

Local School Wellness 101
...great for starting school gardens!

Parent Initiatives - Wellness Policy Goals

Goal Area	Project Ideas
Nutrition Education & Promotion	Healthy food tastings Health fairs School gardens Messages, posters, signs promoting health Healthy events for teacher appreciation
Physical Activity	Walking school buses Active recess programs After-school sports or exercise clubs Physical activity breaks in the classroom Schoolyard and playground improvements
Other Health Promotion Activities	Recess before lunch Family health nights Healthy rewards "No Internet Day" or week Healthy fundraisers
Nutrition Guidelines	Healthy snacks and celebrations Healthy options in vending and concessions More fresh fruits and veggies at lunch Promotional salad bar events in the lunchroom

TAKING ACTION:

- Ask to join your district wellness committee or school health advisory council (SHAC). **OR**
- Join or start a wellness team at your school and create your own guidelines to improve student health.
- Assess school health programs using the School Health Index self-assessment tool. (www.cdc.gov/HealthyYouth/SHI) **OR**
- Evaluate your school's policy strength using the Wellness Policy Assessment Tool (WELLSAT) from the Rudd Center for Food Policy & Obesity. (www.wellsat.org)

STORIES from the Field

Laredo Elementary School (Laredo, Mo.)
The school wellness committee went before the school board and got the written policy changed to increase recess an extra five minutes for a total of **20 minutes every day.**

Grundy High School (Galt, Mo.)
The school wellness committee implemented a staff **worksite health promotion** program. Educational materials were distributed and pedometers were awarded to all participants.

RESOURCES

USDA information on local school wellness policies:
http://www.fns.usda.gov/tn/local-school-wellness-policy

For ideas of healthy or non-food related fundraisers:
http://www.cspinet.org/nutritionpolicy/fundraiserfactsheet.pdf

For healthier alternatives to school birthdays and holiday celebrations:
http:///cspinet.org/new/pdf/healthy_school_celebrations.pdf

For non-food classroom rewards:
http://cspinet.org/new/pdf/constructive_classroom_rewards.pdf

For outreach materials and fact sheets parents can use in support of healthier school meals:
http://cspinet.org/nutritionpolicy/back2school.html#infographics

For parents interested in doing more to advocate for healthy schools:
http://healthyschoolscampaign.org/events/kicking-off-the-school-year-in-a-healthy-way-how-families-and-schools-can-w/

For some local Missouri success stories on farm to school:
http://mofarmtoschool.missouri.edu

Website links funders and donations to schools wishing for a salad bar in their lunchroom:
http://saladbars2schools.org

health.mo.gov/teamnutrition
healthykidsmo.org

Missouri Department of Health and Senior Services · Team Nutrition · Missouri Coordinated School Health Coalition · Missouri Action for Healthy Kids

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER Services provided on a nondiscriminatory basis. USDA is an equal opportunity provider and employer. Funding in part by USDA Team Nutrition Grant.

1069 (10-14)

Local School Wellness 101

your guide
to staying informed

What is a School Wellness Policy?

Since 2006, a school that participates in the national school lunch or breakfast program, is required to have in place a local wellness policy to help address childhood obesity. The law places the responsibility of developing a wellness policy at the local level so the individual needs of each school can be addressed.

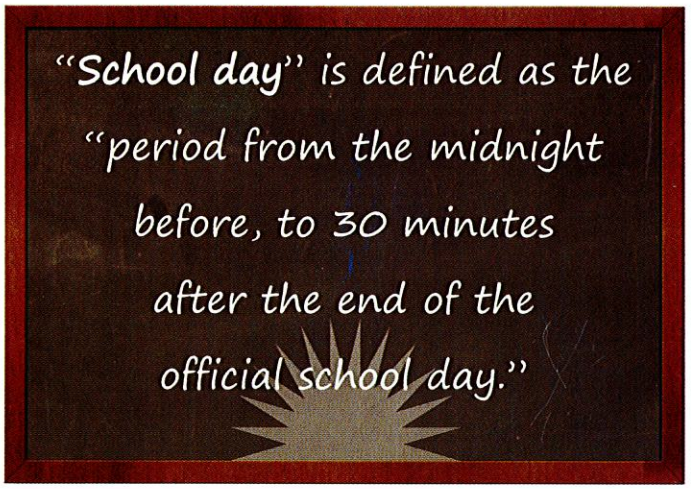
The local wellness policy must include, at minimum:

