

**PRAIRIE HILLS USD 113**

**2016-2017 WELLNESS POLICY**

## **Prairie Hills USD 113 Wellness Mission Statement**

Prairie Hills USD 113 will strive to provide a school environment that promotes and supports a healthy lifestyle for our students. Through providing healthful meals, supporting nutrition and physical education during the school day, communicating with families and the general public about how they can be involved in wellness initiatives, as well as encouraging all staff to model good wellness behavior and integrate wellness practices into their regular classrooms, we hope to plant a seed in our students to continue making nutrition and physical activity a priority beyond their school years.

## NUTRITION

### **General Guidelines**

All schools will provide breakfast and lunch services consisting of meals that meet or exceed the current USDA School Meal Program standards and requirements. Schools participating in the After School Snack Program will also adhere to the USDA's standards.

All nutrition service staff members will be hired following the USDA's current Hiring Standards. All nutrition service staff members employed by the district will attend the required number of annual training hours required by the USDA's Professional Standards Rule, which includes the completion of a 3-hour food safety basics course every 5 years for all full-time and part-time employees and an approved 8-hour food safety course every 5 years for the director.

The dining areas will be clean, orderly, and inviting with seating to accommodate all students during each serving period and will have adult supervision. Water will be accessible during all meals. Students are allowed to converse with one another at the school's discretion, and special educational events such as reading, music, etc. is encouraged during meal times.

"Smarter Lunchroom" techniques will be used as applicable in each cafeteria. These techniques are subtle environmental changes that can encourage students to make more healthful food choices, using methods developed in behavioral psychology for marketing.

Restaurant brand name food items, unless provided by Nutrition Services in combination with the regular school meal meeting the USDA's standards, will not be allowed in the elementary, middle, or high school cafeterias during meal time. This includes but is not limited to fast food, commercial pizza, and restaurant to-go meals.

Sack lunches from home are permitted as long as they do not contain restaurant brand name food items in their original packaging as described above.

### **Breakfast**

Students will be allowed adequate time to eat breakfast, from the time they receive their trays.

Breakfast will not be denied to any student that was late due to a late bus arrival at the school. Permission to eat breakfast for a late student who walks to school or is transported in a private vehicle will be made on a case by case basis.

## **Lunch**

Students will be allowed adequate time to eat lunch, not including time spent walking to/from class or waiting in line.

All elementary school principals will evaluate schedules and, if possible, schedule recess before lunch service for grades K-5 rather than after to promote better eating habits.

## **All Foods Sold in Schools**

All foods and beverages sold in schools are in compliance with the USDA's Smart Snacks in School "All Foods Sold in Schools" Standards from midnight before to 30 minutes after the end of the official school day, making the hours the standards are in effect from 12:00 am – 3:55 pm. This time remains in effect during an early release, as a "normal" school day ends at 3:25 pm. This is a requirement of the USDA's Healthy, Hunger-Free Kids Act and applies to all foods sold outside the school meal programs on the school campus at any time during the school day. This includes foods purchased with money **and/or** tokens (such as "school bucks" or "reward dollars") from ala carte, vending machines, school stores, and concession stands open at any time during the hours of 12:00 am-3:55 pm.

## **Fundraising**

USD 113 will follow the exempt fundraiser frequency established by the Kansas State Board of Education. "One exempt fundraiser per school organization per semester that does not meet the Nutrition Standards for All Foods Sold in School during the school day (midnight before to 30 minutes after the end of the school day) on school grounds will be allowed. An organization is defined as a school group that is approved by the local school board of education. Length of the organization's exempt fundraiser cannot exceed 2 days." Exempted fundraiser foods or beverages may not be sold in competition with school meals in the food serving area during meal service. There is no frequency or time limit on fundraisers during which food or beverage items that meet the nutrition standards are sold; nor are there any limits on non-food fundraiser activities.

## **During the School Day**

Students have access to free drinking water throughout the school day, including during meal service. Hygiene standards for all methods of delivering the drinking water will be maintained.

Students will be allowed to have school approved individual water bottles in the classroom. Water will be the only beverage allowed in the bottles.

Classroom Rewards and Parties: Teachers and parents will be encouraged to use nonfood items for incentive programs and/or celebrations. If a food item is used as a reward or celebration, teachers and parents will be provided with information on healthy options that meet Smart Snacks in School "All Foods Sold in Schools" Standards and encouraged to use only foods that meet those standards. See attached appendix.

