



WORKSHEET SERIES HYPERLINK ADDRESSES

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 REDUCTION IN SCHOOL MEALS

Scoping Out Sodium in School Menus

[What's New with the Nutrition Facts Label](https://www.fda.gov/food/new-nutrition-facts-label/whats-new-nutrition-facts-label)

<https://www.fda.gov/food/new-nutrition-facts-label/whats-new-nutrition-facts-label>

[FoodData Central](https://fdc.nal.usda.gov/)

<https://fdc.nal.usda.gov/>

Sodium Swaps: Utilizing Product Substitution

[Culinary Institute of Child Nutrition](http://www.theicn.org/cicn)

www.theicn.org/cicn

ICN [Food Safety Resources](http://www.theicn.org/foodsafety)

www.theicn.org/foodsafety

[Child Nutrition Recipe Box](http://www.theicn.org/cnrb)

www.theicn.org/cnrb

Setting Weekly and Daily Sodium Goals

[Transitional Standards for Milk, Whole Grains, and Sodium](https://www.fns.usda.gov/cn/fr-020722)

<https://www.fns.usda.gov/cn/fr-020722>

[Dietary Guidelines for Americans, 2020–2025](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf)

https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

[Nutrient Analysis Protocols: How to Analyze Menus for USDA's School Meals Programs \(NAP Manual\)](https://www.fns.usda.gov/tn/Nutrient-Analysis-Protocols-Manual)

<https://www.fns.usda.gov/tn/Nutrient-Analysis-Protocols-Manual>

FDA's [Guidance for Industry: Voluntary Sodium Reduction Goals](#)

<https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-voluntary-sodium-reduction-goals>

Weighted Nutrient Analysis of Sodium

[USDA Approved Nutrient Analysis Software](#)

<https://www.fns.usda.gov/tn/usda-approved-nutrient-analysis-software>

[Nutrient Analysis Protocols: How to Analyze Menus for USDA's School Meal Programs \(NAP Manual\)](#)

<https://www.fns.usda.gov/tn/Nutrient-Analysis-Protocols-Manual>

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/mtharvestofthemoth/>

[USDA Foods State-of-Origin Report](#)

<https://www.fns.usda.gov/usda-foods/state-origin-usda-foods>

[FFAVORS catalog](#)

<https://www.fns.usda.gov/usda-foods/fresh-fruits-and-vegetables-order-receipt-system-ffavors>

[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](#)

https://fns-prod.azureedge.net/sites/default/files/f2s/F2S_Procuring_Local_Foods_Child_Nutrition_Prog_Guide.pdf

[Procuring Local Foods resources](#)

<https://www.fns.usda.gov/cfs/procuring-local-foods-child-nutrition-programs>

[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](#)

<https://www.fns.usda.gov/usda-fis/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>

Working With Your Procurement Partners

[“commercially processed, packaged, and prepared foods”](#)

<https://www.fda.gov/media/98264/download>

[Child Nutrition Recipe Box \(CNRB\)](#)

<https://www.theicn.org/cnrb>

[Popular Events Idea Booklet](#)

<https://www.fns.usda.gov/tn/popular-events-idea-booklet>

[Shawnee Mission School District](#)

<https://www.smsd.org/>

Writing Specifications That Limit Sodium

[Dietary Guidelines for Americans, 2020—2025](#)

<https://www.dietaryguidelines.gov/>

[A Guide to Smart Snacks in Schools](#)

<https://www.fns.usda.gov/tn/guide-smart-snacks-school>

[Guidance for Industry: Voluntary Sodium Reduction Goals](#)

<https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-voluntary-sodium-reduction-goals>

STUDENT ACCEPTANCE OF NEW LOWER-SODIUM MENU ITEMS

Engaging Students in Menu Development

Centers for Disease Control and Prevention's [School Meals](#)

<https://www.cdc.gov/healthyschools/nutrition/schoolmeals.htm>

Food Research & Action Center's

[Benefits of School Breakfast](#)

<https://frac.org/programs/school-breakfast-program/benefits-school-breakfast>

[Benefits of School Lunch](#)

<https://frac.org/programs/national-school-lunch-program/benefits-school-lunch>

United States Department of Agriculture's

[National School Lunch Program](#) fact sheet

<https://fns-prod.azureedge.us/sites/default/files/resource-files/NSLPSFactSheet.pdf>

