New Resource: Guide to Ingredients to Eliminate from School Food

The new Ingredient Guide from School Food Focus is a resource intended for school food leaders and manufacturers with the goal of improving the nutritional quality and safety of foods served at every school. It contains a detailed list of unwanted ingredients, those to avoid and eliminate, and watch ingredients, those to beware of. A description of each ingredient and the potential concerns that accompany it are provided. Ingredients are organized by category, including artificial colors, preservatives, nitrates, and partially hydrogenated oils. This is a great resource to share with the school food service director in your county.

FarmRai$er: The Healthy, Local Fundraiser

FarmRai$er allows you to create a healthy, local, and sustainable fundraiser for your school’s PTA, organization, or cause. Schools, youth groups, bands, or other organizations can register with FarmRai$er and then the cultivators at FarmRai$er will create a custom online market for the organization and stock it with local farm products that you choose. Your organization sells these products online, with the mobile app, or with paper and a pen. Your organization earns 90% of the profits while learning about healthy, local food. On distribution day, students distribute farm-
fresh products while FarmRai$er pays the supplier and sends proceeds to your organization. Use referral code RFKM25 after starting your campaign to receive a $25 credit from FarmRai$er.

Join the **2016 National Kids Yoga Conference** from September 30 to October 2

**How to Sell Kids on Vegetables**

**This Texas Nonprofit is Helping Low-Income Families Eat More Fruits and Vegetables**

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**Healthy School Food Maryland** is a coalition of organizations and individuals in Maryland working for whole, real, local and safe foods for children in Maryland school cafeterias.

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