

## STUDENT WELLNESS

The Board of Education recognizes that schools are in a powerful position to influence the lifelong dietary and physical activity habits of children. They, in partnership with parents, are responsible for conveying the importance of good nutrition, effective exercise and generally healthy lifestyles. The Board further recognizes that students who are well nourished and healthy are more likely to be academically motivated, alert and successful, and that good nutrition plays a crucial role in cognitive development and learning.

The declining health of our children is a nationwide epidemic. Childhood obesity and other diet-related diseases are increasing at alarming rates. The problem doesn't end with just being overweight or obese. Children who are overweight are at risk of developing serious long-term health problems, including Type 2 diabetes, cardiovascular disease and stroke, hypertension, high blood pressure, gallbladder disease, asthma and certain cancers. Overweight children are more often affected by discrimination, stress, and low self-esteem, and are more likely to become obese adults. Poor diets and physical inactivity is poised to replace tobacco use as the number one cause of preventable death in this country. Obesity among US children and adolescents has tripled over the past two decades, with over one in three children and teens classified as overweight or obese. Children are moving less and are spending nearly five hours a day in front of a screen. In Clinton County the overweight and obesity rates of students are at 39%. Over 43% of students in Saranac CSD are reported to be overweight or obese.

The Board of Education is committed to maintaining an academic and work environment for all students and employees that promotes good nutrition and physical health. It is the intention that this will lead to the improved health of our students, staff and school community. To that end the Board of Education directs a School Wellness Committee to develop, implement and evaluate guidelines which will govern the food-related activities of all groups both within the school and school activities within the community. Furthermore, the committee shall provide recommendations regarding physical activity levels for students based on national and state recommendations.

Under the direction of the Food Services Director/Nutritionist and at a minimum, the committee shall have the representation of: the Board of Education, nutrition, health, and physical education instructional staff, parents, school administration, students, Booster Club and other fundraising groups.

### Component 1: A Commitment to Nutrition & Physical Activity:

- A. The Saranac Central School District (CSD) School Nutrition Committee shall oversee the school nutrition policy and review annually.
- B. Specific concerns/questions regarding this policy may be forwarded to the Saranac School Food Services Director/Nutritionist.
- C. Nutrition Education will be integrated across the curriculum and physical activity will be encouraged daily.

D. The Saranac CSD food services department will participate in decisions and guidelines that will affect the school nutrition environment.

Component 2: Quality School Meals:

A. Saranac CSD will offer breakfast & lunch meals that are in compliance with USDA nutrition standards. These standards provide acceptable macronutrient distribution ranges based on age that take into account both intake of essential nutrients and chronic disease reduction. Students and staff are encouraged to promote & participate in these programs. Such as: requires specific strategies such as promotional mailings or events, alternative breakfast systems, altered bus schedules, closed campus, student input on the menu, or “Grab and Go” or “Fun on the Run” promotions. Students will have the opportunity to provide input on local, cultural, and ethnic favorites. Schools shall provide periodic food promotions or encourage taste testing of healthy new foods being introduced on the menu. Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast. Students are prohibited from leaving campus for lunch.

B. School meals will comply with the Healthy Hunger Free Kids Act of 2010 – Final Rule USDA Nutrition Standards in the National School Lunch and School Breakfast Programs.(See Attachment A, B & C)

C. School meal menus will demonstrate good menu planning principles in accordance with current regulations and feature a variety of quality choices that are tasty, healthy, attractive and are served at the proper temperature.

D. Food safety will be a key part of the school food service operation. Food service staff will demonstrate safe food handling practices and ensure appropriate food temperatures in the preparation and service of all foods.

E. Saranac CSD food service staff will take part in training on a regular basis according to current professional development standards.

F. Food preparation methods will not include deep fat frying, defined as foods that are cooked by total immersion into hot oil or other fat. This definition does not include foods that are stir-fried or sautéed.

G. Students will be given the opportunity to provide input on local, cultural and ethnic favorite foods/meals of students through individual student councils.

