

NUTRITION BEST PRACTICES

- ◆ Work with restaurants to revise their student rewards.
- ◆ Use other means besides food for fund-raising.



- ◆ Walk-a-thons
- ◆ Sell flowers
- ◆ Sell balloons
- ◆ Dunk a principal
- ◆ Rummage sales with school family donations



- ◆ Celebrate with non-food rewards ([click for ideas](#)).
- ◆ Implement recess before lunch.
- ◆ Discourage competition for food.
- ◆ Discourage bad eating habits (eating too fast, etc.).
- ◆ List the calories, carbohydrates, and fats for each meal served in the cafeteria so students can make good choices.
- ◆ Limit student choices at lunch.
- ◆ Have water vending machines at middle and high schools.
- ◆ Have students create recipe books for healthy living.
- ◆ Give daily nutrition education information via the announcements.
- ◆ Allow the school Wellness Committee to decide what exceptions are appropriate to the policy which restricts non-nutritious foods at celebrations ([click for ideas](#)).
- ◆ Request SAC support and promotion for the decisions made by the Wellness Committee.



NUTRITION BEST PRACTICES

- ◆ Institute Smiley labs.
- ◆ Encourage salad bars at every level.
- ◆ Distribute or make available handouts for parents.
- ◆ Demonstrate and share healthy cooking.
- ◆ Provide cafeteria tour and plan for taste testing.
- ◆ Educate by incorporating healthy nutrition options in health lessons.
- ◆ Offer samples of healthy food choices in the cafeteria to encourage students' healthy choices.
- ◆ Provide an approved list of food times allowed on campus.
- ◆ Have student exchange of healthy recipes in classroom.
- ◆ Host a wellness learning meeting.
- ◆ Schedule reminders to classroom teachers.
- ◆ Schedule recess before lunch.
- ◆ Recognize “honor and merit” students in the school newsletter.
- ◆ Reduce by one per week, breaded food choice available in the cafeteria.
- ◆ Discontinue lunch line rewards for students.
- ◆ Monitor the relevance of food used in the classroom.
- ◆ Include nutrition education on menus.
- ◆ Increase selections of healthful choices in staff lounge vending machines.



NUTRITION BEST PRACTICES

- ◆ Dialog between Wellness Committee and cafeteria manager to take a progressive approach to all aspects of offering healthy foods during the school day and during all school activities.
- ◆ Discourage students from bringing fast food to lunch.
- ◆ Use “wear what” as a fund raiser.
- ◆ Include healthy snack recipes in nutrition units as part of the regular curriculum.
- ◆ Monitoring by teachers of snack items brought to school by students to be eaten at snack time.
- ◆ Use flyers to keep parents informed of our Wellness initiatives.
- ◆ Work with Champs Café to announce healthy eating habits.
- ◆ Increase fruit and vegetable selections for students and staff.
- ◆ Prepare individual student Dietary Plans.
- ◆ Compile cafeteria choices with the county’s nutritious food choices. Present on TV with student chefs announcing calorie counts, saturated fat amounts, and carbohydrates in popular food choices.
- ◆ Limit student choices for extra desserts at lunch.
- ◆ Display nutritional posters in café and school halls.
- ◆ Encourage nutritional food for fund raising.
- ◆ Create health newsletter to staff.
- ◆ Provide booklets/newsletters on nutrition to families.
- ◆ Plan an American Heart Association with a Get Moving Night.

