

## STRATEGY I: Limit Unhealthy Choices for Snacks and Celebrations; Provide Healthy Choices

# how to implement

Here are many ideas for how to limit unhealthy choices and provide healthy ones. Pick and choose the ones that work best for your program!

● **Bolded items** mean there is a supporting handout in this section!

### HEALTHY CHOICES

include water, fruits, vegetables, whole grain foods, protein sources such as eggs, beans, dairy, fish, and poultry, and healthy fats such as nuts, seeds, and avocados.

### UNHEALTHY CHOICES

include foods and drinks high in sugar and/or salt such as soda, candy, cookies, cake, and chips.



### Limit unhealthy choices for snacks:

- Send home the **Ideas for Healthy Snacks** handout.
- Send home the **Snacks to Fuel Your Brain** handout.
- Respectfully decline unhealthy food donations using the **Navigating Food Donations** handout.
- Select healthier choices using the **This vs. That for Snacks** handout.

### Limit access to vending machines or work to ensure vending machines are stocked with healthy snack choices.

### Limit unhealthy choices for celebrations:

- Use the **Ideas for Healthy Foods for Celebrations** handout.
- **Present Fruits and Vegetables in Fun, Creative Ways.**
- Use the **Ideas for Non-Food Celebrations** handout.

### Ask kids and families to limit unhealthy choices for snacks and celebrations:

- Send home **Healthy Snack Ideas – Letter to Families.**
- Send home **Healthy Foods for Celebrations – Letter to Families.**
- Send home the **Healthy Party Sign-Up Sheet.**

### Involve kids in activities that promote healthy eating:

- Use the **Cooking with Kids** handout.
- Review the **Safely Working with Kids in the Kitchen** handout.
- Practice **Family-Style Meals and Snacks.**
- Start a garden at your program; review **Tried and True Advice for Starting a Garden.**
- **Hold a 5-2-1-0 Poster Contest.**
- **Conduct Taste Tests.**
- Use **5-A-Day Bracelets.**

### Decorate bulletin boards with healthy eating messaging.

### Eliminate unhealthy fundraisers:

- Use the **Healthy Fundraising Ideas – Cash without Calories** handout.

### Advocate for healthier sports teams:

- Know about **Sports and Snacks.**

continued

### **Maintain healthy habits even when off-site:**

- Use the **Guidelines for a Healthy Field Trip**

**Advocate for healthier snack options at your facility's concession stand/store by connecting with the person or group responsible for selecting food items and recommending healthy additions and alternatives.**

**Incorporate lessons on healthy food choices into your program time and share this knowledge with families by sending home the following handouts:**

- **Eat at Least Five Fruits and Vegetables a Day**
- **Healthy Shopping On a Budget**
- **Understanding Food Labels**
- **A Guide to Maine Seasonal Food**
- **Breakfast Is Best**
- **A Meal is a Family Affair**
- **Fruits and Vegetables, All Year Long!**
- **What is a Healthy Portion?**
- **Tips for a Healthier Diet**
- **Healthy Brown Bag Lunches**
- **Handling a “Choosy” Eater**
- **Phrases that HELP and HINDER**
- **Pick a Better Fast Food Option**

**Set a program policy that limits unhealthy choices for snacks and celebrations.**

- Refer to the **Let's Go! Guide to Success** in the Step 2: Tab for help with this.

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**LET'S GO!**

**5-2-1-0**