H. School personnel will encourage students to choose and consume full meals for maximum nutritional benefits.

I. Foods of Minimal Nutritional Value (FMNV) as defined by USDA shall not be sold in competition with school meal service hours. (See Attachment D) This is a requirement of HHFKA

J. Ala carte sale of foods and beverages in all cafeterias will include only items that are in compliance with the USDA Smart Snack Standards for all foods sold in school. See standards listed in Attachment E.

All food and beverages served or made available to students during breakfast and lunch meals in the cafeteria will meet USDA regulations.

K. School personnel will schedule enough time so that students do not have to spend too much time waiting in the lunch line (students will have at least 10 minutes to eat breakfast & at least 20 minutes to eat lunch).

L. Saranac CSD will consider serving produce and food from local farms and suppliers.

M. See policy 8505 Charging School Meals and Prohibitions Against Shaming for Saranac CSD policy for unpaid meals.

N. See policy 8520 Free and Reduced Price Food Services for Saranac CSD policy for notifying parents about the free/reduced meal program and protecting the privacy of students who qualify for the free/reduced meals.

### Component 3: Other Healthy Food Options:

All SCS staff or volunteers are expected to follow the nutrition standards set forth in this policy for foods and beverages that are available to students and the school community including: on school premises before and after the school day, special events, fundraisers, vending machines, parties, meetings, celebrations, or sporting events, and any school functions.

A. Ala carte and vending machines will follow USDA Smart Snack standards as stated in Attachment E.

1. Saranac CSD will promote healthy food choices and will work toward eliminating advertising that promotes less nutritious food choices.
2. Groups selling food items before and after the school day or events held on school premises will work with the FSD/Nutritionist to meet the District's Wellness Policy standards.
3. Students and staff will have access to free, safe and fresh drinking water throughout the school day.

B. Classroom snacks provided by parents/guardians or school staff should follow the school nutrition policy and USDA Smart Snack Standards. Snacks sent to school by families for the whole class will follow food safety guidelines (as listed in resource guide) and instructions from teachers on classroom food allergies. The school nutrition policy committee recognizes that special occasions occur in classrooms, although this policy recommends that teachers follow examples of healthy food items.

C. School staff shall use food as a reward sparingly, and should choose foods from the USDA Smart Snack Standards. Whenever possible, alternatives to food as a reward should be used.

D. School staff who hold meetings where food and beverages are provided are encouraged to follow this policy. A guideline for healthy meetings providing other food suggestions from the NYS Department of Health is included in Attachment G.

E. Fundraising involving food should adhere to the USDA Smart Snack Standards for all foods sold in school. Our goal is to instill healthy habits in students and the community.(See Resource Guide)

F. Clubs and organizations associated with Saranac CSD shall use non-food items or foods from the USDA Smart Snack Standards. (See Resource Guide for Creative Fundraising Ideas)

G. The Saranac Food Service Department will provide a Resource Guide to student homes that will offer suggestions for serving nutritious and safe foods for children and adults. Nutrition information will be provided on the school website.

### Component 4: Pricing and Promotion

A. Nutrient dense and smart snack food options will be promoted by placing these items in easy to see/access locations in vending machines, at events, with concessions, and any other school function.

B. Saranac CSD will promote healthy food choices and will not allow advertising that promotes less nutritious food choices. where food is purchased (vending machines, food display racks, coolers, trash and recycling containers), on educational materials textbooks, curricula), on school publications and media (computer screen savers, school newspapers), and on school property and equipment ( signs, scoreboards, sports equipment).

C. Healthy eating and physical activity will be promoted to students, and the community at school events, when applicable.

D. Any classroom incorporating school businesses concepts into their curriculum and all clubs and organizations that sell food items to students immediately after school or within the school day, will follow the USDA Smart Snack Standards for all foods sold in school thereby promoting healthy foods or offering non-foods for sale.

