STRATEGY 1: 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! Guide to Success packet in the ‘Step 2’ Tab for help with this.