

HEALTHY TOGETHER



ELEMENTARY SCHOOL

TOOLKIT

READY, SET, GO!

WELCOME TO THE HEALTHY TOGETHER ELEMENTARY SCHOOL TOOLKIT!

What's Healthy Together?

Led by Atrium Health through its Levine Children's Hospital together with community partners, the *Healthy Together* initiative is aimed at tackling childhood obesity by promoting healthy behaviors. Through engagement, education, collaboration and policy change, we're building a culture of healthy living in our community – and raising a healthier generation of kids.

Healthy Together encourages kids and families to join the 5-2-1-0 League by following the 5-2-1-0 behaviors:

- **5** - Eat at least five servings of fruits and vegetables every day
- **2** - Limit recreational screen time to fewer than two hours per day
- **1** - Be physically active for at least one hour per day
- **0** - Avoid sugary drinks, and instead aim for water or low-fat milk

What's Inside

Within this toolkit, you'll find handouts, tools and resources that will guide and support you in bringing the messages and activities of *Healthy Together* to your school. Take time to get familiar with the contents of the toolkit and keep it handy. And don't pass up the chance to achieve special 5-2-1-0 recognition for your school!

Thank you for working with us to improve the health of our community's kids. Let's get started!

Questions? Contact the *Healthy Together* program manager:
healthytogether@AtriumHealth.org

The resources found in the toolkit have been adapted from the Let's Go! materials:
www.lets-go.org



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HEALTHY TOGETHER

PARTNER STRUCTURE

It takes a big team to make *Healthy Together* a success. These are the roles and responsibilities of each *Healthy Together* partner.

PROGRAM
COORDINATOR



COUNTY
COORDINATOR



SETTING
LEAD



SITE
CHAMPION



SCHOOL
HEALTH
TEAM

Program Coordinator

The Program Coordinator is located at Atrium Health in Charlotte, NC. They develop the structure, framework, marketing materials, evaluation plan and scorecard, and communicate with coordinators and setting leads.

The Program Coordinator is responsible for:

- Overseeing all *Healthy Together* programs across the Atrium Health footprint
- Developing and maintaining frameworks for multiple counties
- Establishing and maintaining partners who can implement the *Healthy Together* model locally
- Creating and managing annual evaluation activities and data collection
- Creating and managing program tools and resources, including toolkits, e-newsletters, the website, and trainings

County Coordinator

The County Coordinator is instrumental in guiding and maintaining the frameworks to be implemented in all settings (e.g., schools, early childcare, out-of-school, clinical, etc.) in a given county.

The County Coordinator is responsible for:

- Recruiting and training Setting Leads
- Collecting county data
- Communicating with Setting Leads and Site Champions regularly
- Providing technical assistance to Setting Leads

Setting Lead

The Setting Lead is responsible for sites that fall under one setting in a given county. They work directly with Site Champions and their teams. The Setting Lead is the Site Champion's local *Healthy Together* contact.

The Setting Lead is responsible for:

- Registering sites to participate in the *Healthy Together* program designed for their designated setting
- Working with a Site Champion to go through the *Healthy Together* "5-Step Path to Success," helping to change a site's environment and policies to support healthy behaviors
- Connecting Site Champions to healthy eating and active living resources in the community
- Communicating, training, and supporting evaluation activities



PARTNER STRUCTURE

Site Champion

Every *Healthy Together* registered school has a Site Champion to lead their school through the “5-Step Path to Success.” The Site Champion is someone who is at the school daily, and who knows and can help influence the healthy eating and physical activity practices at the school.

Site Champions lead the positive changes in a school environment. The role includes:

- Signing up their school with the local *Healthy Together* Setting Lead, being listed as the *Healthy Together* Site Champion, and giving their contact information
- Reviewing the *Healthy Together* Action Planning Packet each year with their team and determining what their school wants to achieve that year
- Ensuring that parents, administrators, and all staff are aware of and, if possible, included in the work
- Sharing the 5-2-1-0 message and *Healthy Together* resources with parents and staff
- Reaching out to the *Healthy Together* Program Coordinator with any questions, challenges, or successes they come across in their efforts to increase healthy eating and physical activity
- Completing the *Healthy Together* Survey each spring with the assistance of their team

School Health Team

Schools are encouraged to gather a team to help support the Site Champion’s efforts. There is evidence that schools that have a team are able to make more improvements than those that don’t have a team.

The *Healthy Together* (or 5-2-1-0) team can be an already-existing team (e.g., a wellness team, parent advisory group, leadership team, etc.), or it can be a newly created one. The team could include a variety of individuals who are part of the school in some way (e.g., teachers, administrators, parents, staff, or students), and who share the vision of creating a healthier school environment. How often a team meets is dependent on the goals of the group and the availability of the team members.



THE SCIENTIFIC RATIONALE



FIVE SERVINGS OF FRUITS & VEGETABLES

A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development, and for optimal immune function in children. High daily intake of fruits and vegetables among adults is associated with lower rates of chronic diseases such as heart disease, stroke, high blood pressure, diabetes, and possibly, some types of cancers. Emerging science suggests fruit and vegetable consumption may help prevent weight gain, and when total calories are controlled, may be an important aid to achieving and sustaining a healthy weight.



TWO HOURS OR LESS OF SCREEN TIME

Watching too much television (TV) and use of other screen media is associated with an increased prevalence of overweight and obesity, lower reading scores, and attention problems. The American Academy of Pediatrics (AAP) recommends no more than 2 hours of screen time a day and that children under age 2 not watch any TV or other screen media. The AAP recommends keeping the TV and computer out of the bedroom.



ONE HOUR OR MORE OF PHYSICAL ACTIVITY

Regular physical activity is essential for weight maintenance and prevention of chronic diseases such as heart disease, diabetes, colon cancer, and osteoporosis. While most school-age children are quite active, physical activity sharply declines during adolescence. Children who are raised in families with active lifestyles are more likely to stay active as adults than children raised in families with sedentary lifestyles.



ZERO SUGARY DRINKS

Sugar-sweetened beverage consumption has increased dramatically since the 1970s; high intake among children is associated with overweight and obesity, displacement of low-fat milk consumption, and dental cavities. The AAP recommends that children 1–6 years old consume no more than 4–6 ounces of 100% juice per day and youth 7–18 years old consume no more than 8–12 ounces. Water provides a low-cost, zero-calorie beverage option and is a healthy alternative to sugary drinks.

* Screen time includes time spent watching television, playing video games, or using a computer, smartphone, or tablet. Recreational screen time is screen time used for non-educational purposes.



DEFINITIONS

SPEAKING THE LANGUAGE

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

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.

SUGARY DRINKS include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

PHYSICAL ACTIVITY is any movement that increases heart rate and breathing such as running, climbing, jumping, dancing, etc.

SCREENS include TVs, computers, video games, tablets, and smartphones.

RECREATIONAL SCREEN TIME is screen time used for non-educational purposes.

CELEBRATIONS honor a special day or event.

A FOOD REWARD is a food used to encourage good behavior.



5-2-1-0 LEAGUE

CHARACTER BIOS

SCREEN MACHINE

Screen Machine started as a simple smart phone, but as he kept using more and more electricity, he created a force field that attracted a collection of electronics, gizmos and bright screens. With his bright gadgets and new technology, Screen Machine attempts to get boys and girls to become part of the Legion of Lazy. Don't be fooled by his shiny metallic outer shell because somewhere underneath those wires and digital screens is a memory chip that remembers what it was like to follow 5-2-1-0.



GROUCH POTATO

Once a healthy spud and member of 5-2-1-0 League, Grouch Potato fell into the hands of Screen Machine and became the lazy tater he is today. He spent too much time in front of the TV, exercised less and less and drank sugary drinks – all to the delight of Screen Machine. Over time, he changed into the grouch we see today, but it's not too late for him to change! By following 5-2-1-0 we can remind him of his healthier days and help lead him back to the 5-2-1-0 League.



CAPTAIN ACTIVE

As the leader of 5-2-1-0 League, Captain Active sets a good example of what it means to be active and gives the community tips for how they can exercise to live healthy lives to the fullest. When he puts on his captain armband, you can feel the enthusiasm as he is ready to go and lead the 5-2-1-0 League into action.



DOCTOR FIT

Always there with the right information at the right time, Doctor Fit knows her stuff. She understands the importance of eating right, exercising regularly and reducing recreational screen time. Most importantly, she wants kids to stay away from sugary drinks that can start them down the path to the Legion of the Lazy. She knows how Screen Machine tried to get kids to make unhealthy choices and educates children on healthier alternatives.



5-2-1-0 LEAGUE

Children bring the energy that keeps the 5-2-1-0 League strong and growing. They learn that following 5-2-1-0 is the best way to be healthy – because we all win when everyone is active. Living the 5-2-1-0 life makes them stronger by the minute and gets them ready to teach their healthy ways to the Legion of Lazy.



STEP ONE

ENGAGE

 ENGAGE



PROGRAM OVERVIEW

5-2-1-0 GOES TO SCHOOL

Healthy Together is an initiative that helps schools, child care programs, out-of-school programs, workplaces, and healthcare practices maintain and improve upon their healthy food choices and physical activity opportunities. 5-2-1-0 Goes to School is designed to be easy and efficient to weave into your busy day. We help you look at your current successes and then build upon them. We guide you in connecting all of your efforts back to your community, creating greater impact on the families you serve.

Healthy Together promotes the 5-2-1-0 message:



**FIVE SERVINGS
OF FRUITS &
VEGETABLES**



**TWO HOURS OR
LESS OF
SCREEN TIME**



**ONE HOUR OR
MORE OF PHYSICAL
ACTIVITY**



**ZERO SUGARY
DRINKS**

Our goal is to help you go from where you are to wherever you want to be!

5-2-1-0 Goes to School follows five easy steps for using evidence-based strategies to improve the policies, practices, and environments that influence healthy eating and active living in schools.



This resource is adapted from Let's Go! materials. www.lets-go.org.



PROGRAM OVERVIEW

5-2-1-0 GOES TO SCHOOL

**IT'S TIME
TO GET
STARTED!**

For more information,
email us at
[healthytogether@
CarolinasHealthCare.org](mailto:healthytogether@CarolinasHealthCare.org).

Healthy Together helps participating schools to:

- Reflect on their nutrition and physical activity environment and make changes to support healthy behaviors in students.
- Increase healthy eating in students by providing appropriate foods and beverages, and role modeling healthy eating behaviors.
- Increase opportunities for physical activity.
- Reach out to parents to promote healthy behaviors at home.
- Promote the 5-2-1-0 message.
- Work towards stronger District Wellness Policies.

What will you receive?

- Personalized help to meet your school's unique nutrition and physical activity goals.
- A free toolkit loaded with resources for both your staff and your families.
- Opportunities for free training for you and staff members.
- Regular communications from *Healthy Together*.
- Opportunity to network with other schools across the region, just like yours, working to improve the health of our children.

What is expected of your school?

- The commitment to set nutrition and physical activity goals and then work towards achieving them.
- The completion of the *Healthy Together* Survey each spring.

**TAG US ON SOCIAL MEDIA WITH
#HEALTHY2GETHER**

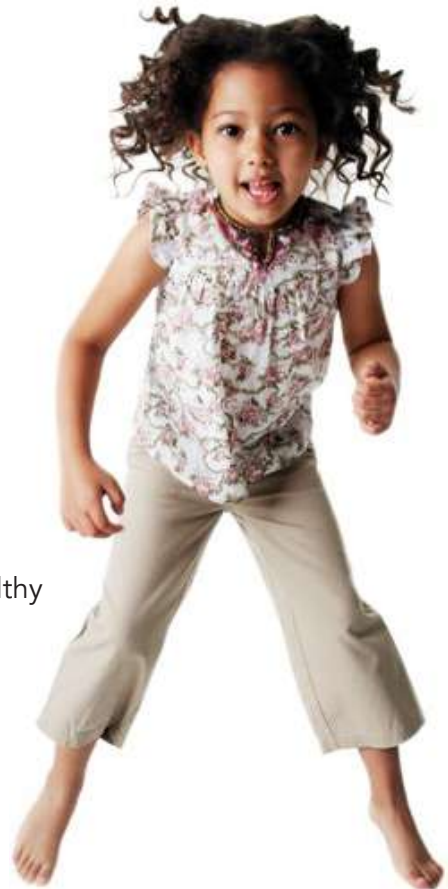


HEALTHY TOGETHER'S

10 STRATEGIES FOR SUCCESS

The 10 Strategies for Success are evidence-based and align with national recommendations to increase healthy eating and active living. Refer to your toolkit for ideas on how to implement each strategy. *Healthy Together* recommends creating and implementing strong policies around these strategies.

1. Limit unhealthy choices for snacks and celebrations; provide healthy choices.
2. Limit or eliminate sugary drinks; provide water.
3. Prohibit the use of food as a reward.
4. Provide opportunities to get physical activity every day.
5. Limit recreational screen time.
6. Participate in local, state, and national initiatives that support healthy eating and active living.
7. Engage community partners to help support healthy eating and active living.
8. Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
9. Implement a staff wellness program that includes healthy eating and active living.
10. Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.



HEALTHY TOGETHER ASSEMBLY

TAKE THE HEALTHY LIVING PLEDGE!

Sample Letter

Contact your Setting Lead for a version of this letter that you can modify.

Atrium Health's Levine Children's Hospital and [school name] are teaming up throughout the year to bring *Healthy Together*, a fun new health effort, to your family and your school! This initiative is based on a national program that focuses on creating healthier environments.

Healthy Together encourages families to join the 5-2-1-0 League and follow healthy habits every day. As an addition to [school name]'s physical education curriculum, the program helps encourage the healthy behaviors of 5-2-1-0 at school.

What is 5-2-1-0?

5-2-1-0 is your family's game plan for healthy living, outlining daily habits that promote a healthy weight:

- o **5** - Eat at least five servings of fruits and vegetables.
- o **2** - Limit recreational screen time, including television, video game and smartphone viewing, to fewer than two hours per day.
- o **1** - Be physically active for at least one hour per day.
- o **0** - Avoid sugary drinks, and instead aim for water or low-fat milk.



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**ZERO SUGARY
DRINKS**

How can my family participate?

Atrium Health will hold a *Healthy Together* School Assembly on [day, date].

To prepare for the assembly, your child has received a family pledge form for you to review, complete and return by [day, date]. Classes that turn in the most pledges will be awarded a prize!

We invite you to learn more about healthy behaviors with your child during this program and be on the lookout for more information on 5-2-1-0 soon! Don't hesitate to get involved or ask what we are working on.

For healthy tips and activities, with your family, visit

AtriumHealth.org/HealthyTogether.



IN THE KNOW

FAQ

1. Why is our school working with *Healthy Together*?

Healthy Together provides a framework for schools to create a healthier environment. The strategies and the 5-2-1-0 message are promoted at other *Healthy Together* schools, child care programs, out-of-school programs, and health care practices in our community and throughout the region. Together, we can help ensure a healthy environment for children throughout the day.

2. Who does the 5-2-1-0 message apply to?

While physical activity needs can vary by age, the 5-2-1-0 message applies to everyone. It is an easy-to-remember healthy lifestyle message which encourages increased physical activity and healthy eating.

3. Why the 5-2-1-0 message?

There is scientific rationale supporting each component of the 5-2-1-0 message. The 5-2-1-0 message makes it easy to have an open discussion about ways to increase physical activity and healthy eating.

4. Is this one more thing that I have to do?

No, *Healthy Together's* goal is to "bring you from where you are to where you want to go." To make it easy for you, we help you design an Action Plan around what you are interested in doing and have created tools and resources designed to fit easily into your daily routine. We provide personalized assistance and training, including helping you to find the resources you need.

5. What are the recognition levels and how are they achieved?

They are part of the 5-Step Path to Success. There are three levels: Bronze, Silver and Gold. These levels focus on implementation, communication and environmental changes at your school. More resources and policy examples on recognition-level criteria can be found in the Celebrate section of this toolkit.

6. How do I use the toolkit?

The toolkit is designed to align with your *Healthy Together* work throughout the year as you progress through the 5-Step Path to Success. There is a tab designated for each of the 5 steps, and within each tab are specific handouts, tools, and resources that will guide and support you through that step. Take time to become familiar with the contents of the toolkit and keep it next to you when you are making your Action Plan for the year.

7. How important are my health behaviors to the success of this project?

Role modeling is an important part of changing behaviors among children. Besides parents, teachers and school staff spend the most time with children and are an important influence in their lives. If you practice good health behaviors, the children will notice and are more likely to pick up the behaviors themselves.



IN THE KNOW

FAQ

8. What if one of the concepts in the toolkit contradicts our practices?

If at any point you feel uncomfortable with any of the ideas or concepts endorsed in the toolkit, do not proceed with that topic. There are many different strategies that you can try, so you can find one that better suits your style or practices.

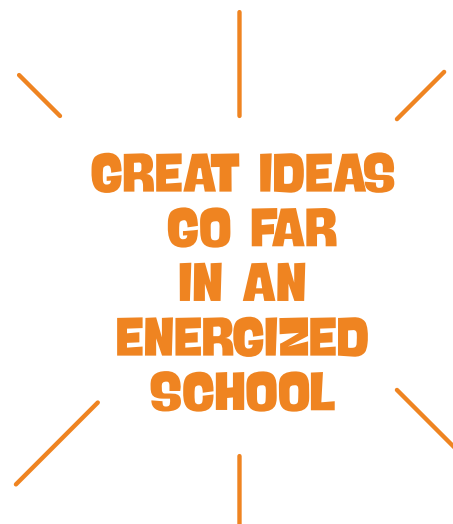
9. Will discussion of the 5-2-1-0 message lead to an increase in eating disorders such as anorexia nervosa?

There is no current evidence that bringing up healthy behaviors in a positive manner leads to disordered eating. The 5-2-1-0 message is an easy way to discuss general healthy choices that apply to everyone. Its purpose is to spread healthy behaviors. Research supports the idea that interventions like *Healthy Together* may actually help prevent eating disorders in early adolescent girls.

(Austin SB, Kim J, Wiecha J, Troped PJ, Feldman HA, Peterson KE. School-based overweight preventive intervention lowers incidence of disordered weight-control behaviors in early adolescent girls. *Arch. Pediatr. Adolesc. Med.* 2007;161(9):865-869).

10. Is *Healthy Together* designed to replace any existing health-focused programs at my school?

We realize that some schools might have existing programs designed to improve physical activity and nutrition behaviors and that's great! *Healthy Together* is not intended to replace those programs, but instead meant to enhance and supplement your current school's efforts.



STEP TWO

CREATE AN ACTION PLAN

2 CREATE AN
ACTION PLAN



INTRODUCTION TO HEALTHY TOGETHER

ACTION PLANNING PACKET

Our goal is to help you go from where you are to wherever you want to be!

If you need assistance using the packet, you can contact your local *Healthy Together* Setting Lead for technical assistance.

Why should I use the *Healthy Together* Action Planning Packet?

- The *Healthy Together* Action Planning Packet is a tool designed to help you develop a successful *Healthy Together* Action Plan for the school year. The packet will help you identify:
 - What your school is already doing in support of the 10 Strategies for Success.
 - Where you want to focus your efforts this year.
 - What steps you need to take to achieve your goal(s).

When do I use the *Healthy Together* Action Planning Packet?

- At the start of every school year.
- Throughout the year to guide your work and that of other staff and/or team members.

How do I use the *Healthy Together* Action Planning Packet?

- Start with the Getting Started Checklist to be sure you have all the basics in place for the school year.
- Next, complete the questions for each strategy. This will help you see where your school currently stands on each of the 10 Strategies for Success, and will help you plan where you may want to focus your efforts for the year.
- Once you have a good idea of what you want to work on, fill out the Action Plan at the end of the packet.
- Make sure you complete the packet with your team members.

What else can the *Healthy Together* Action Planning Packet be used for?

- Use it to help get others on board! You don't need to fill it out by yourself! Who else can help?
- You can use the questions for each strategy to prepare for the *Healthy Together* survey sent out in the spring. These questions are the same as the survey questions.



HEALTHY TOGETHER

ACTION PLANNING PACKET FOR SCHOOLS

Healthy Together is a nationally recognized program that promotes evidence-based strategies to increase healthy eating and active living among children through the age of 18.



**FIVE SERVINGS OF
FRUITS & VEGETABLES**



**TWO HOURS OR
LESS OF SCREEN TIME**



**ONE HOUR OR MORE
OF PHYSICAL ACTIVITY**



ZERO SUGARY DRINKS



PACKET OVERVIEW

This packet is designed to help you develop a successful *Healthy Together* Action Plan for the school year. The questions will help you understand what your staff is already doing in support of the 10 Strategies for Success and where you want to focus your efforts this year.

Directions:

1. Review the 10 Strategies for Success.
2. Complete the Getting Started Checklist.
3. Assess your current environment by answering the *Healthy Together* Strategy Questions.
4. Create your Action Plan.

Remember, we are here to take you from where you are to where you want to go!

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School Name: _____

Date Completed: _____

Completed by: _____

For assistance with your *Healthy Together* Action Plan,
contact us at healthytogether@AtriumHealth.org.



10 STRATEGIES FOR SUCCESS

The 10 Strategies for Success are evidence-based and align with national recommendations to increase healthy eating and active living. Please refer to the *Healthy Together* toolkit for ideas on how to implement each strategy. *Healthy Together* recommends creating and implementing strong policies around these strategies.

1. Limit unhealthy choices for snacks and celebrations; provide healthy choices.
2. Limit or eliminate sugary drinks; provide water.
3. Prohibit the use of food as a reward.
4. Provide opportunities to get physical activity every day.
5. Limit recreational screen time.
6. Participate in local, state and national initiatives that support healthy eating and active living.
7. Engage community partners to help support healthy eating and active living.
8. Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
9. Implement a staff wellness program that includes healthy eating and active living.
10. Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.

Definitions:

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

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.

Sugary drinks include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

Physical activity is any movement that increases heart rate and breathing such as running, climbing, jumping, dancing, etc.

Screens include TVs, computers, video games, tablets, and smartphones.

Recreational screen time is screen time used for non-educational purposes.

Celebrations honor a special day or event.

A **food reward** is a food used to encourage good behavior.



5-2-1-0 GOES TO SCHOOL:

GETTING STARTED CHECKLIST

Hip hip hooray! We are so excited to have you join the team of hundreds of sites that are participating in *Healthy Together* and helping students be healthy and ready to learn!

Review the list and check off any of the steps you have completed. You can then work on the other steps and check them off as you go.

At the start of the year:

- We have a 5-2-1-0 toolkit and all staff know where to find it.
- We have a team of at least a few people who are helping to bring 5-2-1-0 to life in our school and who meet a couple of times a year (this may be your wellness team).
- We are familiar with the 10 Strategies for Success.
- We have 5-2-1-0 posters up in key locations such as the front office, cafeteria, and in hallways (reach out to your *Healthy Together* Coordinator if you need additional posters).
- We have made our school community (administrators, teachers, PTA/PTO, cafeteria staff, parents, etc.) aware of our participation in 5-2-1-0 Goes to School and they know what 5-2-1-0 means.

As the year goes on:

- We send home 5-2-1-0 parent handouts.
- We encourage all staff to role model 5-2-1-0.
- We integrate the 5-2-1-0 message into our healthy eating and physical activity curriculum and projects.
- We complete the *Healthy Together* survey each year to capture our progress.
- We celebrate our successes – even the small ones!



CHECKLIST 1

LIMIT UNHEALTHY CHOICES FOR SNACKS AND CELEBRATIONS; PROVIDE HEALTHY CHOICES

Questions for Strategy 1

Does staff at your school limit unhealthy choices for celebrations?

- No
- Yes, some staff (less than 50%)
- Yes, most staff (50% or more)
- Yes, school-wide (100%)
- Not applicable, our school never has food or drinks at celebrations
- Don't know

Does staff at your school encourage families to limit unhealthy choices that are brought in from home for school celebrations?

Examples may include sending home a celebration sign-up sheet with only healthy options or setting classroom guidelines or policies.

- No
- Yes, some staff (less than 50%)
- Yes, most staff (50% or more)
- Yes, school-wide (100%)
- Not applicable, our school never has food or drinks at celebrations
- Don't know

Does staff at your school encourage families to limit unhealthy choices for snacks that are brought in from home?

Examples may include sending home a list of recommended snacks or setting classroom guidelines or policies.

- No
- Yes, some staff (less than 50%)
- Yes, most staff (50% or more)
- Yes, school-wide (100%)
- Don't know

Describe what your school staff is already doing in support of this strategy.

Is there anything else your school staff would like to do for this strategy this year? If so, please describe.



CHECKLIST 2

LIMIT OR ELIMINATE SUGARY DRINKS; PROVIDE WATER

Questions for Strategy 2

Does staff at your school promote drinking water during the school day?

Examples may include allowing students to carry water bottles, ensuring water fountains are in good working order, or holding water breaks.

- No
 - Yes, some staff (less than 50%)
 - Yes, most staff (50% or more)
 - Yes, school-wide (100%)
 - Don't know
-

Does staff at your school encourage families to limit or eliminate sugary drinks brought in from home?

- No
 - Yes, some staff (less than 50%)
 - Yes, most staff (50% or more)
 - Yes, school-wide (100%)
 - Don't know
-

Describe what your school staff is already doing in support of this strategy.

Is there anything else your school staff would like to do for this strategy this year? If so, please describe.



CHECKLIST 3

PROHIBIT THE USE OF FOOD AS A REWARD

Questions for Strategy 3

Does staff at your school prohibit the use of food as a reward?

- No
 - Yes, some staff (less than 50%)
 - Yes, most staff (50% or more)
 - Yes, school-wide (100%)
 - Don't know
-

Does staff at your school use physical activity as a reward?

Examples may include having open free gym time instead of a pizza party or providing an extra 5 minutes of recess as a reward.

- No
 - Yes, some staff (less than 50%)
 - Yes, most staff (50% or more)
 - Yes, school-wide (100%)
 - Don't know
-

Describe what your school staff is already doing in support of this strategy.

Is there anything else your school staff would like to do for this strategy this year? If so, please describe.



CHECKLIST 4

PROVIDE OPPORTUNITIES TO GET PHYSICAL ACTIVITY EVERY DAY

Questions for Strategy 4

Does staff at your school provide opportunities to get physical activity during every school day (not including recess)?

Examples may include regular physical activity breaks, physical activity integrated into the curriculum, or daily PE.

- No
- Yes, some staff (less than 50%)
- Yes, most staff (50% or more)
- Yes, school-wide (100%)
- Don't know

Does your school provide daily recess for students in grades K–5?

- No
- Yes
- Not applicable, our school does not have grades K–5
- Don't know

Does any staff at your school take away recess as a punishment?

- No, our staff does not withhold recess as a punishment
- Yes, at least some staff withholds recess as a punishment
- Not applicable, our school does not have recess
- Don't know

Describe what your school staff is already doing in support of this strategy.

Is there anything else your school staff would like to do for this strategy this year? If so, please describe.

Recommendations for recess and physical education:

Elementary school students should receive at least 20 minutes of recess daily.

The National Association for Sport and Physical Education

Elementary school students should receive at least 150 minutes of physical education per week.

Shape America: Physical Education Guidelines

Middle/high school students should receive at least 225 minutes of physical education per week.

Shape America: Physical Education Guidelines

Physical education classes should include moderate to vigorous physical activity for at least 50% of the class time.

Shape America: Guide for Effective Physical Education Policy



CHECKLIST 5

LIMIT RECREATIONAL SCREEN TIME

Questions for Strategy 5

Does staff at your school support families in limiting screen time?

Examples may include sending home suggestions for screen time alternatives, hosting family activity nights, providing screen-free activity bags or hosting screen-free challenges.

- No
- Yes, some staff (less than 50%)
- Yes, most staff (50% or more)
- Yes, school-wide (100%)
- Don't know

Does staff at your school limit recreational screen time?

- No
- Yes, some staff (less than 50%)
- Yes, most staff (50% or more)
- Yes, school-wide (100%)
- Don't know

Describe what your school staff is already doing in support of this strategy.

Is there anything else your school staff would like to do for this strategy this year? If so, please describe.



CHECKLIST 6

PARTICIPATE IN LOCAL, STATE AND NATIONAL INITIATIVES THAT SUPPORT HEALTHY EATING AND ACTIVE LIVING.

Questions for Strategy 6

Does staff at your school participate in any local, state or national initiatives, other than *Healthy Together*, that support healthy eating and active living?

Check all that apply:

- Farm to School
- Fuel up to Play 60
- National Nutrition Month
- National Screen-Free Week
- Physical Education Program (PEP)
- Walk or Bike to School
- No, our school does not participate in any initiatives
- Don't know
- Other (specify):

Describe what your school staff is already doing in support of this strategy.

Is there anything else your school staff would like to do for this strategy this year? If so, please describe.



CHECKLIST 7

ENGAGE COMMUNITY PARTNERS TO HELP SUPPORT HEALTHY EATING AND ACTIVE LIVING

Questions for Strategy 7

Does staff at your school engage community partners, other than your *Healthy Together* Coordinator, to help support healthy eating and active living at your school?

Check all that apply:

- College student volunteers
- Cooperative Extension
- Farmers
- Librarians
- Local businesses
- SNAP-Ed nutrition educators
- No, our school does not work with any community partners
- Don't know
- Other (specify):

Describe what your school staff is already doing in support of this strategy.

Is there anything else your school staff would like to do for this strategy this year? If so, please describe.



CHECKLIST 8

PARTNER WITH AND EDUCATE FAMILIES IN ADOPTING AND MAINTAINING A LIFESTYLE THAT SUPPORTS HEALTHY EATING AND ACTIVE LIVING

Questions for Strategy 8

Does your 5-2-1-0 Goes to School team include parents?

- No
 - Yes
 - Not applicable, we do not have a team for our *Healthy Together* work
 - Don't know
-

Does staff at your school provide families with educational material on healthy eating and active living?

Examples may include brochures, tip sheets or in-person educational sessions.

- No
 - Yes, some staff (less than 50%)
 - Yes, most staff (50% or more)
 - Yes, school-wide (100%)
 - Don't know
-

Describe what your school staff is already doing in support of this strategy.

Is there anything else your school staff would like to do for this strategy this year? If so, please describe.



CHECKLIST 9

IMPLEMENT A STAFF WELLNESS PROGRAM THAT INCLUDES HEALTHY EATING AND ACTIVE LIVING

Questions for Strategy 9

Does your school have a staff wellness program?

- No
 - Yes
 - Don't know
-

Does your school provide opportunities for your staff to learn about healthy eating and active living?

- No
- Yes
- Don't know

Examples may include providing staff training or educational handouts.

Does staff at your school role model healthy eating and active living behaviors for students?

- No
- Yes, some staff (less than 50%)
- Yes, most staff (50% or more)
- Yes, school-wide (100%)
- Don't know

Examples may include staff participating in active time, eating and drinking only healthy foods in front of students, practicing healthy staff celebrations and meetings, or using breaks to get physical activity.

Describe what your school staff is already doing in support of this strategy.

Is there anything else your school staff would like to do for this strategy this year? If so, please describe.



CHECKLIST 10

COLLABORATE WITH FOOD AND NUTRITION PROGRAMS TO OFFER HEALTHY FOOD AND BEVERAGE OPTIONS.

Questions for Strategy 10

Does your 5-2-1-0 Goes to School team include school nutrition staff?

- No
- Yes
- Not applicable, we do not have a team for our *Healthy Together* work
- Don't know

Does staff at your school collaborate with the school nutrition program to host educational food opportunities for students?

Examples may include *Eat Your Way Through the Rainbow*, *March through the ABCs*, *taste testing*, *kitchen tours*, etc.

- No
- Yes, some staff (less than 50%)
- Yes, most staff (50% or more)
- Yes, school-wide (100%)
- Don't know

Does staff at your school coordinate food events/celebrations with school nutrition staff?

- No
- Yes, some staff (less than 50%)
- Yes, most staff (50% or more)
- Yes, school-wide (100%)
- Don't know

Describe what your school staff is already doing in support of this strategy.

Is there anything else your school staff would like to do for this strategy this year? If so, please describe.



EXAMPLE ACTION PLAN

Look back through the 10 strategies and choose 1 to 3 strategies that you would like to focus on this year. List them here:

1. Limit unhealthy choices for snacks and celebrations; provide healthy choices.
2. Provide opportunities to get physical activity every day.
3. Limit or eliminate sugary drinks; provide water.

Write one goal for each strategy that you selected above.

- Goal 1. Our entire school will encourage families to limit unhealthy celebrations.
 Goal 2. Every classroom teacher will provide at least one five minute classroom activity break every day.
 Goal 3. Our entire school will encourage families to not send sugary drinks in for snacks and to provide water instead.

