School Resource Kit

Information for School Nurse

Greetings! We know how busy you are and want to thank you for taking the time to help your students develop healthy eating and physical activity habits. Here you will find a host of fun-filled activities to follow up the FOODPLAY program. You will find a sheet with the FOODPLAY Pledge of Allegience and snack cards that can be reproduced and distributed to children as a fun handout. Additional activities in this section and in the Teachers' Section can be used throughout the year to help integrate nutrition and health into core curriculum areas and meet state and national standards. We hope these activities will provide fun ways for everyone at your school to work together to create a healthy learning environment and effective school wellness policies.

Please visit us at www.foodplay.com for more fun-filled nutrition activities, resources, and programs! We look forward to coming back to your school again soon!

- **FOODPLAY Pledge & Snack Recipe Cards**
- **How to Build a Healthy School Environment**

Back to Main Menu

Reproduce on colored paper, cut, and distribute to students. Encourage students to sign and post the cards on their fridges at home.

FOODPLAY The Pledge of Allegiance

I pledge allegiance to my body for all it does for me, and to the community of which I am a part, one planet, under the sun, interconnected, with health and happiness for all.

I will try to:

- Eat more fruits and vegetables every day.
- Fuel up on Pyramid Power foods.
- Read It Before I Eat It!
- Eat breakfast every day.
- Enjoy being active.
- Feed healthy messages to my mind.
- Make choices that are good for my health and for the health of the planet.

Official FOODPLAY Seal

J.J.

Coach

My Signature _____ Date _____

FOODPLAY's Favorite Fun Snacks

Put me on your fridge!

Good for your health and the health of the planet!

★ Fruit – grab a piece of fruit and eat it on the way!
★ Fruit Parfait – yogurt or soy yogurt with layers of cut-up fruit
★ Veg Out – baby carrots, celery sticks, broccoli trees, and green pepper pinwheels with dip or salad dressing
★ Trail mix – nuts, seeds, raisins, and dry cereal
★ English muffin or pita bread pizza
★ Popcorn, sunflower seeds, pumpkin seeds, soy nuts, almonds
★ Salsa Sticks – melt low-fat cheese on tortilla, roll up and dip into salsa (great with beans inside too!)
★ Leftovers like rice and beans, tofu stir fry, or pasta salad
★ Whole grain cereal, milk or soy milk, and cut-up fruit
★ Crackers or rice cakes with apple/nut/soy butter, or hummus
★ Fruit Smoothie – blend 100% fruit juice, yogurt or soy milk, and fruit such as frozen banana and/or strawberries
★ 'Soda Naturale' – half 100% fruit juice, half seltzer

KIDS, PARENTS, TEACHERS:
Visit us for fun ideas, tips, and free stuff!
www.foodplay.com

SODA NATURALE

INGREDIENTS:
Seltzer Water
Any 100% Fruit Juice: Orange, grape, cranberry, etc.

WHAT TO DO:
1. Mix together half seltzer and half juice in a cup.
2. Name your soda and make up a cool label. Paste it on a recycled bottle and package your drink!

(There are 10 teaspoons of sugar in a can of soda!
For a tasty but healthy drink, make your own soda...naturally!)

YOGURT PARFAIT

INGREDIENTS:
Yogurt or soy yogurt
Cut up fruit (like strawberries, bananas, peaches, apples)
Topping (cereal, granola, nuts, seeds)

WHAT TO DO:
1. Put a layer of yogurt in the bottom of a cup, then add a layer of fruit, then another layer of yogurt, then another layer of fruit, and a last layer of yogurt.
2. Finish off with your favorite topping.

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FOODPLAY® productions
Turning kids on to healthy habits!

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How to Build a Healthy School Environment!

We, at FoodPlay Productions, have had the opportunity to visit thousands of schools each year bringing our live nutrition theater shows and fun-filled resources to enthusiastic audiences. We've learned a great deal in the process, and have seen wonderful examples of whole school communities—students, parents, teachers, food service, nurses, and administrators—working together to create a healthy school environment and an innovative and effective wellness policy.

We hope this primer will be of help to you. We've listed 30 fun, low-budget ideas schools can use to create happy and healthy places in which to learn. It does take a healthy village to raise a healthy child, and we look forward to working with you. Thanks for your dedicated efforts!

—Barbara Storper, MS, RD

Think Outside the Lunchbox!
FoodPlay's Top 30 Fun Ways to Create a Healthy School Environment!

1. At the beginning of the year, create a fun way to introduce your school food service staff to students and teachers in order to give staff proud ownership of the meals they turn out and to encourage a positive relationship between all groups. Little things mean a lot—holding a special "silly hat day" or "holiday theme" in which food service staff can shine, can do a lot in creating a successful school year.

2. Take a survey or set up student groups of "Taste Testers!" to determine what students like to eat. Encourage weekly or monthly "taste tests" where students can rate different meal options or try new foods. Incorporating their favorites increases participation in breakfast and lunch programs

3. Excite teachers about nutrition and health by providing information that is of special concern to them. Keep an up-to-date bulletin board in the teachers' room and post articles about nutrition discoveries and innovative actions other schools have tried. The more teachers find the articles relevant to their needs, the more motivated they'll be to include them in their lesson plans.