- Goals for nutrition promotion and education
- Goals for physical activity
- Goals for other school-based activities that promote wellness
- Nutrition guidelines that promote student health and reduce childhood obesity for all foods available on each school campus during the school day

Who should be involved?

The law requires schools to involve a variety of people to develop, carry out, review and update the policy unique to their community. A school should permit the following people on its school wellness committee:





In 2010, the Healthy, Hunger-Free Kids Act added school wellness policies. Now schools must report to the public about the their progress made in reaching goals and how the policy compares to standards.

Learn • Act • Transform





Snacks for Happy, Healthy Kids!

...great for classroom parties, too!



- Beverages
  - 100% juice
  - Fruit spritzers (juice and Seltzer water)
  - Water
- Smoothies (frozen fruit, 1% milk and banana)
- Cheese/fruit/sandwich (cookie cutter shapes)
- Ham, cheese or turkey sub sandwiches (with low-fat condiments)
- Cheese cubes/sticks
- Vegetable trays
- Vegetable dip (cottage cheese or plain yogurt and choice of onion/garlic/parmesan seasoning)
- Pretzels
- Low-fat popcorn
- Fresh fruit
- Fruit and cheese kabobs
- Fruit with whipped topping or peanut butter dip
- Fruit dip (vanilla yogurt, honey, cinnamon and nutmeg)
- 100% fruit snacks
- Dried fruits
- Graham crackers
- Vanilla wafers
- Fig Newtons
- Animal crackers
- Angel food cake, plain or topped with fruit
- Cupcakes made with fruit or nuts
- English muffin pizza topped with tomato sauce and any combination of vegetables, pineapple, lean ham and Canadian bacon
- Pizza dippers (pizza toppings and bread on a skewer with marinara dip)
- Salsa with baked tortilla chips
- Pudding (use 1% or skim milk)
- Yogurt parfait (vanilla yogurt with diced fruit)
- Quesadillas with salsa
- Chicken, beef or vegetable fajitas
- Low-fat breakfast or granola bars
- Trail/cereal mixes
- Nuts
- Whole wheat crackers
- Low-fat ice creams, frozen yogurts or sherbets
- Fruit pies made with a graham cracker crust, low-fat cream cheese (1/4 inch layer or less) and sliced fresh or canned fruit arranged on top



Healthy Eating and Activity Can Improve:

attendance
energy levels
participation
school behavior
test scores
academic success

health.mo.gov/teamnutrition
healthykidsmo.org

Missouri Action for Healthy Kids®

Missouri Department of Health and Senior Services · Team Nutrition · Missouri Coordinated School Health Coalition · Missouri Action for Healthy Kids

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER Services provided on a nondiscriminatory basis. USDA is an equal opportunity provider and employer. Funding in part by USDA Team Nutrition Grant.

Snacks for Happy, Healthy Kids!

...great for classroom parties, too!

Listen!