What steps do you need to take to achieve your goals? List the tasks below:

What are the tasks for Goal 1?	Who will complete task?	By when?
1a Work with the principal to obtain approval to send home the Healthy Snack Ideas and Healthy Foods for Celebrations Letters to Families.	Bill (Teacher, 5-2-1-0 Champion) Barbara (Principal)	September 31
1b Send the letters home.	Classroom Teachers	October 15
1c Gather feedback from the staff at November staff meeting on how it is going; problem solve as necessary.	Bill to lead conversation	November 20

What are the tasks for Goal 2?	Who will complete task?	By when?
2a Work with the principal to give staff permission and encouragement to provide physical activity breaks throughout the day.	Bill Barbara	October 10 (Staff development day)
2b Provide classroom teachers with activity break options by making copies of Motor Breaks and Games for Elementary Schools booklet for each classroom.	Sheila (Administrative Assistant)	October 10
2c Gather feedback from teachers and work with the PE teacher to tailor activities, if needed.	Bill	October 24
2d Recognize the teachers who provide the most physical activity; recognition will be through intercom announcements and at school celebrations.	Chris (Teacher/Team member)	Monthly, Ongoing

What are the tasks for Goal 3?	Who will complete task?	By when?
3a Work with the principal to obtain approval to send home the Limit Sugary Drinks Sent in From Home Letter to Families.	Bill Barbara	September 31
3b Send the letter home.	Classroom Teachers	October 15
3c Gather feedback from the staff at November staff meeting on how it is going; problem solve as necessary.	Bill to lead conversation	November 20
3d Work with the teachers to role model behavior and only drink water in the classroom. Recognize teachers who are seen drinking water with "I've been caught being health" stickers.	Jane	November 20, Ongoing



Remember to let people know about your efforts and to promote 5-2-1-0 throughout the community. Refer to your *Healthy Together* Action Plan regularly to make it happen. Your *Healthy Together* partners are here to help you. Let's keep in touch!

HEALTHY TOGETHER ACTION PLAN

Look back through the 10 strategies and choose 1 to 3 strategies that you would like to focus on this year. List them here:

1. _____
2. _____
3. _____

Write one goal for each strategy that you selected above.

Goal 1. _____

Goal 2. _____

Goal 3. _____

What steps do you need to take to achieve your goals? List the tasks below:

What are the tasks for Goal 1?	Who will complete task?	By when?
1a _____		
1b _____		
1c _____		
1d _____		

What are the tasks for Goal 2?	Who will complete task?	By when?
2a _____		
2b _____		
2c _____		
2d _____		

What are the tasks for Goal 3?	Who will complete task?	By when?
3a _____		
3b _____		
3c _____		
3d _____		



Remember to let people know about your efforts and to promote 5-2-1-0 throughout the community. Refer to your *Healthy Together* Action Plan regularly to make it happen. Your *Healthy Together* partners are here to help you. Let's keep in touch!

STEP THREE

IMPLEMENT ACTION PLAN

3 IMPLEMENT
ACTION PLAN



WELCOME TO STEP 3

IMPLEMENT ACTION PLAN!

**Jump
In!**

This section, Implement Action Plan, is filled with ideas on exactly HOW you can put your *Healthy Together* efforts into action! You'll notice that the pages in this section are organized by the 10 Strategies for Success, so you can turn right to the strategy (or strategies!) you will be focusing on this year. Within each strategy tab you will find the following pages:

WHY pages – Each strategy has one WHY page explaining the science behind the strategy, and why it is important.

HOW pages – Each strategy also has a HOW page with a list of specific and ready-to-use ideas for how to implement the strategy. Several of the ideas on the HOW page also have supporting pages you will find later in that section.

Supporting pages – These pages provide more details on some of the ideas listed on the HOW page. Some can be used as parent handouts, and some are great for sharing with staff.

As an example, here is how First Street School may use this section: **First Street School is preparing their Action Plan for the year, so they turn to the 'Step 3: Implement Action Plan' tab to find ideas and resources that will support them. One of the strategies they are working on in their Action Plan is "Strategy #3: Prohibit the use of food as a reward." So, they do the following within this section:**

1. They turn to the sub tab, Strategy #3, and immediately find the WHY document that gives them the science behind why the strategy is important.
2. Energized by the knowledge of why Strategy #3 is important, they turn to the next page, which is the HOW page – a list of ideas on how to implement Strategy #3.
3. They choose a few ideas from the HOW page to add to their Action Plan. They notice that two of the ideas they selected have supporting pages and look for these documents in the following pages.
4. They get some ideas from the supporting pages and add them as tasks on their Action Plan. Now, having all the ideas and supporting documents they need to implement Strategy # 3, they confidently go forth and implement Strategy #3 as part of their Action Plan.
5. First Street School ends up completing all the goals on their Action Plan earlier than expected. So, mid-year, they come back to the 'Step 3: Implement Action Plan' Tab for more ideas on how to expand their efforts.



STEP THREE

IMPLEMENT ACTION PLAN

STRATEGY ONE

LIMIT UNHEALTHY CHOICES FOR SNACKS AND
CELEBRATIONS; PROVIDE HEALTHY CHOICES



STRATEGY 1: LIMIT UNHEALTHY CHOICES FOR SNACKS AND CELEBRATIONS; PROVIDE HEALTHY CHOICES

WHY DOES IT MATTER?

Snacks can be good or bad for kids' diets, depending on the choices we offer. Limiting unhealthy choices and providing healthy snacks can improve students' behavior, focus, attention span, academic achievement, and attendance. Too much junk food and an unhealthy diet decreases academic performance.¹⁻⁴

Snacks are a bigger part of kids' diets than in the past. More snacking and unhealthy snack foods (e.g., potato chips, cookies, and candy) are major factors linked with childhood obesity. When the foods are healthier, snacking can be linked to reduced obesity.^{5,6}

Classroom celebrations can happen a lot and most foods served are usually high in sugar, fat, and calories.⁷ Limiting unhealthy choices and having healthy celebrations will support what kids are learning in the classroom about healthy behaviors.

Serving healthy snacks to kids:

- Provides good nutrition.
- Supports lifelong healthy eating habits.
- Helps reduce the risk of developing long-lasting health conditions.^{8,9}

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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!

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 families to limit unhealthy choices for snacks:

- Send home Healthy Snack Ideas – Letter to Families.
- Send home the Ideas for Healthy Snacks handout.
- Send home the Snacks to Fuel Your Brain handout.
- Organize a Monthly Snack Program.

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 families to limit unhealthy choices for celebrations:

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

Involve kids 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.
- Use the Classroom Healthy Snack Tally handout.
- Conduct Taste Tests.
- Use 5-A-Day Bracelets.
- Decorate bulletin boards with healthy eating messaging.
- Eliminate unhealthy fundraisers by using the 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 families learn how to find, select, and serve healthy foods by sending home the handouts below:

- Eat at Least Five Fruits and Vegetables a Day
- Healthy Shopping on a Budget
- Understanding Food Labels
- Carolinas Seasonal Food Guide
- Breakfast is Best
- A Meal is a Family Affair
- Fruits and Vegetables, All Year Long!
- What's a Healthy Portion?
- Tips for a Healthier Diet
- Handling a "Choosy" Eater
- Phrases that HELP and HINDER
- Pick a Better Fast Food Option

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

- Refer to the *Healthy Together* Recognition Program packet in the "Step 5: Celebrate" Tab for help with this.

LETTER TO FAMILIES

HEALTHY SNACK IDEAS

HEALTHY SNACKS HELP KIDS GROW!

Sample Letter

Contact your Setting Lead for a version of this letter that you can modify.

Dear Families,

As a part of our efforts towards supporting healthy, ready-to-learn students, we encourage students to bring healthy snacks to school. Healthy snacks help students maintain energy throughout the day and help ensure they are ready to focus and learn. We want your kids to be the healthiest they can be!

Here are some healthy snack ideas to fuel your kids:

- Turkey or Ham Roll-Ups: Sliced turkey or ham rolled up with cheese
- Snack Kabobs: Veggie or fruit chunks and cheese cubes skewered onto thin pretzel sticks
- Cottage Cheese or Yogurt with Fruit and/or Granola: Try using fresh grapes, frozen berries, or canned peaches or pineapple
- Crackers with Nut Butter or Hummus
- String Cheese
- Veggies and Dip
- Trail Mix: Whole grain cereal (e.g., Cheerios, Mini-Wheats, Wheat Chex) mixed with dried fruit (e.g., raisins, cranberries, apricots) and nuts
- Baked Tortilla Chips with Hummus or Salsa and Guacamole
- Fresh Fruit: Apples, cherries, grapes, bananas, pears, oranges...fruit is nature's portable, ready-to-eat snack!

The *Healthy Together* program works where children and families live, learn, work, and play to help make the healthy choice the easy choice. *Healthy Together* encourages families to adopt the 5-2-1-0 message:



**FIVE SERVINGS
OF FRUITS &
VEGETABLES**



**TWO HOURS OR
LESS OF
SCREEN TIME**



**ONE HOUR OR
MORE OF PHYSICAL
ACTIVITY**



**ZERO SUGARY
DRINKS**

For more information about *Healthy Together*, visit AtriumHealth.org/healthytogether. Thank you for joining us in our commitment to healthy, ready-to-learn kids!

Sincerely,



IDEAS FOR HEALTHY SNACKS

Boost overall nutrition with healthy snacks. Keep the energy going all day long!

Popular vegetables that can be served raw with healthy dips, spreads, and salad dressings include:

- Broccoli trees
- Baby carrots
- Celery sticks – add some nut butter and raisins...ants on a log
- Cucumber coins
- Pepper strips – red, green, or yellow
- Snap peas
- Snow peas
- String beans
- Grape or cherry tomatoes
- Zucchini slices

Mix it up by serving fresh fruit as a salad or as kabobs!

Fruit is naturally sweet and most kids love it. Choosing fresh fruit guarantees you're getting no added sugar:

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementines
- Grapefruit
- Grapes – red, green, or purple
- Honeydew melon
- Kiwifruit
- Mandarin Oranges
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines

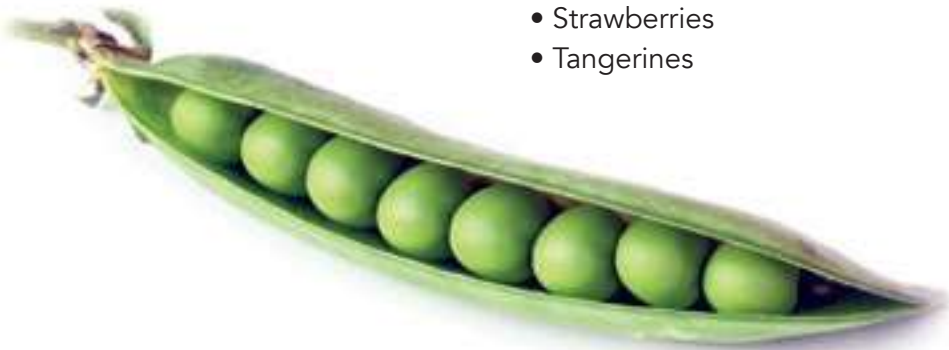
Bean dips, guacamole, hummus, salsa, and nut butters are all great for dipping or spreading!

Some other popular fruit forms among the kiddos:

- Applesauce (unsweetened)
- Canned fruit (in 100% juice or water)
- Dried fruit – try raisins, apricots, apples, cranberries, and fruit leathers with little or no added sugar
- Frozen fruit (check the label to be sure there is just fruit and no added sugar in the bag)

It's a good idea to balance out snacks by serving foods from different food groups. So during your next snack time serve a fruit or vegetable WITH one of these foods:

- Whole wheat English muffins, pitas, or tortillas
- Breakfast cereals – choose whole grain, low-sugar options like Cheerios, Grape-Nuts, Raisin Bran or Mini-Wheats
- Whole grain crackers like Triscuits or Wheat Thins
- Popcorn
- Baked tortilla chips
- Nuts or nut butter
- Unsweetened yogurt
- Cheese cubes
- Cottage cheese



SNACKS

TO FUEL YOUR BRAIN

EVERYONE IS HUNGRY AND TIME IS LIMITED. TRY SOME OF THESE QUICK SNACKS THAT REQUIRE LITTLE PREP TIME!

- Veggies and Dip: Baby carrots, cucumber slices, red pepper slices, broccoli, cherry tomatoes, snap peas, or celery sticks served with hummus, salad dressing, or other dip.
- Vegetable Sticks with Spread: Celery or carrot sticks topped with nut butter or cream cheese (add some raisins to make "ants on a log"!))
- Snack Kabobs: Veggie or fruit chunks skewered onto thin pretzel sticks.
- Sweet Potato Fries: Baked sweet potato wedges, tossed lightly with olive oil and salt.
- Cottage Cheese or Yogurt with Fruit and/or Granola: Try using fresh grapes, frozen berries, or canned peaches or pineapple.
- Mini Bagel with Spread: Try cream cheese, nut butter, or hummus.
- Apple Treats: Sprinkle apple chunks with cinnamon and/or raisins or granola, then mix in some nut butter.
- Chips and Salsa: Use whole grain baked pita chips or baked tortilla chips. Also try out bean dip instead.
- Taco Roll-Up: Small whole wheat tortilla rolled with cheese, beans, and salsa.
- Turkey Roll-Up: Turkey slice rolled up with cheese.
- Mini Pizzas: Top pita bread or half of a whole wheat English muffin with tomato sauce, cheese, and chopped vegetables and toast until cheese is melted.



EVEN QUICKER SNACKS

FOR HEALTHY KIDS

FOR EVEN QUICKER SNACKS, TRY THESE!

- Whole Fruit: Grapes, apples, bananas, etc.
- Fruit Salad: Store-bought fresh fruit, unsweetened canned fruit, or snack cup.
- Frozen Fruit: Berries, mango, you can even freeze grapes.
- Dried Fruit: Look for unsweetened varieties and keep it to a handful.
- Apple Sauce: Unsweetened.
- Nuts: Such as almonds, walnuts, cashews, or mixed nuts; keep it to a handful.
- Cheese: One string cheese or 2 slices of cheese.
- Granola/Fruit Bar: Look for whole grain bars that are low in sugar.
- Cereal: Choose whole grain cereals like Cheerios, Multigrain Chex, and Shredded Wheat.
- Trail Mix: Made with nuts, seeds, granola, and/or dried fruit; keep it to a handful.
- Popcorn: 2-3 cups popped.

- Fruit Smoothies: Store-bought or homemade with fresh or frozen fruit and low-fat milk or yogurt.
- Pretzels: A handful served with a spoonful of hummus or nut butter.

Let's not forget about beverages.

Reach for some of the suggestions below the next time you provide beverages!

- Water
- Low-fat milk
- Seltzer water with a splash of 100% fruit juice

Try making yummy infused water

Just add fruit (think berries, melons, citrus fruit, kiwi, etc.) and/or vegetables (like cucumber, celery or carrot), and/or fresh herb leaves (like thyme, mint, cilantro, or parsley). Mix and match and let it sit a few hours in the fridge to let the flavors infuse.



ORGANIZE A

MONTHLY SNACK PROGRAM

Tired of the kinds of snacks that come into the classroom? Want to make snack time easier for everyone?

Tips from a Successful Teacher:

- Ask parents to put snacks in individual baggies, if appropriate (e.g., grapes, crackers, trail mix, etc.).
- Have the student that brought in the snack be involved in passing it out.
- Have an emergency snack available for when a family forgets it's their turn.
- Make it a habit to thank the family that shared.



Try a Monthly Snack Program!

A monthly snack program is when families sign up for one day each month where they provide a snack for the whole class. A successful monthly snack program requires commitment from the teacher, students, and parents.

Getting started:

- Get the families and students on board. Use surveys, parent letters, and/or hold a meeting. (One teacher's perspective: "You need most parents to be in favor of the idea to work. I had two parents that could not live with the idea in September and they chose to send in a personal snack for their child daily. By November, both parents changed their minds. One parent said that she made a complete 180-degree change of mind and in the end, she was the biggest snack advocate.")
- As a class, make a list of healthy snacks parents could send in. Figure out what fruits and vegetables ALL students like, what ones MOST students like, and what ones students are willing to try. Brainstorm whole grains, dairy, and protein foods that would make nutritious snacks.

See the 'Healthy Snacks' and 'Snack to Fuel Your Brain' handouts in this section for ideas!

- Make a calendar to keep track of the snack days. Each child/family signs up for one school day a month to contribute a healthy class snack. Post the calendar in the classroom and send a copy home. Use the calendars as a tool to share the past month's favorite snacks, suggested snack ideas, and other healthy tips.

What do parents like best about the community snack idea?

- "...only needing snack once a month."
- "My child tried new things that he now asks for when we go shopping."
- "The excitement and feeling of responsibility my child felt when it was her turn was great."
- "It was easier for me to buy a snack for the whole classroom once a month, instead of buying several different snacks for my child to bring for the month."

MONTHLY HEALTHY SNACKS

School: _____

Teacher: _____

Month: _____

Monday	Tuesday	Wednesday	Thursday	Friday

Snack ideas: carrot sticks, broccoli trees, cucumber slices, pepper slices, sugar snap peas, popcorn, whole grain crackers, whole grain cereal, trail mix, clementines, apples, bananas, unsweetened applesauce, kiwifruit, melon, yogurt, cheese sticks.



- Please send spoons or paper goods, if needed, with your snack.
- Individual servings in baggies are appreciated, if appropriate.

IDEAS FOR

HEALTHY FOOD FOR CELEBRATIONS

If you are going to have food at your celebrations, make it count with a healthy choice!

Try some of these foods at the next celebration.

- Fruit and Cheese Kabobs: Put grapes, melons, cheese cubes, and berries onto a wooden kabob stick.
- Make Your Own Trail Mix: Provide bags of granola or whole grain dry cereal, dried fruit, and nuts for students to make their own trail mix.
- Fruit Smoothies: Bring a blender, frozen fruit, and yogurt to your next celebration.
- Yogurt Parfaits: Layer granola, fruit, and yogurt in plastic cups. Provide on a tray covered with plastic wrap or let the kids make their own.
- Assorted Fruit Platter: Arrange chunks and slices of fruit on a tray; to make it even more fun, use a hollowed out watermelon half.
- Veggie and Dip Platter: Baby carrots, cucumber slices, red pepper slices, broccoli, cherry tomatoes, snap peas, or celery sticks served with hummus, salad dressing, or other dip.
- Vegetable Sticks with Spread: Celery or carrot sticks with nut butter or cream cheese. Top with raisins for an old favorite – ants on a log!
- Snack Kabobs: Veggie or fruit chunks skewered onto thin pretzel sticks.
- Sweet Potato Fries: Baked sweet potato wedges, tossed lightly with olive oil and salt.
- Cottage Cheese or Yogurt with Fruit and/or Granola: Try using fresh grapes, frozen berries, or canned peaches or pineapple.
- Apple Treats: Sprinkle apple chunks with cinnamon and/or raisins or granola, then mix in some nut butter.
- Chips and Salsa: Use whole grain baked pita chips or baked tortilla chips. For something new, try bean dip instead of salsa.
- Taco Roll-up: Small whole wheat tortilla rolled with cheese, beans, and salsa.
- Turkey Roll-up: Turkey slice rolled up with cheese.
- Mini Pizzas: Top pita bread or half of a whole wheat English muffin with tomato sauce, cheese, and chopped vegetables and toast until cheese is melted.
- Mini Bagel with Spread: Try cream cheese, nut butter, or hummus.



PRESENTING FRUITS AND VEGETABLES IN **FUN, CREATIVE WAYS**

Kids are more likely to eat fruits and vegetables when you present them in fun, creative ways.

**THE
SKY
IS THE
LIMIT!**



IDEAS FOR

NON-FOOD CELEBRATIONS

We know that celebrations are often associated with cupcakes and cakes, but it's important to show children that they can have fun, feel special, and celebrate without all the sugar. Non-food celebrations can be some of the most fun and popular ways to honor a special event. Try some of these fun-filled ideas the next time you want to celebrate!

For the birthday child:

- Let the birthday child be the first to do each classroom activity for the day.
- Create a birthday library where each child's parent donates a book to the classroom library on their child's birthday. Make it the book of the week to be read aloud in honor of the child's birthday.
- Allow the birthday child to be the class assistant for the day to help with special tasks, such as making deliveries around the school or leading the line.
- Create a "Celebrate Me" book. Have teachers or peers write stories or poems and draw pictures to describe what is special about the birthday child.
- Create a special birthday package. For example, the birthday child could wear a sash and crown, sit in a special chair, and receive a special birthday surprise like a sticker, birthday card, coloring book, etc. Consider having the child visit the principal's office to receive their gift.

For other celebrations:

- Use games or crafts, asking parents to bring in supplies for the game or project. If possible, it's extra special to invite parents to the class to lead the activity.
- Donate a plant or packet of seeds that the class could plant and grow together.
- Ask parents to send in small items for a class trading event, such as pencils, stickers, or erasers.
- Have a dance party.
- Provide extra recess or activity time.
- Bring in guest story readers.
- Have a special show and tell.
- Have a themed scavenger hunt around the school.
- Stock a treasure chest for each child to choose something from. Ask parents to send in items or small trinkets to fill the chest.
- Eat lunch outside.
- Set up an obstacle course.



LETTER TO FAMILIES

HEALTHY FOODS FOR CELEBRATIONS

**FUN +
HEALTHY
GO HAND
IN HAND!**

Sample Letter

Contact your Setting Lead for a version of this letter that you can modify.

Dear Families,

We love to celebrate! Birthday parties and holiday celebrations provide a perfect opportunity to role model how fun and healthy eating go hand-in-hand! As a part of our efforts towards health and wellness, our classroom is committed to hosting healthy celebrations.

If you choose to send in food for a celebration, let's make it count with healthy choices! Fun, tasty options include:

- Fruit and Cheese Kabobs: Put grapes, melons, cheese cubes, and berries onto a wooden kabob stick.
- Make Your Own Trail Mix: Provide bags of granola or whole grain dry cereal, dried fruit, and nuts for students to make their own trail mix.
- Fruit Smoothies: Show up at snack time with a blender, frozen fruit, and yogurt! (Be sure to make arrangements with us first.)
- Yogurt Parfaits: Layer granola, fruit, and yogurt in plastic cups. Send in on a tray covered with plastic wrap; OR send in the ingredients, cups and spoons and let the kids make their own parfaits.
- Vegetable or Fruit Platters with Dip.

The *Healthy Together* program works where children and families live, learn, work, and play to help make the healthy choice the easy choice. *Healthy Together* encourages families to adopt the 5-2-1-0 message:



**FIVE SERVINGS
OF FRUITS &
VEGETABLES**



**TWO HOURS OR
LESS OF
SCREEN TIME**



**ONE HOUR OR
MORE OF PHYSICAL
ACTIVITY**



**ZERO SUGARY
DRINKS**

For more information about *Healthy Together*, visit AtriumHealth.org/healthytogether. Thank you for joining us in our commitment to healthy kids!

Sincerely,



SIGN-UP SHEET FOR A HEALTHY PARTY

Dear Families,
We're having a party to celebrate _____!

Date: _____ Time: _____ Number of Students: _____
Please sign up to bring one of the choices below. There are options for food, drinks, paper goods, or even a game or craft!

A healthy fruit item (for example fruit kabobs, fruit salad, orange smiles, cut fruit, dried fruit, fruit smoothie):

Name: _____ Item: _____
Name: _____ Item: _____

A healthy vegetable item (for example veggie platter with dressing or hummus, veggie kabobs, single veggie like carrot sticks or colorful pepper slices):

Name: _____ Item: _____
Name: _____ Item: _____

A whole grain item (for example whole grain pretzels with mustard dip, mini whole grain bagels with cream cheese or hummus, whole grain tortilla chips with salsa, whole grain pasta salad, mini sandwiches on whole grain bread):

Name: _____ Item: _____
Name: _____ Item: _____

A healthy protein item (for example yogurt, cottage cheese, string cheese, black bean salad, hummus with crackers, roasted chickpeas, pumpkin seeds):

Name: _____ Item: _____
Name: _____ Item: _____

A healthy drink (Please choose from plain water, seltzer water, water infused with fruit, low-fat milk, or low-fat milk alternatives such as soy, rice, or almond low-fat milk):

Name: _____ Item: _____
Name: _____ Item: _____

Paper Plates: _____ **Cups:** _____ **Napkins:** _____

A craft that you will lead the class in:

Name: _____ Craft: _____

A game that you will lead the class in:

Name: _____ Game: _____

Thank you for helping us make our classroom healthier and more fun!



LETTER TO FAMILIES

NON-FOOD CELEBRATIONS

PARTY HEALTHY

Sample Letter

Contact your Setting Lead for a version of this letter that you can modify.

Dear Families,

We love to celebrate! Birthday parties and holidays provide a perfect opportunity to role model how to celebrate with activity and play! As a part of our efforts towards health and wellness, we are committed to hosting non-food celebrations.

We know it's important to honor a birthday. Please do not send in a sugary treat for your child's birthday. Let's celebrate their special day in a different way. Ideas to consider:

- *Dance Party*: Send in your child's favorite music and we'll lead the class in a fun, active dance party in honor of their birthday.
- *Birthday Library*: Donate your child's favorite book to the classroom library. We'll read it together and all the children can sign (or stamp) it.
- *Games or Crafts*: Arrange with us in advance to bring in a game or craft to be completed in honor of your child.

Our efforts are supported by *Healthy Together*, a program of Levine Children's Hospital at Atrium Health. *Healthy Together* works where children and families live, learn, work, and play to help make the healthy choice the easy choice. *Healthy Together* encourages families to adopt the 5-2-1-0 message:



**FIVE SERVINGS
OF FRUITS &
VEGETABLES**



**TWO HOURS OR
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**ONE HOUR OR
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**ZERO SUGARY
DRINKS**

For more information about *Healthy Together*, visit AtriumHealth.org/healthytogether. Thank you for joining our commitment to healthy kids!

Sincerely,



TRIED AND TRUE ADVICE

STARTING A GARDEN

At the end of the day, gardens succeed because people are committed, and the garden is integrated into the day as much as possible.



Content contributed by Adam Burk, Program Coordinator for Sustainable Community Health, Communities Putting Prevention to Work, PROP-People's Regional Opportunity Program. He holds a master's in education for sustainability from Goddard College.

One of the most important questions we can help our kids answer is, "Where does our food come from?" Perhaps the best tool to help us explore this topic is a garden. Due to rising popularity, we have more and more knowledge about what's working in school gardens across the country and in the region. Here are some tips to help make your school garden adventure a success.

Form a team

- Don't do this alone; get a team together that might include teachers, staff, parents, students, etc.
- Designate someone as the garden coordinator to keep things moving forward. This position can rotate among team members.
- Visit REAL School Gardens, at www.realschoolgardens.org, for more information.

Plan your garden

- Dream! Explore your schoolyard—think about parking lots, roof tops, lawns, and classrooms. Remember, you can grow food anywhere!
- Make friends with your facilities director and crew! They're the ones who can tell you the best locations, ensure water access, and help order supplies.
- Draw pictures; come up with a master plan. If you are planning a major garden, you may want to get a professional landscape architect or permaculture designer to help you with this process. Your local Cooperative Extension office can help with free workshops and materials.
- Build a budget. Consider contacting local businesses to ask how they might support your garden – they may be excited to provide supplies or cash. Or search the web for grant opportunities (e.g., www.kidsgardening.org).
- If your budget is small, start small, maybe with just a few container gardens. Never lose sight of the big picture, but you have to start somewhere!
- Things you will absolutely want to have are:
 - Good soil (get it tested if you are going to grow in the ground).
 - At least six hours of sunlight.
 - A water source.
 - A tool shed.
- Plan for summer maintenance! Schedule team members and/or recruit others like parents, teachers, and student volunteers for different maintenance tasks, or integrate garden maintenance into summer school programs. Make friends with a farmer to consult with as problems arise.

Enjoy your garden!

- Use your harvested food. Use it for snacks in the classroom, food in the cafeteria, send it home with children, or donate to pantries.
- Incorporate activities that are integrated into the day (e.g., let kids pull weeds during outdoor time.)
- Above all else, have fun!



HOLD A

5-2-1-0 POSTER CONTEST

Holding a 5-2-1-0 poster contest can create excitement around and bring attention to the *Healthy Together* efforts at your school.

**HOLD A
POSTER
CONTEST
OF YOUR
OWN!**

Encourage students to design a poster based on the 5-2-1-0 message. Consider posting the posters in around the classroom or hallways for all to see!

Send your pictures to healthytogether@AtriumHealth.org or share them on social media using #healthy2gether.

Here are examples created by other children.



Runner-Up: Francesco Marabito, 10th Grade



Runner-Up: Cooper Nadeau, 10th Grade



Runner-Up: Jazmin Gandia, 12th Grade



Winner: Andrea Rogers, 12th Grade



CLASSROOM

HEALTHY SNACK TALLY

The goal of the classroom healthy snack tally is to highlight the fruits and vegetables kids are bringing into school. Use a classroom healthy snack tally to encourage students to bring in more fruits and veggies!

How does it work?

1. Explain to students that the class is going to be tracking the fruits and vegetables students bring in for snack.
2. Send home one or more of the healthy snack handouts found in this section of the toolkit for inspiration.
3. Each day during snack time, ask all the students with a fruit or veggie in their snack to hold it up.
4. For each fruit and vegetable brought in, add a tally mark to the class's healthy snack tally.
5. When the class reaches a predetermined number of tallies, reward the class with extra recess or free gym time.
6. Keep it up all year round!

Keep track of your classroom's healthy snack tally simply using a calendar or create your own chart for tracking. Allow the kids to get creative and decorate your calendar or chart as a classroom activity!



CONDUCT

TASTE TESTS

Taste tests allow students to get excited about new foods. They can try different items, provide feedback, and ask questions. They are a fun and easy way to connect the classroom, community, and cafeteria.



To get started, contact the School Nutrition Director. Questions to explore together include:

What is the purpose of a taste test? Is it to expose students to new fruits and veggies? To promote unpopular lunch items? To highlight locally sourced food items?

- What will the taste test item or recipe be?
- How will taste test items be purchased and paid for?
- Who will prepare the taste test items?
- Where and when will the taste test be held?
- Are there student food allergies to be aware of?

Coordinate volunteers, if needed.

Consider the size of the school where you'll be conducting a taste test – can you facilitate a taste test there on your own or do you need some extra hands to pass out samples?

Once you have hammered out some details, consider how you will set up. There are different ways you can approach offering a taste test:

Tasting table: Have classes/grades come up individually to a centrally located table to pick up their sample. Have them bring the sample back to their seat or try it right then and there.

Serve students: Walk around with samples and serve tables individually.

Hear the students' voices:

Give students specific options for their voting:

- Loved it, Liked it, Tried it OR I like it, It was OK, and No Thanks.
- Visuals work well for younger students who can't read: Thumbs Up, Thumbs in the Middle, Thumbs Down OR Smiley Faces.

Content contributed by Christine Gall, Food Corp Coordinator in RSU 3



TRY THIS!

5-A-DAY BRACELETS

5-A-Day bracelets are a visual tool to remind students to eat their 5 fruits and vegetables every day.

Order jelly bracelets online by going to www.rebeccas.com and typing jelly bracelet into the search box.

How to use 5-A-Day bracelets:

- Ask students to put all 5 bracelets on their RIGHT wrist each morning.
- Each time they have a serving of fruit or vegetables, they move ONE bracelet to their LEFT wrist.
- The goal is to have all 5 bracelets on their LEFT wrist by bed time!

What counts as a 5-A-Day serving?

- 1 medium-sized piece of fruit
- 1 cup raw, leafy salad
- 1/2 cup chopped fresh or canned fruit
- 1/2 cup cooked or canned vegetables
- 1/4 cup dried fruit (raisins, dried apricots, etc.)
- 1/2 cup cooked beans or peas

This is a fun activity that can last for a whole week or even a month!

Teachers and staff can participate too!



IDEAS FOR

HEALTHY FUNDRAISING

**HEALTHY
KIDS
LEARN
BETTER**

Research clearly demonstrates that good nutrition is linked to better behavior and academic performance.

Finding alternatives to unhealthy fundraisers, such as bake sales, will promote a healthier school environment. Select and use your favorite healthy fundraising ideas from the list below!

- Activity theme bags
- Hats
- Stationary
- Holiday ornaments
- Stuffed animals
- Balloons
- Holiday wreaths
- Bath bouquets
- House decorations
- T-shirts, sweatshirts
- Batteries
- Jewelry
- Tupperware
- Books, calendars
- Lunch box auctions
- Valentine flowers
- Brick, stone, tile memorials
- Magazine subscriptions
- Yearbook covers
- Bumper stickers and decals
- Buttons, pins
- Monograms
- Candles
- Music, videos, CDs
- Healthy foods
- Christmas trees
- Newspaper space, ads
- Frozen bananas
- Coffee cups, mugs
- Preferred parking spot
- Fruit and nut baskets
- Cookbooks
- Pet treats, toys, accessories
- Fruit and yogurt parfaits
- Crafts
- Plants
- Fruit smoothies
- Coupon books
- Pocket calendars
- Lunch box auctions
- Customized stickers
- Pre-paid phone cards
- Trail mix
- Emergency kits for cars
- Raffle donations
- First aid kits
- Front row seats at a special school event
- Flowers and bulbs
- Bumper stickers, decals
- Foot warmers
- Rental of a special parking space
- Calendars
- Football seats
- Scarves
- School made cookbooks
- School art drawings
- Giant coloring books
- School Frisbees
- Gift baskets
- School spirit gear
- T-shirts, sweatshirts
- Gift certificates
- Gift items
- Items supporting academics
- Gift wraps, boxes, and bags
- Souvenir cups
- Read-A-Thon
- Graduation tickets
- Spirit, seasonal flags
- Science Fair
- Greeting cards
- Stadium pillows
- Spelling Bee



HEALTHY FUNDRAISING

HEALTHY KIDS LEARN BETTER

Physically active fundraisers

- Fun walks or runs
- School dances
- Family obstacle course
- Golf or tennis tournaments
- Teacher-student competitions
- 30 day fitness challenges

Additional healthy fundraising ideas

- Lawn mower (Tech students provide the service)
- IT support for elders (IT students provide the service)
- Salt bag delivery and application for water softeners (Football team provides the service)
- Hold a garage sale (ask parents for donations)

Additional resources

- Smart Fundraising for Healthy Schools Webinar and Resources by Action for Healthy Kids, www.actionforhealthykids.org/component/content/article/19-resource-clearing-house/1379-smart-fundraising
- Non-Food Ways to Raise Funds and Reward a Job Well Done. Texas Department of Agriculture, 2004. <http://www.squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf>
- Sweet Deals: School Fundraising Can Be Healthy and Profitable. Center for Science in the Public Interest, 2007. <http://www.cspinet.org/school-fundraising.pdf>

Adapted with permission from Healthy Fundraising by the Connecticut State Department of Education, www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/healthyfund.pdf



KNOW ABOUT

SPORTS AND SNACKS

Hold the sports drinks!

