

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!