## **Nutrition Education**

### **Nutrition Promotion:**

The only marketing allowed for foods and beverages sold in the schools during the school day will be those that meet the requirements set forth in the Smart Snacks Rule.

Student advisory teams will have input into the meal programs in the form of conducting taste tests, completing feedback surveys, and assisting in menu planning.

The Food Service Director will be available, on request, to come and speak to students or staff on the nutrition requirements for school meals and general health and wellness topics.

### **Nutrition Education:**

Nutrition education will be integrated whenever possible into core subjects such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.

Nutrition education will be based on the most recent Dietary Guidelines for Americans. Active learning experiences will be used, whenever feasible, including involving students in food preparation using Food Safety Guidelines outlined by the state of Kansas.

Information will be offered to families at least once per month that encourages them to teach their children about health and nutrition, and assists them in planning nutritious snacks or meals for their families.

Parents will be encouraged to join students for meals, breakfast or lunch.

All staff employed by USD 113 will be encouraged to serve as a healthy role model for students and will be provided with opportunities to help develop and participate in activities that promote health and wellness, as well as being notified of any training opportunities in the subjects of health, wellness, and nutrition that they may attend.

## PHYSICAL EDUCATION

### **General Guidelines and Physical Education Classes:**

All students in grades K-12, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in moderate to vigorous physical activity on a regular scheduled basis each school week during the entire school year.

Physical education teachers will have staff meetings at least two times a year to meet and discuss ideas and make sure everyone is following the same guidelines to assure all students in the district are getting adequate physical education. Physical Education teachers will receive professional development in their field of interest at least every 2 years.

**PE Class Time Per Week:** The district will meet at a minimum the basic recommendation of 100 – 150 minutes of physical activity for every student. *Time students are pulled from PE classes will be kept to a minimum and only if deemed necessary by the classroom teacher.*

**Environment:** Each school will provide a physical and social environment that encourages safe and enjoyable physical activity for all students K-9, including those who are not athletically gifted. Appropriate equipment for all students to participate in physical activities will be provided.

**Curriculum:** All physical education teachers will be licensed by the Kansas State Department of Education. The physical education curriculum they teach will be sequential and consistent with the Kansas State Board of Education approved physical education teaching standards for pre-Kindergarten through grade 12.

The curriculum will reinforce the knowledge and self-management skills needed to maintain a physically active lifestyle beyond the school years and to reduce time spent on sedentary activities, such as watching television or playing video games.

High school students will be required to have a physical education credit to graduate and will be offered different options of physical education classes.

### **Physical Education Throughout the Day:**

**Punishment:** Schools will prohibit the use of physical activity as a punishment. Teachers will be strongly encouraged not to deny recess and PE class as a form of punishment, unless the safety of a student is in question.

**In the Classroom:** Teachers will be encouraged to offer extra physical activity time as an option for classroom rewards.

Whenever possible, classroom teachers will be encouraged to provide short activity breaks between lessons or classes as appropriate. (Example – Brain Breaks)

### **Before and After School:**

Students will be encouraged to ride their bikes and/or walk to school. The district will work with the community and the local police to keep those who wish to ride or walk to school safe. Bike racks and places to store helmets will be made available.

Students of all ages will be encouraged to participate in various wellness activities held outside the school day. These can include the formation of an intramural sport, community activities, or district wellness events.

**Family & Community:**

School facilities will be made available outside of school hours for physical activity programs offered by community based organizations in agreement with the district's policy of use. Community members are allowed to use the district playgrounds, tracks, and football fields outside of the normal school day in adherence with the district's policy.

Information that encourages families to teach their children about physical activity and assists in planning those activities will be provided at least once per month.



## Integrated School Based Wellness

**Staff Wellness:** All staff members of USD 113 will be made aware and encouraged to take advantage of wellness opportunities that they may participate in throughout the school year, such as Power Panther Pals Professional, Thriving Schools Professional Program, Guideline 8 School Professional Program, etc. They will also be made aware of any training they may participate in to support health and wellness in their classrooms.

**Farm to School:** The District will continue to support the integration of Farm to School activities, including hands-on opportunities, such as field trips to local farms and FFA activities, to facilitate nutritional and educational goals of the school whenever deemed appropriate.