Unless kids are vigorously exercising for at least 60 minutes or more, they don't need a sports drink. Fresh fruit has everything kids need to refresh after a practice or game! Serve alongside bottles of water for reenergized kids!

Many parents enroll their kids in sports to help them get physical activity and be healthy. Yet parents often overestimate how much energy kids are actually burning during practices and games. Kids frequently get unhealthy food and drinks when they participate in organized sports - foods that can provide way more energy than the kids actually burn.

Snack items provided by families after games or practices are often unhealthy. To help the kids on your school's sports teams fuel their bodies with healthy food, try out the tips below!



To help improve the quality of after practice and game snacks:

- Ask your child's coach to set a fruit-only snack policy and offer to help spread the word.
- Role model: Bring healthy choices when it's your turn.
 - o Any fresh fruit works great as an after practice or game treat. Consider: watermelon slices, orange slices (a classic favorite!), berries, melon, pineapple chunks, cherries, or grapes.
 - o No time to wash and cut up fruit? Just reach for whole fruit! For example: bananas, apples, peaches, or clementine oranges.
 - o Bring bottles of water to help kids rehydrate.





EAT AT LEAST

FRUITS + VEGETABLES

EVERY DAY

TRY IT!

- Try fruits and veggies different ways and try at least a couple of bites each time. It can take 7 to 10 tries before you like a new food, so be open to trying again and again. It may become your new favorite!
- Many fruits and veggies taste great with a dip or dressing. Try salad dressing, yogurt, nut butter, or hummus.
- Make a fruit smoothie with yogurt.

MIX IT!

- Add veggies to foods you already make, like pasta, soups, casseroles, pizza, rice, etc.
- Add fruit to your cereal, pancakes, or other breakfast foods.

SLICE IT!

- Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.
- Most people prefer crunchy foods over mushy ones. Enjoy vegetables fresh or lightly steamed, and avoid overcooking.

Did you know?

A diet rich in fruits and vegetables provides vitamins, minerals, and phytonutrients, important for supporting growth and development, and for optimal immune function.

What is a serving?

Kids

- Size of the palm of their hand

Adults

- A whole fruit the size of a tennis ball
- 1/2 cup of chopped fruit or veggies
- 1 cup of raw, leafy greens
- 1/4 cup of dried fruits



HEALTHY SHOPPING

ON A BUDGET

HEALTHY SHOPPING ON A BUDGET TAKES PLANNING! PLANNING HELPS YOU SAVE TIME, MONEY, AND EAT HEALTHIER.

- **Make a list and stick to it.** Lists help you avoid impulse buys that are usually unhealthy and expensive.
- **Shop mostly the perimeter of the store.** Spend most of your grocery budget on natural foods found around the outside of the store like fruits, vegetables, dairy, and protein foods that are good for your body. Limit your shopping in the middle aisles to staples like pasta, canned tuna, and nut butter, avoiding other expensive processed, and often unhealthy, packaged foods.
- **Shop when you are NOT hungry or stressed.** People who shop when hungry or stressed tend to not only buy MORE food, but also unhealthier food.
- **Compare unit prices.** Bigger is not always better! Use the unit price to compare similar products and make sure you're getting the best deal. The unit price is the cost per a standard unit (like ounce or pound) and is usually found on a sticker on the shelf beneath the product.
- **Weigh the cost of convenience.** If food tends to rot in your fridge before you prepare it, then you could actually save money by purchasing fresh fruits and veggies that have been washed and chopped for you.
- **Try frozen and canned.** Canned and frozen produce keeps for a long time and may be cheaper per serving than fresh. For frozen, make sure you look for items with no added sauces or sugar. For canned, choose fruit canned in 100% juice and vegetables that are labeled either "low sodium" or "no added salt."
- **Use store flyers to plan your menu.** Save money by planning your menu around fruits, vegetables and other items that are on sale each week. Save time by already knowing what you are going to make for dinner each night.
- **Try store brands.** Store brands on average are cheaper by about 26% to 28% and their quality usually at least meets, and often surpasses, that of name brand products.
- **Shop in season.** Buying fruits and vegetables in season generally means your food not only tastes better, but is more nutritious and affordable.
- **Buy in bulk when foods are on sale.** Frozen and canned produce, and some fresh items like apples and carrots, will last a long time. If you have the storage space, stock up on the foods you eat regularly when they are on sale to save some money.



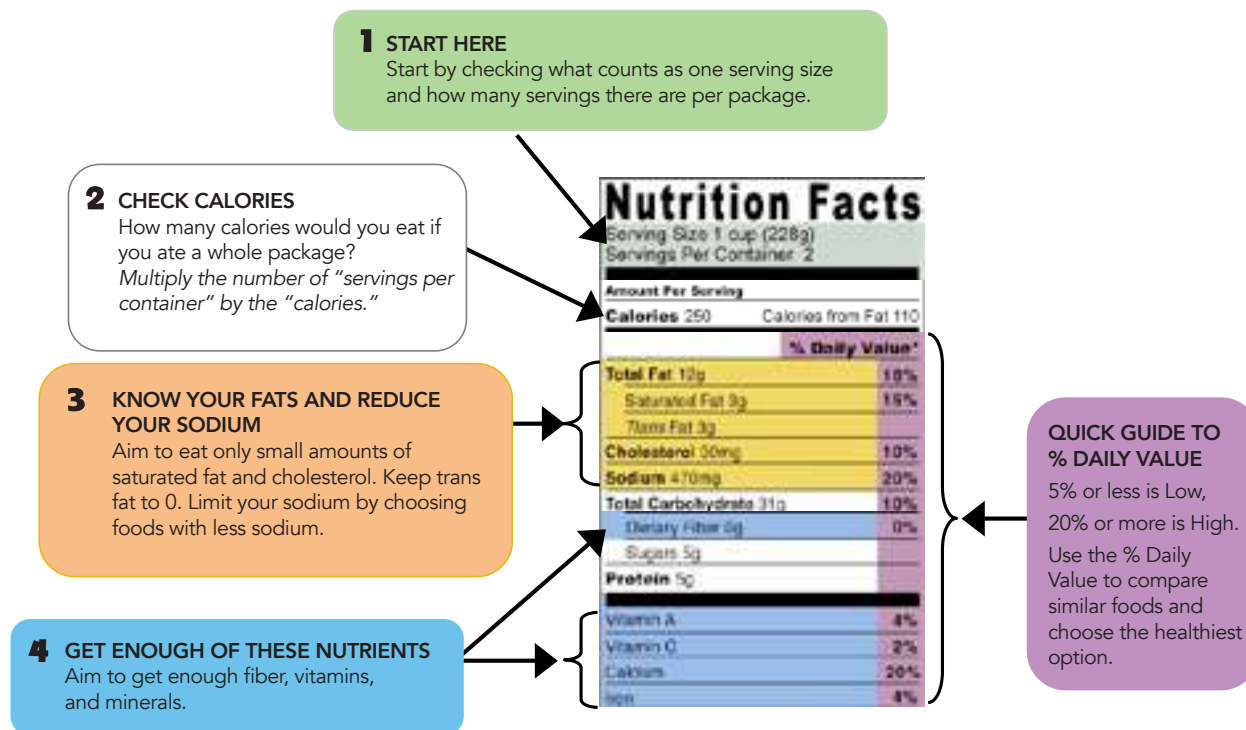
UNDERSTANDING FOOD LABELS

What can I use the Nutrition Facts label for?

- Getting a general idea about how healthy a food is.
- Figuring out what counts as one serving and how many calories are in each serving.
- Comparing two similar products to choose the healthiest option.

Watch out for these common misconceptions:

- Assuming “sugar-free” or “fat-free” means a product is low calorie or healthy; it’s not true!
- Buying something because it says “organic,” “natural,” “multigrain,” or has some other “healthy” claim. These statements do not necessarily mean a product is good for you.
- Assuming that a package or bottle is only one serving. Many beverage bottles and packages of chips, cookies, and candy are actually 2 or 3 servings!



For more information visit <http://www.fda.gov/> and search “Food Labeling”

A GUIDE TO NORTH CAROLINA SEASONAL FOOD

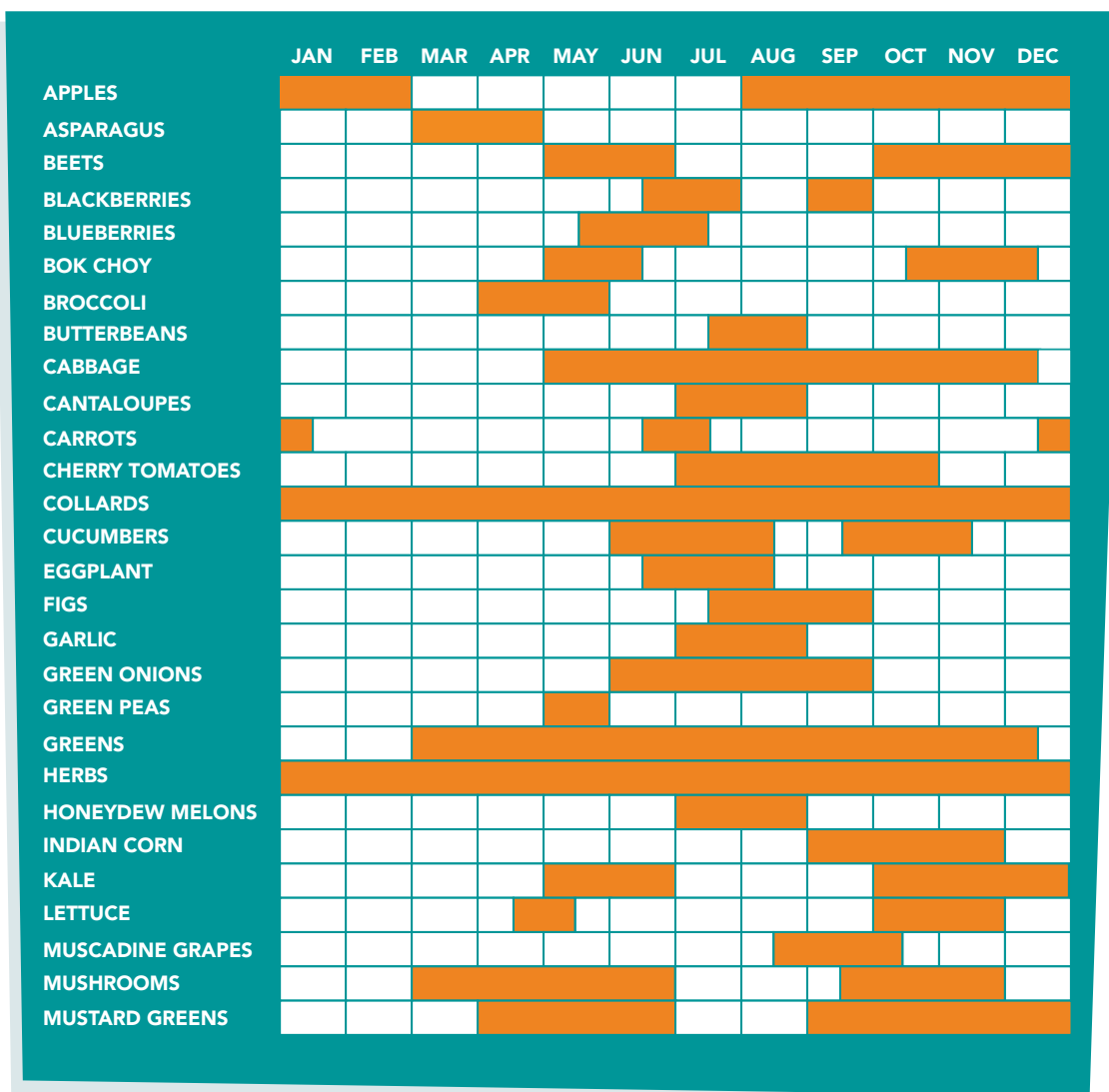
Fortunately, we live in a region that produces so delicious fruits and vegetables year round. Check out the chart below to help guide your shopping for fresh produce.



WHAT'S IN SEASON?

NORTH CAROLINA FRUIT AND VEGETABLE AVAILABILITY

You can use this guide to choose the freshest, best tasting produce available!



AtriumHealth.org/HealthyTogether

This information is intended as general wellness guidelines for most children ages 2 and up. If you have any questions, or need specific recommendations for your child, talk to your child's pediatrician.

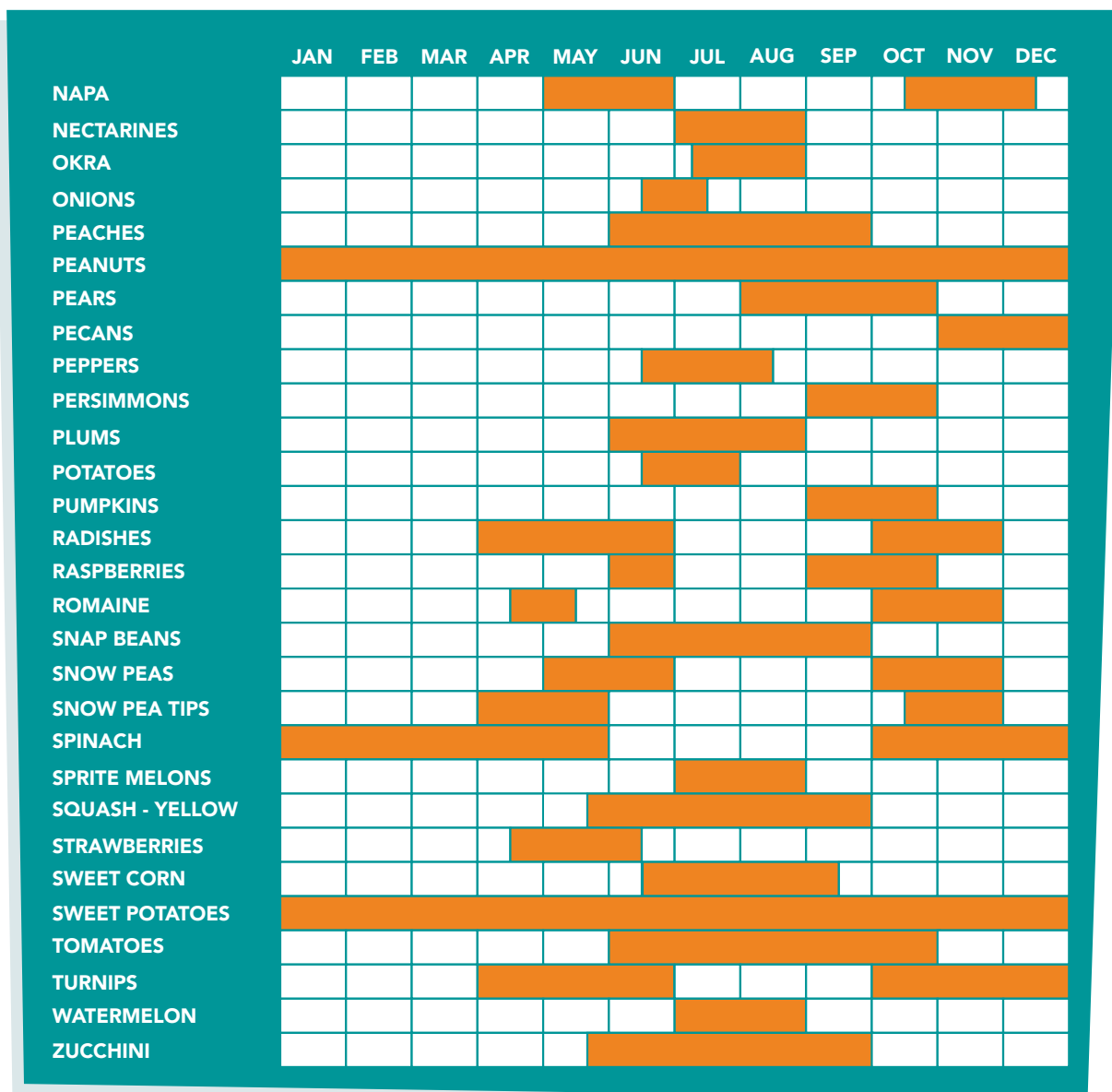
A GUIDE TO NORTH CAROLINA SEASONAL FOOD



WHAT'S IN SEASON?

NORTH CAROLINA FRUIT AND VEGETABLE AVAILABILITY

You can use this guide to choose the freshest, best tasting produce available!



AtriumHealth.org/HealthyTogether

This information is intended as general wellness guidelines for most children ages 2 and up. If you have any questions, or need specific recommendations for your child, talk to your child's pediatrician.

A GUIDE TO SOUTH CAROLINA SEASONAL FOOD



WHAT'S IN SEASON?

SOUTH CAROLINA FRUIT AND VEGETABLE AVAILABILITY

You can use this guide to choose the freshest, best tasting produce available!

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES									█	█	█	█
ASPARAGUS			█	█	█	█						
BEANS					█	█	█	█	█	█		
BEETS	█	█	█	█	█	█	█	█	█	█	█	█
BLACKBERRIES						█	█					
BLUEBERRIES						█	█					
BROCCOLI					█	█	█		█	█		
BUTTER BEANS							█	█	█	█	█	
CABBAGE				█	█	█	█					
CANTALOUPE						█	█	█				
CILANTRO	█	█	█	█	█	█	█	█	█	█	█	█
CUCUMBERS					█	█	█		█	█	█	
GREEN ONIONS			█	█	█	█	█	█	█	█		
LEEK	█	█	█	█	█	█	█	█	█	█	█	█
MIXED LEAFY GREENS	█	█	█	█	█	█	█	█	█	█	█	█
MUSCADINE GRAPES									█	█	█	
OKRA							█	█	█	█		
ORIENTAL VEGETABLES				█	█	█	█		█	█		
PARSLEY	█	█	█	█	█	█	█	█	█	█	█	█
PEACHES					█	█	█	█	█			
GREEN PEANUTS								█	█			
PEAS					█	█	█	█	█	█		
PECANS										█	█	█
PEPPERS (VARIETY)						█	█	█	█	█	█	
RADISHES			█	█	█	█	█		█	█	█	█
YELLOW SQUASH					█	█	█	█	█	█		
STRAWBERRIES				█	█	█						
SWEET CORN					█	█	█	█				
SWEET POTATOES									█	█	█	█
TOMATOES						█	█		█	█	█	
WATERMELONS						█	█	█				
ZUCCHINI SQUASH					█	█	█	█	█	█		



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This information is intended as general wellness guidelines for most children ages 2 and up. If you have any questions, or need specific recommendations for your child, talk to your child's pediatrician.

A HEALTHY START

BREAKFAST IS BEST

BOOST YOUR ENERGY AND BRAIN POWER!

Keep it simple,
but keep it delicious!
You may like:

- Oatmeal with cinnamon, applesauce, and a glass of low-fat milk.
- A waffle or pancake with blueberries.
- An English muffin with a slice of ham, egg, and cheese.
- A raisin bran muffin, a banana, and a glass of low-fat milk.

Choose whole grains
most of the time!



Why eat breakfast every day?

- It will give you the energy you need to start your day. It is “fuel” for the body!
- It can help you focus on work or school!
- It can help you feel and act your best!
- It can help keep you healthy!

Try a variety of healthy foods! Find the ones YOU like!

Not hungry in the morning? Start small...try:

- A cup of yogurt (plain – add your own fruit).
- A piece of fruit such as a banana, orange, or apple.
- A bowl of cereal with low-fat milk.
- A slice of toast with nut butter and a glass of low-fat milk.
- Half of a toasted English muffin with a slice of cheese.
- Trail mix of raisins, nuts, and cereal.



A MEAL IS A FAMILY AFFAIR

In such a busy world, mealtimes often revolve around our lifestyles. As a result of this, we miss meals or eat foods that are not the best for our bodies. **Did you know experts have found that kids who eat regularly with their families are more likely to eat fruits, vegetables, and whole grains?** So, no matter how busy life may seem, it's important to make family meals a priority.



**TOGETHER
ENERGY**

To get started, try some of these ideas:

- Choose a time when everyone can enjoy at least one meal together – it may be breakfast, lunch, or dinner.
- As the parent, you should decide what time meals are served and what the food choices are. Your children can then decide what and how much to eat of what's offered.
- Include your children in preparing the meal.
- Gather around the table for a meal and turn the TV and mobile devices off.
- Make the meal pleasant by keeping the conversation positive.
- Limit eating and drinking unhealthy snacks between meals.
- Role model the habits you want your children to develop.



FRUITS AND VEGETABLES ALL YEAR LONG!



Eat at least five fruits
and vegetables a day!

**SOOOOO
COOL!**



AtriumHealth.org/HealthyTogether

There's no reason not to have fruits and vegetables year-round. Here's why frozen or canned produce is a good choice:

For health:

- They're just as good for you as fresh fruit and vegetables – their nutrients are preserved in the canning and freezing process.
 - Choose fruit packed in their natural juice, not in syrup.
 - Choose canned vegetables that are salt-free. You can season to taste. If you have only have salted canned vegetables, rinse in water before preparing.

For savings:

- They cost less than fresh fruit and vegetables.

For convenience:

- They're always in season.
- You'll have lots of choices.
- They're easily stored.
- They're already washed and cut – ready for your favorite recipe!

Add frozen and canned vegetables to:

- Chili
- Soups or stews
- Stir-fry
- Pasta sauce
- Casseroles

Use canned black beans, corn, peppers, and onions to spice up a Mexican dish. Add chick peas or kidney beans to any salad.

Add frozen and canned fruits to:

- Smoothies
- Yogurt parfaits
- Plain yogurt
- Fruit salad
- Cereal
- Stir-fry (pineapple)

Or simply use as a side dish!



WHAT IS A HEALTHY PORTION?

FOOD PORTIONS ARE LARGER THAN EVER THESE DAYS – USUALLY MUCH MORE THAN WE NEED. CHOOSE YOUR STARTING PORTION SIZE BY RELATING FOOD TO EVERYDAY ITEMS.



A serving of meat, fish, or poultry is equal to a deck of cards.



A serving of fruit or vegetables is about the size of a tennis ball.



A serving of nut butter or salad dressing is about the size of a ping-pong ball.



For toddlers, the right portion size is the size of the palm of their hand.



WHAT IS A

HEALTHY PORTION?

**NO
MORE
CLEAN
PLATE
CLUB!**

Use these tips to help keep your portions right-sized.

- Start with one portion of each food on your plate. If you are still hungry, you can always get more.
- Use the MyPlate model to create a balanced plate. Fill half of your plate with veggies (and/or fruit), 1/4 with protein, and 1/4 with starch, preferably a whole grain.
- Check the serving size on packaged foods for guidance on portion size.
- Eat your food while sitting down and using a plate or bowl. Avoid eating directly out of packages.
- Eat regularly throughout the day; this helps keep you from getting too hungry.
- Serve food on smaller plates.
- Serve meals from the stove. This can help you avoid eating more when you are no longer hungry.
- At restaurants, ask for a lunch-size portion, split your meal, or box up half to take home.
- Skip the “clean plate” club. Instead, start with smaller portions, savor your food, and eat until you are satisfied.
- Role model the behaviors that you want your children to develop.



TIPS FOR A HEALTHIER DIET

Healthier foods are generally more “nutrient-dense.” This means they provide lots of vitamins and minerals along with the calories they contain.

These foods are nutrient-dense and easy to include in your diet:

- Frozen fruits and vegetables
- Canned beans (rinse and drain well)
- Fresh fruit in season
- Whole grains in bulk
- Store brand whole-grain breakfast cereals



By choosing nutrient-dense foods like these, you can make sure your child’s calories count:

- Vibrant, deeply-colored fruits and vegetables
- Lean meat, skinless poultry, fish, eggs, beans, and nuts
TIP: The leanest cuts of meat end in “loin” or “round”
- Fiber-rich whole grain foods
- Low-fat milk, cheese, and yogurt

Tips to help your family have a healthier diet:

Are you looking to help everyone in your family eat healthier? Here are some ideas for how to successfully introduce new foods and improve the quality of your family’s diet.

- Offer new foods over and over again. It can take many exposures to a food before a child is willing to try it.
- Offer less familiar foods alongside your child’s favorite foods to increase the chances they’ll try it.
- Mix more nutritious foods into less nutritious ones. For example, mix whole grain cereal into your child’s favorite cereal, plain yogurt into sugar-sweetened yogurt, and whole grain flour into your pancake mix.
- Make your own versions of favorite foods (e.g., pizza with whole wheat dough and veggies on top, baked “French fries” tossed in olive oil and salt).
- Let the kids help you cook! They are more likely to try something they helped make.
- Have fresh veggies available for kids to snack on while they wait for dinner to be ready.
- Be prepared with healthy on-the-go options: whole or dried fruit, nuts, hard boiled eggs, cheese sticks, yogurt cups, and single-serve fruit cups canned in water or 100% fruit juice are all good options.



HANDLING A “CHOOSY” EATER

Often, choosy eating is a sign your child is growing up and becoming more independent.

What seems “choosy” may just be your child’s first steps in learning to make decisions. Learn how to handle eating challenges and avoid conflict so meals don’t become a tug-o-war of control.

If you are concerned about your child’s weight or eating habits, consult your pediatrician.

What do you do if your child refuses a whole meal because something they don’t like touched their plate? Or if they refuse to eat anything other than fruit and two days ago would only eat peanut butter sandwiches? Or maybe your child is not showing any interest in food at all!

These behaviors are not uncommon. Here are ten tips for handling a “choosy” eater to make meal times more pleasant again:

1. **Treat food jags casually.** A food jag is when a child eats only a certain food for a period of time. They usually do not last long.
2. **Look at what a child eats over several days,** instead of over one day or per meal. Most kids are eating more variety than you think.
3. **Trust your child’s appetite.** Forcing a child to eat more than they want can cause conflict and lead to overeating.
4. **Set reasonable time limits for the start and end of a meal** and then quietly remove the plate.
5. **Stay positive** and avoid criticizing or calling any child a “picky eater.” Children believe what we say!
6. **Serve food plain and respect the “no foods touching” rule** if that’s important to your child. This will pass in time.
7. **Avoid being a short-order cook** by making and offering the same food for the whole family. Aim for at least one food everyone will eat.
8. **Substitute a similar food** if a child does not like a certain food. For example, instead of squash, offer sweet potatoes.
9. **Provide just two or three choices,** not a huge array of food. Then let your child decide. Keep in mind your child may choose nothing and that is okay!
10. **Focus on your child’s positive eating behavior,** not on the food.

Adapted from “Nibbles for Health” Nutrition Newsletter for Parents of Young Children, USDA Food and Nutrition Service.



PHRASES THAT HELP AND HINDER

As the caregiver, you play the biggest role in your child's eating behavior. What you say has an impact on developing healthy eating habits. Negative phrases can easily be changed into positive, helpful ones!

PHRASES THAT HINDER	PHRASES THAT HELP
<p>Instead of...</p> <p>Eat that for me. If you do not eat one more bite, I will be mad.</p> <p>Phrases like these teach your child to eat for your approval and love. This can lead your child to have unhealthy behaviors, attitudes, and beliefs about food and about themselves.</p>	<p>Try...</p> <p>This is kiwi fruit; it's sweet like a strawberry. These radishes are very crunchy!</p> <p>Phrases like these help to point out the sensory qualities of food. They encourage your child to try new foods.</p>
<p>Instead of...</p> <p>You're such a big girl; you finished all your peas. Jenny, look at your sister. She ate all of her bananas. You have to take one more bite before you leave the table.</p> <p>Phrases like these teach your child to ignore fullness. It is better for kids to stop eating when full or satisfied than when all of the food has been eaten.</p>	<p>Try...</p> <p>Is your stomach telling you that you're full? Is your stomach still making its hungry growling noise? Has your tummy had enough?</p> <p>Phrases like these help your child to recognize when he or she is full. This can prevent overeating.</p>
<p>Instead of...</p> <p>See, that didn't taste so bad, did it?</p> <p>This implies to your child that he or she was wrong to refuse the food. This can lead to unhealthy attitudes about food or self.</p>	<p>Try...</p> <p>Do you like that? Which one is your favorite? Everybody likes different foods, don't they?</p> <p>Phrases like these make your child feel like he or she is making the choices. It also shifts the focus toward the taste of food rather than who was right.</p>
<p>Instead of...</p> <p>No dessert until you eat your vegetables. Stop crying and I will give you a cookie.</p> <p>Offering some foods, like dessert, in reward for finishing others, like vegetables, makes some foods seem better than others. Getting a food treat when upset teaches your child to eat to feel better. This can lead to overeating.</p>	<p>Try...</p> <p>We can try these vegetables again another time. Next time would you like to try them raw instead of cooked? I am sorry you are sad. Come here and let me give you a big hug.</p> <p>Reward your child with attention and kind words. Comfort him or her with hugs and talks. Show love by spending time and having fun together.</p>



Adapted from "What You Say Really Matters?" in Feeding Young Children in Group Settings, Dr. Janice Fletcher and Dr. Laurel Branan, University of Idaho.

PICK A BETTER

FAST FOOD OPTION

Need a quick lunch between meetings?

Dinner on the go on the way to soccer practice? A quick family meal at the end of a long, busy day? Sometimes the drive-thru is the easiest choice, but we know it is not the most nutritious.

Burger Joints

- Try a grilled chicken salad with balsamic vinaigrette.
- Pick grilled chicken over fried chicken sandwiches, salads, or wraps.
- Choose a single patty burger rather than getting burgers with 2-3 patties.
- Opt for a veggie burger and substitute fries with a side of apple slices or a small salad.

Chain Coffee Shops

- Ask for your egg sandwich on an English muffin rather than a bagel.
- Add a side of fruit.
- Choose a yogurt parfait or unsweetened oatmeal.

Sandwich Shops

- Choose whole wheat bread.
- Ask for extra vegetables instead of cheese.
- Ask for mustard (honey, brown, or yellow) instead of mayonnaise or oil.
- Pick a salad and ask for dressing on the side.

Mexican Fast Food

- Choose a salad or bowl without the taco shell.
- Add your favorite vegetables, brown rice, black beans, or grilled chicken.
- Try a bean burrito with a side of Pico de Gallo.
- Choose a chicken soft taco with a side of black beans and salsa.
- Try beef soft tacos on corn tortillas with extra lettuce and tomatoes.

Many fast food places also list nutrition information on their websites, drive-thru menus, or have it available at the register. Don't be afraid to ask!

Quick Tips

- Be mindful of your portion sizes. Opt for smalls or mediums when selecting your food items.
- Watch your condiments. Ask for dressings and sauces on the side.
- Change up your sides! Look for apple slices, fresh fruit cups, or side salads in place of French fries and onion rings. If you opt to have French fries or onion rings, choose the small size to go along with your sandwich or burger.
- Add extra vegetables. They will fill you up!
- Pick your drink carefully. Choose water, low-fat milk, unsweetened iced tea or black coffee in place of sugary drinks like soda.



Created with funding from the US Centers for Disease Control and Prevention in partnership with MaineHealth.



STEP THREE

IMPLEMENT ACTION PLAN

STRATEGY TWO

**LIMIT OR ELIMINATE SUGARY DRINKS;
PROVIDE WATER**



STRATEGY 2: LIMIT OR ELIMINATE SUGARY DRINKS; PROVIDE WATER

WHY DOES IT MATTER?

Limiting sugary drinks is a key way to promote healthy eating and prevent excess weight gain in kids.¹ Research shows that sugary drinks contribute to childhood obesity.²

Sugary drinks provide a lot of calories very quickly. This is a problem because it's easy to drink more than your body needs before your body has a chance to signal that it is full. Also, sugary drinks are usually additions to your regular diet, adding calories that your body does not need.³

A 12-ounce serving of soda has the equivalent of 10 teaspoons of sugar.³ One serving of soda per day could lead to a 15 pound weight gain in one year.⁴ Each additional daily serving of soda increases a child's risk of obesity by 60%.⁵

Water provides a low-cost, zero-calorie beverage option and is a healthy alternative to sugary drinks. Drinking water is linked to a number of health benefits. It can improve kids' readiness to learn and is the best first choice for hydration before, during, and after most exercise routines.^{6,7}

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STRATEGY 2: LIMIT OR ELIMINATE SUGARY DRINKS; PROVIDE WATER

HOW TO IMPLEMENT

What's the best way to help kids avoid sugary drinks? Not providing them! Here are some tips to reduce access to sugary drinks at school.

