

## STRATEGY I: Limit Unhealthy Choices for Snacks and Celebrations; Provide Healthy Choices

# how to implement

Here are many ideas for how to limit unhealthy choices and provide healthy ones. Pick and choose the ones that work best for your school!

**Bolded items** mean there is a supporting handout in this section!

### 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.



### Ask families to limit unhealthy choices for snacks:

- Send home **Healthy Snack Ideas – Letter to Families**.
- Send home the **Ideas for Healthy Snacks** handout.
- Send home the **Snacks to Fuel Your Brain** handout.
- **Organize a Monthly Snack Program**.

### 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 families to limit unhealthy choices for celebrations:

- Send home **Healthy Foods for Celebrations – Letter to Families**.
- Send home the **Healthy Party Sign-Up Sheet**.
- Send home **Non-Food Celebrations – Letter to Families**.

### Involve kids in activities that promote healthy eating:

- Start a garden at your school; review **Tried and True Advice for Starting a Garden**.
- **Hold a 5-2-1-0 Poster Contest**.
- Use the **Classroom Healthy Snack Tally** handout.
- **Conduct Taste Tests**.
- Use **5-A-Day Bracelets**.
- Decorate bulletin boards with healthy eating messaging.
- Eliminate unhealthy fundraisers by using the **Healthy Fundraising Ideas** handout.
- Sell healthy choices at school event concession stands.
- Advocate for healthier sports teams at your school using the **Sports and Snacks** handout.

### Help families learn how to find, select, and serve healthy foods by sending home the handouts below:

- **Eat at Least Five Fruits and Vegetables a Day**
- **Healthy Shopping on a Budget**
- **Understanding Food Labels**
- **Maine Seasonal Food Guide**
- **Breakfast is Best**
- **A Meal is a Family Affair**
- **Fruits and Vegetables, All Year Long!**
- **What's a Healthy Portion?**
- **Tips for a Healthier Diet**
- **Handling a 'Choosy' Eater**
- **Phrases that HELP and HINDER**
- **Pick a Better Fast Food Option**

### Set a policy that limits unhealthy choices for snacks and celebrations:

- Refer to the **Let's Go! Recognition Program** packet in the 'Step 5: Celebrate' Tab for help with this.