**Family Outreach:** Once a month, relevant health and wellness information will be provided to families via newsletter, the school website, district social media accounts, and/or presentations.

**Wellness Committee:** The district wellness committee will meet at least once per quarter to discuss and plan wellness activities across the district, apply for grants to support said activities, and review and update the annual State Model Wellness Policy,

The wellness policy and progress toward meeting the State Model Wellness Policy will be presented to and approved by the local school board and made available to the school staff and the general public.

**CLASSROOM REWARDS AND PARTIES**

**APPENDIX**

## Non-Food Rewards

### Why does it matter?

Using food to reward success (such as a pizza party provided for an accomplishment) or reinforce good behavior (such as a piece of candy, or even a piece of fruit) is often a regular practice in schools or out-of-school time settings. Providing food based on performance or behavior not only encourages children to eat outside of meal and snack times, but also to eat when they are not hungry. Additionally, this practice has the potential to create a lifelong habit of rewarding or comforting themselves with food. It can undermine healthy eating messages and reinforce unhealthy eating habits. Food, even healthy foods, should never be used as a reward or reinforcement for students.

### What can you do?

- Write a policy statement or add appropriate language to the district or school wellness policy that prohibits the use of food as a reward or reinforcement.
- Survey staff to determine non-food rewards already being used to reward students. Share results and success with the other members of the school community.
- Work with the school wellness council and administrators to write a policy statement and determine alternative practices for reward and reinforcement. Send a letter to staff that explains the school's new policy and include examples of alternative practices.
- Promote the new "reward and reinforcement program" via the school's website, in newsletters and on bulletin boards.
- Share success stories at staff meetings.

### Give me some examples!

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>▪ Pencils</li> <li>▪ Stickers</li> <li>▪ Erasers</li> <li>▪ Drawings or raffles for a prize</li> <li>▪ Tokens/points toward a prize</li> <li>▪ Special physical activity breaks</li> <li>▪ Choice of special activity</li> <li>▪ Students have the opportunity to lead an activity</li> <li>▪ Extra free time</li> <li>▪ Special book selected by student</li> <li>▪ A feat by a teacher or principal</li> <li>▪ Special dress day (like PJs)</li> </ul> | <ul style="list-style-type: none"> <li>▪ Special visitor</li> <li>▪ Choice of music for study time</li> <li>▪ Certificates or ribbons</li> <li>▪ Post recognition signs (i.e. student of the month) around the school</li> <li>▪ Special section in the announcements</li> <li>▪ Call or letter to a parent</li> <li>▪ Photo board</li> <li>▪ Going first for something</li> <li>▪ "No Homework" pass</li> <li>▪ Designing a prominent bulletin board</li> <li>▪ Special event (i.e. dance or kite-flying party)</li> <li>▪ Extra recess or P.E. time</li> </ul> |
|---|--|

For more information, contact Stephanie Joyce, MS, RD/LD, SNS, National Nutrition Advisor at the Alliance for a Healthier Generation, at [stephanie.joyce@healthiergeneration.org](mailto:stephanie.joyce@healthiergeneration.org).

GENEROUS SUPPORT  
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Robert Wood Johnson Foundation  
Supporting healthy schools nationwide



FOUNDED BY:



# Healthy Celebrations

There are many opportunities for celebration throughout the year, from birthdays to holidays to other special occasions that may occur. Food and beverages are often a part of celebrations, but they don't have to be the center of attention. With a few easy changes, the focus at parties can shift from unhealthy food to healthy fun!

## What's wrong with cupcakes?

There's nothing wrong with having treats on occasion. Everything can fit into a healthy diet when consumed in moderation. Keep in mind, though, that each child's birthday can mean multiple celebrations: one at home with family, a party with friends, and then another at school or child care. Food doesn't always have to be part of parties. Instead, find ways to celebrate a birthday & recognize a child on their special day.

- Make a sign, sash, crown, button, or badge for the birthday child.
- Let the birthday child be the teacher's assistant for the day. They can do special tasks like make deliveries to the office or be the line leader.
- Let the birthday child choose an activity or game.
- Play an indoor game of the student's choice.
- Let activities such as dancing, games, crafts, or singing be the focus rather than food.
- Talk to children about the reasons for the healthy makeover, and involve them in the party planning.
- Ask children to help their parents remember to bring fruits and vegetables or other healthy snacks instead of sweets if they choose to bring treats.
- Highlight healthy practices in the newsletter or website.
- Celebrate a child's cultural heritage with traditional crafts, games, and stories.
- Replace the "cupcake tradition" with something new—for instance, drawing a birthday mural, creating a birthday hat, or other special activity.
- Celebrate birthdays once a month or combine the month's birthdays with a national cultural celebration.