Sugary Drinks include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

Ask students and families to limit sugary drinks brought in from home:

- Send home the Limit Sugary Drinks Sent in from Home – Letter to Families.
- Set a water-only guideline or policy for the classroom.

Promote drinking water at your school:

- Provide or allow water bottles.
- Ensure water fountains are in good, working order.
- Replace sugary drinks in vending machines with water.
- Post the 5-2-1-0 Water Posters (see the back pocket of your toolkit for ready-to-post copies!).

Involve kids in activities to promote healthy drinks:

- Make Your Own Sugar Bottle Display.
- Use the Have a Drink Plan Goal Setting Worksheet.
- Do one of the activities on the Make Water Fun handout.
- Make Fun, Flavored Water.
- Role Model Drinking Healthy Beverages.

Learn about the benefits of less sugary drinks and share this knowledge with families using these handouts:

- Limit or Eliminate Sugary Drinks; Provide Water.
- Water is Fuel for Your Body
- Sports and Energy Drinks
- How Much Sugar Do You Drink

Set a policy that limits or eliminates sugary drinks.

- Refer to the *Healthy Together* Recognition Program packet in the "Step 5: Celebrate" Tab for help with this.



LETTER TO FAMILIES

LIMIT SUGARY DRINKS SENT IN FROM HOME

**WATER IS
THE BEST
THIRST
QUENCHER**

Dear Families,

As part of our efforts towards supporting healthy, ready-to-learn students, we encourage students and families to limit sugary drinks brought in from home. Water is the best thirst quencher. We want your kids to be the healthiest they can be!

Here are some tips to limit sugary drinks and make water more appealing:

- **Flavor water with fresh squeezed fruit.** Try traditional lemon, lime, or orange wedges or experiment with things like melon, berries, and kiwi.
- **Try flavored, unsweetened seltzer water.** It's fizzy and tastes good so is a great substitute for soda.
- **Choose whole fruit instead of juice.** If you do provide juice, choose only 100% juice and keep the servings small.
 - o No more than 4-6 ounces per day for children age 6 years and younger.
 - o No more than 8-12 ounces per day for children age 7 years and older.

The *Healthy Together* program works where children and families live, learn, work, and play to help make the healthy choice the easy choice. *Healthy Together* encourages families to adopt the 5-2-1-0 message:



**FIVE SERVINGS
OF FRUITS &
VEGETABLES**



**TWO HOURS OR
LESS OF
SCREEN TIME**



**ONE HOUR OR
MORE OF PHYSICAL
ACTIVITY**



**ZERO SUGARY
DRINKS**

For more information about *Healthy Together*, visit AtriumHealth.org/healthytogether. Thank you for joining us in our commitment to healthy kids!

Sincerely,



DIRECTIONS TO MAKE YOUR OWN

SUGAR BOTTLE DISPLAY

Making a sugar bottle display is a great activity.

This powerful visual is one of the best ways to show just how much sugar is in some popular drinks – you'll be surprised. This is a tool that can be used to help kids and staff to make smart drink choices.



Supplies:

- Bottles of common sugary drinks – refer to the table on the next page for suggestions.
- Bag of white sugar
- Teaspoons
- Funnels

Directions:

1. Empty, wash, and completely dry bottles. Be careful not to damage the labels as you want to keep them on the bottles.
TIP: Give the bottles at least 24 hours to dry.
2. Find the Nutrition Facts on the bottle label.
3. Take note of serving size (many bottles contain two or more servings – something to think about!)
TIP: Make sure to pay attention to the information listed per bottle.
4. Record how many grams of sugar are in a bottle.



DIRECTIONS TO MAKE YOUR OWN

SUGAR BOTTLE DISPLAY

5. Figure out how many teaspoons of sugar are in each bottle by dividing the grams of sugar by 4.2 (the number of grams of sugar in a teaspoon).

For example:

- Serving size 1 bottle
- Grams of sugar per bottle: 48g
- Teaspoons of sugar per bottle: 48 divided by 4.2 \approx 11 The amount of sugar to put into this bottle is 11 teaspoons.

6. Put funnel into mouth of bottle and pour in the sugar. Replace cap. Screw on tight!

7. Make a chart like the one below that matches the drinks you chose.

TIP: Laminate the chart to ensure it lasts a long time.

8. Display the chart in your building so kids and staff can see how much sugar is in some of their favorite drinks. Place the bottles filled with sugar in front of the chart.

9. Other ideas:

- Take a photo of your display and use along with chart and other handouts to make a bulletin board.
- Make a game out of it by having people guess how many teaspoons of sugar are in their favorite drinks and give the winners a 5-2-1-0 approved prize.
- Have a poster contest around limiting sugar-sweetened beverages.

DRINK	SIZE	TOTAL CALORIES	SUGAR GRAMS	SUGAR TSP.
Arizona® Green Tea & Honey	20 oz	175 cal	43 g	10
Coca-Cola® Classic	20 oz	240 cal	65 g	11
Dunkin' Donuts Strawberry Fruit Coolata®	16 oz (sml)	230 cal	57 g	14
Gatorade Thirst Quencher®	20 oz	133 cal	35 g	8
Glaceau Vitamin Water®	20 oz	120 cal	32 g	8
Minute Maid® 100% Apple Juice	15.2 oz	210 cal	49 g	11
Monster Energy® Drink	16 oz	200 cal	54 g	13
Mountain Dew®	20 oz	290 cal	77 g	18
Sprite®	20 oz	240 cal	64 g	15
Starbucks Bottled Frappuccino®	9.5 oz	200 cal	32 g	8
Water	ANY SIZE!	0 cal	0 g	0



HAVE A DRINK PLAN

GOAL SETTING WORKSHEET

**THINK
DRINK!**

Now go for it; begin choosing the drinks you listed in question 3 today! Revisit this worksheet in a month to see what kind of progress you've made!

1. On average, how often do you drink sugary drinks?

Sugary drinks include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

- Only at special events
- Daily
- Once a week
- 3 times a week

2. On average, how much 100% fruit juice do you drink?

- Only at special events
- Daily
- Once a week
- 3 times a week

3. What other drinks do you enjoy besides sugary drinks?

4. What's a realistic goal for how many sugary drinks, including 100% juice; you could limit yourself to each day?



MAKE

WATER FUN!

REFRESHING
WATER!

Water cooler water slide

- Funnel the water from the cooler spout through a toy like Marble Run or a custom made slide. Clean the Marble Run before use.
- Keep tubes in half-pipe form so kids can watch the water flow. Add water wheels, doors, bells, etc., for excitement.
- Make sure the slide pieces are water tight. When kids want water have them place their cup at the end of the slide to capture the water.
- Have an involved parent help with the construction, if needed.

Add non-caffeinated herbal tea

- In addition to fruits like lemon, cucumber, berries, and melons, herbal teas can make delicious flavored water. Herbal teas are commonly non-caffeinated and have lots of flavor. Popular non-caffeinated choices are mint, chamomile, and lavender. Keep a batch chilled in the fridge, ready-to-drink!

Silly animal poster

- Have kids bring in a silly picture of their favorite animal drinking water. As a class, make a poster and hang it by the water cooler.
- During water breaks have kids pick an animal that they want to be while drinking water.

Whimsical water fountain

- Give water fountains imaginative, leading names. Reference books, art, nature, etc. For example:
 - Poseidon's Pool (from Greek mythology)
 - Fountain of Tivoli
 - Fountain of Fair Fortune (Harry Potter reference)
 - Big Lizard's Underwater Swimming Hole
- Decorate with indoor plants and holiday lights.

Content developed by Christine Adamowicz
of *Healthy Together* Healthy Androscoggin



MAKE FUN

FLAVORED WATER

**CHEERS
TO
DRINKING
WATER!**

You can make infused water in a large jug by simply adding sliced or chopped-up fruit, vegetables, and/or herbs to the water. Try lemon and orange, melon and mint, cucumber slices, or frozen berries; get more ideas from the lists below. Let it set a few hours, then enjoy poured over ice. Share your creation by setting up a sampling table for others to try!

Fruit

- Berries
- Oranges
- Lemons
- Lime
- Grapefruit
- Pineapple
- Grapes
- Watermelon
- Mango
- Cantaloupe
- Honeydew
- Kiwi
- Cherries
- Apples

Vegetables

- Cucumber
- Jalapeños
- Bell Peppers
- Celery
- Carrots

Herbs

- Basil
- Mint
- Rosemary
- Cilantro
- Lavender
- Tarragon
- Thyme
- Sage
- Ginger Root



ROLE MODEL

DRINKING HEALTHY BEVERAGES

Kids are watching what you say and do!

Take action and be a healthy role model by doing the following things:

- Only drink water.
- Put any beverage that isn't water in a logo-free, opaque container.
TIP: This also helps avoid any unintended advertising to kids!
- Stock the teachers' lounge with bottled water. Try both plain and sparkling!
- Encourage kids to drink water when they are thirsty. At transitions, line up next to a water fountain to give them an opportunity to grab a quick drink!

Send a healthy message to kids by ditching sugary drinks and drinking water!





SUGARY DRINKS...

DRINK WATER!

Put limits on juice!

- Juice products labeled “-ade,” “drink,” or “punch” often contain 5% juice or less. Sometimes, the only difference between these “juices” and soda is that they have added Vitamin C.
- Always try to choose whole fruits over juice.
- Suggest a glass of water or low-fat milk instead of juice.
 - If you choose to serve juice: Buy 100% juice.
- Each day, juice should be limited to:
 - 4-6 ounces for children 1-6 years old.
 - 8-12 ounces for children 7-18 years old.
 - No juice for children 6 months and under.

Water!

Keep It Handy, Keep It Cold:

- Keep bottled water or a water bottle on hand.
- Fill a pitcher of water and keep it in the fridge.

Liven It Up, Make It Fruity:

- Add fresh lemon, lime, or orange wedges to water for some natural flavor.
- Try mixing seltzer with a splash of juice.

Be a Role Model:

- Drink water when you're thirsty.
- Replace soda with water, instead of other sugar-sweetened beverages, such as juice or sports drinks.

Water is fuel for your body:

- Between 70-80% of our body is made up of water.
- When you exercise, you sweat, and when you sweat, you LOSE water – it is important to replace the water you lose when you sweat.
- Water is the #1 thirst quencher!

Did you know?

Soda has no nutritional value and is high in sugar. Just 9 ounces of soda has up to 150 empty calories. Many sodas also contain caffeine, which kids don't need.



WATER IS FUEL

FOR YOUR BODY

**STAY
HYDRATED!
IT'S
COOL.**

Ever wonder why you need water? Like food, water acts like fuel in your body and helps your body run. To keep your body running smoothly, drink plenty of water throughout the day.

Kids who eat healthy, drink enough water, and sleep well at night will have more energy for all their sports and activities!

- Between 70-80% of your body is made up of water.
- Water is the #1 thirst quencher.

Give your body water when you need more fuel!

When you exercise, you sweat, and when you sweat, you LOSE water and minerals. It's important to replace the water you lose when you sweat by drinking water. You can replace the minerals by eating a piece of fruit such as a banana. It's uncommon for kids to reach a level of activity where they require sports drinks. Most often the best choice is water and a light snack.

Energy drinks should never be used to replace water during exercise. Most energy drinks, like Red Bull and SuperStar, contain caffeine. Caffeine causes the body to lose water and can sometimes cause anxiety, headaches, stomachaches, and sleep problems.

Energy drinks and many sports drinks contain HIGH amounts of sugar and calories. The extra sugar and calories may add to weight gain and tooth decay.



MOST PEOPLE DON'T NEED

SPORTS AND ENERGY DRINKS

Did you know?

Neither sports drinks nor energy drinks are a good substitute for the water we need each day – water is always the best thirst quencher! Water is the best choice for hydration, before, during, and after most people's exercise routines.

Sports drinks:

- These are flavored drinks that usually contain sugar, minerals, and electrolytes (like sodium, potassium, and calcium).
- Most people don't need them! They are recommended only when you are doing intense physical activity for at least an hour or longer (such as long-distance running or biking, or high intensity sports like soccer, basketball, or hockey).
- Avoid drinking them when you are just doing routine physical activity or to satisfy your thirst.
- Examples of Sports Drinks:
 - Gatorade
 - Powerade
 - Accelerade
 - All Sport Body Quencher
 - Propel

Energy drinks:

- These are flavored beverages that usually contain stimulants like caffeine and other compounds along with sugar, added vitamins and minerals, and maybe even protein.
 - Guess what?! We don't need these nutrients from drinks; we get them from our food!
- These drinks are not the same thing as sports drinks and are never recommended for children or adolescents.
- These could cause increased heart rate, increased blood pressure, trouble sleeping, anxiety, difficulty concentrating, upset stomach, and even caffeine toxicity.
- Examples of Energy Drinks:
 - Monster
 - Red Bull
 - Power Trip
 - Full Throttle
 - Jolt
 - Rockstar

Instead of sports drinks, have some water and a piece of fruit after a workout!



HOW MUCH SUGAR

Consider how frequently you or your kids enjoy these, and similar, drinks. They provide loads of sugar and little if any nutrition.

Common Drink Choices

DRINK	SIZE	TOTAL CALORIES	SUGAR GRAMS	SUGAR TSP.
Arizona® Green Tea & Honey	20 oz	175 cal	43 g	10
Coca-Cola® Classic	20 oz	240 cal	65 g	11
Dunkin' Donuts Strawberry Fruit Coolata®	16 oz (sml)	230 cal	57 g	14
Gatorade Thirst Quencher®	20 oz	133 cal	35 g	8
Glaceau Vitamin Water®	20 oz	120 cal	32 g	8
Minute Maid® 100% Apple Juice	15.2 oz	210 cal	49 g	11
Monster Energy® Drink	16 oz	200 cal	54 g	13
Mountain Dew®	20 oz	290 cal	77 g	18
Sprite®	20 oz	240 cal	64 g	15
Starbucks Bottled Frappuccino®	9.5 oz	200 cal	32 g	8
Water	ANY SIZE!	0 cal	0 g	0



STEP THREE

IMPLEMENT ACTION PLAN

STRATEGY THREE

PROHIBIT THE USE OF FOOD AS A REWARD



STRATEGY 3: PROHIBIT THE USE OF FOOD AS A REWARD

WHY DOES IT MATTER?

Rewarding kids with food, even healthy foods, encourages kids to eat outside of meal and snack times, when they may not be hungry, and can lead to poor eating habits.^{1,2}

Using food, such as candy, cookies, doughnuts, sugary drinks, and pizza, as a reward for good behavior and academic performance is a common practice with kids and puts them at risk for excess weight gain and obesity.^{3,4}

Encouraging kids to eat healthy foods, but at the same time rewarding good behavior with unhealthy foods, sends a mixed message and confuses kids.¹

Foods that are used as rewards are typically high in sugar, fat, and salt with little nutritional value, and can play a role in establishing kids' preferences for unhealthy foods.^{1,2}

References

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STRATEGY 3: PROHIBIT THE USE OF FOOD AS A REWARD

HOW TO IMPLEMENT

Rewarding kids with food, even healthy foods, encourages kids to eat when they may not be hungry and can lead to poor eating habits. Here are some ways to ensure food is never used as a reward and what you can do instead.

Food Reward is a food used to encourage good behavior.

Instead of food rewards:

- Use Non-Food Rewards.
- Use Physical Activity as a Reward.

Learn about the harm of using food as a reward and non-food alternatives and share this knowledge with families and staff using these handouts:

- Food Rewards Add Up
- What the Experts Say about Food Rewards
- Non-Food Rewards at Home

Set a policy that prohibits the use of food as a reward.

- Refer to the *Healthy Together* Recognition Program packet in the “Step 5: Celebrate” Tab for help with this.



NON-FOOD REWARDS

For any age student, don't underestimate the power of using verbal praise that is specific. For example, "You did a great job, John. I'm so proud of you for helping Jack with his math problems today."

To support your efforts, help to create a district-wide policy that prohibits the use of food as a reward.

Alternatives to food as a reward

Younger students can:

- Share a special item or talent with the class.
- Be "Super Kid of the Day", or "Star of the Day."
- Sit in a special seat during snack time or lunch.
- Be recognized in a newsletter or on a bulletin board.
- Be given an important responsibility, such as helping teach the class or reading the morning announcements.
- Receive a compliment from the other kids in the classroom.
- Receive a positive note from the principal, teacher, or have one sent home for parents to see.
- Get a signed t-shirt, Frisbee, or ball.
- Lead out on group activities.
- Receive coupons with special privileges.
- Attend a reading party (kids bring blankets to sit on and read favorite books).
- Read a favorite poem.
- Share a favorite picture of a family member or friend.
- Play a favorite game or puzzle.
- Eat lunch outdoors or have a picnic.
- Eat lunch/take a walk with the principal or a favorite teacher.
- Get access to items that can only be used on special occasions (e.g., special art supplies, toys, or games).
- Get a trip to a treasure chest full of small, non-food items (e.g., bubbles, crayons, finger puppets, Slinkys, yo-yos, rubber balls, spinning tops, stickers, school supplies, etc.).
- Get a monthly indoor or outdoor physical activity event to celebrate accomplishments or birthdays.
- Make a list of fun, non-food rewards and get to choose a reward from the list when appropriate.
- Dance to favorite music.
- Schedule a field trip.
- Read the kids' favorite book.
- Get extra or longer free time.
- Get extra outdoor activities.
- Receive a trophy or ribbon.



USE

NON-FOOD REWARDS

Benefits of providing non-food rewards:

- Creates an environment that fosters healthy eating and supports the 5-2-1-0 message.
- Allows the opportunity for more frequent rewards.
- Adds to fitness if physical activity is used as reward.

Alternatives to food as a reward

Older students can:

- Sit with friends.
- Listen to music while working.
- Get extra credit.
- Be given less homework.
- Get a late homework pass.
- Be entered into a drawing for donated prizes.
- Receive recognition during morning announcements.
- Get tickets to school events (e.g., sports games, dances).
- Choose partners for activities.
- Earn points or play money for privileges.
- Have class outside.
- Receive extra free choice time.
- Be recognized at a pep rally or assembly.
- Choose end-of-class brain teasers or games.
- Earn sports equipment or athletic gear (e.g., frisbees, water bottles, head or wrist sweat bands, NERF balls, etc.)



USE PHYSICAL ACTIVITY AS A REWARD

Using physical activity instead of a food reward:

- Helps kids get their 1 hour a day!
- Makes physical activity fun!
- Won't limit how many rewards you can give, as they just add up to more activity for kids!

So next time you want to reward kids, think about how you could make it physically active. Here are some ideas to get you started:

- Dancing to favorite music in the classroom.
- A 'walk and talk' with a special person, favorite teacher, or principal.
- Extra outdoor activities or recess time.
- Setting up an obstacle course.
- Special access to particular toys or games that promote movement like a bike or jump rope.
- A monthly physical activity event to celebrate accomplishments.
- Access to active video games (e.g., Wii, Dance Dance Revolution).

Let's help kids
understand that
movement can be fun!



DOING THE MATH

FOOD REWARDS ADD UP

$$\begin{array}{r} 416 \\ 110 \\ 100 \\ 271 \\ 234 \\ 156 \\ +600 \\ \hline 1,887 \end{array}$$

Often times we think that “little treats” don’t add up; however, one of our partners shared what their middle school-aged daughter ate in one day, just from food rewards. Check it out, you’ll be amazed!

FOOD REWARD # 1

Mary arrives at school and has a student delegate meeting where they serve donut holes and juice to the kids for participating.

8 glazed donut holes = 416 calories (52 calories each)

8 ounces of orange juice = 110 calories

FOOD REWARD # 2

Mary correctly answers questions in social studies class later that morning and is rewarded with a large lollipop.

Large lollipop = 100 calories

FOOD REWARD # 3

There is a classroom pizza party to celebrate the kids’ especially good behavior and well-done projects that month.

1 slice of cheese pizza = 271 calories

1 slice of chocolate cake with icing = 234 calories

FOOD REWARD # 4

Later that day, Mary answered another question correctly, this time in math class.

1 large chocolate chip cookie = 156 calories

FOOD REWARD # 5

Mary is selected as Student of the Month and is given an extra-large Hershey’s chocolate bar with her certificate.

1 extra-large chocolate bar = 600 calories

Throughout the day, Mary was rewarded with 1,887 calories of food! That’s just about the same amount of calories she needs in an entire day, and doesn’t even include her three meals. Most of these treats were full of “empty calories” and offered little nutrition. Everyone had good intentions to reward this student, but no one knew that she had been rewarded all day long.



FOOD REWARDS ADD UP

**THE
TRUE
REWARD
IS
HEALTHY
KIDS!**

Wondering what you can do to help prevent this?

- Work with students to learn what, besides food, makes them feel rewarded – an extra 15 minutes of free time? Leading a class activity? Listening to music? Then, provide these rewards instead of food.
- A personal word of praise or public acknowledgment is a great way to reward a student.
- Use physical activity as a reward!
- Work with your School Wellness Committee to set a district-wide policy that prohibits the use of food as a reward.
- Occasional treats are okay, but they should be just that – occasional – and not a reward but a treat!



WHAT EXPERTS

SAY ABOUT FOOD REWARDS

**LISTEN
UP!**

American Academy of Pediatrics:

Food should be used as nourishment, not as a reward or punishment. In the long run, food rewards or bribes usually create more problems than they solve.

American Academy of Family Physicians:

Food should not be used for non-nutritive purposes such as comfort or reward. Do not provide food for comfort or as a reward.

Academy of Nutrition and Dietetics:

Do not use food as a reward. When children are rewarded with sweets or snack food, they may decide that these foods are better or more valuable than healthier foods.

American Academy of Child and Adolescent Psychiatry:

Do not use food as a reward.

American Psychological Association:

Avoid using food as a reward for good behavior. Making unhealthy food a reward for good deeds promotes the idea that healthy food isn't as appealing as junk food or something to look forward to.

Healthy Together:

Prohibit the use of food as a reward.

Yale Medical Group:

Using food as a reward or as a punishment can undermine the healthy eating habits that you're trying to teach your children. Giving sweets, chips, or soda as a reward, often leads to children overeating foods that are high in sugar, fat, and empty calories. Worse, it interferes with kids' natural ability to regulate their eating, and it encourages them to eat when they're not hungry to reward themselves.

Adapted from: Fedewa, A., Courtney, A. The Use of Food as a Reward in Classrooms: The Disadvantages and the Alternatives. 2014.



NON-FOOD REWARDS

AT HOME

Be sure to avoid giving extra time in front of the TV or computer as a reward!

Words of appreciation can go a long way. Children love to hear "You did a great job" or "I appreciate your help."

How can you celebrate a job well done without using food treats?

Here are some ideas:

- Make a list of fun, non-food rewards that don't cost much and post it where the whole family can see it. Allow your child to choose something from the list when appropriate.
- Have a separate list of special and inexpensive rewards for those really big achievements.
- Give certificates or ribbons for healthy behaviors.
- Allow your child to have a few friends over after school to play sports.
- Invite a few of your child's friends to a sleepover.
- Have a family game night.
- Keep a box of special toys or art supplies that can only be used on special occasions.
- Go to a sports game.
- Camp out in the back yard.
- Allow the use of electronics that support physical activity, like Dance Dance Revolution.
- Choose toys and games that promote physical activity like jump ropes, balls, or Skip-Its.

Food as a reward:

- Contributes to poor health.
- Encourages over-consumption of unhealthy foods.
- Contributes to poor eating habits.
- Increases preferences for sweets.



STEP THREE

IMPLEMENT ACTION PLAN

STRATEGY FOUR

PROVIDE OPPORTUNITIES TO GET PHYSICAL
ACTIVITY EVERY DAY



STRATEGY 4: PROVIDE OPPORTUNITIES TO GET PHYSICAL ACTIVITY EVERY DAY

WHY DOES IT MATTER?

Active kids tend to be healthier kids, and healthier kids are better learners.

Regular physical activity reduces feelings of anxiety, stress, and depression, and increases self-esteem.^{1,2}

Kids who are physically active on a daily basis are less likely to be overweight or obese. They are also less likely to develop risk factors for chronic diseases and several types of cancer.¹⁻³

Students who are physically active tend to have better grades, school attendance, and classroom behaviors.⁴⁻⁸

Students spend most of their time in the classroom, making it a practical location for adding opportunities for physical activity. Brief classroom physical activity breaks (5-10 minutes) can improve attention, concentration, on-task behavior, and test scores.⁴⁻⁸

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STRATEGY 4: PROVIDE OPPORTUNITIES TO GET PHYSICAL ACTIVITY EVERY DAY

HOW TO IMPLEMENT

Active kids tend to be healthy kids and better learners. Here are some ways to get kids moving during the school day. Which ones can your school use?

Physical Activity is any movement that increases heart rate and breathing such as running, climbing, jumping, dancing, etc.

Provide opportunities to get physical activity:

- Keep facilities open before and after school for physical activity.
- Incorporate physical activity into the curriculum.
- Use Quick Brain Boosts between classroom activities.
- Do not take away physical activity as a punishment.
- Use Physical Activity as a Reward.
- Create a Dedicated Activity Room at your school.
- Borrow and use a StoryWalk™.
- Start a Physical Activity Club.
- Provide recess or PE every day; get kids moving using the Active Recess! handout.
- Start a Walking School Bus.
- Use your PE teachers as a resource for ideas.
- Use the 5-2-1-0 Activity Booklet found in the pocket of your toolkit.

Learn how to include physical activity in every day and share this knowledge with families using these handouts:

- Get One Hour or More of Physical Activity Every Day
- Take It Outside
- Top Five Anywhere Exercises

Set a policy that requires opportunities for physical activity to be provided every day.

- Refer to the *Healthy Together* Recognition Program packet in the "Step 5: Celebrate" Tab for help with this.



QUICK BRAIN BOOSTS

LET'S TAKE A BREAK!

There are several ways to incorporate these ideas into the day. You could:

- Use them throughout the day as a quick and easy physical activity break.
- Put a few together for an indoor recess period.
- Combine them all for use at a health fair or field day.

Try the ideas below for quick brain boosts in between learning activities in the classroom.

High Knee Run/March: Run or march in place, lifting your knees in front of you as high as you can.

Tree Pose: Balance on one foot. Place your other foot on the inside of your balanced leg. Your knee should be pointing to the side and your heel pointing up your leg. It is okay to leave your toes on the ground if you need to. Bring your hands together in front of you or overhead. Change legs after a count of 30.

Wood Chopper: Stand with your feet hip distance apart. Squat down with arms extended in front of you with a ball between your hands or just bring your hands together in a fist. As you lower in a squat bring the ball towards the ground. As you rise up, bring the ball over your head. Keep your eyes looking straight ahead the entire time.

Chair Pose: Feet together. Legs together. Keeping your knees together, sit back like you are sitting in a chair. Hold that position as long as you can. Relax when you need to, and then try again.

Skate in Place: Pretend to ice skate in place as you hop side to side, bringing your heel behind you as high as you can. Swing your arms side to side. You can do this without hopping by stepping side to side.

Agility Ladder: Place a ladder on the ground. Run through the ladder without stepping on the bars. Pick your knees up high! Run through the ladder and then jog around to the other end to do it again.

Squeeze the Ball: Place a ball between your hands, elbows pointing out to the side. Squeeze your palms in towards the ball. Feel your arms working hard!

Jump Rope: You can pretend to jump rope or use a real jump rope. Keep moving! Jumping rope builds endurance and is recommended for both children and adults. It can be done individually or in a group setting.

Hands to Knee: Extend your arms overhead. Lock your thumbs together. Lift one knee up as you pull your arms down to touch that knee. Arms go back overhead as that foot goes back down to the ground. Lift the other knee as you pull your arms down to touch the knee. Stand nice and tall to help your abdominal muscles get strong!



USE PHYSICAL ACTIVITY AS A REWARD

Using physical activity instead of a food reward:

- Helps kids get their 1 hour a day!
- Makes physical activity fun!
- Won't limit how many rewards you can give, as they just add up to more activity for kids!

So next time you want to reward kids, think about how you could make it physically active. Here are some ideas to get you started:

- Dancing to favorite music in the classroom.
- A "walk and talk" with a special person, favorite teacher, or principal.
- Extra outdoor activities or recess time.
- Setting up an obstacle course.
- Special access to particular toys or games that promote movement like a bike or jump rope.
- A monthly physical activity event to celebrate accomplishments.
- Access to active video games (e.g., Wii, Dance Dance Revolution).

Let's help kids understand that movement can be fun!



CREATE A

DEDICATED ACTIVITY ROOM

The concept of an activity room has been successfully implemented in schools as a way to reward good behavior and incorporate physical activity into the school day.

Follow the steps below to create your own activity room.

1. Work with your administrator to identify a room that can be used as the activity room. The space can be fairly small, but should be big enough to accommodate a few students at a time.
2. Apply for external funds to stock the room with games and activities that promote physical activity (consider making an appeal to the PTO). You may also want to put a request out to families for any good quality, used equipment or games they have to donate (**NOTE:** we suggest providing a list of exactly what you are looking for). Examples may include Twister, yoga cards, jump ropes, yoga balls, rowing machines, treadmills, Dance Dance Revolution, Wii Fit, a rock climbing wall, etc. Set-up physical activity stations and directions around the room using the games and activities you have acquired.
3. Make the activity room a part of the school environment. Allow faculty and staff to give students a “coupon” for 10 minutes in the activity room as a reward for good behavior. Make the room available during free periods, before and after school, and maybe even hold class in the room using physical activity to teach your content for a day.

**TWISTER • JUMP ROPES • YOGA
BALLS • YOGA CARDS • TENTS
SCARVES • BEAN BAGS • HULA
HOOPS • FLOOR SPOTS • TUNNELS**

Activity room in action:

PE teacher Robin O'Connor successfully created an activity room for her school. Working closely with administration and other teachers, Robin identified a room, determined the rules, and implemented a school-wide reward system. Any teacher can sign-up to bring their class to the room, and faculty and staff can award “coupons” for use of the room to students for positive behavior. All school members have the opportunity to reward a student. The School Nutrition Department used to give cupcakes to students on their birthdays. Now, they give a coupon to the activity room! Even the custodial staff and ground keepers are able to give out the coupons. The room creates school-wide unity and excitement.



THE STORYWALK™ PROJECT

For other questions, such as "How do I make my own StoryWalk™?" or "How much does it cost to make a StoryWalk™?", please contact the creator Anne Ferguson at 802.223.7035.

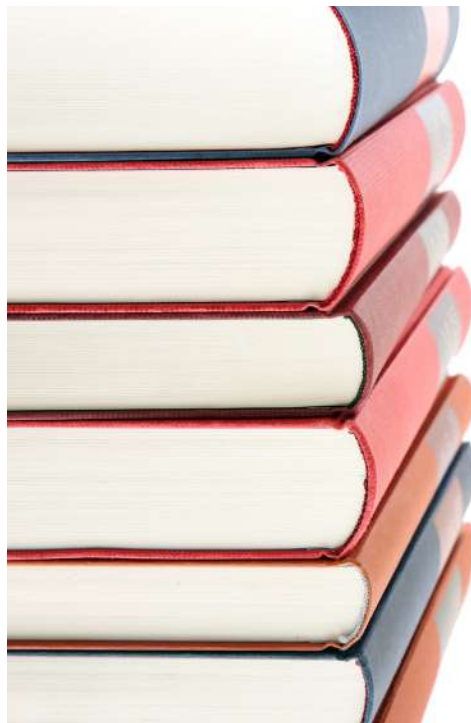
What is a StoryWalk™?

A StoryWalk™ combines physical activity with literacy. It's an innovative way to get people of all ages out walking while reading children's picture books. Pages of a book are transformed into signs that are then laid out on a trail inviting families, children, caregivers, teachers, and others to follow the path of pages.

Where can I use a StoryWalk™?

A StoryWalk™ can easily be set up on playgrounds, walking paths, hiking trails, or fields. Our signs are windproof and waterproof and can be placed at different heights for various age levels.

The StoryWalk™ Project was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Vermont Bicycle & Pedestrian Coalition and the Kellogg Hubbard Library.



PHYSICAL ACTIVITY CLUB

Notes from one Successful Teacher:

- Last year I bumped into one of my former students and she said "Know what I miss most about second grade? Thousand-Step Thursday. I wish my third grade teacher took us walking."
- My class walked at the same time each week and parents knew that if they showed up, they were welcome to join us.
- Teach students how to use pedometers; pedometers are great motivators for walking.

A physical activity club is a great way to provide opportunities for kids to get physical activity every day. Check out the example clubs below and give them a try, or come up with your own club!

Thousand-Step Thursday

Keep track of steps using pedometers and record steps on a chart or incorporate them into a mathematics lesson; grades 2 and up really enjoy using pedometers.

On-the-Move Monday (or Walking Wednesday)

Make a commitment to walk for a period of time every Monday (or Wednesday) for the entire school year.

Twenty Miles in Twenty Days

Choose a month with twenty school days. Map out an area around the school or community that is exactly one mile. Every day for a month, have students walk the mile course. At the end of the month, they will proudly say that they were able to walk twenty miles in twenty days! This is a great activity for the spring.