[School Breakfast Program](#) fact sheet

<https://fns-prod.azureedge.us/sites/default/files/resource-files/SBPfactsheet.pdf>

[The School Day Just Got Healthier: School Administrators and Foodservice](#)

<https://www.fns.usda.gov/cn/school-day-just-got-healthier-school-administrators-and-foodservice>

[Healthy Schools Campaign](#)

<https://healthyschoolscampaign.org/programs/cooking-up-change/>

[ProStart®](#)

<https://chooserestaurants.org/programs/prostart/>

[Culinary Institute of Child Nutrition](#)

<https://theicn.org/cicn/>

[Engaging Student Influencers for Product Selection, Menu Planning, and Program Promotion](#)

<https://theicn.docebosaa.com/learn/signin>

[Whipping Up Wellness, Wisconsin Student Chef Competition](#)

<https://dpi.wi.gov/team-nutrition/whipping-up-wellness>

[Whipping Up Wellness Wisconsin Student Chef Competition 2022 Cookbook](#)

<https://dpi.wi.gov/sites/default/files/imce/team-nutrition/pdf/whipping-up-wellness-cookbook-2022.pdf>

[New Glarus School District](#)

<https://www.ngsd.k12.wi.us/>

Marketing and Promoting Healthier School Meals

[National School Lunch Week](#)

<https://schoolnutrition.org/about-school-meals/national-school-lunch-week/>

[National School Breakfast Week](#)

<https://schoolnutrition.org/about-school-meals/national-school-breakfast-week/>

[School Lunch Hero Day](#)

<http://www.schoollunchheroday.com/>

[Farm-to-School Month](#)

<https://www.farmentoschool.org/our-work/farm-to-school-month>

[Popular Events Idea Booklet](#)

<https://www.fns.usda.gov/tn/popular-events-idea-booklet>

[USDA Team Nutrition Posters](#)

<https://www.fns.usda.gov/tn/posters>

[Implementing and Managing a Student Nutrition Advisory Council](#)

<https://theicn.org/shaking-it-up/>

[How School Lunch Is Made and How You Can Help](#)

https://fns-prod.azureedge.us/sites/default/files/resource-files/How_School_Lunch_Is_Made.pdf

[Engaging Student Influencers for Product Selection, Menu Planning, and Program Promotion](#)

<https://theicn.docebosaa.com/learn/>

[Developing, Implementing, and Assessing Menu Surveys](#)

<https://www.theicn.org/shaking-it-up/>

[Planning, Implementing, and Assessing Taste-Test Surveys](#)

<https://www.theicn.org/shaking-it-up/>

[Taste-Testing Event Resources](#)

<https://www.fns.usda.gov/tn/taste-testing-event-resources>

Centers for Disease Control and Prevention's [School Meals](#)

<https://www.cdc.gov/healthyschools/nutrition/schoolmeals.htm>

Food Research & Action Center's

[Benefits of School Breakfast](#)

<https://frac.org/programs/school-breakfast-program/benefits-school-breakfast>

[Benefits of School Lunch](#)

<https://frac.org/programs/national-school-lunch-program/benefits-school-lunch>

United States Department of Agriculture's

[National School Lunch Program](#) fact sheet

<https://fns-prod.azureedge.us/sites/default/files/resource-files/NSLPFactSheet.pdf>

[School Breakfast Program](#) fact sheet

<https://fns-prod.azureedge.us/sites/default/files/resource-files/SBPfactsheet.pdf>

[The School Day Just Got Healthier: School Administrators and Foodservice](#)

<https://www.fns.usda.gov/cn/school-day-just-got-healthier-school-administrators-and-foodservice>

Team Nutrition [Nutrition Education Materials](#)

<https://www.fns.usda.gov/tn/nutrition-education-materials>

Wisconsin's Team Nutrition [Nutrition Education](#) webpage

<https://dpi.wi.gov/team-nutrition/nutrition-education>

The Dirt's [Incorporating Garden Produce into Healthy School Meal Recipes](#)

<https://content.govdelivery.com/accounts/USFNS/bulletins/34b5c16>

[Cooperative Extension](#)