## Component 5: Nutrition Education/Promotion:

The Saranac CSD aims to teach, encourage and support healthy eating by students. Schools should provide Nutrition Education in the elementary schools, middle school, and high school and engage in nutrition promotion:

- A. Schools will link nutrition education activities with the coordinated school health program.
- B. When applicable, student nutrition education will be offered in the cafeteria and coordinated with the classroom nutrition curriculum teaching behavior focused skills, in addition to being offered in health education classes.
  1. Nutrition Education is provided to students in the cafeteria via posters and other signage, on monthly menus that are posted in the cafeteria and in classrooms (nutritional analysis and important nutrition information on the school website), and/or bulletin board display.
- C. Schools will include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, and farm visits through field trips.
- D. Schools will promote fruits, vegetables, whole grain products, low fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices.
- E. Schools will emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).
- F. Nutrition/Physical Activity education provided for families and the community:
  1. Articles in the Chief Reporter community newsletter, School District website, School District brochure, Nutrition and physical activity information on the menus, activities conducted with area schools (Food Fair), Nutrition and Physical Activity policy located in each school building.
- G. The School Food Service Director/Nutritionist will assist teachers with resources needed to teach nutrition education by way of educational pamphlets, handouts, and signage for use in classrooms.
- H. The School Food Service Director/Nutritionist will monitor, assess and ensure compliance with the policy.

## Component 6: Physical Activity

### Motivating Statistics:

- Obesity among US children and adolescents 2 to 19 years of age has tripled over the past two decades
- Because of the increasing rates of obesity, unhealthy eating habits and physical inactivity, we may see the first generation that will be less healthy and have a shorter life expectancy than their parents.
- About one in three children and teens in the US are overweight or obese.
- Overweight kids have a 70-80 percent chance of staying overweight their entire lives.
- Obese and overweight adults now outnumber those at a healthy weight; nearly seven in 10 US adults are overweight or obese.
- Moving Less: Almost one in four children do not participate in any free-time physical activity. Additionally, the average American child spends four to five hours in front of the TV, computer or video games every day.

## Component 7: Composting

Ninety-four percent of all food waste ends up in landfills. As that food rots, it releases methane gas. Methane is one of the greenhouse gases responsible for warming the planet. ‘Increasing consumption and reducing wasted food means students get the nutritional benefits from the National School Lunch Program (NSLP) and School Breakfast Program (SBP)’ ([USDA link](#)) while saving the district money and helping the environment.

The best way to reduce the impacts associated with food waste is to prevent waste altogether.

- Track amount of surplus food and adjust ordering accordingly.
- Creatively re-purpose surplus food with modified recipes.
- Follow food safety protocols.
- Educate students with posters/signage on food waste reduction.
- Opportunities for Problem Based Learning to explore ways to prevent waste and promote a healthy environment.

Donate surplus food that is still safe to eat.

- Donate canned/pre-packaged items that won’t be used prior to expiration date (but not expired) to local food pantry or students in need.

Utilize food waste diversion methods to keep waste out of the landfill.

- Donate food scraps to a local farmer or vendor.
- Utilize on-site composting.
- Collection receptacles in class rooms and cafeteria to provide easy opportunity to dispose waste.
- Track amount and type of scraps in central collection location.

Policy:

- Saranac Central School District will strive to meet a K-12 Comprehensive Physical Education Curriculum. A required Physical Education Plan will be filed with NYS Education Department.
- A minimum of 120 minutes of physical activity, including Physical Education instruction, will be provided to K-5 students per week. Secondary grades will have a minimum of 95 min/week 3 days/week one semester 2 days/week next semester.
- Physical Education staff will design lessons to create an activity based theme from the warm up through the actual lesson, and the cool down.
- Physical Education lessons will concentrate on activity and maximum equipment usage.
- Class size will be balanced at the elementary level so as not to limit activity time. Whenever possible student teacher ratio will be similar to that of academic classes.
- Physical Education classes will incorporate lessons that teach students how to evaluate their fitness level; ex. pulse taking.
- Physical Education staff will create fitness plans in grades 6-12 so that students may understand appropriate demands how to effectively improve fitness outside of the school environment.
- The physical education program shall be provided adequate space and equipment and conform to all applicable safety standards. Equipment for safe play that encourages movement during recess, ex. jump ropes, hop scotch, playground balls will be provided at recess.
- Resources will be made available to classroom teachers to use for physical activity breaks in the classroom, example DVD's and any PE equipment.
- Physical Education classes will be taught by a certified physical education teacher. If physical education is provided in the elementary classroom to meet NYS required minutes, this activity will take place under the direction of the PE staff.
- PE staff will receive annual staff development, relating to Physical Education.
- Elementary teachers are encouraged to provide physical activity breaks during the school day.
- Participation in physical activities/intramural sports shall be an option for all students.
- School facilities will be available for community use to promote physical activity ex. Zumba classes, indoor walking and outdoor use of track by community members.
- Staff will be encouraged to set an example for students by participating in physical activity opportunities. Parents and other family members will be encouraged to model active behaviors through various communications from schools i.e., newsletters, health/wellness fairs, etc.
- Students and their families will be provided with information about town recreation programs and other local events that provide physical activity opportunities through flyers, newsletter articles and other means of communication, especially those provided at no cost.
- Elementary students will have daily recess.
- Elementary staff shall limit denying participation in recess or other physical activity opportunities as a form of discipline or punishment unless the safety of students is in question.
- The Physical Education program will have adequate space and equipment to conform to all applicable safety standards.

- Equipment for safe play that encourages movement during recess (ex. jump ropes, hopscotch, playground balls, will be provided at recess).
- Promote non-food rewards by using physical activity rewards. (i.e. extra recess or physical activity break in the classroom)
- All students in grades K-12 shall be required to take physical education class. Schools will not allow students to be exempt from required physical education except for approved medical reasons.
- Student involvement in other physical activities (i.e. interscholastic or intramural) will not be substituted for meeting the physical education requirement.
- Promote clubs and activities that meet the various physical activity needs, interests, and abilities of all students (e.g., walking, hiking and climbing, snowshoeing, ski club, and running club).

#### Evaluation:

The school district will create, strengthen or work within existing school health councils to develop, monitor, review and revise the nutrition and physical activity policies. The councils will serve as resources to school sites for implementing these policies.

#### Monitoring/Oversight:

Saranac CSD Administration will work with School Food Service Director/Nutritionist to ensure compliance with the local wellness policy.

#### Annual Progress Reports/Public Updates:

The Wellness Committee will be led by the Food Service Director/Nutritionist and be comprised of teachers, staff and a variety of district stakeholders. The committee may be contacted through the Food Service Office for questions regarding the policy.

Policy revisions and implementation will be communicated to district staff and school community via Saranac School District website. A hard copy of these annual progress reports may be provided at the District Office. These annual progress reports will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals.

#### Triennial Assessment

The SCS Wellness Committee shall meet at least annually to review Nutrition and Physical Activity policies, evidence on student health impact and effective programs and program elements and make recommendations to the Superintendent and the Board of Education.

The policy shall be revised as necessary every 3 years or with changes in standards.