ACTIVE RECESS!

Recess should never be denied, withheld as punishment, or used as a time to make up incomplete academic work.

Active recess means kids are getting real physical activity during recess, rather than sitting and talking. Active recess periods allow students to release energy and reduce stress. This helps improve classroom attention and decreases disruptive behavior! Aim to have all students be physically active during the majority of recess time through age appropriate games and other organized activities.

Help ensure your school's recess periods are active:

- Commit to active recess as a school-wide practice. Everyone can play a role! The classroom teacher can help teach new rules of activities, while the physical education teacher can help teach new activities. The art teacher may help develop new rules posters. The school counselor and school nurse can help integrate safety and social rules.
- Review and improve, if needed, recess areas. If possible, establish safe grassy, blacktop, and playground equipment areas. Paint colorful markings on blacktop.
- Allow all children to participate in recess activities. Avoid withholding recess from students who misbehave in other academic classes.
- Allow children at different developmental levels private use of large equipment area (swings, climbing equipment, and slides). For example, avoid having fifth grade students play on the large structures at the same time as the first grade.
- Provide a consistent set of rules for each area of the playground. Post them where all can see.
- Plan out age-appropriate activities and obtain needed supplies and equipment.
- Teach kids appropriate use of each area of the playground.
- Increase the use of games and equipment during recess by providing equipment choices for each area of the playground.
- Teach appropriate games at each grade level.

TIP: Both physical education and classroom teachers can integrate games into units.

- Examples of some popular games include: Four Square, Longball, Basketball, Around the World, Tetherball, Multi-Use Circle, Wallball, Alphabet Track, Running Track-Painted Line, Tricycle Track, Volleyball, Prisoner Court, Skipping Track, US Map, and Hopscotch.
- Let kids use pedometers at recess. Track movement as a classroom activity!
- Consider having recess before lunch (students play and then eat).
- Develop an active recess handbook for the school and orient all playground supervisors.



STARTING A WALKING SCHOOL BUS: THE BASICS

Why develop a walking school bus?

Studies show that fewer children are walking and biking to school, and more children are at risk of becoming overweight. Changing behaviors of children and parents require creative solutions that are safe and fun. Implementing a walking school bus can be both.

What is a walking school bus?

A walking school bus is a group of children walking to school with one or more adults. If that sounds simple, it is, and that's part of the beauty of the walking school bus. It can be as informal as two families taking turns walking their children to school to as structured as a route with meeting points, a timetable and a regularly rotated schedule of trained volunteers.

A variation on the walking school bus is the bicycle train, in which adults supervise children riding their bikes to school. The flexibility of the walking school bus makes it appealing to communities of all sizes with varying needs.

Parents often cite safety issues as one of the primary reasons they are reluctant to allow their children to walk to school. Providing adult supervision may help reduce those worries for families who live within walking or bicycling distance to school.

Starting simple

When beginning a walking school bus, remember that the program can always grow. It often makes sense to start with a small bus and see how it works. Pick a single neighborhood that has a group of parents and children who are interested. It's like a carpool – without the car – with the added benefits of exercise and visits with friends and neighbors. For an informal bus:

1. Invite families who live nearby to walk.
2. Pick a route and take a test walk.
3. Decide how often the group will walk together.
4. Have fun!



STARTING A WALKING SCHOOL BUS: THE BASICS

When picking a route, answer these four questions:

- 1. Do you have room to walk?** Are there sidewalks and paths? Is there too much traffic?
- 2. Is it easy to cross the street?**
- 3. Do drivers behave well?** Do they yield to walkers? Do they speed?
- 4. Does the environment feel safe?** Are there loose dogs? Is there criminal activity?

For more help identifying walkable routes, use the Walkability Checklist at <http://bit.ly/wchecklist>.

Reaching more children

Success with a simple walking school bus or a desire to be more inclusive may inspire a community to build a more structured program. This may include more routes, more days of walking and more children. Such programs require coordination, volunteers and potential attention to other issues, such as safety training and liability. The school principal and administration, law enforcement and other community leaders will likely be involved.

First, determine the amount of interest in a walking school bus program. Contact potential participants and partners:

- Parents and children
- Principal and school officials
- Law enforcement officers
- Other community leaders

Second, identify the route(s).

- The amount of interest will determine the number of walking routes.
- Walk the route(s) without children first.

Third, identify a sufficient number of adults to supervise walkers.

The Centers for Disease Control and Prevention recommend one adult for every six children. If children are age 10 or older, fewer adults may be needed. If children are ages 4 to 6, one adult per three children is recommended.

Next, finalize the logistical details.

- Who will participate?
- How often will the walking school bus operate? Will the bus operate once a week or every day?
- When do children meet the bus? It's important to allow enough time for the slower pace of children, but also to ensure that everyone arrives at school on time.
- Where will the bus meet children – at each child's home or at a few meeting spots?
- Will the bus operate after school?
- What training do volunteers need?
- What safety training do children need?

Finally, kick-off the program.

A good time to begin is on International Walk to School Day. Walk and look for ways to encourage more children and families to be involved. Have fun! For more information about planning and conducting a walking school bus, see <http://www.walkingschoolbus.org/resources.html>. Check out your local Safe Routes to School Program. There's a coordinator in most counties.

Maintained by the National Center for Safe Routes to School of the University of North Carolina Highway Safety Research Center. Funding provided by the U.S. Department of Transportation.





GET ONE HOUR OR MORE OF PHYSICAL ACTIVITY EVERY DAY

MOVE 1 HOUR EVERY DAY!

Physical activity can be free and fun!

- Take a walk with your family
- Play with your pet
- Play tag
- Take a bike ride (remember to wear your helmet)
- Turn on music and dance
- Jump rope
- Play Frisbee
- Take the stairs
- Park the car at the end of the parking lot
- Make snow angels

Make physical activity easier.

- Make gradual changes to increase your level of physical activity.
- Track the level of your physical activity using a pedometer, fitness band, or online tracker.
- Choose toys and games that promote physical activity (e.g., balls, hula hoops, jump ropes, scarves).
- Do physical activities together with friends or family.
- Turn off the TV and computer and keep them out of the bedroom.
- Limit recreational screen time (e.g., TVs, computers, video games, etc.).
- Encourage lifelong physical activity by incorporating it into your routine.
- Keep physical activity fun! You'll be more likely to do it.

Did you know?

One hour of moderate physical activity means:

- Doing activities where you breathe hard, like fast walking, hiking, or dancing.

20 minutes of vigorous physical activity means:

- Doing activities where you sweat, like running, aerobics, or basketball.

Physical activity...

- Makes you feel good.
- Makes your heart happy.
- Makes you stronger.
- Makes you flexible.



**BE A
ROLE MODEL**
**SCHEDULE ACTIVE FAMILY
PLAY TIME DAILY.**



TAKE IT OUTSIDE

With so much technology, it can be hard to pull ourselves away from indoor attractions like computers, TVs, and video games. As a result, we miss out on the exciting and beautiful world of nature that is right outside the door. Spending time in nature, either alone or with our families, has positive outcomes for everyone.

Did you know that experts have found that kids who have greater contact with nature are happier, healthier, smarter, more creative, more optimistic, more focused, and more self-confident? Families also have stronger bonds and get along better if they participate in activities outside. Getting outside can even help prevent diabetes, behavioral disorders, and depression. So, no matter how tempting staying inside may be, making time for nature is really important!

Tips to get involved:

- Make a list of nature activities that your kids want to do and then use those activities as rewards.
- Encourage kids to go outside with you while you do yard work.
- Help kids plant a garden that they can take care of.
- Check out books on local animals, like birds, and help your kids explore them.
- Get other friends and families involved in your nature outings – the more, the merrier!

Here are some fun, family-friendly outdoor activities you can try:

- Go apple or berry picking
- Jump in puddles
- Go stargazing and pick out your favorite constellations
- Plant a vegetable garden
- Go for a hike or nature walk
- Collect seashells on the beach
- Follow animal tracks
- Sleep in the backyard
- Go sledding
- Go fishing



TOP FIVE

ANYWHERE EXERCISES

All of these exercises can be done with limited space and no equipment!



Kneeling Push-Ups

Start with your knees on the ground, feet lifted and your hands directly underneath your shoulders. Put your body into a kneeling plank position. Slowly lower your chest down and push your body back up to the starting position. You can also do these on the wall to start or on your toes as you gain more strength.



Planks

Start by lying face down. Place your elbows and forearms underneath your chest and prop yourself onto your toes and forearms. Maintain a flat back and do not allow your hips to sag toward the ground. These can also be done in a kneeling position. Start by holding this position for 10 seconds and work your way up to a longer time!



Squats

Sit back like you are sitting in a chair, bending at the knees, hinging at the waist, and putting your weight in your heels. Be careful to not extend your knees over your toes! Return to standing once you have reached a comfortable range of motion. Taking care of knees? Don't go as far down into the squat, or use a chair behind you. Slowly sit back on the edge of the chair and then return to a standing position.



Jumping Jacks

Start out with this move by stepping one foot out, then the other. As you feel comfortable, work up to jumping both feet out at one time and bring your arms into a V-position at the same time. Great for warming up your muscles.



Running in Place

Just starting out? March in place and build up to a jog. Keep it up for 10-30 seconds. This simple exercise gets the heart pumping and works important muscles!



STEP THREE

IMPLEMENT ACTION PLAN

STRATEGY FIVE

LIMIT RECREATIONAL SCREEN TIME



STRATEGY 5: LIMIT RECREATIONAL SCREEN TIME

WHY DOES IT MATTER?

Limiting screen time can help prevent childhood obesity.¹

Young children who spend less time watching TV tend to do better in school, have a healthier diet, and are more physically active when they are older.²

Too much screen time puts kids at risk for lower reading scores, attention problems, and problems learning.³⁻⁶

Screen time includes time spent watching TV, playing video games, using a computer, and using mobile devices such as smartphones and tablets.

As new screen technologies become popular, they don't replace the old ones. For example, video games and tablets have not replaced television time – they have actually added to the amount of time kids spend with screens.⁷

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STRATEGY 5: LIMIT RECREATIONAL SCREEN TIME

HOW TO IMPLEMENT

As a school, it's important to limit recreational screen time during school hours and to support families in limiting screen time outside of school. Use the ideas below to work on both areas!

Screens include TVs, computers, video games, tablets, and smartphones.

Recreational Screen Time is screen time used for non-educational purposes.

Use screen time for educational purposes only.

Use physical activity to replace screen time.

- Get some ideas from the Pause to Play! handout.

Support families in limiting recreational screen time:

- Create Take Home Activity Bags for families to borrow.
- Host family fun nights to provide families with an alternate activity to screen time.
- Send home the Healthy Activities for School Vacation.
- Use the My Favorite Things to Do Instead of Watching TV worksheet.
- Do a Screen Time Challenge.
- Inspire families to participate in National Screen-Free Week.
- Send home the It's Summer! Let's Ditch the Screens and Play! handout.
- Help protect kids from the unhealthy effects of media by teaching them Media Literacy skills.

Learn about the importance of limiting recreational screen time and how to do it and share this knowledge with families using these handouts:

- Limit Recreational Screen Time to Two Hours or Less
- Step Away From the Screen!
- Ditch Your Phone for an Hour a Day to Get Active and Play!
- Promote Healthy Viewing Habits
- Unplugged!
- Healthy Sleeping Habits

Set a policy that limits recreational screen time.

- Refer to the *Healthy Together* Recognition Program packet in the "Step 5: Celebrate" Tab for help with this.



CHANGE THE CHANNEL

PAUSE TO PLAY

Kids are getting way too much screen time these days – up to 7 hours a day in some cases. Much of the time kids are spending in front of screens is time kids USED to spend being active.

**BRING
BACK
SILLY!**

In school kids often get extra screen time when there is indoor recess. Let's switch this back around and replace screen time with physical activity!

Here are a few ideas to ensure that instead of screen time during indoor recess kids are getting physical activity:

- Turn on music and have a dance party.
- Set up an obstacle course.
- Do age-appropriate exercise videos.
- Do a scavenger hunt.
- Use the gym to play active games like: Red Light Green Light, Freeze Dance, Hopscotch, Tag, Simon Says, Twister.
- Play Balloon Volleyball: Blow up some balloons. Break into two teams and sit on the floor facing each other. The object of the game is to not let the "volleyball" touch the ground.
- Use the Motor Breaks and Games for Elementary Schools booklet that came with your toolkit.



ACTIVITY BAGS

WHAT'S IN YOUR BAG?

**Looking for a way to help families unplug from screens?
Try creating Take Home Activity Bags!**

1. **Create Take Home Activity Bags or Boxes.** Fill a bag or box with new and different activities for kids and families to do at home as an alternative to screen time. Include special items that your students like but don't have access to every day. You want to provide desirable items that the students want!
2. **Advertise to families.** Let families know that students may "check out" an Activity Bag for the evening as an alternative to screen time. Consider adding the sentence below to parent communications.

"Attention Families! We now provide Take Home Activity Bags available to check out overnight for a fun alternative to screen time! If you'd like to have a screen-free evening, contact _____."

3. **Develop a check-out system.** Who will be responsible for the bags? The school nurse? The librarian? Front office staff? How long will parents be allowed to borrow them for? How will you handle any lost or broken items?
4. **Keep the bags updated.** Use fun and exciting toys and activities!

**FLOOR PUZZLES • BOARD GAMES
STORY BOOKS • ACTIVITY DICE
SNOW BLOCK MAKERS • DIRECTIONS
AND SUPPLIES FOR SPECIAL ARTS
AND CRAFTS • JUMP ROPES • ANIMAL
TRACKS BOOK**

Idea originally developed by West School in Portland.



HEALTHY ACTIVITIES FOR SCHOOL VACATION

Circle each activity
when completed.
Complete as many as
you can!

**UNPLUGGED
CAN BE
FUN!**

Name: _____ Vacation Dates: _____

- Go sledding
- Try a new physical activity
- Make your own dip for veggies
- Go for a walk
- Build a snowman
- Play outdoors all day
- Play a card game
- Create an obstacle course
- Go on a hike
- Play baseball
- Build a snow fort
- Do a jigsaw puzzle
- Go swimming
- Dance to music
- Play a board game
- Go bowling
- Drink a glass of water upside-down
- Create a skit or play
- Go roller skating
- Play football in the snow
- Strike a yoga pose
- Have a fruit smoothie
- Jump rope or skip
- Don't use any screens all day
- Write a letter
- Eat a banana spread with peanut butter and rolled in cereal
- Help make dinner
- Build a fort with furniture and blankets
- Go to a sporting event
- Make a card for someone special
- Do as many cartwheels or somersaults as you can
- Climb a tree
- Find a new park to visit

What else did you do?



MY FAVORITE THINGS TO DO

INSTEAD OF WATCHING TV

**LET'S
UNPLUG
TOGETHER!**

Name: _____

Life is more fun when you join in!

What do you like to do that helps your mind and body grow strong?

Here are some ideas to get you going:

**PUZZLES • READING • DANCING • SINGING
HOPSCOTCH • BUILDING TOWERS • PLAYING
DRESS-UP • JUMPING • ROLLING DOWN HILLS
WALKING • RIDING A BIKE • PLAYING CATCH
HELPING IN THE KITCHEN • FLYING KITES**



TAKE THE

SCREEN TIME CHALLENGE

We know that most kids are getting too much screen time but often we don't know just how much. A fun way to find out and also reduce the amount of screen time is to challenge students to set a goal and then track the amount of screen time they are getting.

The challenge is easy

1. Make a copy of the log below for each student to use and track their screen time. They can either bring it home or complete it in class.
2. Ask each student to set a goal for limiting the amount of screen time they get each day. Then ask them to write their goal in the top line of the screen time log.
3. Once they have their goal, ask them to record how much screen time they get each day of the week.
4. At the end of the challenge, ask students to share if they met their goal or not for every day of the week. If not, how many days out of the week did they achieve their goal? What do they think were the reasons they either met or didn't meet their goal?

Screens include TVs, computers, video games, tablets, and smartphones.

Screen Time Goal

	T.V. OR MOVIES	VIDEO GAMES	TEXTING OR EMAIL	INTERNET BROWSING	TOTAL HOURS PER DAY
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					
TOTAL HOURS PER WEEK					



INSPIRE FAMILIES TO PARTICIPATE IN

NATIONAL SCREEN-FREE WEEK

Screen-Free Week is 7 days every May when kids, families, and communities around the world unplug from digital entertainment and rediscover the joys of life beyond the screen.

Here is how one school inspired students and families to participate in National Screen-Free Week!

Far in advance:

- The district applied for grant funding to purchase materials for a “Screen-Free Week Survival Kit” for each K-5 classroom. Kits contained things like a set of Fitness Dice, daily activity log sheets, small incentive prizes, and Achievement Certificates which each student received at week’s end.

Couple weeks before:

- Each school sent home a letter telling parents that their child’s class would be participating in Screen-Free week and encouraging families to take part as well.

The week before:

- Administrators briefed staff on the plans for their specific school.
- Screen-Free Week posters were hung throughout the schools.
- A student-recorded message was sent out to the phones of all parents with a reminder of the week-long celebration and encouragement to get involved.

Tips for success from a 5-2-1-0 Champion:

- Have staff use a common message to help get students and families on board, such as “Turn off the TV and turn on _____ (life, books, creativity, fun, etc.)!”
- Reference Screen-Free Week in newsletters, e-mails, web pages, etc. “Talk it up” in many ways!
- Remind students daily that this is a special week and a special challenge.
- Bring in fresh new activities and games for classroom movement breaks.
- Motivate students to participate with small prizes.
- Ask teachers to tie the theme into their curriculum (e.g., read screen-free week themed books, do graphs about TV viewing habits, etc.)



IT'S SUMMER!

LET'S DITCH THE SCREENS AND PLAY!

How many of these fun summer activities can you complete this summer?

- Build a fort.
- Build sand castles.
- Catch butterflies.
- Cheer for a local sports team.
- Clean a local park.
- Climb trees.
- Dig up worms.
- Do a water balloon toss.
- Draw with sidewalk chalk.
- Eat watermelon and have a spitting seeds contest.
- Finger paint.
- Go berry picking.
- Go camping.
- Go fly a kite.
- Go on a nature walk.
- Go rollerblading/roller-skating.
- Go swimming.
- Go to a Farmer's Market.
- Go to the playground.
- Have a dance party.
- Have a healthy picnic.
- Have a hula hoop contest.
- Have a sack race.
- Have a three-legged race.
- Hug a tree.
- Make a fruit smoothie.
- Make flavored water by adding mint and cucumber to a pitcher of ice water.
- Make sock puppets.
- Paint rocks.
- Plant a seed.
- Play dress up.
- Play flashlight tag.
- Play hide and seek.
- Play mini-golf.
- Play with face paint.
- Run through the sprinkler.
- Wash the car by hand.
- Go star-gazing.

Have an ABC Scavenger Hunt

Write the ABCs on the edge of a paper plate and give one plate to each child. Walk around the yard or neighborhood. When they see something that starts with that letter (e.g., Nest - N), mark off the N on their plate.



THINK

MEDIA LITERACY

What is
Media Literacy?

Media literacy is the ability to think critically about the messages heard, seen, and read through books, magazines, TV, advertising, radio, internet, and other media.

Media literacy education is used to protect children and adolescents from the unhealthy effects of media by teaching them skills to think critically about messages in the media.

Use these key questions from the Center for Media Literacy to help children analyze media messages:

- Who created this message?
- What creative techniques are used to attract my attention?
- How might different people understand this message differently from me?
- What lifestyles, values, and points of view are represented in, or left out from, this message?
- Why is this message being sent?

The goal of asking questions like this is to help children build the habit of analyzing the media messages they are exposed to.

Recommended resources:

- Center on Media and Child Health, www.cmch.tv
- Center for Media Literacy, www.medialit.org
- Media Literacy Clearinghouse, www.frankwbaker.com/mlc
- Action Coalition for Media Education, www.acmecoalition.org
- Common Sense Education, www.common sense media.org/educators





LIMIT RECREATIONAL SCREEN TIME TO **2 HOURS OR LESS** EVERY DAY

Keep TV/Computer out of bedroom. No screen time under the age of 2.

Life is a lot more fun when you join in!

Try these activities instead of watching TV.

- Ride a bike.
- Go on a nature hike.
- Put together a puzzle.
- Turn on music and dance.
- Read a book or magazine.
- Spend time catching up with your family.
- Take your kids to the park or beach.
- Play board games.
- Walk, run, or jog.
- Start a journal.
- Play ball (basketball, catch, soccer, etc.).
- Go to the library.
- Explore free activities in your community.
- Rollerblade.
- Play charades.
- Go play in the snow
(e.g., sled, ski, snowshoe, build a snowman or fort).

Tame the TV and computer! Set limits and provide alternatives.

- Set some basic rules, such as no TV or computer before homework or chores are done.
- Do not watch TV during mealtime.
- Use a timer. When the bell rings, it's time to turn off the TV.
- Eliminate TV time during the week.
- Set family guidelines for age-appropriate shows.
- Make a list of fun activities to do instead of being in front of a screen.
- Keep books, magazines, and board games in the family room.

Healthy screen time means:

- No TV/computer in the room where the child sleeps.
- No TV/computer under the age of 2.
- One hour of educational TV/computer time between ages 2 and 5.
- After the age of 5, two hours or less per day.

Did you know?

- Screen time includes time spent on TVs, computers, gaming consoles handhelds, tablets, and smartphones. It's important to limit the use of ALL screens.
- Watching TV is associated with more snacking and increased obesity.
- Too much TV has been linked to lower reading scores and attention problems.



STEP AWAY

FROM THE SCREEN!

Did you know research shows that when parents set media rules, children's media use is almost three hours lower per day!

TVs are on for an average of 7 hours and 40 minutes per day! Let's shake up the routine!

Indoor alternatives to screen time:

- Dance to your favorite music; let the kids DJ!
- Set up an indoor obstacle course.
- Keep a balloon or beach ball aloft as long as you can.
- Do a family art project.
- Make a fort out of furniture and blankets.
- Make up and act out a skit.

Outdoor alternatives to screen time:

- Organize a neighborhood scavenger hunt.
- Take a walk with your family.
- Ride your bike to the nearest playground.
- Play catch with friends and/or family.
- See how many jumping jacks, somersaults, and/or cartwheels you can do.

Outdoor alternatives to screen time:

- 2 hours or less per day* of total screen time (includes TV, non-school related computer time, and video games).
- No TV during meal times.
- No TV during homework.
- No television sets in any bedrooms.
- No eating while watching TV.
- No surfing – watch favorite shows only.
- Limit viewing to specific days/times.



GET ACTIVE + PLAY!

DITCH YOUR PHONE FOR 1 HOUR A DAY!

Focus on fun and try a few of these physical activities with your family.

WHO: You and your family

WHAT: 1 hour of physical activity

WHEN: Every day after school or work

WHERE: Outside – or inside if it's too dark out

HOW: Ditch the social media, pick an activity, and GO! GO! GO!

Tips for getting started:

- Create a healthy environment for your family by doing physical activity together.
- Leave electronic devices in a designated area and have the whole family do fun activities together.
- Pick a variety of activities to work on strength, endurance, and flexibility (e.g., play tug-o-war on Monday, play tag on Tuesday, and do yoga poses on Wednesday).
- Track your activity and encourage each other along the way to having a stronger, healthier family.

- Biking
- Hula-Hooping
- Walking
- Jumping Rope
- Running
- Soccer
- Tag
- Hopping
- Yoga
- Frisbee
- Hiking
- Scavenger Hunt
- Dancing
- Tennis
- Jogging
- Whiffle Ball
- Skipping
- Basketball
- Tug-O-War
- Skating



Content adapted from contributions by Gretchen Cullenberg. Learn more at www.gretchealth.org



PROMOTE HEALTHY VIEWING HABITS

How much screen time is too much?

The American Academy of Pediatrics (AAP) recommends that kids under 2 years old not have any screen time and that those older than 2 have no more than 1-2 hours a day of quality programming.

Why is this important?

TV and other electronic devices can get in the way of learning, exploring, playing, sleeping, and interacting with parents and others, which encourages learning and healthy physical and social development.

Here are some tips you can use to help your child develop positive screen time habits:

- Keep screens out of your child's bedroom.
- Turn off TV and put away handheld devices during meal time.
- Treat screen time as a privilege to be earned – not a right.
- Establish and enforce family viewing rules, like allowing screen time only after chores and homework are complete.
- Make a list of fun activities to do instead of being in front of a screen. Keep books, magazines, and board games easily available.

What counts as a screen time?

Screen time is any time spent using TVs, computers, video games, tablets, and/or smartphones.



UNPLUGGED!

LIFE IS A LOT MORE FUN WHEN YOU JOIN IN!

Interesting facts about TV

- Screen can be habit-forming: the more time kids engage with screens, the harder time they have turning them off as they become older.
- Over half of advertisements during kids' TV shows are about foods, and up to 98% of these promote foods that are high in fat, sugar, and/or sodium.
- Reducing screen time can help prevent childhood obesity.
- Kids who spend less time watching television in early years tend to do better in school, have a healthier diet, be more physically active, and be better able to engage in schoolwork in later elementary school.

Adapted from Campaign for a Commercial-Free Childhood

Try some of these "unplugged" activities instead of watching TV.

- Take a walk
- Ride a bike
- Go on a nature hike
- Put together a jigsaw puzzle
- Go camping (even if it's just in the backyard)
- Go to a school sporting event
- Play a board game
- Read a book
- Play outside
- Turn on the music and dance
- Start a journal

Check these out!

- Center on Media and Child Health:
www.cmch.tv
- Campaign for a Commercial-Free Childhood:
www.commercialfreechildhood.org



HEALTHY SLEEPING HABITS

How much sleep is enough?

There are no exact number of hours of sleep required by all kids in a certain age group, but the National Sleep Foundation suggests:

- Preschoolers (ages 3 to 5) need 10 to 13 hours of sleep a night.
- School-Age kids (ages 6 to 13) need 9 to 11 hours of sleep a night.
- Teens (ages 14 to 17) need 8 to 10 hours of sleep a night.

The average kid has a busy day. There's school, taking care of pets, playing with friends, participating in sports practice or other activities, and doing homework. By the end of the day, kids need sleep. However, a lot of kids are not getting the sleep they need. National experts surveyed kids about their sleep habits and here's what they learned:

- 70% of kids said they wish they could get more sleep.
- 71% of kids said they feel sleepy or very sleepy when it's time to wake up for school.
- 25% of kids said they feel tired at school every single day.



Five tips for bedtime

It may be a challenge to make a change to your children's bedtime routine, but if you stick to it your efforts will pay off.

These ideas can help:

1. Help your child prepare for school the night before by laying out their clothes, backpack, etc.
2. Set up a routine where kids slow down before bed and go to bed about the same time each night.
3. Avoid screen time at least one hour before bedtime.
4. Make the bedroom a cozy environment where your child wants to be.
5. Make the bedroom a screen-free zone.
6. Adjust your child's bedtime earlier if they are not getting enough sleep.



STEP THREE

IMPLEMENT ACTION PLAN

STRATEGY SIX

**PARTICIPATE IN LOCAL, STATE AND NATIONAL
INITIATIVES THAT SUPPORT HEALTHY EATING AND
ACTIVE LIVING**



STRATEGY 6: PARTICIPATE IN LOCAL, STATE, AND NATIONAL INITIATIVES THAT SUPPORT HEALTHY EATING AND ACTIVE LIVING

WHY DOES IT MATTER?

Other initiatives may **share new information, tools, and resources** that will support your efforts and increase the potential to create change.¹⁻³

Valuable relationships can be formed through collaboration with other initiatives that will help promote culture change across the community.¹⁻³

Coordinating with other initiatives to support healthy eating and active living will help to **improve the commitment and sustainability of local efforts.**¹⁻³

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3. Davis MM, Gance-Cleveland B, Hassink S, Johnson R, Paradis G, Resnicow K. Recommendations for prevention of childhood obesity. Pediatrics. 2007;120(Supplement 4):S229-S253.



STRATEGY 6: PARTICIPATE IN LOCAL, STATE, AND NATIONAL INITIATIVES THAT SUPPORT HEALTHY EATING AND ACTIVE LIVING

HOW TO IMPLEMENT

Bring fresh ideas and resources to your *Healthy Together* work when you participate in other initiatives that support healthy behaviors.

**HERE
THERE
AND
EVERYWHERE!**

Get involved with one of these excellent initiatives:

- Farm to Preschool www.farmpreschool.org
- Let's Move Active Schools www.letsmoveschools.org
- Fuel Up to Play 60 www.fueluptoplay60.com
- Safe Routes to School www.saferoutestoschools.org
- HealthierUS School Challenge: Smarter Lunchrooms www.fns.usda.gov/hussc/healthierus-school-challenge-smarter-lunchrooms
- Smarter Lunchrooms www.smarterlunchrooms.org

Use national healthy observations:

- Use Healthy Dates to Celebrate to enhance your curriculum.



PUT THESE ON YOUR CALENDAR

HEALTHY DATES TO CELEBRATE

**WHO
DOESN'T
LIKE TO
CELEBRATE!**

The chart below shows some of the special days, weeks, and months of the year for celebrating health. Choose the special occasions you would like to celebrate with the kids. By adding these healthy dates into your schedule, you'll enhance your curriculum, support healthy eating, and promote physical activity all at the same time!

MONTH	SPECIAL DAYS, WEEKS, AND MONTHS
September	Fruits and Veggies – More Matters www.fruitsandveggiesmorematters.org Family Health and Fitness Day USA www.fitnessday.com
October	Health Literacy Month www.healthliteracy.com International Walk to School Month www.iwalktoschool.org
Week 2	National School Lunch Week www.schoolnutrition.org
November	Take a Hike Day (17th) National Parfait Day (25th)
December	National Hand Washing Awareness Month www.henrythehand.com
January	National Fiber Focus Month Oatmeal Month http://wholegrainscouncil.org/
Week 4	Healthy Weight Week http://www.healthyweight.net/hww.htm
February	National Sweet Potato Month American Heart Month www.heart.org
March	National Nutrition Month www.eatright.org
Week 2	National School Breakfast Week www.schoolnutrition.org
April	National Garden Month www.nationalgardenmonth.org
Week 4	National-Screen-Free Week www.screenfree.org
May	National Strawberry Month National Physical Fitness and Sports Month http://www.foh.hhs.gov/dbdmarketing/npfsm.html National Bike Month www.bikeleague.org
1st Wed	All Children Exercise Simultaneously (ACES) www.lensaunders.com/aces
June	National Fresh Fruit and Vegetable Month
August	Watermelon Day (3rd)

For more special monthly observations, go to:

<http://healthymeals.nal.usda.gov/features-month-1>

<http://snap.nal.usda.gov/nutrition-through-seasons/holiday-observances>

<http://food.unl.edu/fnh/january>



STEP THREE

IMPLEMENT ACTION PLAN

STRATEGY SEVEN

ENGAGE COMMUNITY PARTNERS TO HELP SUPPORT
HEALTHY EATING AND ACTIVE LIVING



STRATEGY 7: ENGAGE COMMUNITY PARTNERS TO HELP SUPPORT HEALTHY EATING AND ACTIVE LIVING

WHY DOES IT MATTER?

Positive change is more likely to occur when community partners are part of a program's development and implementation.¹

Engaging community partners and building coalitions can help to coordinate and align efforts and leverage resources in the community to support healthy eating and active living.²

Community engagement can help build trust, find new resources and allies, create better communication, and improve overall health outcomes as successful projects evolve into lasting collaborations.¹

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STRATEGY 7: ENGAGE COMMUNITY PARTNERS TO HELP SUPPORT HEALTHY EATING AND ACTIVE LIVING

HOW TO IMPLEMENT

Community partners can add expertise and extra hands to your *Healthy Together* efforts. Think about how you might include one of the community partners in your plan for the year.

Engage community partners:

- Ask SNAP educators to provide nutrition education.
- Ask Health professionals such as your school physician, local pediatrician, or nutritionist to come share their expertise.
- Ask Cooperative Extension Master Gardeners to help with your school garden.
- Invite local college students to lead a healthy activity.
- Partner with your local food bank to do a healthy food drive using the Please Give Nutritiously handout.
- Take a tour of a local farm to learn how fruits and vegetables are grown.
- Seek funding using the Sample Language for Requesting Support from Local Businesses.
- Involve kids in Activities that Involve the Community in healthy eating and active living.



SAMPLE LANGUAGE FOR REQUESTING

SUPPORT FROM LOCAL BUSINESSES

Keys to a successful letter:

- Be specific! Determine what you would like funds for and ask for it specifically.
- Consider listing a specific amount.
- Consider asking for a product as opposed to money. Food stores may rather donate healthy snacks instead of money.

Dear _____ ,

Our school is participating in a healthy lifestyle program called *Healthy Together* which promotes the following message:



**FIVE SERVINGS
OF FRUITS &
VEGETABLES**



**TWO HOURS OR
LESS OF
SCREEN TIME**



**ONE HOUR OR
MORE OF PHYSICAL
ACTIVITY**



**ZERO SUGARY
DRINKS**

Through *Healthy Together*, we are working hard to create environments, policies, and practices at our school that promote and support healthy lifestyles.