<https://www.nifa.usda.gov/land-grant-colleges-and-universities-partner-website-directory>

[SNAP-Ed Educators](#)

<https://snaped.fns.usda.gov/state-snap-ed-programs>

Georgia Department of Education - School Nutrition [Harvest of the Month](#)

<https://snp.gadoe.org/SCE/Pages/Harvest-of-the-Month.aspx>

Collaborating With Your Community and Using Social Media

[Culinary Institute of Child Nutrition](https://theicn.org/cicn/)

<https://theicn.org/cicn/>

[Engaging Student Influencers for Product Selection, Menu Planning, and Program Promotion](https://theicn.docebos.com/learn)

<https://theicn.docebos.com/learn>

USING SPEED-SCRATCH FOOD PREPARATION TO REDUCE SODIUM

Principles of Speed-Scratch Food Preparation

[USDA Foods in Schools Product Information Sheets](https://www.fns.usda.gov/usda-fis/usda-foods-product-information-sheets)

<https://www.fns.usda.gov/usda-fis/usda-foods-product-information-sheets>

[Culinary Institute of Child Nutrition](https://theicn.org/cicn/)

<https://theicn.org/cicn/>

[Writing, Revising, and Updating a HACCP-Based Food Safety Plan for Schools Workshop](https://theicn.org/icn-resources-a-z/writing-a-haccp-based-food-safety-plan-for-schools)

<https://theicn.org/icn-resources-a-z/writing-a-haccp-based-food-safety-plan-for-schools>

[Food Safety Standard Operating Procedures](https://theicn.org/icn-resources-a-z/food-safety)

<https://theicn.org/icn-resources-a-z/food-safety>

[USDA Recipe Standardization Guide for School Nutrition Programs](https://theicn.org/cicn/usda-recipe-standardization-guide-for-school-nutrition-programs/)

<https://theicn.org/cicn/usda-recipe-standardization-guide-for-school-nutrition-programs/>

Equipping a Speed-Scratch Kitchen

[Salad Bars to Schools](https://www.saladbars2schools.org/)

<https://www.saladbars2schools.org/>

[Chef Ann Foundation](https://www.chefannfoundation.org/)

<https://www.chefannfoundation.org/>

[Whole Kids Foundation](https://www.wholekidsfoundation.org/)

<https://www.wholekidsfoundation.org/>

[School Nutrition Foundation Equipment Grants](https://schoolnutritionfoundation.org/equipment-grants/)

<https://schoolnutritionfoundation.org/equipment-grants/>

[USDA NSLP Equipment Assistance Grants](https://www.fns.usda.gov/grant/fy-2020-nslp-equipment-assistance-grants-school-food-authorities)

<https://www.fns.usda.gov/grant/fy-2020-nslp-equipment-assistance-grants-school-food-authorities>

[Action for Healthy Kids Grants & Support](https://www.actionforhealthykids.org/grants-support/)

<https://www.actionforhealthykids.org/grants-support/>

[ALDI Smart Kids Program](#)

<https://corporate.aldi.us/en/corporate-responsibility/community/aldi-cares-community-grants/>

[Fuel Up to Play 60](#)

<https://www.fueluptoplay60.com/funding-information>

[Walmart Foundation](#)

<https://walmart.org/how-we-give/local-community-grants>

[USDA Grant Opportunities](#)

<https://www.fns.usda.gov/fm/grant-opportunities>

[Tips for Preparing Grant Proposals](#)

<https://www.fns.usda.gov/fm/tips-preparing-grant-proposals>

Popular Speed-Scratch Menu Items

[Mississippi Recipes for Success](#)

<https://mrs.mdek12.org/recipe/Chicken-Quesadilla-USDA-Foods/>

[USDA Recipe Standardization Guide for School Nutrition Programs](#)

<https://theicn.org/cicn/usda-recipe-standardization-guide-for-school-nutrition-programs/>

[Healthy School Recipes](#)

<https://healthyschoolrecipes.com/recipes/spunky-vegetable-pizza/>

CULINARY APPROACHES TO REDUCE SODIUM

Mindfully Seasoning Your Menus

[Child Nutrition Recipe Box \(CNRB\)](#)

<https://theicn.org/cnrb/>

[Healthy School Recipes](#)