## Smart Snacks in School

### USDA's "All Foods Sold in Schools" Standards

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

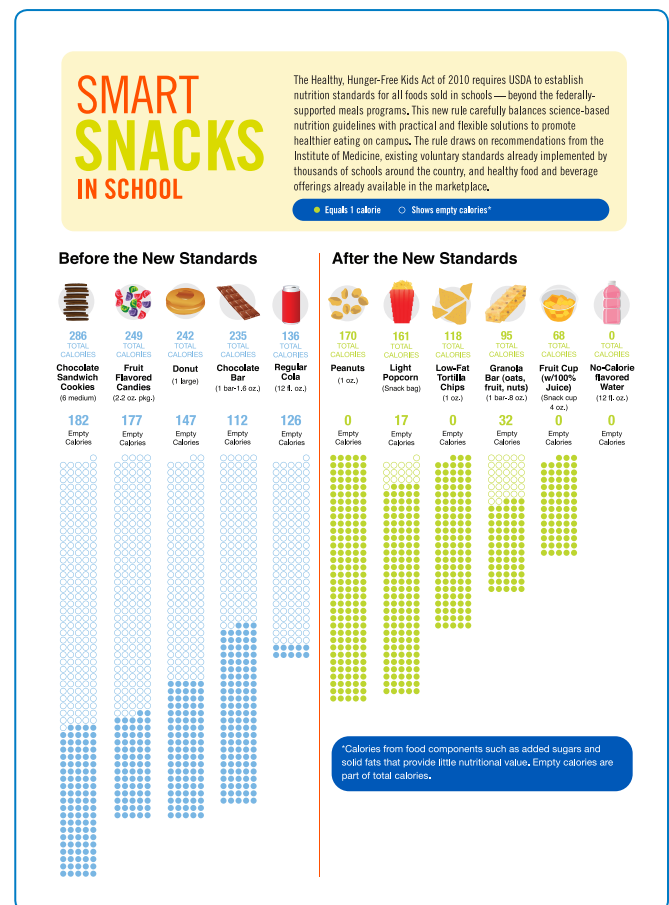
*Smart Snacks in School* also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

#### 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 ¼ 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 several 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

\*On July 1, 2016, foods may not qualify using the 10% DV criteria.

\*\*On July 1, 2016, snack items must contain ≤ 200 mg sodium per item





## Nutrition Standards for Beverages

- **All schools may sell:**
  - Plain water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - 100% fruit or vegetable juice and
  - 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 milk and juice. There is no portion size limit for plain water.**
- **Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage 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 beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
  - No more than 12-ounce portions of
  - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

## Other Requirements

- **Fundraisers**
  - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
  - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
  - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
- **Accompaniments**
  - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
  - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

## Public Comment

USDA is seeking comments on these standards. The formal 120-day comment period is open through October 28, 2013. We also want to continue to receive feedback during implementation of the standards, so that we are able to make any needed tweaks to the standards based on real-world experience. Feedback from students, parents, school food staff, school administrators, State agencies and other interested parties is critical to ensuring successful standards.

To find the standards online, simply go to <http://www.regulations.gov> and search by the docket number, which is FNS-2011-0019, or you may type in the name of the rule “Nutrition Standards for All Foods Sold in School”.

**Comment Online:**  
<http://www.regulations.gov>

**Comment by Mail:**  
William Wagoner  
Section Chief, Policy and  
Program Development Branch  
Child Nutrition Division  
Food and Nutrition Service  
P.O. Box 66874  
St. Louis, MO 63166



## **Attachment F: Alternatives to using food as a reward**

### **Social rewards**

Social rewards involve attention, praise, or thanks, and are often more highly valued by children than a toy or food. Simple gestures like acknowledging students' good actions to them personally or in front of others, nods, thumbs up or smiles can mean a lot. These types of social rewards affirm a child's worth as a person.

### **Recognition**

- Trophy, plaque, ribbon, or certificate in recognition of achievement or a sticker with an affirming message
- Recognizing a child's achievement on the school-wide morning announcements and/or the school's website
- A photo recognition board in a prominent location in the school
- A phone call, email, or letter sent home to parents or guardians commending a student's accomplishment
- A note from the teacher to the student commending his or her achievement
- Show and tell—a chance for students to share something they enjoy or are proud of

### **Privileges**

- Going first in an activity or being line leader
- Choosing a class activity
- Helping the teacher
- Making deliveries to the office
- Having an extra few minutes of recess
- "No homework" pass
- Reading to a younger class
- More time to socialize
- Reading the school-wide morning announcements
- Eating lunch with a teacher or principal
- Going to the library to pick a book to read
- Taking a walk with the principal or teacher
- Designing a class or hall bulletin board
- Writing or drawing on the blackboard/whiteboard
- Taking care of the class animal for a day
- Allowing a child to choose an extra recess activity for the class on his/her birthday.