I am writing to request your support in our efforts. While *Healthy Together* can be implemented at no cost, additional funding allows for enhanced implementation of the program. With additional funding, we could contribute to sustainable change by _____. The total cost is estimated at: \$_____. A donation of any amount is greatly appreciated.

Engaging community leaders is one of our goals as a part of the *Healthy Together* program. Support from local businesses will enhance our community as a whole. Thank you for considering our request and please contact me at _____ with any questions.

Sincerely,

Examples to fill in the blank with:

- ...purchasing physical activity equipment that would be used as a reward for good behavior.
- ...being able to provide fresh fruits and vegetables as a snack once a month.
- ...supporting a staff wellness development program to all our staff.
- ...improving the food environment by purchasing salad bars, new equipment, etc.
- ...purchasing pedometers for a walking program.



ACTIVITIES THAT INVOLVE COMMUNITY

HOT TIP:

• Tap into local experts – don't forget, some of your students' parents may be dentists, healthcare providers, or nutritionists!

Both schools and communities can benefit from partnering together!

Try one of these ideas to begin involving your community in your *Healthy Together* work:

- Begin a school/community garden.
- Sponsor a clean-up day in the neighborhood.
- Sponsor a distinguished speaker series.
- Begin a Walk-to-School Day.
- Host a healthy community breakfast.
- Host a family fitness night.
- Create a community cookbook.
- Hold a community healthy food drive.

Examples of successful collaborations between schools and community:

SCHOOL GARDEN created a new garden on school grounds that is used for teaching, learning, and growing vegetables for classrooms and the cafeteria. In the spring, the teachers and students help prepare the soil and plant the seeds. Over the summer months, families sign up for one week maintenance rotations to water and weed. In the fall when school begins, those responsibilities are returned to the school, and in the end everyone has a part in the success of the garden.



LOCAL PEDIATRICIAN IN THE CLASSROOM The second graders at Westbrook schools received a special visit from Dr. Brian Youth, a local pediatrician. He explained the 5-2-1-0 message to students and reinforced the importance of making healthy choices. As a part of their work with 5-2-1-0 Goes to School, Westbrook schools were paying special attention to the "0" message of drinking more water and fewer sugary drinks. Dr. Youth was able to focus his visit on this topic and reinforce the work the school was doing. One child told Dr. Youth that having him come to class was "better than eating candy!"



STEP THREE

IMPLEMENT ACTION PLAN

STRATEGY EIGHT

**PARTNER WITH AND EDUCATE FAMILIES IN ADOPTING
AND MAINTAINING A LIFESTYLE THAT SUPPORTS
HEALTHY EATING AND ACTIVE LIVING**



STRATEGY 8: PARTNER WITH AND EDUCATE FAMILIES IN ADOPTING AND MAINTAINING A LIFESTYLE THAT SUPPORTS HEALTHY EATING AND ACTIVE LIVING

WHY DOES IT MATTER?

Parents and caregivers:

- Create an environment for kids that encourages either active or inactive lifestyles.
- Make the choices about what types of foods and meals the family eats.
- Model eating and physical activity behaviors.^{1,2}

Partnerships with families can ensure that kids receive consistent messages about healthy behaviors. Families can then engage, guide, and motivate kids to eat healthy foods and be active.³

Kids pick up attitudes and behaviors about eating and physical activity from parents and caregivers.^{1,2}

Parents and caregivers must be involved in promoting healthy lifestyles in order to achieve long-lasting behavior change.¹

References

1. Story M, Kaphingst K, French S. The role of schools in obesity prevention. *Future Child*. 2006;16(1):109-142.
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3. Centers for Disease Control and Prevention. School health guidelines to promote healthy eating and physical activity. *MMWR. Recommendations and reports: Morbidity and mortality weekly report. Recommendations and reports/Centers for Disease Control*. 2011;60(RR-5):1.



STRATEGY 8: PARTNER WITH AND EDUCATE FAMILIES IN ADOPTING AND MAINTAINING A LIFESTYLE THAT SUPPORTS HEALTHY EATING AND ACTIVE LIVING

HOW TO IMPLEMENT

Partnerships with families promote consistent messaging about healthy lifestyles and can influence the home environment. Here are some ways to bring families into the fold!

TALK IT UP!

Partner with Families:

- Ask parents or a PTO member to be a part of your *Healthy Together* team.
- Send home the Letter to Families Announcing a New Partnership (found in the “Step 1: Engage” tab of the toolkit).
- Once you are implementing all 5 priority strategies, send home the *Healthy Together* “Message to Families”. (Refer to the *Healthy Together* Recognition Packet in the “Step 5: Celebrate” Tab for a copy of the “Message to Families.”)
- Invite families to participate in healthy eating and active living activities at your school.
- Utilize the skills of parents (e.g., nutritionist, carpenter, artist, etc.) to support your 5-2-1-0 efforts.
- Use bulletin boards and wall space to promote 5-2-1-0 messages.
- Create a 5-2-1-0 League section of your program newsletter.
- Host family wellness events such as:
 - o Educational sessions
 - o Family cooking classes
 - o Family fitness nights
 - o Wellness fairs
- Send home parent handouts such as 5-2-1-0 Every Day!

Each of the 5 priority strategy tabs has more parent handouts to share! Choose the ones you want to send home, and then go to that section to find them:

STRATEGY 1: Limit unhealthy choices for snacks and celebrations; provide healthy choices.

- Healthy Snack Ideas – Letter to Families
- Ideas for Healthy Snacks
- Snacks to Fuel Your Brain
- Healthy Food for Celebrations – Letter to Families
- Non-Food Celebrations – Letter to Families
- Eat at Least Five Fruits and Vegetables a Day
- Healthy Shopping on a Budget
- Understanding Food Labels
- Carolinas Seasonal Food Guide
- Breakfast is Best
- A Meal is a Family Affair
- Fruits and Vegetables, All Year Long!
- What’s a Healthy Portion?
- Tips for a Healthier Diet
- Handling a “Choosy” Eater
- Phrases that HELP and HINDER
- Pick a Better Fast Food Option



STRATEGY 8: PARTNER WITH AND EDUCATE FAMILIES IN ADOPTING AND MAINTAINING A LIFESTYLE THAT SUPPORTS HEALTHY EATING AND ACTIVE LIVING

HOW TO IMPLEMENT

Partnerships with families promote consistent messaging about healthy lifestyles and can influence the home environment. Here are some ways to bring families into the fold!

**MAKE
HEALTHY
THE
BUZZ
WORD!**

STRATEGY 2: Limit or eliminate sugary drinks; provide water.

- Limit Sugary Drinks Sent in from Home – Letter to Families
- Limit or Eliminate Sugary Drinks; Provide Water
- Water is Fuel for Your Body
- Sports and Energy Drinks
- How Much Sugar Do You Drink?

STRATEGY 3: Prohibit the use of food as a reward.

- Food Rewards Add Up
- What the Experts Say about Food Rewards
- Non-Food Rewards at Home

STRATEGY 4: Provide opportunities to get physical activity every day.

- Get One Hour or More of Physical Activity Every Day
- Take It Outside
- Top Five Anywhere Exercises

STRATEGY 5: Limit recreational screen time.

- Healthy Activities for School Vacation
- Limit Recreational Screen Time to Two Hours or Less
- Step Away From the Screen
- Ditch the Phone for an Hour a Day to Get Active and Play!
- Promote Healthy Viewing Habits
- Unplugged!
- Healthy Sleeping Habits



5-2-1-0 EVERY DAY!

FOLLOW THE 5-2-1-0 WAY TO A HEALTHIER YOU!



**FIVE SERVINGS OF
FRUITS & VEGETABLES**

- Aim to eat a wide variety of brightly colored fruits and vegetables.
- Fill half of your plate with fruits and/or vegetables.
- Frozen and canned are just as nutritious as fresh.
- Try new fruits and vegetables to discover what you like!



**TWO HOURS OR
LESS OF SCREEN TIME**

- Keep TV and computer out of the bedroom.
- No screen time under the age of 2.
- Turn off screens during meal time.
- Plan ahead for your screen time instead of just turning it on.



**ONE HOUR OR MORE
OF PHYSICAL ACTIVITY**

- Take a family walk.
- Turn on the music and dance.
- Use the stairs.
- Choose activities that you enjoy!



ZERO SUGARY DRINKS

- Keep sugary drinks out of the grocery cart.
- Drink water when you are thirsty. It's the #1 thirst quencher!
- Keep a water bottle on hand and fill it up throughout the day.
- Put limits on 100% juice.

For more ideas visit
AtriumHealth.org/HealthyTogether



STEP THREE

IMPLEMENT ACTION PLAN

STRATEGY NINE

**IMPLEMENT A STAFF WELLNESS PROGRAM
THAT INCLUDES HEALTHY EATING AND ACTIVE LIVING**



STRATEGY 9: IMPLEMENT A STAFF WELLNESS PROGRAM THAT INCLUDES HEALTHY EATING AND ACTIVE LIVING

WHY DOES IT MATTER?

Staff who practice **healthy eating and active living** are great role models for kids.^{1, 2}

A staff wellness program can strengthen the healthy eating and active living message that kids are already receiving.

A staff wellness program can encourage staff to **value nutrition and physical activity more highly**, and can increase their commitment to adopting and creating a healthy environment for the children in their care.^{1, 3}

Staff becomes **more comfortable talking** about nutrition and physical activity, and they are more likely to serve healthy options for snacks, at celebrations, and at staff meetings.¹⁻⁴

References

1. Story M, Kaphingst K, French S. The role of schools in obesity prevention. *Future Child*. 2006;16(1):109-142.
2. Centers for Disease Control and Prevention. School health guidelines to promote healthy eating and physical activity. *MMWR. Recommendations and reports: Morbidity and mortality weekly report. Recommendations and reports/Centers for Disease Control*. 2011;60(RR-5):1.
3. Crawford PB, Gosliner W, Strode P, et al. Walking the talk: Fit WIC wellness programs improve self-efficacy in pediatric obesity prevention counseling. *Am. J. Public Health*. 2004;94(9):1480-1485.
4. Gosliner WA, James P, Yancey AK, Ritchie L, Studer N, Crawford PB. Impact of a worksite wellness program on the nutrition and physical activity environment of child care centers. *American Journal of Health Promotion*. 2010;24(3):186-189.



STRATEGY 9: IMPLEMENT A STAFF WELLNESS PROGRAM THAT INCLUDES HEALTHY EATING AND ACTIVE LIVING

HOW TO IMPLEMENT

Staff who practice healthy eating and active living are great role models for kids. Help keep staff healthy by using the following tips.

Encourage staff wellness:

- Follow the Healthy Food and Beverage Guidelines for Meetings and Occasions.
- Incorporate movement breaks into meetings using the Active Meeting Guidelines.
- Provide and Promote Safe Walking Routes.
- Open school facilities before and after school for physical activity, especially in the winter.
- Remove junk food from staff areas.
- Use walking meetings.
- Be a Healthy Role Model.
- Provide opportunities for staff to learn about healthy eating and active living.
- Role Model by Celebrating Staff Successes Without Food



HEALTHY FOOD AND BEVERAGE GUIDELINES FOR MEETINGS AND CELEBRATIONS

THINK TWICE BEFORE PROVIDING FOOD

Hosting a meeting or celebration? Thinking about providing food and beverages?

Follow these guidelines to promote healthy, nourished employees!

GUIDELINES:

WATER – Provide pitchers with cold, fresh water and cups, or bottled water.

MEALTIMES – Food doesn't need to be provided at every meeting, especially at meetings less than one hour.

- Notify meeting attendees ahead of time if food will be provided.
- If possible, avoid holding meetings during lunch. Lunch may be the best time for employees to get movement into their workday.

MEETING TIME	CONSIDER PROVIDING	ALWAYS PROVIDE
7 a.m. - 8 a.m.	Light Breakfast, Coffees, Teas	Water
9 a.m. - 11:30 a.m.	Healthy Snacks	Water
11 a.m. - 12:30 a.m.	Light Lunch	Water
12 p.m. - 4 p.m.	Healthy Snacks	Water

Healthy beverages:

Provide fresh cold water, low-fat milk, coffee, tea, or 100% juice. Soda is not a healthy option.

A healthy breakfast includes:

- Fruit (whole or cut up).
- Whole grains such as whole grain bagels, muffins, granola or oatmeal. You must specifically request whole grain bagels or muffins from your caterer. Ask for 'mini' versions.
- Protein – eggs (hard boiled or egg sandwich if it's a grab and go breakfast), peanut butter for bagels, yogurt, smoothies made with yogurt or protein powder, or protein bars.

A healthy lunch includes:

- Fruit (whole or cut up).
- Vegetables (salad, crudité, soup, hot or cold vegetable sides).
- Whole grains such as sandwich bread, couscous, tabouli, quinoa, crackers. You must specifically request whole grain items from your caterer.

- Entrées – Sandwiches (e.g., turkey, chicken, hummus, portabello mushroom), salads (e.g., chicken caesar salad, chef salad), vegetable pizza with low-fat cheese on whole grain crust.

A healthy snack may be:

Trail mix, pretzels, baked chips, veggie platter, fruit (whole or cut up), peanut butter and whole-grain crackers, yogurt, or popcorn.

Healthy food tips:

- Serve whole grains, fruits, and vegetables whenever possible.
- Serve small portions – cut items in half or quarters.
- Dessert doesn't have to be heavy – fresh fruit, fruit crisp, or small cookies are excellent choices. No dessert is also an option!
- Include a vegetarian option at all meals.
- Identify food items with signage.
- Serve salad dressing on the side.



ACTIVE MEETING GUIDELINES

MOVEMENT DURING A MEETING – standing, stretching or participating in a movement break– increases meeting participation and attention span, which can mean a more productive meeting. *Healthy Together* encourages movement in all meetings. Everyone will benefit from increased movement, no matter how brief. To increase movement during your meetings, follow these basic guidelines.

Guidelines for meeting leaders:

- At the beginning of every meeting let participants know it's okay to stand up and move during the meeting or to ask for a movement break.
- Provide one to two movement breaks each hour (self-directed or structured).
- Include breaks on the agenda.
- Always allow for participants to opt out of the activity.
- Movement breaks may be self-directed, led by the meeting facilitator, or video routines may be viewed on a website.

Guidelines for meeting participants:

- Movement is always optional.
- Feel free to stand up in the back of the room.
- Move only in ways you feel comfortable.
- Assess space and clearance to avoid injury.
- Individuals with acute or chronic conditions, or other concerns about their health, should check with their provider before beginning any new physical activity.

Keep it going!

- When the energy is waning, ask everyone to stand up, take a deep breath, lift their arms over their head to reach to the ceiling, lower their arms and sit back down.
- If your discussion stalls, take a two-minute stretch break.
- Movement breaks can be as quick as two minutes, so no matter how long your meeting is, you can fit one into the agenda!



PROVIDE AND PROMOTE

SAFE WALKING ROUTES

GET MOVING!

Make it easier for employees to fit more movement into their day by providing and promoting walking routes at or near the workplace.

Find safe areas to walk

Safe areas could include non-congested indoor hallways, around the edges of the employee parking lot, a nearby town park or walking path, or sidewalks through a nearby neighborhood.

Get approval

Remember to check with the building owner or property management before installing signage or marking distances.

Measure distance of walking routes (optional)

For routes on your organization's property, mark or post distances. Use an app such as Walk Watch or RunKeeper or ask to borrow a measuring wheel from your local recreation department or police department.

Promote walking options

Install signage along paths to direct walkers and show them the distance they have walked. Provide laminated walking maps in conference rooms so meeting attendees know where they can take a walk during a movement break. Recruit champions (including department and senior management and wellness committee members) to lead by example by taking walks and leading walking meetings. (See Active Meeting Guidelines.)

Provide time for walks

Allow and encourage staff to take walking breaks.



BE A

HEALTHY ROLE MODEL

**CHILDREN
ARE
WATCHING
YOU!**

What you do makes a difference!

Research shows that kids learn by watching those around them. They learn about eating habits, attitudes toward food, how they should feel about their bodies, and how to be physically active (or inactive).

As an important adult in a child's life, there are things you can do to help them learn healthy habits. Even small changes will make a big difference to the kids around you!

Be a healthy role model:

- Eat healthy foods.
- Participate in classroom motor breaks and games with the students.
- Use your free time to get physical activity.
- Drink water.
- Put any beverage that isn't water in an unmarked opaque container.



ROLE MODEL BY CELEBRATING STAFF

SUCCESSSES WITHOUT FOOD

Show the kids how you can celebrate success without food!

Here are some non-food ideas to get you started:

- Select a staff member of the month. Recognize them with a certificate and public announcement.
- Award gift certificates (e.g., for a car wash, movie tickets, to a bookstore, to a clothing store, to a spa, etc.).
 - Activities that promote health are especially good (e.g., a massage, day pass to a gym, cooking classes, etc.).
- Allow casual dress days.
- Award passes to a local, state, or national park.
- Award sporting tickets.
- Give them flowers.
- Write a personal thank you note.
- Offer to swap a task or cover a task for the day or week (e.g., recess duty, bus duty, extra-curricular duty, etc.).
- Allow them a special parking space for a week.



STEP THREE

IMPLEMENT ACTION PLAN

STRATEGY TEN

**COLLABORATE WITH FOOD AND NUTRITION
PROGRAMS TO OFFER HEALTHY FOOD AND
BEVERAGE OPTIONS**



STRATEGY 10: COLLABORATE WITH FOOD AND NUTRITION PROGRAMS TO OFFER HEALTHY FOOD AND BEVERAGE OPTIONS

WHY DOES IT MATTER?

Food and nutrition programs are essential partners in the mission to promote healthy eating.

Collaboration with food and nutrition programs provides guidance and expertise around nutritious meals and snacks.¹⁻³

Food and nutrition programs can reinforce positive nutrition messages by hosting educational food activities such as Eat Your Way through the Rainbow, March through the ABCs, taste testing, and kitchen tours.¹⁻³

Collaboration can help incorporate nutrition education into the curriculum.¹⁻³

References

1. Ritchie LD, Boyle M, Chandran K, et al. Participation in the Child and Adult Care Food Program is associated with more nutritious foods and beverages in child care. *Childhood Obesity*. 2012;8(3):224-229.
2. O'toole TP, Anderson S, Miller C, Guthrie J. Nutrition services and foods and beverages available at school: results from the School Health Policies and Programs Study 2006. *J. Sch. Health*. 2007;77(8):500-521.
3. USDA Food and Nutrition Service. Child and Adult Care Food Program (CACFP). <http://www.fns.usda.gov/cacfp/nutrition-and-nutrition-education>. Accessed April 22, 2015.



STRATEGY 10: COLLABORATE WITH FOOD AND NUTRITION PROGRAMS TO OFFER HEALTHY FOOD AND BEVERAGE OPTIONS

HOW TO IMPLEMENT

Working to increase healthy eating? Don't go it alone! Bring your school nutrition program into the mix. Here are some ideas to consider.

Collaborate with food and nutrition programs:

- Have a member of the School Nutrition Program on your *Healthy Together* team.
- Understand The Role of School Nutrition Programs in *Healthy Together*.
- Work with kids to Build a Healthy Lunch.
- Create a Cafeteria-Sponsored Snack Program.
- Create a Cafeteria to Classroom Connection.
- Conduct Taste Tests.
- Support cafeteria staff in implementing *Healthy Together* Smarter Lunchroom practices.
- Complete the Smarter Lunchroom Scorecard with your cafeteria manager.
- Support Healthy School Meals.
- Support the Cafeteria as a Learning Lab.
- Review 10 Things You Always Wanted to Know About Your School Nutrition Program.

Arm yourself with knowledge:

- Nutrition Standards for School Lunch.
- Nutrition Standards for Snacks Sold in School.



THE ROLE OF SCHOOL NUTRITION

SCHOOL NUTRITION PROGRAMS IN HEALTHY TOGETHER

Healthy Together views School Nutrition Programs as essential partners in our goal to promote healthy eating and active living. School Nutrition Programs (also known as school food service programs) often operate independently from the rest of the school environment. However, schools implementing 5-2-1-0 Goes to School can greatly benefit from a positive relationship with the School Nutrition Program and vice versa.

WHAT 5-2-1-0 TEAMS CAN DO:

- **Invite the district School Nutrition Director to join your team.** Let them know what 5-2-1-0 Goes to School is and that you are looking at the entire school food environment (i.e. not just lunch but also celebrations, snack time, fundraisers, etc.). Invite them to participate because of their expertise in feeding kids and your desire to develop a productive relationship. A good way to start off on the right foot is to ask what you can do to help the nutrition program. Be positive and don't immediately request changes.
- **If you are working on a healthy snack program, involve your school nutrition director.** Each school also has a kitchen manager. You may get more headway with the director, but having the manager on board is helpful too. Check out the Cafeteria Sponsored Snack Program handout in the toolkit!
- **Embrace school lunch staff as valuable members of the school community.** Give them a chance to show off their stuff! Offer them the opportunity to come into the classroom to offer nutrition education. See the Cafeteria to Classroom Connection handout in the toolkit.
- Spend time in the cafeteria. Walk through the hot lunch line. Help kids identify how their lunch choices can contribute to their 5-A-Day. Go to the salad bar. **Sit with the kids. Be a healthy eating role model!**
- **If you want to work on the school menu, developing a positive working relationship with the director is the first step. Be curious.** Ask about what nutrition standards they follow and how much money they are allowed to spend per meal. It's a real eye-opener. Contact *Healthy Together* for further assistance.



THE ROLE OF SCHOOL NUTRITION

SCHOOL NUTRITION PROGRAMS IN HEALTHY TOGETHER

WHAT SCHOOL NUTRITION DIRECTORS CAN DO:

- Adding a healthy new menu item? Rely on your 5-2-1-0 team members to help promote the new item. Ask the principal, school nurse, or school secretary to help serve the new item.
- Write a descriptive menu. For example, write “Grandma’s Garden Vegetable Stew” instead of “Vegetable Soup.”
- Increase the nutritional quality of school meals by achieving the HealthierUS School Challenge.
- Include classroom teachers in nutrition activities, such as “March through the Alphabet” or “Eat your way through the Rainbow.” These efforts can be complemented in the classroom.
- Market, market, market! Let people know why your program is great!



BUILD A HEALTHY LUNCH

Protein

Grain

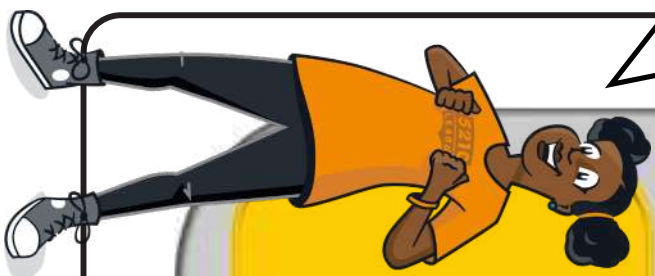
Milk

Fruit

Vegetable



Remember to choose a fruit and /or vegetable!



5

FIVE SERVINGS OF FRUITS & VEGETABLES

2

TWO HOURS OR LESS OF SCREEN TIME

1

ONE HOUR OR MORE OF PHYSICAL ACTIVITY

0

ZERO SUGARY DRINKS



CAFETERIA-SPONSORED SNACK PROGRAM

Here's how it works:

- If students are interested in purchasing a snack through the school, they can pay .50¢ in the cafeteria each day before 8:00 a.m., and then leave their name and classroom name.
- Snacks are then placed in a basket along with the names of students who purchased a snack. Just before snack time, a designated classroom helper will come to the kitchen and pick up the classroom's snack basket.
- All snacks are "user friendly," meaning that they are cut up, ready to eat, and come with the necessary utensils.

Why it's great:

- The school lunch program gets some revenue because the cost of snacks to the cafeteria is several cents less than what is charged.
- This program has been proven successful in grades K-5.
- It is a simple, effective way to ensure that the students are getting something healthy to eat and eases parents' anxiety around packing a healthy snack.

SAMPLE MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yogurt	Applesauce	Whole Grain Crackers	String Cheese	Fresh Fruit or Veggie Sticks



CLASSROOM CONNECTION

HERE ARE SOME ACTIVITIES THAT THE SCHOOL NUTRITION PROGRAM CAN RUN IN THE CLASSROOM:

Staff to consider involving in these lessons:

- School Health Coordinator
- School Nurse
- Health Teacher
- Local Pediatrician
- Physical Education Teacher
- P.T.O. Members

Can You Name That Fruit

Second to Third Grade Level, Led by Cafeteria Staff

In this exercise, a variety of fresh produce will be brought into the classroom by a member of the cafeteria staff. Students will be encouraged to taste test new and exotic fruits, guessing the names and where the fruits are grown. During this activity, students will also have the opportunity to sample the fruit in other forms, such as through fresh fruit smoothies.

Mystery Vegetable or Fruit Activity

Second to Third Grade Level, Led by Cafeteria Staff

For this activity, students will have an opportunity to touch a mystery vegetable or fruit, without looking, and guess what it might be. The cafeteria staff will walk around with a vegetable or fruit in a paper bag while each student reaches in to feel the vegetable or fruit. Once each student has had their turn they get to guess what it might be. Finally, after everyone has guessed what the mystery vegetable or fruit might be they will try it and be given an explanation of what it is and how it is good for the body.

Tour the Kitchen

Second to Third Grade Level, Led by Food Service Director

During this activity, students will have an opportunity to tour their school's kitchen and see where their food is prepared. Students will also learn about the equipment used to make their meals and have the opportunity to sample a healthy snack. At the end of the tour, the food service director or other kitchen staff member will discuss the importance of good nutrition and healthy eating.

Know What's in Your Breakfast

Second to Third Grade Level, Led by Classroom Teacher

Materials: Cereal labels and instructions on reading a food label
Students will be asked to bring in a food label from their favorite box of cereal. During the lesson, students will learn how to read a label and analyze the sugar content of their morning meal. For homework, they will be asked to watch some Saturday morning cartoons (no more than an hour!) and jot down the number of times they see cereal advertisements. When they return to school on Monday, they should be asked to share their findings. The lesson should conclude with a discussion of how cereal companies gear their advertising towards kids, often for unhealthy food choices.

Nutrition 101

Fourth to Fifth Grade Level, Led by Cafeteria Staff

Cafeteria staff connect with the students by teaching a basic nutrition lesson. This lesson should cover topics from the food groups to portion size (look for handouts in the toolkit to use!). To conclude, the cafeteria staff relates eating healthy foods to putting good gas in your car.



CONDUCT

TASTE TESTS

Taste tests allow students to get excited about new foods. They can try different items, provide feedback, and ask questions. They are a fun and easy way to connect the classroom, community, and cafeteria.



To get started, contact the School Nutrition Director. Questions to explore together include:

What is the purpose of a taste test? Is it to expose students to new fruits and veggies? To promote unpopular lunch items? To highlight locally sourced food items?

- What will the taste test item or recipe be?
- How will taste test items be purchased and paid for?
- Who will prepare the taste test items?
- Where and when will the taste test be held?
- Are there student food allergies to be aware of?

Coordinate volunteers, if needed.

Consider the size of the school where you'll be conducting a taste test – can you facilitate a taste test there on your own or do you need some extra hands to pass out samples?

Once you have hammered out some details, consider how you will set up. There are different ways you can approach offering a taste test:

Tasting table: Have classes/grades come up individually to a centrally located table to pick up their sample. Have them bring the sample back to their seat or try it right then and there.

Serve students: Walk around with samples and serve tables individually.

Hear the students' voices:

Give students specific options for their voting:

- Loved it, Liked it, Tried it OR I like it, It was OK, and No Thanks.
- Visuals work well for younger students who can't read: Thumbs Up, Thumbs in the Middle, Thumbs Down OR Smiley Faces.



SMARTER LUNCHROOMS

Work with your cafeteria manager to complete the Scorecard included in this toolkit. Work together to see where things are going well and where new best practices can be introduced.

Healthy Together is working with school lunchrooms across the state to implement science based practices that nudge students to make healthy selections in the lunchroom.

We're calling cafeterias that make the healthy choice the easy choice *Healthy Together* Smarter Lunchrooms. This effort is based on the Smarter Lunchroom Movement based at Cornell University.

Smarter Lunchroom practices provide a great opportunity for school and cafeteria staff to come together to make sure the cafeteria environment supports healthy kids. Most Smarter Lunchroom practices can be implemented by the cafeteria staff, but some of them require involvement from the greater school community.

A cafeteria may have several goals to improve consumption of healthier options. Here are examples of Smarter Lunchroom practices that can help meet your cafeteria goals:

Goal: Increase vegetable consumption.

Smarter Lunchroom practices to achieve goal:

- Work with students to creatively name the vegetables (changing the name of carrots to "X-ray Vision Carrots" increased selection by 70% in one study).
- Place the salad bar in the heavy traffic areas.
- Hold taste tests.

Goal: Increase consumption of white low-fat milk.

Smarter Lunchroom practices to help achieve goal:

- Re-arrange cooler so that white low-fat milk is most convenient. Make sure white low-fat milk accounts for at least 1/3 of the drinks displayed in all coolers.
- Place white low-fat milk in front of other drinks.

Visit www.smarterlunchrooms.org to learn more.

It works!

Researchers from Cornell University have found that:

- Moving and highlighting fruit increased sales of fruit by up to 102 percent.
- Naming vegetables with creative descriptions increased student selection of vegetables from between 40–70 percent.
- Placing chocolate low-fat milk and other unhealthy drinks out of reach increased white low-fat milk sales by 46 percent.



SMARTER LUNCHROOM SCORECARD

Important Words

Service areas: Any location where students can purchase or are provided with food

Dining areas: Any location where students can consume the food purchased or provided

Grab and Go Meals: Any meal with components pre-packaged together for ease and convenience – such as a brown bag lunch or “Fun Lunch” etc.

Designated Line: Any food service line which has been specified for particular food items or concepts – such as a pizza line, deli line, salad line etc.

Alternative entrée options: Any meal component which could also be considered an entrée for students - such as the salad bar, yogurt parfait, vegetarian/vegan or meatless options etc.

Reimbursable “Combo Meal” pairings: Any reimbursable components available independently on your food service lines which you have identified as a part of a promotional complete meal. For example, you decided your beef taco, seasoned beans, frozen strawberries and 1% low-fat milk are part of a promotional meal called the “Mi Amigo Meal!” etc.

Non-functional lunchroom equipment: Any items which are either broken, awaiting repair or are simply not used during meal service – such as empty or broken steam tables, coolers, registers etc.

Good Rapport: Communication is completed in a friendly and polite manner

All Points of Sale: Any location where a register/pin-pad is located for example: deli-line, snack window, a la carte line, hot line, kiosks/carts etc.



Since its founding in 2009 the Smarter Lunchrooms Movement has championed the use of evidence-based, simple low and no-cost changes to lunchrooms which can simultaneously improve participation and profits while decreasing waste. This tool can help you to evaluate your lunchroom, congratulate yourself for things you are doing well and identify areas of opportunity for improvement.

Instructions

Read each of the statements below. Visualize your cafeteria, your service areas and your school building. Indicate whether the statement is true for your school by checking the box to the left. If you believe that your school does not reflect the statement 100% do not check the box on the left. After you have completed the checklist, tally all boxes with check marks and write this number in the designated area on the back of the form. This number represents your school’s baseline score. The boxes which are not checked are areas of opportunity for you to consider implementing in the future. We recommend completing this checklist annually to measure your improvements!

