ICN’s sodium reduction worksheets can be found on the *Shaking It Up! Small Changes Lead to Big Flavors* landing page: www.theicn.org/shaking-it-up. All other hyperlinks included in the worksheets are listed here.

**SODIUM IN SCHOOL MEALS**

**Scoping Out Sodium in School Menus**

*What's New with the Nutrition Facts Label*

*FoodData Central*
https://fdc.nal.usda.gov/

**Sodium Swaps: Utilizing Product Substitution**

*Culinary Institute of Child Nutrition*
www.theicn.org/cicn

*ICN Food Safety Resources*
www.theicn.org/foodsafety

*Child Nutrition Recipe Box*
www.theicn.org/cnrb

**PROCURING LOWER-SODIUM PRODUCTS**

**Cooperative Purchasing Groups**
*USDA Foods*
https://www.fns.usda.gov/usda-fis

*ICN training Procurement of Foods: Cooperative Purchasing Groups*
https://theicn.org/icn-resources-a-z/procurement-of-foods-cooperative-purchasing-groups
Incorporating Local Foods in School Nutrition Programs

Land-Grant University – Extension
https://nifa.usda.gov/land-grant-colleges-and-universities-partner-website-directory

USDA Census of Agriculture
https://www.nass.usda.gov/AgCensus/

USDA Farm to School Census
https://farmtoschoolcensus.fns.usda.gov/

Seasonal Produce Guide
https://snaped.fns.usda.gov/seasonal-produce-guide

Salad Bars to Schools
https://www.saladbars2schools.org/

Montana’s Harvest of the Month Program
https://www.montana.edu/mtharvestofthemonth/

USDA Foods State-of-Origin Report
https://www.fns.usda.gov/usda-foods/state-origin-usda-foods

FFAVORS catalog

Office of Community Foods Systems
https://www.fns.usda.gov/cfs

Farm to School Grant Program
https://www.fns.usda.gov/cfs/farm-school-grant-program

Procuring Local Foods for Child Nutrition Programs guide

Procuring Local Foods resources

Procuring Local Foods for Child Nutrition Programs training
https://theicn.org/icn-resources-a-z/procuring-local-foods-for-child-nutrition-programs/

Avon Lake City Schools
https://www.avonlakecityschools.org/
Utilizing USDA Foods and USDA DoD Fresh Programs

**USDA Foods / USDA Foods In Schools**
https://www.fns.usda.gov/usda-fis

**USDA DoD Fresh / USDA DoD Fresh Fruit and Vegetable Program**
https://www.fns.usda.gov/usda-foods/usda-dod-fresh-fruit-and-vegetable-program

**USDA Foods Available List**
https://www.fns.usda.gov/usda-foods/usda-foods-expected-be-available

**USDA Foods Product Information Sheets**

**SNAP-Ed Seasonal Produce Guide**
https://snaped.fns.usda.gov/seasonal-produce-guide

USDA, FNS Contacts
https://www.fns.usda.gov/contacts/contact-map?f%5B0%5D=program%3A35

Writing Specifications That Limit Sodium

**Dietary Guidelines for Americans, 2020—2025**
https://www.dietaryguidelines.gov/

**A Guide to Smart Snacks in Schools**

**Guidance for Industry: Voluntary Sodium Reduction Goals**