4. Advertise menus in advance, highlighting weekly health specials. Or, create a healthy food labeling system to make it easier to recognize the best available options—perfect for a class project!

5. Try new innovative fundraising activities instead of candy sales, such as talent shows, family bingo night, auctions, tag sales, or healthy bake sales. Other options include selling class cookbooks, flowers, and calendars.

6. Provide "grab n' go" breakfasts or a breakfast cart filled with healthy favorites such as yogurt, granola, and fresh fruit. On test days, offer special breakfasts and lunches (with financial support from the school or PTO funds!).

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7. Turn the cafeteria into a learning laboratory! Display posters you collect or encourage the art teacher to have students paint posters promoting healthy foods and fun physical activities that you can hang as a special "Student Art Gallery" throughout your lunchroom.

8. Celebrate diversity by serving up healthy ethnic meals from the variety of cultures represented by your student body. Put a map of the world on your cafeteria wall. Work together with social studies and language teachers to inspire students to learn where foods come from.

9. Fill vending machines with healthy foods such as water, 100% fruit and vegetable juices, low-fat milk, popcorn, pretzels, baked chips, fresh and dried fruit, yogurt, trail mix, low-fat crackers and cookies such as fig bars, gingersnaps, or graham crackers. Have students get involved.

10. Invite students, teachers, and parents to help plan the menus for school lunches, and, with community support, try to incorporate locally grown produce from nearby farms, if possible.

11. Use holidays to promote and celebrate healthy foods from different cultures. Invite parents to conduct food demonstrations with classes, sharing some family favorites. Or, invite parents to create a multi-cultural pot luck feast and talent show as a special event or fundraiser.

12. Teach students about healthy foods in the classroom before introducing them to kids in the lunchroom. Studies show that students who learn about foods in class, eat from two to nine times as many of the new healthy foods as schoolmates who do not learn about them first.

13. Encourage classes to visit the new MyPyramid website, mypyramid.gov, where students can analyze their diets, discover their nutrient needs and make healthy changes.

14. Create a fun nutrition resource cart or display filled with videos, DVDs, curricula, magazine articles, and books from which parents, teachers, and students can borrow recommended resources.

15. If there is a convenience store nearby where students buy snacks after school, have teachers incorporate a lesson to educate students about which snacks would be healthiest. Create a "Make a Snack Counter-Attack Game" where kids are asked to select the top ten healthiest snacks for less than one dollar each. Encourage them to write letters to the store managers to request that more healthy snacks are sold.

16. If possible, take a field trip to a local farm or farmers' market to teach students where food comes from. You may even be able to offer a weekly farmers' market at your school that teachers, kids, and parents can buy fresh produce from!

17. Start a school garden (or window sill garden!) and involve students in all aspects. Vegetables planted can then be served at mealtime. Work together with teachers to foster in class lessons about gardening and nutrition.

18. Make the teachers' and nurse's rooms healthy, stress-free environments—with water that is drinkable, working refrigerators, healthy snack machines, hot water machines, and space to enjoy a healthy lunch or time-out period. PTO members may be interested in setting helping create these.

19. Encourage teachers to praise students' successes verbally or with fun rewards, such as stickers, extra recesses, walks, or parties instead of with sweets or candy.

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And Now, Promoting Physical Activity:

20. Enlist the help of the principal to be your school's health leader. See if she/he will hold special lunches where kids can eat at his/her table and ask questions. Or, he/she can lead regular walks outside with classes. Or, make announcements over the loudspeaker offering inspiring healthy quotations or promoting "take-an-active-break" throughout the week.

21. Create "walking buses" or biking clubs where students can walk or bike to school together instead of taking the bus.

22. Develop interesting walking maps that classes can use to take interesting walks around the school or neighborhood while learning how to follow maps. Or create a fitness track around the school for students to use before and after school.

23. Provide students and teachers with ideas, materials, and classes to help reduce stress including yoga, meditation, tai chi, activity breaks, and reading time.

24. Invite the art teacher to lead students in mural making, where students' favorite physical activities are painted along hallways, in stairwells, or in the gym.

25. Encourage students to meet together and come up with their own ideas for cool after-school activities. Favorites include: hip-hop or swing dancing, martial arts, juggling, yoga, or cooking.

26. Incorporate physical activity into school fundraising activities such as walk-a-thons, car washes, dance contests, or competitive sports games.

27. Encourage teachers to start class or take breaks with stretching or jumping jacks to help reduce stress and energize students.

28. Sponsor a "Health and Fitness Day", during which students can learn about the benefits of a healthy lifestyle and have the opportunity to try new activities and healthy snacks.

29. Encourage students, teachers, and parents to participate in school-wide sports events, emphasizing the benefits of school pride, teamwork, and physical activity.