Focusing on Fruit

- At least two types of fruit are available daily
- Sliced or cut fruit is available daily
- Fruit options are not browning, bruised or otherwise damaged
- Daily fruit options are given creative, age-appropriate names
- Fruit is available at all points of sale (deli line, snack windows, a la carte lines etc.)
- Daily fruit options are available in at least two different locations on each service line
- At least one daily fruit option is available near all registers (If there are concerns regarding edible peel, fruit can be bagged or wrapped)
- Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing/hotel pans)
- A mixed variety of whole fruits are displayed together
- Daily fruit options are easily seen by students of average height for your school
- Daily fruit options are bundled into all grab and go meals available to students
- Daily fruit options are written legibly on menu boards in all service and dining areas

Promoting Vegetables & Salad

- At least two types of vegetable are available daily
- Vegetables are not wilted, browning, or otherwise damaged
- At least one vegetable option is available in all foodservice areas
- Individual salads or a salad bar is available to all students

- The salad bar is highly visible and located in a high traffic area
- Self-serve salad bar utensils are at the appropriate portion size or larger for all fruits and vegetable offered
- Self-serve salad bar utensils are smaller for croutons, dressing and other non-produce items
- Daily vegetable options are available in at least two different locations on each service line
- Daily vegetable options are easily seen by students of average height for your school
- A daily vegetable option is bundled into grab and go meals available to students
- A default vegetable choice is established by pre-plating a vegetable on some of the trays
- Available vegetable options have been given creative or descriptive names
- All vegetable names are printed/ written on name-cards or product IDs and displayed next to each vegetable option daily
- All vegetable names are written and legible on menu boards
- All vegetable names are included on the published monthly school lunch menu
- White low-fat milk is available at all points of sale (deli-line, snack windows, a la carte lines etc.)
- White low-fat milk represents at least 1/3 of all visible milk in the lunchroom
- White low-fat milk is easily seen by students of average height for your school
- White low-fat milk is bundled into all grab and go meals available to students as the default beverage
- White low-fat milk is promoted on menu boards legibly
- White low-fat milk is replenished so all displays appear “full” continually throughout meal service and after each lunch period

Entrée of the Day

- A daily entrée option has been identified to promote as a “targeted entrée” in each service area and for each designated line (deli-line, snack windows, a la carte lines etc.)
- Daily targeted entrée options are highlighted on posters or signs
- Daily targeted entrée is easily seen by students of average height for your school
- Daily targeted entrées have been provided creative or descriptive names
- All targeted entrée names are printed/ written on name-cards or product IDs and displayed next to each respective entrée daily
- All targeted entrée names are written and legible on menu boards
- All targeted entrée names are included on the published monthly school lunch menu
- All targeted entrées are replenished so as to appear “full” throughout meal service

Moving More White Low-fat Milk

- All beverage coolers have white low-fat milk available
- White low-fat milk is placed in front of other beverages in all coolers
- White low-fat milk crates are placed so that they are the first beverage option seen in all designated low-fat milk coolers

SMARTER LUNCHROOM SCORECARD

Increasing Sales

Reimbursable Meals

- A reimbursable meal can be created in any service area available to students (salad bars, snack windows, speed lines, speed windows, dedicated service lines etc.)
- Reimbursable “Combo Meal” pairings are available and promoted daily
- A reimbursable meal has been bundled into a grab and go meal available to students
- Grab and go reimbursable meals are available at a convenience line/speed window
- The convenience line offers only reimbursable grab and go meals with low-fat non-flavored low-fat milk, fruit and/or vegetable.
- Grab and go reimbursable meals are easily seen by students of average height for your school
- The School offers universal free lunch
- A reimbursable combo meal pairing is available daily using alternative entrées (salad bar, fruit & yogurt parfait etc.)
- Reimbursable “Combo Meal” pairings have been provided creative or descriptive age- appropriate names (i.e. – The Hungry Kid Meal, The Athlete’s Meal, Bobcat Meal etc.)
- Reimbursable “Combo Meal” pairing names are written/printed on name-cards, labels, or product IDs and displayed next to each respective meal daily
- All reimbursable “Combo Meal” names are written and legible on menu boards
- All reimbursable “Combo Meal” names are included on the published monthly school lunch menu
- Reimbursable “Combo Meal” pairings are promoted on signs or posters

- The named reimbursable “Combo Meal” is promoted during the school’s morning announcements
- Students have the option to pre-order their lunch in the morning or earlier
- The cafeteria accepts cash as a form of payment

Creating School Synergies

Signage, Priming & Communication

- Posters displaying healthful foods are visible and readable within all service and dining areas
- Signage/posters/floor decals are available to direct students toward all service areas
- Signs promoting the lunchroom and featured menu items are placed in other areas of the school such as the main office, library or gymnasium
- Menu boards featuring today’s meal components are visible and readable within all service and dining areas
- A dedicated space/menu board is visible and readable from 5ft away within the service or dining area where students can see tomorrow’s menu items
- Dining space is branded to reflect student body or school (i.e. – school lunchroom is named for school mascot or local hero/celebrity)
- All promotional signs and posters are rotated, updated or changed at least quarterly
- All creative and descriptive names are rotated, updated or changed at least quarterly
- A monthly menu is available and provided to all student families, teachers and administrators
- A monthly menu is visible and readable within the school building
- A weekly “Nutritional Report Card” is provided to parents detailing what their student has purchased during the previous week.

Lunchroom Atmosphere

- Trash on floors, in, or near garbage cans is removed between each lunch period
- Cleaning supplies and utensils are returned to a cleaning closet or are not visible during service and dining

- Compost/recycling/tray garbage cans are tidied between lunch periods return
- Compost/recycling/tray and garbage cans are at least 5ft away from dining students
- Dining and service areas are clear of any non-functional equipment or tables during service
- Sneeze guards in all service areas are clean
- Obstacles and barriers to enter service and dining areas have been removed (i.e. – garbage cans, mop buckets, cones, lost and found etc.)
- Clutter is removed from service and dining areas promptly (i.e. – empty boxes, supply shipments, empty crates, pans, lost and found etc.)
- Students artwork is displayed in the service and/or dining areas
- All lights in the dining and service areas are currently functional and on
- Trays and cutlery are within arm’s reach to the students of average height for your school
- Lunchroom equipment is decorated with decals/magnets/signage etc. wherever possible
- Teachers and administrators dine in the lunchroom with students
- Cafeteria monitors have good rapport with students and lunchroom staff
- The dining space is used for other learning activities beyond meal service (i.e. – home economics, culinary nutrition education activities, school activities etc.)

- Staff is encouraged to model healthful eating behaviors to students (i.e. – dining in the lunchroom with students, encouraging students to try new foods etc.)
- Staff smiles and greets students upon entering the service line continually throughout meal service
- Students who do not have a full reimbursable meal are politely prompted to select and consume a fruit or vegetable option by staff

Student Involvement

- Student groups are involved in the development of creative and descriptive names for menu items

- Student groups are involved in creation of artwork promoting menu items
- Student groups are involved in modeling healthful eating behaviors to others (i.e. – mentors, high school students eating in the middle school lunchroom occasionally etc.)
- Student surveys are used to inform menu development, dining space décor and promotional ideas
- Students, teachers and/or administrators announce daily meal deals or targeted items in daily announcements

Recognition & Support of School Food

- The school participates in other food program promotions such as: Farm to School, Chefs Move to Schools, Fuel Up to Play 60, Share our Strength etc.)
- The school has applied or been selected for the Healthier US School Challenge
- A local celebrity (Mayor, sports hero, media personality) is invited to share lunch with student 3 to 4 times a year

A la Carte

- Students must ask to purchase a la carte items from staff members
- Students must use cash to purchase a la carte items which are not reimbursable
- Half portions are available for at least two dessert options

_____ Total Checked

Scoring Brackets
 – Smarter Lunchrooms Gold
 – Smarter Lunchrooms Silver
 – Smarter Lunchrooms Bronze



HEALTHY SCHOOL MEALS

School meals today include more fruits, vegetables, and whole grain-rich food than years past. They also provide portions that are appropriate for a child's age, and less saturated fat and sodium. They follow strict USDA nutritional guidelines.

The healthy options in cafeterias help our students live the *Healthy Together* 5-2-1-0 message that our district promotes:



**FIVE SERVINGS
OF FRUITS &
VEGETABLES**



**TWO HOURS OR
LESS OF
SCREEN TIME**



**ONE HOUR OR
MORE OF PHYSICAL
ACTIVITY**



**ZERO SUGARY
DRINKS**

Teachers and other staff can play an important role in supporting the healthy meals school cafeterias provide. Here are some ways you can help support your school's healthy meals:

- Always speak positively about school meals and encourage students to try new items.
- Talk to your students about the new school lunches. Find out what they like/dislike and report back to the cafeteria staff.
- Serve as a role model by occasionally eating school lunch with your students.
- Read the menu of the day over the morning announcements.
- Incorporate nutrition education into your classroom.
- Support the message of healthy eating by not using food as a reward and by serving healthier options at classroom parties.

For more ideas on how to promote a healthy school environment, visit AtriumHealth.org/HealthyTogether



LEARNING LAB

Aim for consistent messaging between the classroom and the cafeteria. The following are some examples of cafeteria activities that can be complemented by the classroom. See if your School Nutrition Director is interested in one of them!

March Through the ABCs

Each day is assigned a different letter. The cafeteria features food(s) that begin with the letter of the day. For example, apples, apricots, asparagus, and arugula are featured on A-day. Bananas, blueberries, and beans are served for B-day. If the cafeteria creates a printed menu for the month indicating the letter for each day, the classroom can use the menu to encourage kids to bring snacks like cantaloupe, cherries, celery, and carrots on C-day! The book "Eating the Alphabet" by Lois Ehlert is a great classroom read.

Eat Your Way Through the Rainbow

Explain to kids that they should try to eat the rainbow every day. Eating a variety of colorful foods greatly improves the chances of getting all the nutrients they need for good health. The outside color of a fruit or vegetable can be a clue to the vitamins and minerals found within. This activity runs like the "March through the ABCs" program. The cafeteria assigns a color to each week in a month and the classroom encourages students to bring in cherries during red week and carrots during orange week. It's a great way to create unity between cafeteria and classroom.



10 THINGS YOU ALWAYS WANTED TO KNOW ABOUT YOUR **SCHOOL NUTRITION PROGRAM**

1. Your School Nutrition Program must offer a variety of colorful vegetables each week. There are specific amounts of dark green, red/orange, and starchy vegetables that must be offered to all students. Beans are required to make a weekly appearance as well. Vegetables a plenty!
2. Your School Nutrition Program offers almost exclusively whole grain products. In almost all cases, pizza crust, French toast sticks, pancakes, waffles, breadsticks, and pasta are made with whole grains.
3. Your School Nutrition Program purchases as much locally grown fruits and vegetables as possible. For example, many districts purchase apples, lettuce, and potatoes locally when available. Many schools are also starting to grow their own vegetables.
4. Students who eat school meals have the opportunity to get at least 4 of their "5-A-Day" at school. Your School Nutrition Program offers a wide variety of fruits and vegetables. In many cases, students can have unlimited quantities of fruits and vegetables.
5. When menu planning, the School Nutrition Program follows very specific guidelines. They must meet calorie, sodium, and fat standards, and offer a variety of food from all 5 food groups.
6. Your School Nutrition Program has to keep track of everything – what days each student ate lunch, what the menu was, how much food was purchased, how it was served, what was the temperature of the meal, how each student's lunch got paid for – and be able to provide it up to 3 years later.
7. Your School Nutrition Program operates under strict federal and state guidelines. Cafeterias have a state review every 3 years to ensure their program's meals meet nutrition standards and have annual health inspections.
8. Your School Nutrition Program has to be self-supported. They have their own budget, separate from the school. From this budget, they have to pay salaries, benefits, buy food, purchase and repair equipment, as well as buy paper and other non-food supplies.



10 THINGS YOU ALWAYS WANTED TO KNOW ABOUT YOUR **SCHOOL NUTRITION PROGRAM**

9. Research conducted by the Robert Wood Johnson Foundation found that the nutritional quality of school meals has been increasing steadily since 2006-2007.
10. Students receiving free and reduced lunch are kept confidential and are not identified in the lunch line. Students can apply for free and reduced meals any time during the year. Applying for free/reduced lunch actually benefits the school district as a whole by increasing funding from many sources in different departments. Many sources of funds require that a particular participation percentage level be met.



NUTRITION STANDARDS FOR SCHOOL LUNCH

Go to the cafeteria! How many vegetables can you find?

- Dark Green vegetables include broccoli, spinach, romaine lettuce, and kale.
- Red/Orange vegetables include butternut squash, carrots, pumpkin, and tomatoes.
- Legumes include black beans, lentils, pinto beans, soy beans, and chickpeas.
- Starchy vegetables include corn, peas, and potatoes.

Ever wondered what the nutrition standards for school lunch are? Here are the National School Lunch Program nutrition standards for Grades K-5 effective 2014–2015.

FOOD COMPONENTS	GRADE K–5
Low Fat and Non Fat White Milk and Non Fat Flavored Milk (Providing flavored milk is a district level decision)	5 cups/week (1 cup daily)
Proteins, often referred to as Meat or Meat Alternates weekly minimum	8 oz equivalent/week (1 oz daily min.)
Vegetables (total) weekly minimum	3 3/4 cups/week (3/4 cup daily min.)
Dark Green Vegetable Subgroup	1/2 cup/wk
Red/Orange Vegetable Subgroup	3/4 cup/wk
Legumes Vegetable Subgroup	1/2 cup/wk
Starchy Vegetable Subgroup	1/2 cup/wk
Other Vegetable Subgroup	1/2 cup/wk
Fruits weekly minimum	1/2 cups/week (1/2 cup daily min.)
Grains / Breads (weekly minimum)	8 oz equivalent/week (1 oz daily min.)
Minimum – Maximum Calories (kcal) weekly average	550 – 650
Saturated Fat (% of total calories) weekly average	<10%
Sodium** weekly average	≤1230 mg*
Trans Fat	0 grams / serving

Requiring School Nutrition Programs to offer a colorful variety of vegetables each week ensures students can obtain a wide range of nutrients at school.



NUTRITION STANDARDS FOR SNACKS SOLD IN SCHOOL

Not sure if your snack meets the standards? Use the Alliance for a Healthier Generation calculator to find out if your snack meets the mark.

<https://foodplanner.healthiergeneration.org/calculator/>

Nutrition standards for foods and drinks sold at school became effective in July 2014. These standards apply to all foods and drinks sold in schools including at the cafeteria, school store, vending machine, or through a fundraiser.

NUTRITION STANDARDS FOR FOODS

Any food sold in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

Foods must also meet these nutrient requirements:

Calorie limits:

- Snack items: ≤ 200 calories • Entrée items: ≤ 350 calories

Sodium limits:

- Snack items: ≤ 230 mg** • Entrée items: ≤ 480 mg

Fat limits:

- Total fat: ≤ 35% of calories
- Saturated fat: < 10% of calories
- Trans-fat: zero grams

Sugar limit:

- ≤ 35% of weight from total sugars in foods



NUTRITION STANDARDS FOR SNACKS SOLD IN SCHOOL

NUTRITION STANDARDS FOR DRINKS

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat low-fat milk
- Unflavored or flavored fat free low-fat milk
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of low-fat milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional “no calorie” and “lower calorie” drink options for high school students:

- No more than 20-ounce portions of: calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated drinks that are labeled to contain < 5 calories per 8 fluid ounces or \leq 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of drinks with \leq 40 calories per 8 fluid ounces, or \leq 60 calories per 12 fluid ounces.



STEP FOUR

COMPLETE SURVEY

4 COMPLETE
SURVEY



WE WANT TO HEAR FROM YOU

THE HEALTHY TOGETHER SURVEY

**Remember,
the survey needs to
be completed every
year!**

We know you are busy,
so we keep the survey
as short and quick
as possible.

We thank you in
advance for filling it
out on behalf of your
site each year.

Every year, *Healthy Together* surveys our registered sites to measure progress on the *Healthy Together* 10 Strategies for Success. In the spring, you will receive an invitation to complete the survey online. If you have limited access to a computer, paper surveys are available by request from your *Healthy Together* System Coordinator.

The survey is important in many ways. By completing the survey,

- You are fulfilling your commitment to *Healthy Together* – thank you!
- Your site becomes eligible for recognition as a *Healthy Together* Site of Distinction.
- Your answers help inform new materials and trainings.
- You paint the picture of how sites like yours across the state support healthy eating and active living.
- You help build evidence to support *Healthy Together*, which in turn helps us secure funding so we can continue to expand and innovate.
- Completing this survey allows your school to continue as a *Healthy Together* partner for the following year.

Tips for Survey Success:

- Review your Action Planning Packet. The questions on the survey are the same as the questions in the packet!
- Talk with your team members to be sure you are aware of everything going on at your site around healthy eating and active living.
- If you don't know the answer to a question, ask others at your site.



HEALTHY TOGETHER

EVALUATION FRAMEWORK

Healthy Together includes a comprehensive evaluation plan to track program performance and measure impact.

Healthy Together's theory of change is based on a social ecological framework of behavior change – that people's behaviors are influenced by many factors including family, friends, local surroundings, built environment, and community.

In order to bring about behavior change, the supporting environments and policies must be changed to make it easier for people in those environments to make the healthy choice.

The following evaluation activities provide evidence of progress and help inform decision making at *Healthy Together*:

1. Implementation of program strategies

Healthy Together surveys sites and relies on self-reported information to track the implementation of *Healthy Together's* environmental and policy strategies for increasing healthy eating and active living.

- Child care programs, schools, and out-of-school programs are measured on their implementation of *Healthy Together's* 10 Strategies for Success.

This is where you come in!

Please be sure to complete the *Healthy Together* Survey every spring!

2. Changes in awareness

Healthy Together creates awareness of the 5-2-1-0 message throughout the year at community events, website content and information provided to parents.

3. Changes in behaviors

Healthy Together measures changes in families' health-related knowledge, attitudes and behaviors through program surveys sent to parents at participating schools.

4. Changes in weight status

Healthy Together uses multiple sources to track the prevalence of overweight and obesity:

- Centers for Disease Control and Prevention (CDC), Robert Wood Johnson Foundation (RWJF), Eat Smart Move More NC, and local health department data are used to track the prevalence of overweight and obesity for youth ages 2-18.
- Healthcare patient data are used to track the prevalence of overweight and obesity for children and adolescents. Data are based on measured heights and weights.



STEP FIVE

CELEBRATE



CELEBRATE

ALL OF YOUR SUCCESSES

Remember, even small steps are a step in the right direction. Just talking with someone about the 5-2-1-0 message and what you are doing in your program is something to celebrate!

How many successes can you recognize and celebrate this year?

At Healthy Together, we believe in celebrating every step you take, big or small, towards increased healthy eating and active living. Significant change is usually the result of many smaller changes. There is no need to wait until a goal is fully achieved before recognizing and celebrating progress.

Maybe you haven't been able to fully eliminate food rewards, but you have made the switch from using sweets as a reward to using healthy foods. What should you do? Recognize and celebrate your progress, and then keep on going!

Maybe you haven't been able to put limits on juice, but you have been able to completely eliminate other sugary drinks, even during special celebrations. What should you do? Celebrate your progress, and then keep on going!

Healthy Together has a formal recognition program that is outlined in the Recognition Packet, but we know it takes a lot of work to even make it to the Bronze level. We think your site is awesome regardless of formal recognition, so keep up the great work!



HEALTHY TOGETHER

RECOGNITION PACKET FOR SCHOOLS

Healthy Together is a nationally recognized program that promotes evidence-based strategies to increase healthy eating and active living among children through the age of 18.



**FIVE SERVINGS OF
FRUITS & VEGETABLES**



**TWO HOURS OR
LESS OF SCREEN TIME**



**ONE HOUR OR MORE
OF PHYSICAL ACTIVITY**



ZERO SUGARY DRINKS



HEALTHY TOGETHER RECOGNITION PROGRAM

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HEALTHY TOGETHER RECOGNITION PROGRAM

The *Healthy Together* Recognition Program celebrates schools, child care programs, and out-of-school programs that have made improvements in their environments related to healthy eating and physical activity.

The *Healthy Together* Recognition Program is designed to:

- Celebrate successful changes that make the healthy choice the easy choice.
- Provide consistent, statewide standards for being a *Healthy Together* Recognized Site.
- Move sites towards lasting change.

Each recognition level has a theme:

BRONZE = Implementation

The Bronze Level is all about making changes in your daily practices and environment. This is done by implementing the 5 priority strategies.

- This is the first step to supporting healthy behaviors.
- This makes it easy and natural for kids to make healthy choices.

SILVER = Communication

The Silver Level is about communicating with families. As you change your daily practices and environment, it is important to make families aware of the changes. When you bring families into the conversation:

- It allows them to be advocates.
- It encourages them to role model the same practices at home.
- It increases accountability.

GOLD = Policy

The Gold Level is about putting the changes you have made into policy. This helps to ensure that the school environment remains a healthy place through the years, as new kids enter the school and existing staff move on. Setting a clear District Wellness Policy around practices that support healthy behaviors can help you:

- Make sure all staff and parents understand the expectations around health and wellness.
- Provide a set of consistent guidelines for staff to refer to.
- Ensure children are provided a healthy environment.

We know schools do not work on policy individually, but at the level of a District Wellness Policy. Since changing District Wellness Policies can take years, schools can achieve *Healthy Together* Gold Level recognition by having a staff member actively participating on their district's wellness committee.



Tip: Keep parents in the loop! As you make changes to practices, environments, and policies, make sure to communicate them clearly to parents.

HEALTHY TOGETHER RECOGNITION PROGRAM

KEY POINTS

Regardless of recognition status, all *Healthy Together* registered sites are taking part in a community-wide movement to increase healthy eating and physical activity for children. Each site should be celebrating their successes!

Quick Notes:

- Recognition is determined on a yearly basis.
- Sites must complete the *Healthy Together Survey* each spring to be eligible for recognition.
- Prepare for the survey by reviewing the strategy questions in the *Healthy Together Action Planning Packet* with other staff at your site. The strategy questions are very similar to the questions in the survey.
- Completion of the *Healthy Together Survey* allows *Healthy Together* to monitor statewide improvements in healthy eating and physical activity environments for children. Thank you in advance for taking the survey!

Recognized sites are publicly acknowledged on AtriumHealth.org/HealthyTogether. Sites also receive a framed *Healthy Together Certificate of Recognition*.



HEALTHY TOGETHER

RECOGNITION PROGRAM LEVELS

Healthy Together recognizes three levels of change for schools, child care programs, and out-of-school programs. Each level must be completed entirely to reach the next level.

<p>BRONZE</p> <p>Implementation</p>	<p>A site implements all five <i>Healthy Together</i> priority strategies:</p> <ol style="list-style-type: none"> 1. Limit unhealthy choices for snacks and celebrations; provide healthy choices. 2. Limit or eliminate sugary drinks; provide water. 3. Prohibit the use of food as a reward. 4. Provide opportunities to get physical activity every day. 5. Limit recreational screen time.
<p>SILVER</p> <p>Communication</p>	<p>Achievement of Bronze, PLUS:</p> <p>A site communicates with families about 5-2-1-0 and the five <i>Healthy Together</i> strategies in each of the following three ways:</p> <ol style="list-style-type: none"> 1. Display 5-2-1-0 posters. 2. Send home the "Message to Families." 3. Use the "Message to Families" in one additional way.
<p>GOLD</p> <p>Policy</p>	<p>Achievement of Silver, PLUS:</p> <p>SCHOOLS:</p> <p>A school has a staff member on their district wellness committee OR has adopted the five <i>Healthy Together</i> priority strategies into policy.</p> <p>CHILD CARE and OUT-OF-SCHOOL PROGRAMS:</p> <p>A child care/out-of-school program has adopted the five <i>Healthy Together</i> priority strategies into policy using the policy addendum or policy checklist.</p>



BRONZE LEVEL

IMPLEMENTATION

To achieve BRONZE level recognition, a school must be implementing all five *Healthy Together* priority strategies with most staff or school-wide. Schools will be asked to verify this each year in the *Healthy Together* Survey.

Quick Notes:

- To prepare to take the survey the *Healthy Together* Champion should review the strategy questions in the *Healthy Together* Action Planning Packet with his or her school team to ensure accurate responses.
- *Healthy Together* priority strategies that are implemented by most staff or school-wide will count towards recognition.
- If a priority strategy is not being implemented by most staff or school-wide, the school is not yet ready for Bronze level recognition – but keep up the great work!

Healthy Together Priority Strategies

1. Limit unhealthy choices for snacks and celebrations; provide healthy choices.
 2. Limit or eliminate sugary drinks; provide water.
 3. Prohibit the use of food as a reward.
 4. Provide opportunities to get physical activity every day.
 5. Limit recreational screen time.
-



SILVER LEVEL

COMMUNICATION

To achieve SILVER level recognition, a school must meet the requirements for Bronze AND must communicate with families about its commitment to 5-2-1-0 and the five *Healthy Together* priority strategies in each of the following three ways:

1. Display 5-2-1-0 posters.
2. Send home the “Message to Families” (provided on page 8) to the families of all children.
3. Use the “Message to Families” in one additional way. For example:
 - o Upload the “Message to Families” to your website and post a link to it on your Facebook page.
 - o Have copies of the “Message to Families” available in the school entrance/lobby.
 - o Display the “Message to Families” on a bulletin board.

You will be asked to verify on the *Healthy Together* Survey that you have completed these three tasks.

Quick Notes:

- Locations to display 5-2-1-0 posters may include the front entrance/lobby, classrooms, the cafeteria, and the library. You can get free posters from your *Healthy Together* Setting Lead!
- You may customize portions of the “Message to Families” by using the modifiable version available online.
- Send the “Message to Families” home however you typically communicate with families, either by hard copy or email.

If you need assistance with any of these steps, contact healthytogether@AtriumHealth.org.
We are here to help!



A MESSAGE TO FAMILIES

HEALTHY EATING AND PHYSICAL ACTIVITY AT OUR SCHOOL

Date:

Dear:

Our school believes that all children deserve the opportunity to be healthy and successful. Healthy eating and physical activity improve concentration, memory, and mood, helping students become better learners. We are pleased to share with you that our school supports the 5-2-1-0 Every Day message, which states the following:



**FIVE SERVINGS
OF FRUITS &
VEGETABLES**



**TWO HOURS OR
LESS OF
SCREEN TIME**



**ONE HOUR OR
MORE OF PHYSICAL
ACTIVITY**



**ZERO SUGARY
DRINKS**

To further support healthy students, staff, and families, we participate in *Healthy Together* 5-2-1-0 Goes to School. As part of this program, we promote and follow the *Healthy Together* five healthy strategies below, which support the 5-2-1-0 behaviors:

1. We limit unhealthy choices for snacks and celebrations and provide healthy choices instead.
2. We limit sugary drinks.
3. We do not reward children with food.
4. We provide opportunities for children to get physical activity every day.
5. We limit recreational screen time.

These strategies and the 5-2-1-0 message are promoted at other *Healthy Together* schools, child care programs, out-of-school programs, and health care practices in our community. Together, we can help ensure a healthy environment for kids throughout the day.

If you have any questions please don't hesitate to contact us. If you would like more information about *Healthy Together*, visit AtriumHealth.org/HealthyTogether. Thank you for your support in helping us create a healthier place for our students to learn!

Sincerely,



AtriumHealth.org/HealthyTogether

Sample Letter

Contact your Setting Lead for a version of this letter that you can modify.

GOLD LEVEL POLICY

To achieve GOLD level recognition, a school must achieve the requirements for BOTH Bronze and Silver AND complete one of the options below.

Option A:

A member of the school is an active participant on the district wellness committee. The *Healthy Together* Site Champion verifies this on the *Healthy Together* Survey.

OR

Option B:

The school district adopts the Policy Addendum (on page 12) into their District Wellness Policy. The *Healthy Together* Site Champion dates and initials the Policy Addendum and submits it upon request.

OR

Option C:

The school district writes or edits their District Wellness Policy to clearly support the five *Healthy Together* priority strategies by following the *Healthy Together* Policy Checklist (on page 13). The *Healthy Together* Champion submits the District Wellness Policy with the completed *Healthy Together* Policy Checklist upon request.

Quick Notes:

- You may customize portions of the Policy Addendum. Contact us for a modifiable version.

If you need assistance with any of these steps, contact healthytogether@AtriumHealth.org.
We are here to help!



POLICY ADDENDUM

HEALTHY EATING AND PHYSICAL ACTIVITY IN OUR DISTRICT

Our district is committed to helping raise a healthier generation of children. The staff at

has made it our policy to follow the five *Healthy Together* priority strategies for healthy eating and physical activity.

1. We limit unhealthy choices * for snacks and celebrations.
2. We limit sugary drinks. **
3. We prohibit the use of food as a reward.
4. We provide opportunities for physical activity every day.
5. We limit recreational screen time.

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

** Sugary drinks include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

This Addendum was adopted into policy on this date: _____

Initials of *Healthy Together* Champion: _____



HEALTHY TOGETHER POLICY CHECKLIST

If a site chooses to reach GOLD by editing their policy to clearly support the five *Healthy Together* priority strategies, this checklist must be completed and submitted with the updated policy.

Check off each box after verifying your policy meets the guidelines.

NAME OF SITE:

NAME OF CHAMPION:

EMAIL:

The policy is included with this completed checklist (required).

Strategy 1: Limit unhealthy choices for snacks and celebrations; provide healthy choices.

Policy shows unhealthy choices provided by the site for snacks and celebrations are limited.

- Policy does not have to show that the site limits unhealthy choices sent from home.
- Policy does not have to show that the site provides healthy options.
- There is no strict definition of "limit;" it is set by the site.
- Unhealthy choices include food and drinks high in sugar and/or salt such as soda, candy, cookies, cake, and chips.
- 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.

Strategy 2: Limit or eliminate sugary drinks; provide water.

Policy shows the site limits sugary drinks.

- Policy does not have to show that sugary drinks sent from home are limited.
- Policy does not have to show that the site provides drinking water.
- Sugary drinks include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

Strategy 3: Prohibit the use of food as a reward.

Policy shows that using food as a reward is not allowed at the site.

Strategy 4: Provide opportunities to get physical activity every day.

Policy shows that children are given opportunities for physical activity every day.

Strategy 5: Limit recreational screen time.

Policy shows that recreational screen time is limited.

- "Recreational screen time" includes the use of computers, tablets, phones, and other electronic devices with screens for non-educational purposes.





**FIVE SERVINGS OF
FRUITS & VEGETABLES**



**TWO HOURS OR
LESS OF SCREEN TIME**



**ONE HOUR OR MORE
OF PHYSICAL ACTIVITY**



ZERO SUGARY DRINKS



RESOURCES



KEEP THEM THINKING

5-2-1-0 TRIVIA, FACTS AND QUESTIONS OF THE DAY

Use these trivia, facts, and daily questions to start a fun conversation about healthy behaviors. Try posting them on your bulletin board, Facebook page, or in a newsletter sent home to parents. Bring them up with the children during circle time or meal time.

For young kids:

1. **What does 5-2-1-0 stand for?**

A: 5 or more fruits and vegetables, 2 hours or less of recreational screen time, 1 hour or more of physical activity, 0 sugary drinks; more water!

2. **Name 3 fruits that you could have at breakfast.**

3. **Name 5 vegetables that you could bring for lunch.**

4. **How many commercials do think you watch every year?**

A: The average child watches 20,000 commercials each year.

5. **Name 3 activities you can do inside that don't involve a screen.**

Build a fort, play dress up, dance to your favorite music, etc.

6. **What is the #1 thirst quencher?**

A: Water

7. **Frogs do not need to drink water because they absorb the water through their skin. You, however, are not a frog and need to drink plenty of water every day!**

8. **Raisins are made from grapes that have dried in the sun for two to three weeks. 1/4 cup of raisins in your lunch can count as one of your 5-A-Day!**

9. **What color are carrots? Did you know that they also come in purple, red, black, and white? Ask your parents to take you to the local farmer's market and find them!**

For older kids:

1. **Most Americans eat about 20 teaspoons of sugar each day.**

2. **True or False: Americans spend more money on fast food than on movies, books, magazines, newspapers, videos, and recorded music combined.**

A: True

3. **According to a study from the Trust for America's Health and the Robert Wood Johnson Foundation, the number of fast food restaurant outlets in the United States increased from 30,000 in 1970 to 220,000 in 2001, and fast food spending has increased from \$6 billion to \$110 billion over the last three decades.**

4. **How many teaspoons of sugar are in a 20oz bottle of Mountain Dew?**

A: 18 tsp

5. **Did you know that since the 1970s, the standard dinner plate has increased from 10 1/2 inches to 12 1/2 inches in diameter?**

6. **Did you know that in 1969, 50% of kids walked to school each day compared to the 10% that walked to school in 2001?**

7. **A serving of fruit for a kid is the size of the palm of their hand.**

8. **How much of a child's body is made up of water?**

A: 70-80%

9. **Try this Physical Activity Break today! Run or March in place, lifting your knees in front of you as high as you can. Pump your arms. Count to 30!**



ORIGINAL VERSION OF THE 5-2-1-0 SONG

5 – 2 – 1 and 0
That's a funny way to count you say.
5 – 2 – 1 and 0
Well that's the way to stay healthy today.

5 fruits and vegetables everyday
Make your mind and body strong.
Like carrots or broccoli or apples or bananas
Or green beans that grow long.

5 – 2 – 1 and 0
That's a funny way to count you say.
5 – 2 – 1 and 0
But that's the way to stay healthy today.

And TV and video games, we know that they are fun
But just keep it under 2 hours
And let your imagination run...

With... 5 – 2 – 1 and 0
That's a funny way to count you say.
But 5 – 2 – 1 and 0
That's the way to stay healthy today.

And run and jump and play outside
For at least 1 hour
And when you're thirsty, leave the soda behind
But grab an ice cold milk or a water that's fine...

And remember...5 – 2 – 1 and 0
Well that's a funny way to count you say.
But 5 – 2 – 1 and 0
Well that's the way to stay healthy today.
That's the way to stay healthy today!

Lyrics and Music By Sara Yasner



5-2-1-0 VERSION OF

IF YOU'RE HAPPY AND YOU KNOW IT

Sing to the tune of "If You're Happy and You Know it..."

If you're healthy and you know it
Go for 5!
5 fruits and veggies each day will help you thrive!
They give you energy to Go!
And vitamins to grow.
If you're healthy and you know it
Go for 5!

If you're healthy and you know it
Go for 2!
Less than two hours of TV is good for you!
Play Station and X-box won't help you be a Red Sox!
If you're healthy and you know it
Go for 2!

If you're healthy and you know it
Go for 1!
1 hour of exercise is each day is really fun!
Walking, running, jumping, biking,
Playing ball and going hiking,
If you're healthy and you know it
Go for 1!

If you're healthy and you know it
Go for 0!
No sugary drinks will make you a hero!
You know that you ought to
Drink milk and lots of water
If you're healthy and you know it
Go for 0!