## Ideas for Healthier Celebrations:

- Have a scavenger hunt for items or information related to the party theme.
- Provide "free choice" activity time at the end of the day.
- Provide extra recess or play time.
- Celebrate creatively by setting up craft stations and playing music in the background. Ask parents to provide the supplies such as clay, craft paper, pencils, markers, paints, and stickers.
- Plan special party games.
- Have a dance party.
- Pick a children's book related to the party theme. Ask a special guest or a parent to come in and read it.
- Allow children a trip to the treasure box (parents can help supply it with small toys, books, note pads, paints, pencils, bookmarks, stickers, etc.)
- Check with child nutrition staff to see if they are able to provide fresh items or other healthy snacks for a reasonable fee.



If you decide to make food a part of the celebration, encourage healthier options.

## Healthy Party Snacks:

- Fruit smoothies
- Trail mix
- Fruit kabobs
- Yogurt parfaits with non-fat or low-fat yogurt, granola, and fruit
- Angel food cake topped with fresh fruit
- Low-fat popcorn
- Low-fat pudding
- Applesauce or other fruit cups
- Raw veggies served with low-fat dip like salad dressing or hummus
- Berries with low-fat whipped topping
- Bananas or strawberries with a low-fat yogurt dip
- Graham crackers with jam or apple butter
- Fresh apple slices with caramel or yogurt dip
- Raisins or dried fruit such as bananas, apples, peaches, apricots, plums, etc.
- Whole grain tortilla chips with salsa and/or guacamole
- Whole grain crackers with reduced-fat cheese
- Frozen yogurt tubes

## Healthy Recipe Ideas:

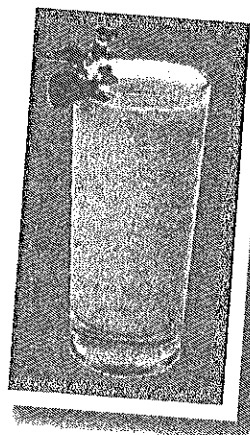
### Shrek Smoothie

(Source: Western Dairy Council)

Number of servings - 2      Serving size - 10 oz

#### Ingredients:

- 4 oz fat-free or low-fat white milk
- 2 oz low-fat vanilla yogurt
- 2 oz frozen spinach, chopped
- 4 oz frozen pineapple chunks
- 4 oz frozen peaches, sliced
- 4 oz frozen mango chunks



#### Instructions:

- Temper fruit for 20-30 minutes before blending for best texture.
- Place all ingredients in blender.
- Pulse until smooth.
- Pour into cups and enjoy.

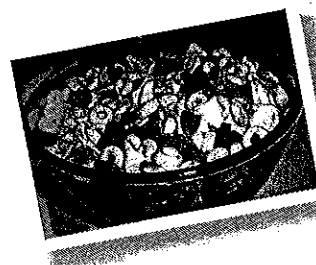
### Fruit Mix

(Source: Wisdomformom.com)

Number of servings - 6      Serving size - ½ cup

#### Ingredients:

- 1 cup toasted oat cereal
- ½ cup golden raisins
- ¼ cup dried cranberries
- ¼ cup dried apricot pieces
- ¼ cup sunflower seeds



#### Instructions:

- Mix well. Store in air tight container.

### For more healthy recipe ideas, visit:

- [www.kidsacookin.org](http://www.kidsacookin.org)
- [www.nationaldairyCouncil.org](http://www.nationaldairyCouncil.org)
- [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

This handout was developed with information from the following sources:

- Center for Science in the Public Interest
- BCBS of KC/KC Healthy Kids
- Kids Eat Right—Academy of Nutrition and Dietetics

For more information on KS School Wellness Policy Model Guidelines, to [www.kn-eat.org](http://www.kn-eat.org), School Wellness Policies.



