsheet with recommendations and resources

## Partnering Organizations and other Health Departments

Name: Knox County Healthy Vending Toolkit: a Guide for Healthy Snacks at Your Worksite

Links: [http://www.knoxcounty.org/health/pdfs/vending\\_toolkit.pdf](http://www.knoxcounty.org/health/pdfs/vending_toolkit.pdf)

Type of Resource: The toolkit includes nutritional guidelines, examples of assessment surveys, point of decision signage, sample letters to vendors, and policy-writing tips.

Name: King County Healthy Vending Guidelines

Links: [http://www.cspinet.org/new/pdf/kc\\_vending\\_guidelines.pdf](http://www.cspinet.org/new/pdf/kc_vending_guidelines.pdf)

Type of Resource: Vending guidelines include nutritional standards, tips, and best practices

Name: The Chicago Department of Public Health's Blueprint for Healthier Vending: Steps to ensure healthier food and beverage items in vending machines

Links: <http://www.cityofchicago.org/content/dam/city/depts/cdph/CDPH/BlueprintHealthierVending2013.pdf>

Type of Resource: Toolkit includes nutritional guidelines for food and beverages, sample surveys and assessments, sample contracts and points of consideration for negotiation, documents for communication (letters to vendors, promotional messages, sample press release), point of decision signage, checklists, and tips on how to read nutrition labels and maintain a healthy weight

Name: Bay Area Nutrition and Physical Activity Collaborative

Links: <http://www.banpac.org/>

Type of Resource: Toolkit for Implementing a Healthy Beverage Policy, examples of health and wellness policies for all types of organizations, educational materials such as lesson plans, tip sheets, and posters in both English and Spanish

Name: ChangeLab Solutions, Model Healthy Beverage Vending Agreement

Links: <http://changelabsolutions.org/publications/healthy-beverage-vending-agreement>

Type of Resource: Sample of a vending agreement between organizations and beverage and vending companies

Name: ChangeLab Solutions, Healthier Vending for Municipalities (Guide and Model Vending Agreement)

Links: <http://changelabsolutions.org/publications/healthier-vending-municipalities>

Type of Resource: A comprehensive implementation guide with an example of a healthy vending agreement

Name: ChangeLab Solutions, Developing a Healthy Beverage Vending Agreement

Links: [http://changelabsolutions.org/sites/default/files/HealthyVendngAgrmnt\\_FactSheet\\_FINAL\\_090311\\_rebranded.pdf](http://changelabsolutions.org/sites/default/files/HealthyVendngAgrmnt_FactSheet_FINAL_090311_rebranded.pdf)

Type of Resource: A concise four-page fact sheet with best practices

Name: National Policy & Legal Analysis Network to Prevent Childhood Obesity, District Policy Establishing a Healthy Vending Program

Links: [http://changelabsolutions.org/sites/default/files/DistPlcy\\_HealthyVending\\_FINAL.pdf](http://changelabsolutions.org/sites/default/files/DistPlcy_HealthyVending_FINAL.pdf)

Type of Resource: Example of a healthy vending policy

Name: ChangeLab Solutions, Understanding Healthy Procurement: Using Government's Purchasing Power to Increase Access to Healthy Food

Links: [http://changelabsolutions.org/sites/default/files/Understanding%20Healthy%20Procurement%202011\\_20120717.pdf](http://changelabsolutions.org/sites/default/files/Understanding%20Healthy%20Procurement%202011_20120717.pdf)

Type of Resource: Summary of procurement and ways to implement

Name: The Public Health Law Center, Healthy Beverage Collection

Links: <http://publichealthlawcenter.org/sites/default/files/phlc-guide-healthy-beverages-collection-2013.pdf>

Type of Resource: Policy and implementation guide, FAQ, Nutritional standards

Name: Eat Smart Move More North Carolina, Tools

Links: <http://www.eatsmartmovemorenc.com/AllTools.html>

Type of Resource: [Toolkit](#), [Healthy Meeting Guide](#), Nutrition Education Curriculums, [Healthy Fundraising](#), [Healthy Celebrations and Events](#), [Sample of policies](#)

Name: Center for Disease Control and Prevention, Healthy Hospital Choices

Links: <http://www.cdc.gov/nccdphp/dnpao/hwi/docs/HealthyHospBkWeb.pdf>

Type of Resource: Workplace wellness guide

Name: New York State Department of Health, Guidelines for Healthy Meetings

Links: [http://www.health.ny.gov/prevention/healthy\\_lifestyles/docs/guidelines.pdf](http://www.health.ny.gov/prevention/healthy_lifestyles/docs/guidelines.pdf)

Type of Resource: Tip Sheet

Name: Water Works: A Guide to Improving Water Access and Consumption in Schools to Improve Health and Support Learning

Links: <http://waterinschools.org/pdfs/WaterWorksGuide2014.pdf>

Type of Resource: Implementation guide

Name: Center for Science in the Public Interest, Nutrition Policy Page

Links: <http://www.cspinet.org/nutritionpolicy/index.html>

Type of Resource: A place for multiple resources including fact sheets, model policies, toolkits, and ideas for promotion, signage, and labeling

Name: The Prevention Institute, Recipes for Change

Links: <http://www.preventioninstitute.org/component/jlibrary/article/id-266/127.html>

Type of Resource: Strategies and policies, categorized by institution

Name: Center for Science in the Public Interest, National Association of City and County Health Officials, Healthy Beverage Initiative Toolkit

Links: <http://kresge.org/sites/default/files/Healthy-beverage-toolkit-2013-CSPI.pdf>

Type of Resource: Toolkit

Name: Columbus Public Health, Healthy Meeting Guidelines

Links: [http://www.columbus.gov/uploadedFiles/Public\\_Health/Content\\_Editors/Planning\\_and\\_Performance/Healthy\\_Children\\_Healthy\\_Weights/HealthyMeetingGuidelines\\_1.31.2013.pdf](http://www.columbus.gov/uploadedFiles/Public_Health/Content_Editors/Planning_and_Performance/Healthy_Children_Healthy_Weights/HealthyMeetingGuidelines_1.31.2013.pdf)

Type of Resource: Tip Sheet and Guidelines

Name: Centers for Disease Control and Prevention, Choosing Foods and Beverages for Healthy Meetings, Conferences and Events

Links: [http://www.cdc.gov/nccdphp/dnpa/pdf/Healthy\\_Worksite\\_food.pdf](http://www.cdc.gov/nccdphp/dnpa/pdf/Healthy_Worksite_food.pdf)

Type of Resource: Guidelines

Name: Massachusetts Public Health Association, Community Action to Change School Food Policy: An Organizing Kit

Links: [http://www.mphaweb.org/documents/CommunityActiontoChangeSchoolFoodPolicy\\_000.pdf](http://www.mphaweb.org/documents/CommunityActiontoChangeSchoolFoodPolicy_000.pdf)

Type of Resource: Comprehensive protocol and guide for implementing nutrition and wellness policies at schools. Include sample policies, self-assessment and research, and publicity suggestions.

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Name: Center for Science in the Public Interest, School Foods Tool Kit: A Guide to Improving School Foods and Beverages

Links: <http://www.cspinet.org/schoolfoodkit/>

Type of Resource: Comprehensive toolkit and implementation guide with sample documents and case studies

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Name: Healthy South Dakota, Concessions Model Policy

Links: <http://www.healthysd.gov/Communities/PDF/ModelConcessions.pdf>

Type of Resource: Example procurement standards, potential barriers and strategies, and suggestions for healthy foods.