

STRATEGY 1: 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 school!

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.



Ask students and families to limit unhealthy choices for snacks:

- Send home **Healthy Snack Ideas – Letter to Families**.
- Provide students with the **Ideas for Healthy Snacks** handout.
- Provide students with the **Snacks to Fuel Your Brain** handout.

Limit unhealthy choices for celebrations:

- Use the **Ideas for Healthy Foods for Celebrations** handout.
- Use the **Ideas for Non-Food Celebrations** handout.

Ask students and families to limit unhealthy choices for celebrations:

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

Involve students in activities that promote healthy eating:

- Start a garden at your school; 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**.
- Encourage students to decorate bulletin boards with healthy eating messaging.
- Eliminate unhealthy fundraisers by using the **Cash without Calories! Healthy Fundraising Ideas** handout.
- Sell healthy choices at school event concession stands.
- Advocate for healthier sports teams at your school using the **Sports and Snacks** handout.

Help students learn how to make healthy food choices using the handouts below:

- **Eat at Least Five Fruits and Vegetables a Day**
- **Understanding Food Labels**
- **Breakfast is Best**
- **What's a Healthy Portion?**
- **Pick a Better Fast Food Option**

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

- Refer to the **Guide for Success packet** in the 'Step 2' tab for help with this.