## Questions?

Child Nutrition and Wellness • Kansas State Department of Education • 120 SE 10th Avenue • Topeka, KS 66612 • (785) 296-2276 [www.ksde.org](http://www.ksde.org) • [www.kn-eat.org](http://www.kn-eat.org)

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# Healthy Fundraising

## What's wrong with candy sales?

Children's lifelong eating habits are greatly influenced by the types of foods and beverages available to them. When less healthy foods are sold "for a good cause", children may think that these foods are a healthful part of a balanced diet. Such misperceptions can contribute to development of poor eating habits. Schools and child care centers encourage healthy eating habits by avoiding fundraisers that rely on the sale of less healthy foods such as candy and cookies.

## Benefits of Healthy Fundraising:

### ● **Healthy kids learn better:**

Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools and child care centers must also provide an environment that supports healthy behaviors.

### ● **Provides consistent messages:**

Fundraising with healthy foods and non-food items demonstrates a commitment to promoting healthy behaviors. It supports the lessons children are learning about health, instead of contradicting them.

### ● **Promotes a healthy school or child care environment:**

Children need to receive consistent, reliable health information and ample opportunity to use it. Finding healthy fundraising alternatives is an important part of providing a healthy school or child care environment.

*"What message does it send our children when we constantly preach to them about getting more exercise, eating healthy and cutting back on junk food and then ask them to sell truck loads of cookie dough and candy bars to friends and family?"*

[www.fundraisinggreen.com](http://www.fundraisinggreen.com)

## Positive Options

Try one of these fundraiser options that have a positive impact on children, families and the community.

Here are a few examples to get you started:

### **Support Academics**

- Read-a-thon
- Science fair
- Spelling bee
- Workshops or classes
- Book fair

### **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

### **Support Physical Activity**

- Walk-a-thon
- Bike-a-thon
- Jumprope-a-thon
- 5-mile fun run/walk
- Golf, tennis, horseshoe or other sports tournament
- Bowling or skate night
- Sports camps or clinics

### **More Activities**

- Garage sale
- Live or silent auction
- Carnival
- Giant game of musical chairs
- Guessing games
- Car wash
- Pet wash
- Game night
- Craft show
- Magic show
- Haunted house
- Penny war
- Recycling drive
- Festivals
- Bingo night
- Karaoke competition
- Chess, checkers or other tournaments
- Treasure hunt or scavenger hunt
- Gift wrapping services
- "Parents Day Out" babysitting services
- Rent-a-teen helper (rake leaves, mow yards, etc)



## Items to Sell Other Than Food:

- Candles
- Greeting cards
- Gift wrap, boxes and bags
- Magazine subscriptions
- Coupon books
- Gift certificates
- Cookbooks
- Balloons
- Holiday ornaments/wreaths/flowers/trees
- T-shirts and sweatshirts
- Books
- Calendars
- Buttons and pins
- Customized stickers
- Crafts
- First aid kits
- Emergency kits for cars
- Batteries
- School spirit gear
- Plants, flowers, or seeds
- Brick, stone or tile memorials
- Temporary tattoos
- Stuffed animals
- Coffee cups and mugs
- Special parking space rental
- Scarves and stocking caps
- Spirit, seasonal, state or U.S. flags
- Bumper stickers
- License plate holders
- Tickets to sporting or fine arts events
- Jewelry
- Flower or balloon bouquets for special occasions
- Artwork
- Newspaper and/or yearbook space or ads
- Stationery
- Stadium pillows
- Used books, CDs, videos, DVDs
- School supplies
- Greeting cards
- Refillable water bottles

## Healthy Food and Beverage Items to Sell:

- Low-fat popcorn
- Fresh fruit and vegetables
- Fruit baskets
- Nuts or seeds
- Trail mix
- Fruit smoothie mix
- Frozen bananas
- Whole wheat pasta and sauce kits
- 100% juice
- Low fat or fat free milk
- Community dinners

This handout was developed with information from the following source:

- South Dakota Department of Education

For more information on KS School Wellness Policy Model Guidelines, to [www.kn-eat.org](http://www.kn-eat.org), School Wellness Policies.



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[www.kn-eat.org](http://www.kn-eat.org)  
[www.ksde.org](http://www.ksde.org)

## Success Stories

Get ideas from these successful fundraising stories from Team Nutrition Grantees and HealthierUS School Challenge schools.