<https://healthyschoolrecipes.com/>

[Culinary Institute of Child Nutrition](#)

<https://theicn.org/cicn/>

CICN's [Spice Blend Poster](#)

<https://theicn.org/shaking-it-up/>

Strategies, Tips, and Tricks to Reduce Sodium and Enhance Flavor

[USDA Recipe Standardization Guide for School Nutrition Programs](https://theicn.org/cicn/usda-recipe-standardization-guide-for-school-nutrition-programs/)

<https://theicn.org/cicn/usda-recipe-standardization-guide-for-school-nutrition-programs/>

[Mac-n-Trees](https://vtfeed.org/news/mac-n-trees-new-school-cuisine)

<https://vtfeed.org/news/mac-n-trees-new-school-cuisine>

[Appendix A: Recipe Analysis Workbook](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Appendix_A.pdf)

https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Appendix_A.pdf

[Food Buying Guide for Child Nutrition Programs](https://foodbuyingguide.fns.usda.gov/Appendix/DownLoadFBG)

<https://foodbuyingguide.fns.usda.gov/Appendix/DownLoadFBG>

[Food Buying Guide Interactive Web-Based Tool](https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool)

<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

Food Buying Guide [Mobile App](https://www.fns.usda.gov/tn/food-buying-guide-mobile-app)

<https://www.fns.usda.gov/tn/food-buying-guide-mobile-app>

[Child Nutrition Recipe Box](https://theicn.org/cnrb/)

<https://theicn.org/cnrb/>

[iBites Recipe Videos](https://theicn.org/shaking-it-up/)

<https://theicn.org/shaking-it-up/>

[Herbs and Spices Posters](https://theicn.org/shaking-it-up/)

<https://theicn.org/shaking-it-up/>

[Harvest Delight](https://healthyschoolrecipes.com/recipes/harvest-delight/)

<https://healthyschoolrecipes.com/recipes/harvest-delight/>

[Herb Roasted Potatoes](https://healthyschoolrecipes.com/recipes/herb-roasted-potatoes/)

<https://healthyschoolrecipes.com/recipes/herb-roasted-potatoes/>

[Chicken Fajitas](https://theicn.org/cnrb/recipes-for-schools-main-dishes/chicken-fajitas/)

<https://theicn.org/cnrb/recipes-for-schools-main-dishes/chicken-fajitas/>

[Collard Greens](https://theicn.org/cnrb/recipes-for-schools-vegetables/collard-greens-usda-recipe-for-schools/)

<https://theicn.org/cnrb/recipes-for-schools-vegetables/collard-greens-usda-recipe-for-schools/>

[Chicken Stir Fry](https://theicn.org/cnrb/recipes-for-schools-main-dishes/chicken-stir-fry-usda-recipe-for-schools/)

<https://theicn.org/cnrb/recipes-for-schools-main-dishes/chicken-stir-fry-usda-recipe-for-schools/>

[Chinese-Style Vegetables](https://theicn.org/cnrb/recipes-for-schools-vegetables/chinese-style-vegetables/)

<https://theicn.org/cnrb/recipes-for-schools-vegetables/chinese-style-vegetables/>

[Honey Carrot Coins](https://healthyschoolrecipes.com/recipes/honey-carrot-coins/)

<https://healthyschoolrecipes.com/recipes/honey-carrot-coins/>

ICN's *Roasting Vegetables* [Manager's Corner](https://theicn.org/icn-resources-a-z/managers-corner) lesson plan

<https://theicn.org/icn-resources-a-z/managers-corner>

[Cooking Methods and Recipes](https://theicn.org/cicn/cooking-methods-and-recipes/)

<https://theicn.org/cicn/cooking-methods-and-recipes/>

[Chicken Fajitas - USDA Recipes for Schools](https://theicn.org/cnrbr/recipes-for-schools-main-dishes/chicken-fajitas/)

<https://theicn.org/cnrbr/recipes-for-schools-main-dishes/chicken-fajitas/>

[USDA Recipe Standardization Guide for School Nutrition Programs](https://theicn.org/cicn/usda-recipe-standardization-guide-for-school-nutrition-programs/)

<https://theicn.org/cicn/usda-recipe-standardization-guide-for-school-nutrition-programs/>