### **Fun stuff**

- Teacher performs special skill (cartwheel, guitar playing, etc.)
- Guest speaker (find someone really cool in the community to come and talk about their work or life—a radio DJ, veterinarian, local actor or musician, chef)
- Music the student selects is played at end of class

**Rewards for entire class**

- Extra recess
- Eating lunch or holding class outdoors
- Extra reading time
- Listening to music while working
- Dancing to music
- Playing a game or doing a puzzle together
- “Free choice” time at the end of the day
- A song, dance, or performance by the teacher or students
- A book read aloud to the class by the teacher
- A field trip

**School supplies**

- Pencils, pens, markers, highlighters, crayons
- Erasers
- Notepads
- Bookmarks
- Highlighters
- Coloring books
- Rulers

**Sports equipment and athletic gear**

- Paddleballs
- Frisbees
- Water bottles
- NERF balls
- Jump rope

**Toys/trinkets**

- Stickers
- Yo-yos
- Rubber balls
- Finger puppets
- Plastic sliding puzzles or other puzzle games
- Slinkies
- Gliders
- Magnifying glasses
- Spinning tops
- Marbles
- Jacks
- Playing cards
- Silly putty



## Guidelines for Healthy Meetings

### *Introduction*

The connection between food, physical activity and health are well documented. Offering healthy choices at meetings and other events can make it easier for people to eat healthy foods and be physically active. Making simple changes to foods, drinks and breaks offered at group and community events gives New Yorkers disease-fighting foods and an energy boost without worries about too many calories, too much unhealthy fat, or too much sedentary time. There are three parts to these guidelines – general guidelines, suggestions for menus and physical activities, and a sheet to provide to the vendor.

### *General Guidelines*

Healthy food certainly can taste good. Most food service professionals now have some familiarity with healthier food preparation options and are willing to accommodate requests for changes to their usual fare. You might want to ask for a sample ahead of time. Registration forms should provide space to indicate food allergies or dietary restrictions.

- ✓ Serve low-calorie and low-fat foods.
- ✓ Serve fruits and vegetables whenever possible.
- ✓ Serve small portions (e.g., cut bagels in halves or quarters, etc.).
- ✓ Serve milk (fat-free or 1%), 100% fruit or vegetable juice, water or iced tea (unsweetened) instead of soft drinks.
- ✓ Lunch and dinner don't have to include a heavy dessert – fresh fruit, a fruit crisp or cobbler, small cookies, etc. are fine options.
- ✓ Include a vegetarian option at all meals.
- ✓ Provide reduced-fat or low-fat milk for coffee rather than cream or half and half (evaporated skim milk also works well for coffee - make sure it's not sweetened condensed milk).
- ✓ Provide pitchers of water.

Providing participants with physical activity breaks at meetings and events will help them stay alert and focused. In addition to including physical activity breaks in the agenda, it's important to consider hotel location, facilities and accommodating people of all abilities in any activities planned.

- ✓ Choose a location where participants can easily and safely take a walk or roll. For overnight meetings, choose a place where participants can walk to dinner or evening entertainment. Provide participants with maps of the area showing good walking routes.
- ✓ Choose a hotel that has good, accessible fitness facilities, e.g., a fitness room and pool. Include information about these facilities in materials you send to participants.
- ✓ Consider a casual dress code for the meeting - this allows people to participate in physical activities more easily.
- ✓ Organize physical activity breaks that can be modified or adapted for people of all abilities, such as stretching exercises that can be performed in a seated position.