Written by Kindergarten teachers at Eight Corners
Elementary School in Scarborough, Maine. Heidi
Gosselin, Andrea White, Erica Keay, Jessica Deans,
and Karen Littlefield



AtriumHealth.org/HealthyTogether





EVERY DAY, WE'LL TRY TO FOLLOW 5-2-1-0:



FIVE SERVINGS OF
FRUITS & VEGETABLES



TWO HOURS OR LESS
OF SCREEN TIME



ONE HOUR OR MORE OF
PHYSICAL ACTIVITY



ZERO SUGARY
DRINKS

We agree to do our best to live a healthy life together as a family and will join the ranks of the 5-2-1-0 League.

Fill in your mailing information below to receive a free 5-2-1-0 League wristband. It's a great way to show your commitment to leading a healthy life and being part of the 5-2-1-0 League!

Name	Zipcode
Email Address	Phone
Date of Birth	Race

Which of the following healthy habits are you most interested in for improving your family's lifestyle?

Please check all that apply.

- Eating more servings of fruits and vegetables
- Learning ways to limit recreational screen time
- Being more physically active
- Avoiding sugary drinks

Y N

Do you need a primary care doctor?

Y N

Do you need a pediatrician?

Sign up to receive our free monthly e-newsletter, full of healthy lifestyle tips.

This information is intended as general wellness guidelines for most children ages 2 and up. If you have any questions, or need specific recommendations for your child, talk to your child's pediatrician.



5210 FAMILY PLEDGE CERTIFICATE

Just like Doctor Fit, Captain Active and the entire 5-2-1-0 League, the

_____ Family
pledges our commitment to leading a healthier, more active life together. We further pledge to support each other in making healthy choices and follow the principles of 5-2-1-0 whenever possible.

Every day, we'll try to do the following:



**FIVE SERVINGS OF
FRUITS & VEGETABLES**



**TWO HOURS OR LESS
OF SCREEN TIME**



**ONE HOUR OR MORE OF
PHYSICAL ACTIVITY**



**ZERO SUGARY
DRINKS**

We agree to do our best to live a healthy life together as a family and join the ranks of the 5-2-1-0 League.

FAMILY MEMBERS



Carolinus HealthCare System
Levine Children's Hospital

Dr. Fit
DOCTOR FIT

Captain Active
CAPTAIN ACTIVE



HEALTHY CHILD LIFESTYLE EDUCATIONAL QUIZ

Question 1: How many servings of fruits and vegetables does your child eat per day?
(1/2 cup of raw vegetables or 1 medium sized piece of fruit = 1 serving)

Less than 1 serving (1 pt.)

1-2 servings (2 pts.)

3-4 servings (3 pts.)

5 or more servings (4 pts.)

Question 2: How many minutes per day is your child physically active?

Not that often (1 pt.)

Less than 30 minutes a day (2 pts.)

30-60 minutes a day (3 pts.)

More than 60 minutes a day (4 pts.)

Question 3: How often does your child consume sweet drinks (soda, sweet tea, sports drinks, fruit juice or other juice drinks) in a day?

3 or more a day (1 pt.)

2 a day (2 pts.)

1 a day (3 pts.)

Not very often (4 pts.)

Question 4: How many eight ounce cups of water does your child drink in a day?

Less than 1 cup (1 pt.)

1 cup (2 pts.)

2 cups (3 pts.)

3 cups or more (4 pts.)

Question 5: How much time does your child spend watching TV, playing video games, using a tablet or other electronic devices in a day?

More than 3 hours (1 pt.)

2-3 hours (2 pts.)

1-2 hours (3 pts.)

1 hour or less (4 pts.)

CONGRATULATIONS!

You've completed the healthy child quiz. Add up the points from each question to learn how your child is doing at leading a healthy lifestyle!

5-10 = Sidekick: Great start! Your child is on the right path! By eating healthier and being more physically active, they can become the hero they are meant to be. Using 5210 program elements as a guide, you can start creating healthy habits for your child and whole family!

11-15 = Hero: Wow, your child is already making great strides to leading a healthy lifestyle! With your guidance and encouragement, they'll be at Superhero status in no time! Follow the 5210 program to help them become even healthier!

16-20 = Superhero: Amazing! Your child is already a health superhero! Keep up the great work and check out the 5210 website for more ideas to reinforce your child's healthy living!



Atrium Health
Levine Children's

AtriumHealth.org/HealthyTogether

This information is intended as general wellness guidelines for most children ages 2 and up. If you have any questions, or need specific recommendations for your child, talk to your child's pediatrician.



AtriumHealth.org/HealthyTogether



Members of the 5-2-1-0 League know the importance of leading a healthy lifestyle. Every day they strive to be as active as possible and eat right. Join the 5-2-1-0 League today by taking the pledge and committing to following these 5-2-1-0 guidelines.

5

EAT AT LEAST FIVE SERVINGS OF FRUITS AND VEGGIES EVERY DAY!

Growing up to be big and strong starts with eating servings of the right foods. A serving of fruit and vegetables for an adult is equal to ½ cup of raw vegetables or 1 cup of leafy greens, whole fruit the size of a tennis ball, or ¼ cup of dried fruits. For your children, one serving is equal to the palm size of their hand.

2

LIMIT RECREATIONAL SCREEN TIME TO LESS THAN TWO HOURS PER DAY.

Once your child's homework is complete, encourage them to go outside and be active or read a book! By limiting the time they spend playing video games, watching TV or streaming movies, you'll be helping develop healthy habits that will last a lifetime.

1

BE PHYSICALLY ACTIVE FOR AT LEAST ONE HOUR PER DAY.

Playing sports, dancing, taking the stairs and walking around the block are all great ways to start adding more daily activity. Physical activity helps your child feel better, makes them stronger and encourages a healthy heart. Best of all, you can participate and be active as a family.

0

AVOID SUGARY DRINKS – GO FOR WATER OR LOW-FAT MILK!

Water quenches thirst and replenishes nutrients lost during exercise better than any other beverage. Encourage your child to put down that soda or sports drink and pick up a glass of water or milk! Lead by example – choose water over sugary drinks and strive to be healthy together!

For more information, visit AtriumHealth.org/HealthyTogether to learn more healthy tips and ways to incorporate 5-2-1-0 into your child's daily routines.



This information is intended as general wellness guidelines for most children ages 2 and up. If you have any questions, or need specific recommendations for your child, talk to your child's pediatrician.

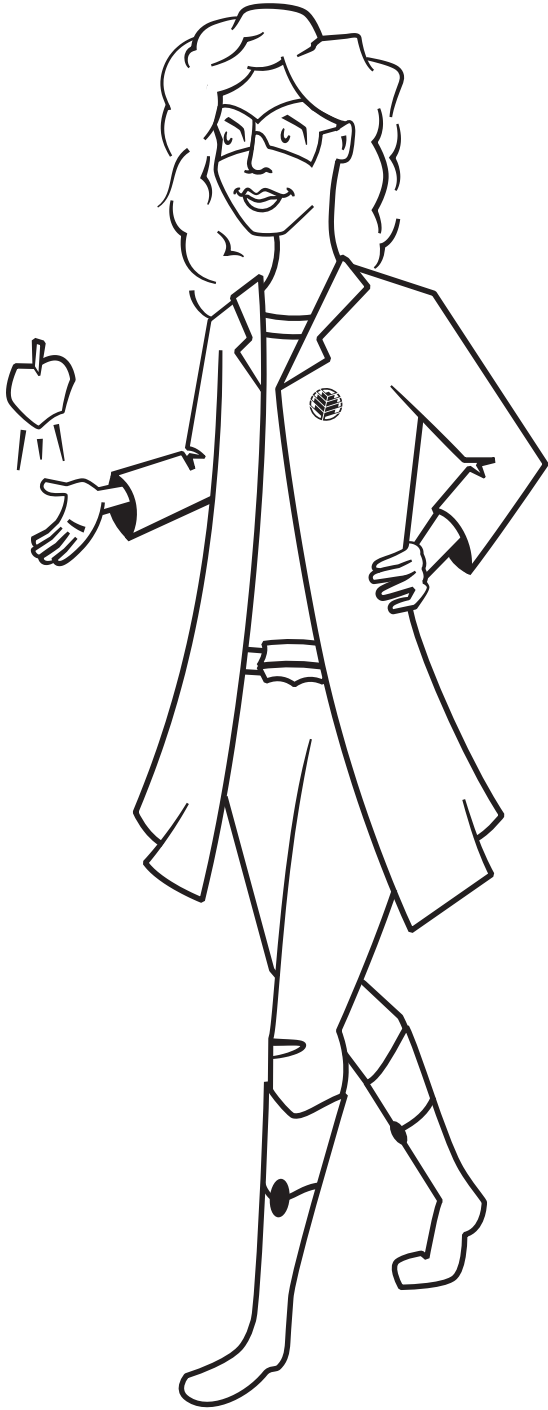
5210

LEAGUE



WHAT I LIKE ABOUT FRUITS AND VEGETABLES:





**FIVE SERVINGS OF
FRUITS & VEGETABLES**

**DOCTOR
FIT**

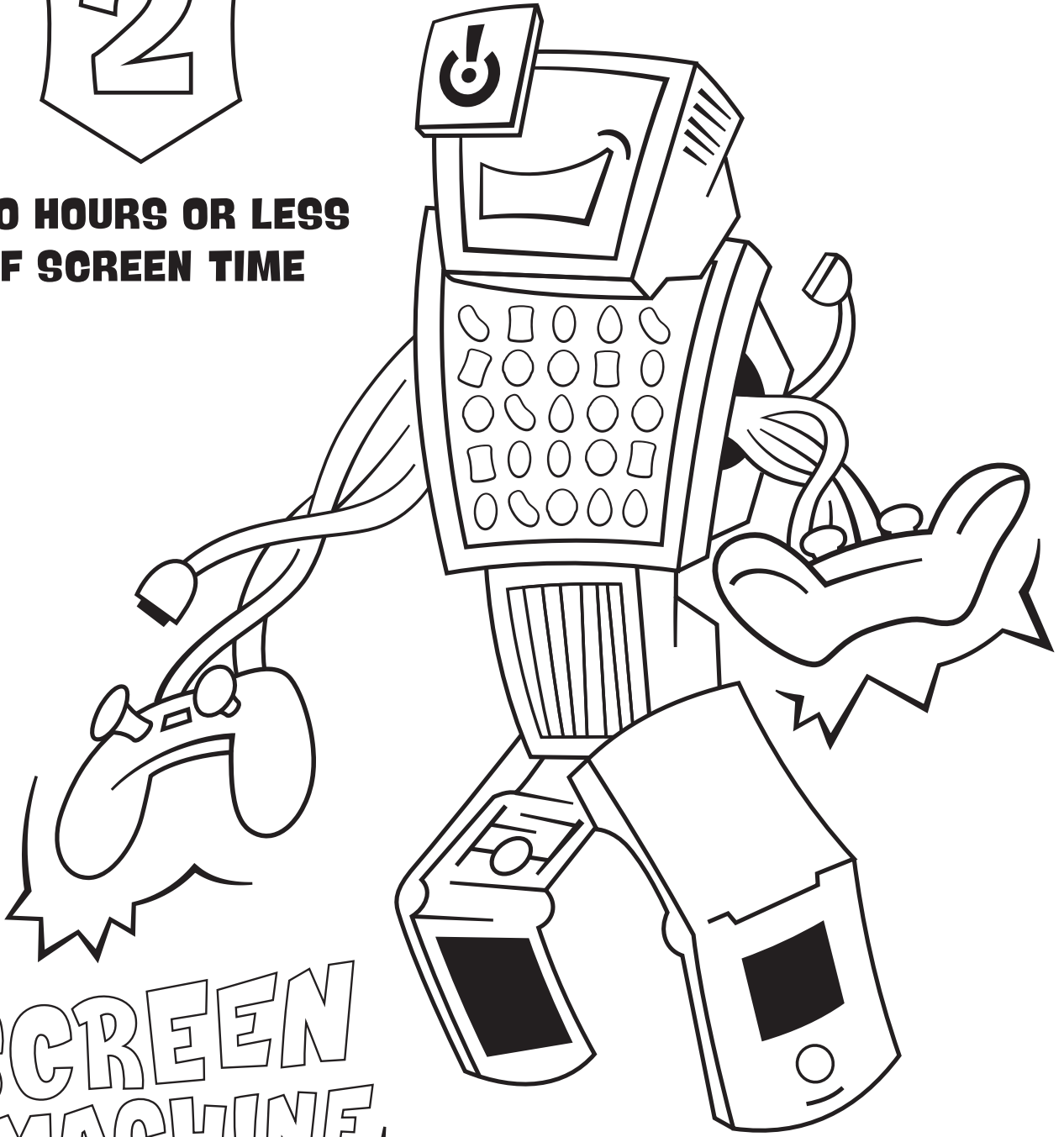


WHAT I DO INSTEAD OF TV:





**TWO HOURS OR LESS
OF SCREEN TIME**

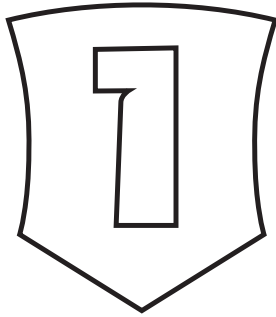


**SCREEN
MACHINE**



WHAT I LIKE TO DO OUTSIDE:





**ONE HOUR OR MORE OF
BEING ACTIVE**

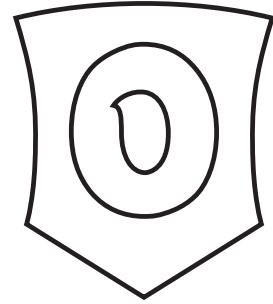


**CAPTAIN
ACTIVE**



WHERE I CAN FIND FRESH, COOL WATER:



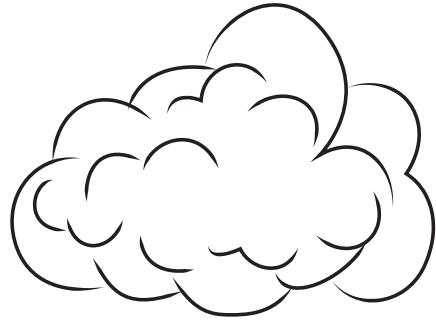
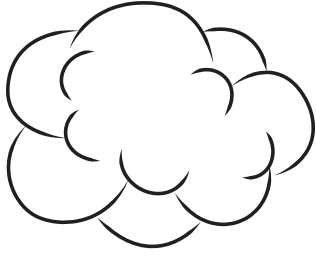


**ZERO SUGARY
DRINKS**



**GROUCH
POTATO**







**FIVE SERVINGS OF
FRUITS & VEGETABLES**



**TWO HOURS OR
LESS OF SCREEN TIME**



**ONE HOUR OR MORE
OF PHYSICAL ACTIVITY**



ZERO SUGARY DRINKS

MOTOR BREAKS AND GAMES FOR ELEMENTARY SCHOOLS

**TO INCREASE PHYSICAL ACTIVITY
DURING THE SCHOOL DAY**



ADD YOUR OWN ACTIVITY IDEA HERE!

This tool will help you incorporate movement into the classroom to get your elementary students up and moving during the school day. Some exercises in this booklet are designed to be very quick and can be done while students are simply standing alongside their desks as a transition from one task to another. Others are designed to be a larger-scale, formal activity for the class.

Tips for success at your school:

Encourage students' participation and enjoyment of these motor breaks by making them a part of your routine and showing enthusiasm yourself! To incorporate them into your schedule with ease:

- Post activities around the school to serve as "motor break stations."
- Use the numbers assigned to each activity in the Table of Contents to randomly pick the exercise(s) for the day. Pull numbers out of a hat, use a random number generator, etc. Be creative!
- String together a series of short activities for a longer motor break period.
- Host a *Healthy Together* Olympics in your classroom during a rainy-day recess period.
- Use one of the short exercises as a quick energy release when the class starts to get restless.
- Try them all as a class, then allow students to vote on their favorite.

Many of these activities were contributed by the Lincoln Middle School 5-2-1-0 Committee.

**ADD YOUR OWN ACTIVITY
IDEA HERE!**

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**ADD YOUR OWN ACTIVITY
IDEA HERE!**



MYPLATE RELAY

Materials:

- 10 brown paper lunch bags
- Index cards
- Markers
- Masking tape to mark off start line*

*Use whatever you have to mark the start line - cones, playground equipment, chairs, etc.

Preparation:

Write down each of the five food groups on the paper bags, one per bag (vegetables, fruits, dairy, grains and protein). You should have two complete food group sets. Then write a variety of food items on the index cards (one item per card); create two identical sets of cards.

Mark off the starting line and place each set of index cards at two different points along the line, about 10 feet away from each other (or a distance appropriate for the space you have to work with). Line up one complete set of labeled lunch bags across from each stack of index cards and as far from the start line as the space allows so students run as far as possible. Divide students into two teams and have them line up behind the starting marker, next to their deck of index cards.

Leader Cues:

"We are going to play a game called MyPlate Relay. There is a food item listed on each card in the pile next to your line. When I say, "Go!," the first person in line is going to grab a card and read it. You will then run to the brown paper lunch bags labeled with different food groups and place the card in the correct food group bag. You will then run back and tag the next person in line. The first team to put all of their cards in the correct bags will be the winner! Here we go...!"

HEART SMART

Instructions:

Begin this activity by discussing the heart as a class. Talk about things like:

- Where it is located (left side of chest)
- What size it is (fist-sized)
- Its function (to deliver blood to the body)
- What types of activities strengthen it (running, biking, healthy diet, etc.)
- What types of activities weaken it (smoking, unhealthy diet, inactivity, etc.)

Leader Cues:

"Now that we have learned a little bit about the heart and how to keep it healthy, we're going to play a game called Heart Smart. I will call out an activity that either strengthens or weakens the heart. If you think it makes the heart stronger and healthier, jump as high as you can! If you think it makes the heart weaker, squat down as low as you can go. Ready?"

Examples:

- Riding a bike – jump
- Eating a giant ice cream sundae – squat
- Walking your dog – jump
- Roller skating – jump
- Taking the elevator – squat
- Taking the stairs – jump
- Walking to school – jump
- Eating broccoli – jump
- Having a dance party – jump
- Watching TV – squat
- Vacuuming for your parents – jump



Back Cross Crawls

- In a standing position, touch your left hand to your right foot behind your back.
- Repeat using the opposite hand and foot.
- Try it for 30 seconds.

(Increases left/right brain connection!)

Group Slide

- Step forward if you... did your homework.
- Do a jumping jack if you... had a good day.
- Slide to the right if you... are looking forward to summer.
- Slide to the left if you... like to read books.

(Underlined phrases may be changed to suit the classroom.)

Back Cross Crawls

- Stand with feet and legs pressed together.
- Keeping your knees together, sit back like you are sitting in a chair.
- Hold that position as long as you can.
- Relax when you need to, and then try again.



ACTION ACE SAYS...

Instructions:

Have children take turns being the leader and play just like you would play "Simon Says."

Leader Cues:

"This activity is called Action Ace Says. We will take turns being the leader, and the leader will demonstrate different movements either starting with Action Ace Says...or not. Players will only follow along with the demonstrated movement if the leader says, "Action Ace Says." If players perform the movements without hearing "Action Ace Says," they will do 10 jumping jacks before rejoining the game."



Do the Conga! (Music Required)

- Instruct students to line up, placing their hands on the shoulders of the student in front of them.
- Start some music and lead students in a conga line around the classroom.

Play Cards! (Deck of Cards Required)

- Using a standard card deck, assign an activity to each of the four suits (e.g., jumping in place for hearts, running in place for spades, sit-ups for clubs, squats for diamonds).
- Pass out a card to each student. Tell them to perform the activity associated with their suit for 20 seconds.
- Instruct students to pass their cards to their neighbor and repeat for 5 passes.

The Classroom Workout Circuit

- Have students do the following activities in place for 1 minute each:
 - Jog in place
 - High knees
 - Jumping jacks
 - Hop on one foot
 - Hop on the other foot
 - Hop on both feet
- Feel free to mix up the order or incorporate other exercises into the routine.

THE WIGGLES

Instructions:

Instruct students to stand at their desks. Be sure they have enough room to do the following activities:

- Wiggle fingers.
- Then fingers and wrists.
- Then fingers, wrists, and forearms.
- Then fingers, wrists, forearms, and elbows.
- Then fingers, wrists, forearms, elbows, and shoulders.
- Then fingers, wrists, forearms, elbows, shoulders, and rib cage.
- Then fingers, wrists, forearms, elbows, shoulders, rib cage, and hips.
- Then fingers, wrists, forearms, elbows, shoulders, rib cage, hips, and knees.
- Then fingers, wrists, forearms, elbows, shoulders, rib cage, hips, knees, and head.

*Optional – play fun, upbeat music

Leader Cues:

Today we will be playing The Wiggles. When I say go, you will begin jogging in place at your desks. I will tell you to begin wiggling your fingers. Then, I will start adding on body parts for you to move, one at a time, until your whole body is one giant wiggle!

Activity adapted from “After-School Energizers” East Carolina University School of Health and Human Performance.



Favorite Swap (Music Required)

- Instruct students to move around the classroom as the music plays. (However you decide - walk, jog, side-step, etc.)
- When the music stops, they should find a partner (person closest to them). Then you will ask a question and they should share a one-word response with their partner.
- When the music comes back on, they should move again. (Find a new partner for each new question.)
- QUESTIONS: What is your favorite... place? Song? Singer? Movie? Book? Sport? School subject? Food? Weekend activity? Animal? Color?

Boogie Days (Music Required)

- Instruct students to spread out across the room. Play a school-appropriate song and let kids bust-a-move.
- OR
- Have them follow your (school-appropriate) dance moves.
 - Try doing some vintage moves like the twist and mashed potatoes, or just jump around!

Look Ma, No Hands!

- Have students put an object on their desks or on the floor (e.g., pen, notebook, ID card) and call out different body parts they have to try to pick it up with (e.g., elbows, feet, knees, forearm, neck, etc.).

FOOD FREEZE

Materials:

- 5 large pieces of paper
- Markers
- 5 hula hoops (optional)
- Music (optional)

Preparation:

Write down each of the five food groups on the five pieces of paper, one per paper (vegetables, fruits, dairy, grains and protein). If you have hula hoops, set them around the perimeter of the room or outdoor space and place one paper in the middle of each hoop. Have students gather in the middle of the space. Come up with a list of food items from each food group to call out during the activity.

Leader Cues:

"We are going to play a game called Food Freeze. I am going to turn on the music and you are going to skip around the middle of the room/ outdoor space. When I turn off the music, I will call out a food item, such as oatmeal, and you will run to the hula hoop with the food group you think that food item belongs to. Everyone who goes to the correct food group will get to do a victory dance!"

*For younger students who may have trouble reading, use pictures for each food group instead. Be sure to clarify the correct food group after they have chosen their station.

Activity adapted from "After-School Energizers" East Carolina University School of Health and Human Performance.



Strike a Pose (Music Required)

- Tell the students to jog around the classroom at a comfortable pace when you turn the music on.
- When you turn the music off, tell them to freeze and strike a funny and/or dramatic pose (demonstrate!).
- At the end, you can have them each strike their favorite pose.

*Madonna's "Vogue" is perfect for this activity!

Reverse Sit ups

- Instruct students to jog a lap, then sit in their chairs and pull knees up to their chest for 30 seconds.
- Repeat for three rounds (or until students are satisfactorily challenged).

Cross Crawls

- While standing, lift your left knee and touch it with your right hand.
- Repeat using the opposite knee and hand.
- Keep going for 30 seconds!



HEALTHY TOGETHER OLYMPICS

Instructions:

Instruct students to march or jog in place at their desks, then make up a narrative leading students through a variety of 10-second activities as if they were competing in the Olympics. Go around the class and ask students to come up with their own activities.

EXAMPLES: Jump over a giant hurdle, crawl under a creaky balance beam, swim through a deep pool, sprint across the long soccer field. *

Leader Cues:

"Today we are gold medalist athletes going to the Olympics! As we march from the start to the finish line, there will be a lot of tasks for us to complete in order to earn our gold medal. When I call out each activity, we will stop marching and act it out in the silliest way possible until I put my hand up as a sign that the task is over. Then, we'll keep marching until the next activity is called out."

*For running events, instruct the students to run in place, lifting their knees as high as they can.



Animal Run (Large Space Required)

- Tell students they are going to do some laps, but they will need to change up their speed according to the animal you call out.
- Have them start by jogging, then call out the name of an animal.
- EXAMPLES OF ANIMALS: cheetah, rabbit, horse, penguin, turtle, chicken, hawk, ostrich, squirrel, fox, sloth, snail, hippopotamus, elephant, jaguar, dog, spider, gazelle.
- You can also have them adopt the movements of the animal(s) instead of the speed.

Skate in Place

- Pretend to ice skate in place.
- As you move side-to-side, bring your heel behind you as high as you can.
- Swing your arms side to side.
- “Skate” for one minute, rest for 15 seconds, and repeat.

The Owl

- Stand up and spread out.
- Turn head to the right and raise right shoulder up to your chin, then relax.
- Slowly turn head to the left and raise left shoulder up to your chin, then relax.
- Repeat 10 times on each side. Breathe deeply.



GROCERY SHOPPING

Materials:

- 2 reusable grocery shopping bags
- Index cards (at least one for each student)
- Markers
- Masking tape to mark off a start line*

*Use whatever you have to mark the start line - cones, playground equipment, chairs, etc.

Preparation:

On one side of each index card write down a food item, and on the other side write down an activity. For example, Tomato/15 jumping jacks, Apple/10 squats, Water/7 push-ups, etc. Make sure you have at least one card per student. Mark the starting line and place the reusable grocery bags as far away from the start line as your space allows. Place the cards into the two grocery bags, splitting them evenly between the bags. Divide the children into two teams and have them line up behind the starting marker.

Leader Cues:

“We are going to play a game called Grocery Shopping. When I say, ‘Go!,’ the first person in each line runs as fast as they can to their grocery shopping bag. You reach into the bag and pull out one index card. On that card, you will find one side lists a food item and the other side lists an activity. You will do the activity on your card and shout out a healthy way to eat the food on the card; for example, cut up in a salad, in a yummy sandwich, or fresh from the refrigerator! Then you run back to your team, tagging the next person in line so they can start their turn. The first team to bring all the cards back to the starting line will be the winning team!”

*To change up the activity, have children skip, hop, side-shuffle, etc. instead of running to the grocery bags.



Activity adapted from “After-School Energizers” East Carolina University School of Health and Human Performance.

Stand Up/Sit Down

- Instruct students to move their chairs back from their desks.
- Tell the group that you are going to read a series of questions. If their answer is “yes,” they should stand up and then sit down quickly.
- Sample questions: Do you like apples? Do you play a musical instrument? Did you put on shoes today? Do you speak a language other than English? Have you ever done the dishes? Have you ever traveled outside the country? Have you ever gone berry picking?

Double Doodle

- Instruct students to stand up and spread out.
- Tell students to pretend to scribble with both hands in front of their bodies in the air.
- Call out different things for students to doodle (e.g., shapes, their name, animals, etc.).

OR

- Ask the students questions that they have to ‘write out’ in their doodle. For example: How do you feel? What are you doing after school?
- Encourage them to write in complete sentences.

Acting Out

- While reading a book out loud, have students act out each action verb that comes up.

HIGHER OR LOWER

Instructions:

Choose one child to be the guesser and have them turn away from the group so as not to see the number they must guess. Have children take turns writing down a number from 1 to 100 or 1 to 500 on the board or a piece of paper to show the rest of the group, making sure the guesser does not see. (Be sure to erase it from the board or turn over the piece of paper before the guesser turns around).

Leader Cues:

“This activity is called Higher or Lower. Each one of you will have the chance to choose a number between 1 and 100 (or 1 and 500) and write it down. You will then show it to the rest of the group, but make sure the guesser can’t see it! Once everyone else has seen the number, the guesser will turn around to face the group and start guessing numbers between 1 and 100 (or 1 and 500). If the number is higher, you will jump as high as you can! If the number is lower, you will bend down and touch your toes. You will continue to give the guesser clues (higher/lower) until they guess correctly.”

*This activity is especially helpful for younger children who are learning how to count to large numbers.

*To make this activity more challenging, instead of touching the toes to indicate a lower number, have children squat or sit all the way down on the floor and return to standing position. To indicate a higher number, have children jump on one foot.



Quiz Me

- While reviewing for a test, ask the students a series of true-or-false questions.
- If the question is true, students should jump in place for 15 seconds. If it is false, they should touch their toes.

Shake It

- Instruct students to remain seated and raise their hands in the air.
- Have them start shaking their right hand 10 times, left hand 10 times, left foot 10 times and right foot 10 times.
- Repeat, counting down the number of shakes from 9 to 1.
- Speed up or slow down the counting to keep it interesting.

Rainstorm

- Have students follow your lead. Begin by having students very lightly rub their hands together, then lightly snap, then slap their thighs, and then stomp their feet (the rainstorm is at its peak!).
- Then have the students stop stomping their feet, return to just slapping their thighs, return to lightly snapping, return to rubbing their hands and stop. Do each action for 20 seconds.

OBSTACLE COURSE

Materials:

Take a moment to look around your building, inside and outside, and think of ways to use existing equipment and structures to get your kids moving. Be creative! Anything you may have can be used to construct a fun course.

Materials may include:

- Playground equipment
- Cones
- Masking tape to mark off starting and finishing lines
- Hula hoops
- Jump ropes
- Pillow cases to get in and jump to a designated spot

Instructions:

Take a few minutes before starting the obstacle course to demonstrate how children should go through each area of the course. Then have them line up in two teams at your designated starting lines.

Leader Cues:

"We are going to go through a super fun obstacle course today! I am going to break you up into two different teams and each team is going to line up behind this starting line. You will then...[Provide instruction and demonstrate each portion of the obstacle course you have designed]. The winning team will do a victory dance!"

*Don't be discouraged during the winter months! Incorporate activities like making snow angels, throwing snowballs at a target (away from other students), climbing a massive snow bank, etc.



In Between Laps (Large Space Required)

- Have students run laps around a large space together and stop each time they reach you to receive a challenge (e.g., do 5 twirls, pat your head and rub your belly for 10 seconds, spell your name backwards while walking backwards, do a 30 second squat against the wall, do 10 jumping jacks).
- Have students continue running once they complete each challenge and give them a new challenge after each lap.

Follow the Leader

- Have the class form a single straight line and appoint the first person in the line as the leader.
- Tell the leader to begin moving around the classroom. They may use any movement they want, as long as they keep moving around the room.
- The rest of the class should follow behind the leader imitating their movements.
- Every so often, appoint the next student in line as the new leader, instructing the former leader to move to the back of the line.

Jump Rope

- Pretend to jump rope. Make sure you use your arms!
- Jump for 1 minute, rest for 15 seconds. Repeat.

FUN WITH YOGA POSES

Materials:

- Printed-out images of yoga poses or Yoga Pretzel Cards

Instructions:

Find images of individual yoga poses online*. Print the images out (feel free to cut the images out and paste them on an index card or other more durable type of paper to reuse them). Pair children up standing back-to-back and provide each child with an image. They are to look at the image on their own card, but they should not show their partner.

*If you have Yoga Pretzels, a set of cards by Tara Guber and Lean Kalsih, you can use those instead of the internet print-outs.

Leader Cues:

"This activity is called Fun with Yoga Poses. Each one of you has a card with an image of a yoga pose on the front. Standing back to back with your partner, study the front side of the card carefully making sure your partner doesn't peek! Then, turning around, you will hold the card behind your back with both hands. I will give you 15-30 seconds to tell your partner how to get into the pose on your card. You must keep your hands behind your back, and you can't use your arms or legs to show your partner how to get into the pose. You can only use your words! Smiling and laughing is encouraged!"

*For older children or to make this activity more challenging, cut down the amount of time they have (15 seconds or less) and provide them with more challenging poses.



Mighty-Mathletes

- Have students count off starting with “one.” (Make sure students remember their number.)
- Call out activities for the students to perform based on their numbers.
EXAMPLES:
 - Numbers 1 to 10, do a lap. Numbers 10 to 20, run in place for one minute.
 - All even numbers, do jumping jacks for one minute. All odd numbers, pretend jump-rope for one minute.
 - All multiples of ____, skip around the room once. Everyone else, do one sideways lap.

*Vary the activities according to your needs.

Body Bingo

- Tell the students that you are going to call out various statements. They should move (e.g., jog in place or around the room, jump-rope, skip, hop, etc.) whenever one of the statements applies to them and freeze whenever something does not.
- EXAMPLE STATEMENTS: I have two brothers. I speak more than one language. I go to school. I have been to another country. I did my homework. I love summer. I can spell cat. My name has an ‘H’ in it. I eat vegetables. My favorite color is blue. I eat food. I have a dog. I have played basketball. I love to dance. I love winter. I like to sing. I am the youngest in my family.

MAD MATH

Instructions:

Break students off into pairs. Instruct them to spread out across the room.

Leader Cues:

“This activity is called Mad Math. You and your partner will jump 5 times, as high as you can, while you count to 5, then you’ll each say a number between ____* out loud. Then, you will write the two numbers down, work as a team to add them together, and write down your answer. When you are done, you will wait for my signal to start jumping again!”

*Tailor the range of numbers (e.g., 1 to 20, 1 to 100, etc.) and manipulation (addition, subtraction, multiplication or division) to what is relevant to the classroom.