30. Last, but not least, trigger school-wide excitement and get everyone on board to create a healthy school environment by bringing innovative programs to your school. At FoodPlay Productions, we offer Emmy Award-winning nutrition education theater shows featuring amazing feats of juggling, colorful characters, music, magic, and audience participation to turn kids on to healthy habits. According to USDA, sponsored evaluations show FoodPlay's shows dramatically improve students' eating and exercise habits! And, FoodPlay's research-based programs come complete with comprehensive, standards-based nutrition education materials for everyone involved—students, teachers, parents, food service, and health staff—to help schools integrate nutrition education into core curricula and keep the health messages alive all year long!

For more fun ways to make nutrition come alive, visit our website: www.foodplay.com

or contact us:

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School Wellness Resource List

United States Department of Agriculture
www.fns.usda.gov/tn/Healthy/wellnesspolicy.html

Massachusetts Public Health Association
www.mphaweb.org/documents/CommunityActiontoChangeSchoolFoodPolicy.pdf

New England Food and Dairy Council
www.newenglanddairycouncil.org/wellness/flyers.html

School Nutrition Association
www.schoolwellnesspolicies.org

California Project LEAN
www.californiaprojectlean.org

Alliance for a Healthier Generation
www.healthiergeneration.org

FoodPlay Productions
www.foodplay.com

Action for Healthy Kids

- "Wellness Policy Tool"
  www.actionforhealthykids.org/wellnesstool/
- "Resources to Improve Schools"
  www.actionforhealthykids.org/resources.php

Center for Science in the Public Interest

- "School Foods Tool Kit"
  www.cspinet.org/nutritionpolicy/policy_options.html
- "Constructive Classroom Rewards"
  www.cspinet.org/nutritionpolicy/constructive_rewards.pdf

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School Wellness Checklist

In the cafeteria…

____ Are lunch schedules set at reasonable times? Some schools find that recess periods before lunch help students quiet down during lunch and reduce plate waste.

____ Does your cafeteria serve wholesome, nutritious meals and fresh fruits and vegetables in an attractive way?

____ Are there choices available in the form of salad bars, baked potato bars, pasta bars, deli bars, fresh fruit bars, or yogurt parfait stations allowing students more freedom in what they select?

____ Do students have adequate time to buy and eat their breakfasts and lunches?

____ Are lunchroom monitors present to help keep the noise level down, but not so rigid that students can't enjoy eating?

In the classroom…

____ Do students receive regular health and nutrition classes?

____ Are nutrition education efforts in the classroom tied to the foods being served in the cafeteria?

____ Do teachers celebrate with healthy foods as well as sweets for class parties and holidays?

____ Are any physical activities incorporated into the classroom to increase concentration and mental alertness—such as stretching, jumping jacks, juggling, yoga, tai chi, or karate?

____ Are the nurse, food service staff, or health educator available to help with nutrition education in the classroom?

____ Does your school have up-to-date nutrition and health videos, curricula, and references available?

At recess and break time…

____ Do students have the opportunity to participate in active games or have ways to be physically active during recess such as walking, jogging, running, jumping, skipping, dancing, or stretching?

____ Are there walking trails around the school that classes can use for an exercise break?

In the hallways…

____ Do the water fountains work and are they accessible?

____ Are the vending machines in the hallways and teachers lounge stocked with healthy choices?

____ Are hallways, cafeteria, gym, and classrooms free of advertisements and posters promoting candy, soda, and fast food?

____ Are teachers and staff practicing what they preach with healthy eating and exercise habits?

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In the gym…

____ Do all children have regularly scheduled gym classes?

____ Do gym classes offer a wide variety of activities including cooperative learning games and activities that work for students of different temperaments?

____ Are there posters or artwork in the gym celebrating students of all shapes and sizes being physically active?

In before-school and after-school programs…

____ Do special programs exist to encourage students to walk or ride bikes to and from school?

____ Does the school have a variety of sports teams, such as basketball, soccer, or field hockey, for students to join?

____ Is there well-maintained equipment available for students to use before and after school, such as basketballs, soccer balls, or jump ropes?

____ Are there free exercise classes, such as Pilates, acrobatics, or weightlifting available for students to participate in?

____ Is there transportation available, such as a late bus, for students who wish to participate in after-school programs?

____ Are school facilities available for after-school programs and on weekends for recreational use by the community?

In other areas throughout the school…

____ Are healthy and tasty food choices served at conferences and parent and staff meetings?

____ Do concession stands at school sports events serve healthy foods?

____ Does the PTO or PTA raise funds by selling something other than candy?

____ If there are bake sales, is there an effort made to promote the use of whole grains, fruits, and lower fat/sugar recipes? If so, can the recipes for the foods be distributed as well?

____ If it is essential that students are weighed and measured, can they be screened with utmost sensitivity, and not in front of one another, and with the understanding that "every body is different and different is a good thing!"

____ If student weights are sent home to parents, are there materials offering healthy nutrition and activity tips provided as well?

____ Does the school sponsor multi-cultural days or health fairs so that foods from different cultures and healthy activities can be celebrated?

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