# Guidelines for Healthy Meetings

## Menu Suggestions

### Breakfast

- Fresh fruit (cut up and offered with low-fat yogurt dip)
- High-fiber cereals such as bran flakes, low-fat granola or oatmeal
- Fruit toppings (raisins, dried fruit mix, fresh strawberries, bananas, blueberries, peaches) for hot and cold cereals
- Hard cooked eggs
- Vegetable omelets
- Low-fat yogurt
- Eggs made with egg substitute or without yolks
- Thinly sliced ham
- Bagels (cut in half) served with fruit spreads, jams, hummus, or low-fat cream cheese

### Light Refreshments

- Consider whether it is necessary to offer a morning and afternoon food break
- Fresh sliced fruit and vegetable tray – offered with low-fat dips
- Whole grain crackers or granola bars (5g fat or less per serving)
- An assortment of low-fat cheeses and whole grain crackers
- Baked Pita chips served with hummus
- Whole grain muffins (cut in half if not serving mini muffins) and whole grain breads
- Low-fat yogurt
- Pretzels, popcorn, baked chips, or trail mixes

### Lunch and Dinner

- Salad that includes a variety of mixed salad greens and served with low-fat dressing
- Whole grain breads and rolls
- Mustard and low-fat mayonnaise as condiments for sandwiches, or cranberry sauce if you're offering turkey
- Sandwiches presented in halves, so people can take a smaller portion
- Broth-based soups (using a vegetarian broth), or soups using evaporated skim milk instead of cream
- Pasta dishes (lasagna, pizza) with low-fat cheeses (part skim mozzarella, part skim ricotta) and extra vegetables or pasta with tomato or other vegetable-based sauces
- 4-ounce maximum portions of meat and plenty of low-fat, low-calorie side dishes
- Raw vegetables or pretzels instead of potato chips or French fries.
- Vegetables – steamed, fresh or cooked without butter or cream sauces.

## Physical Activity Suggestions

- Organize an early morning physical activity opportunity, e.g., a morning walk.
- If you are planning a walking activity, look for safe walkways with ample width and curb cuts so people who use mobility devices can participate.
- Encourage participants to take the stairs. Place signs near the elevators telling people where the stairs are located.
- Encourage networking by suggesting people take a walk together and talk about their common interests.
- Schedule brief activity breaks in the morning and afternoon, e.g., walking in place, stretching, or resistance band use.

# Guidelines for Healthy Meetings

The following are general guidelines to use when planning meals for meetings and other events. It is important to provide delicious, healthy food choices to help people eat well. We hope that this information will help you work with us to provide healthy meals to our participants.

## General Guidelines

- ✓ Offer low-calorie and low fat foods and/or small portions (e.g. bagels cut in halves or quarters).
- ✓ Always offer vegetables, fruit and low-fat milk.
- ✓ Include a vegetarian option at all meals.
- ✓ Provide no more than a 4-ounce serving of meat.
- ✓ Provide pitchers of water.
- ✓ Provide at least some whole grain breads and cereals.
- ✓ If serving a dessert, provide fresh fruit, fruit crisps, small cookies, or small servings of sorbet.

## Menu Suggestions

### Breakfast

- Fresh fruit.
- Yogurt.
- High-fiber cereals such as bran flakes, low-fat granola and oatmeal.
- Fruit toppings (raisins, dried fruit mix, fresh strawberries, bananas, blueberries, peaches) for hot and cold cereals.
- Hard cooked eggs.
- Vegetable omelets and eggs made with egg substitute or without yolks.
- Thinly sliced ham or Canadian bacon.
- Whole grain or part whole grain bagels (cut in half) served with fruit spreads, jams, or low-fat cream cheese.

### Light Refreshments

- Fresh sliced fruit and vegetable tray – offered with low-fat dips.
- Whole grain crackers or granola bars (5g fat or less per serving).
- An assortment of low-fat cheeses and whole grain crackers.
- Pita chips served with hummus.
- Whole grain muffins (cut in half if not serving mini muffins) and whole grain breads.
- Low-fat yogurt.
- Pretzels, popcorn, baked chips, and trail mixes.
- Bagels with low-fat cream cheese or jams - cut bagels in halves or quarters.
- Low-fat yogurt.

