STRAIGHT 1: Limit Unhealthy Choices for Snacks and Celebrations; Provide Healthy Choices

Limit unhealthy choices for snacks:
• Send home the Ideas for Healthy Snacks handout.
• Send home the Snacks to Fuel Your Brain handout.
• Respectfully decline unhealthy food donations using the Navigating Food Donations handout.
• Select healthier choices using the This vs. That for Snacks handout.

Limit access to vending machines or work to ensure vending machines are stocked with healthy snack choices.

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 kids and families to limit unhealthy choices for snacks and celebrations:
• Send home Healthy Snack Ideas – Letter to Families.
• Send home Healthy Foods for Celebrations – Letter to Families.
• Send home the Healthy Party Sign-Up Sheet.

Involve kids in activities that promote healthy eating:
• Use the Cooking with Kids handout.
• Review the Safely Working with Kids in the Kitchen handout.
• Practice Family-Style Meals and Snacks.
• Start a garden at your program; review Tried and True Advice for Starting a Garden.
• Hold a 5-2-1-0 Poster Contest.
• Conduct Taste Tests.
• Use 5-A-Day Bracelets.

Decorate bulletin boards with healthy eating messaging.

Eliminate unhealthy fundraisers:
• Use the Healthy Fundraising Ideas – Cash without Calories handout.

Advocate for healthier sports teams:
• Know about Sports and Snacks.

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.
Maintain healthy habits even when off-site:
• Use the Guidelines for a Healthy Field Trip

Advocate for healthier snack options at your facility’s concession stand/store by connecting with the person or group responsible for selecting food items and recommending healthy additions and alternatives.

Incorporate lessons on healthy food choices into your program time and share this knowledge with families by sending home the following handouts:
• Eat at Least Five Fruits and Vegetables a Day
• Healthy Shopping On a Budget
• Understanding Food Labels
• A Guide to Maine Seasonal Food
• Breakfast Is Best
• A Meal is a Family Affair
• Fruits and Vegetables, All Year Long!
• What is a Healthy Portion?
• Tips for a Healthier Diet
• Healthy Brown Bag Lunches
• Handling a “Choosy” Eater
• Phrases that HELP and HINDER
• Pick a Better Fast Food Option

Set a program policy that limits unhealthy choices for snacks and celebrations.
• Refer to the Let’s Go! Guide to Success in the Step 2: Tab for help with this.