



### 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.



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### 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-

### Articles, Petitions and Events of Interest

Sign this [petition](#) to veto the Dark Act, allowing companies to use QR codes to label genetically modified foods instead of indicating it on the label.

[Montgomery County Vegetable Gardening Classes and Events](#), including the Grow it Eat it Open House hosted by the University of Maryland Extension on August 6

Register for [Urban Farming in Baltimore City](#) on July 28, 6 p.m. to 8 p.m.

[Is Gluten Taking the Blame for an Herbicide Problem?](#)

[The Relationship between Physical Activity and Diet and Young Children's Cognitive Development: A Systematic Review](#)

Submit to the [Food Policy Networks Annual Photo Contest](#) by August 31

[Public Health Fellowship in Government Announced](#)

Free [BOKS training](#) (Build Our Kids' Success) to learn how to get kids moving during school on September 3 from 9 a.m. to 1 p.m.

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](#)

**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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