

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.

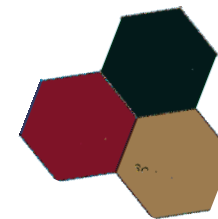
Have water vending machines at middle and high schools.

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.

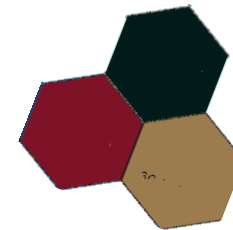
Reduce by one per week, breaded food choice available in the cafeteria.

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.