### Lunch and Dinner

- Raw vegetables with low-fat dip and fresh fruits.
- Salads with low-fat salad dressing on the side.
- Broth-based soups (using a vegetarian broth), or soups using evaporated skim milk instead of cream.
- Raw vegetable salads marinated in fat-free or low-fat Italian dressing.
- Sandwich platters - cut sandwiches in half so people can take smaller portions. Offer mustard and low-fat mayonnaise as condiments on the side. Use whole grain breads.
- Pasta dishes made with part skim mozzarella and part skim ricotta cheese (e.g. pizza, lasagna). Serve pasta with tomato or other vegetable-based sauces.
- Meat servings limited to a 4 ounce portion (fresh seafood, skinless poultry, lean beef – eye of round, London broil).
- Whole grain breads or rolls.
- Baked potatoes with low-fat or vegetable toppings on the side.
- Salads with dark green lettuces; spinach; beans and peas; grilled, lean meat and low-fat cheeses.
- Pasta, tofu and vegetable salads with fat-free or low-fat dressing.
- Desserts: frozen yogurt or sorbet, small cookies, small individually wrapped chocolates, fruit crisp.

# Creative Fundraising Ideas

School fundraising activities should support healthy lifestyles. Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. New laws and regulations regarding fundraising and competitive food and beverage sales are becoming almost impossible to follow.

Schools encourage healthy eating habits by avoiding the cookie and candy bar sales as well as other unhealthy food-related fundraisers. Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. When unhealthy foods are sold "for a good cause," students may think that such foods are a healthy part of a balanced diet. However, cookies and candy bars have little nutritional value, and using them in fundraisers contributes to poor eating habits. Therefore, you might want to consider other fundraising sources other than food and beverages. The following are some great nonfood and physical activity fundraising ideas:



## Items You Can Sell



- Candles
- Greeting cards
- Gift wrap, boxes, and bags
- Magazine subscriptions
- Gift items
- Coupon books
- Holiday wreaths
- Christmas trees
- Mistletoe
- Gift cards (non-food items)
- Cookbooks
- Balloons
- Decorations
- T-shirts and sweatshirts
- Calendars
- Buttons and pins
- Air fresheners
- Customized stickers
- Holiday ornaments
- Crafts
- First aid kits
- Emergency kits for cars
- School spirit gear
- Plants, flowers, poinsettias, and seeds
- Brick, stone, or tile memorials
- Temporary tattoos
- Stuffed animals
- Coffee Cups and mugs
- Pet treats, toys and accessories
- Rent a special parking space
- Foot warmers or slippers
- Scarves and stocking caps
- Spirit, seasonal, state, or US flags
- Megaphones
- Decals
- Bumper stickers
- License plate holders with school logo
- Giant coloring books
- Tickets to sporting and fine arts events
- Jewelry
- Valentine flowers
- Artwork
- School newspaper space or ads
- Stationery
- Stadium pillows
- School Frisbees
- Bath accessories and lotions
- Music CD's & DVD's
- Gift baskets (non-food items)

# Creative Fundraising Ideas



## *Activities You Can Do*

- Yard sale
- Auction or silent auction
- Carnival
- Giant game of musical chairs
- Rent-a-teen or rent-a-kid
- Guessing games
- Car wash
- Game night
- Craft show
- Magic show
- Haunted house
- Penny war
- Recycling drive
- Festivals
- Bingo night
- Healthy cooking competition
- Karaoke competition
- Chess, checkers, or other tournaments
- Treasure hunt or scavenger hunt



## *Fundraisers that Support Academics*

- Read-a-thon
- Science fair
- Spelling bee
- Math Olympics
- Book sale
- Workshops or classes
- School planners or organizers



## *Fundraisers that Support the Arts*

- Art show
- Concerts
- Dances
- Plays and musicals
- Talent show
- Singing telegrams
- Rent-a-band, rent-a-choir or rent-a-music-group



## *Fundraisers that Support Physical Activity*

- Walk-a-thon
- Bike-a-thon
- Jump-rope-a-thon
- 5 mile run/walk or fun run
- Flag football, basketball or other sport tournament
- Bowling or skating night
- Sports camp or clinics