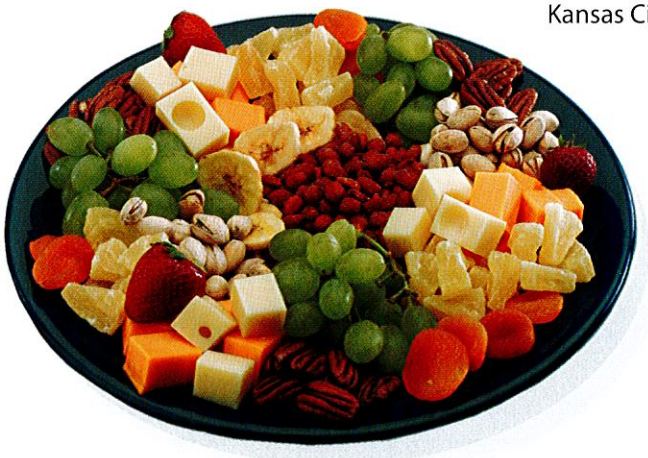
Comments about healthy snacks:

"I think the key is early exposure to a wide variety of foods. Even if it is a food the parent doesn't like, have the child try it. That's worked for me … (I know of) a little boy who wanted to take turnips for his baseball team snack."

Angela Hemwall
Parent, Ridgeway Elementary
Columbia Public Schools

"I like to hand out fruit slices, cheese, whole grain crackers, (100%) juice boxes and … homemade cookies are also favorites."

Heidi Whitehill
Parent, Notre Dame de Sion School
Kansas City, Mo.





Recipes

(serves 32 students)

Mini Banana Splits

Ingredients:

16 small bananas, peeled
16 cups lowfat vanilla yogurt
8 cups fresh berries
2 cups lowfat granola

Preparation (20 minutes):

1. Cut banana in half, share between two students.
2. Scoop ½ cup of yogurt onto banana.
3. Top with berries and granola.

Fabulous Punch

Ingredients:

1 gallon cranberry juice
1 gallon apple cider
12 oz frozen orange juice, thawed and undiluted

Preparation (5 minutes):

Mix and stir all ingredients together in large pitcher and serve over ice.

Adapted with permission from California Cooperative Extension.

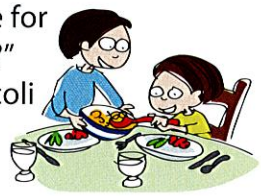
Be a Healthy Role Model for Kids!



...set good examples to help children learn

1 Listen to Your Child

If your child says he or she is hungry, offer a small, healthy snack even if it's not the usual time to eat. Ask "which would you like for dinner, broccoli or caulifower?" instead of "Do you want broccoli for dinner."



2 Explore Local Parks

Explore local parks, recreation programs, community recreation centers and YMCAs. Find out if your school or church has "open gym" and take the family.

3 Try New Foods Yourself

Describe the new food's taste, feel and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal when your child is hungry.

4 Lead the Way and be Fit Together

Adults need thirty minutes of physical activity on most days. Make physical activity part of each day. Walk with your child to school, enjoy family walks in the park or swimming at the lake.



5 Fuel Up for the Day

Start every day with breakfast. Besides cereal, fruit and milk, other quick and easy choices are trail mix, dried fruits and 100% juice boxes. Your child's school may also offer breakfast.

6 Show by Example

Eat vegetables, fruits and whole grains with meals or as snacks. Let your child see that you enjoy eating raw vegetables.

7 Move More, Sit Less

We can all be more active as part of our daily lives. Walk rather than drive and encourage your kids to cycle and walk where possible. If you're out with your kids on the bus, get off a stop early and walk the rest of the way.

8 Give Positive Rewards

Reward yourself and your child for a job well done. Think "healthy" when selecting rewards. Go on a bike ride together or enroll your child in a new art, music or physical activity class.

9 Drink More Low Fat Milk and Water

Offer 1% and skim milk or water at every meal and snack. Give your children water to drink and tell them not to wait until they are thirsty.



10 Active Children Make Healthy Children

Children and teens need at least 60 minutes of physical activity every day. Support your child in physical activity or team sports of his or her choice.

health.mo.gov/teamnutrition • healthykidsmo.org

Missouri Action for Healthy Kids®

Missouri Department of Health and Senior Services · Team Nutrition · Missouri Coordinated School Health Coalition · Missouri Action for Healthy Kids

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER Services provided on a nondiscriminatory basis. USDA is an equal opportunity provider and employer. Funding in part by USDA Team Nutrition Grant.