### The Sparkle Run at Crocker Elementary in Iowa raised over \$26,000!



The Parent Teacher Organization at Crocker Elementary, Ankeny Community School District in Ankeny, Iowa, coordinated its first ever 5K run/walk with a Kids Fun Run. The "Sparkle Run" was held in memory of Erin Moomey, a student of Crocker Elementary who lost her battle with cancer in 2013 at the age of 11. All proceeds from the event went towards a new playground at Blank Children's Hospital, something that Erin always wanted to make happen. The PTO raised over \$25,000 through race registrations and silent auction donations. Due to the success of the 5K, the PTO is planning to hold one each year.

### The Read-a-Thon fundraiser at North Trail Elementary in Minnesota raised over \$10,000!

Reading, one of the basic elements of a good education, can also be an engaging fundraising opportunity. North Trail

Elementary School, Independent School District 192 in Farmington, Minnesota, with a student enrollment of approximately 600, coupled its annual Read-a-Thon with a fundraiser that generated over \$10,000. In the 10 days leading up to the Read-a-Thon, students asked for pledges — motivated by the incentive that the two students who brought the most pledges would get to be "principal for the day." Donors were motivated by knowing that all of the funds would help keep the school library open during the summer months and stock the library with new nonfiction, reference, and autobiographical books for students to use.

### Tyler Consolidated High School in Tyler County, West Virginia, raised \$5,000!

Tyler Consolidated High School holds a Future Farmers of America (FFA) chapter fundraiser every year. During the Christmas/December fundraiser, the FFA chapter sells boxes of fruit, as well as fruit baskets. This fundraiser typically gives the FFA a profit of \$5,000, which is a huge success since the school is located in a small county. In February, the FFA chapter, along with a community volunteer, conducts a Strawberry Sale and it typically earns each club a profit of \$1,000-\$1,500. The school nutrition director supports the fundraiser by purchasing boxes of fruit such as apples, oranges, and pears, and then strawberries in February, which serve as a wonderful supplement to the school meal program.



### Milton Elementary School in Milton, Delaware, raised \$700!



Each year at Milton Elementary, there is an annual fundraising event to raise money for the local Relay for Life (American Cancer Society). During the Hat Day event at the school, students bring in their favorite hat and purchase a special tag for \$1 which is placed on the hat. The tag gives the student permission to wear the hat for the entire day. Some students donate extra money and buy tags for others. The display of unique hats that the students wear makes this a special fundraiser. With over 500 students, Milton Elementary School raises between \$600 and \$700 each year!

WHAT ARE YOU  
WAITING FOR?



Step Outside of the Box  
and Make Your Fundraisers  
Healthy Today!



Best  
Practices

for

Healthy

School

Fundraisers

Resources and Ideas to  
Make Your Next Fundraiser  
Healthy and Successful

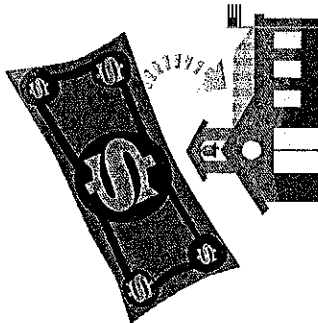
USDA

U.S. Department of Agriculture | Food and Nutrition Service | FNS-478 | August 2014



## Be a Healthy School Fundraiser Champion!

Fundraisers can help your school earn extra money for different activities, events, and equipment that keep students excited and engaged. Just like any other school activity, if your school chooses to do fundraisers, they should communicate the same messages that support the goals of a healthy school environment while still earning money. Make it a priority to plan "healthy" fundraisers that sell nonfood items or foods that meet the Smart Snacks nutrition standards. Healthy fundraisers can be practical and profitable for your school!



## Smart Snacks in Schools Make Healthy Choices Easier!

All foods and beverages available for sale to students in schools are required to include more whole grains, low-fat dairy, fruits, vegetables, and leaner proteins. Food items sold during the school day are also lower in saturated fat, added sugar, and sodium and provide more of the nutrients kids need. As a supporter of healthy fundraising, you help make sure that food fundraisers meet the Smart Snacks nutrition standards.

### NOTE

All foods sold during the school day must be checked to ensure they meet the Smart Snacks nutrition standards. The Alliance for a Healthier Generation's *Smart Snacks Product Calculator and Product Navigator* can help you determine whether or not a product meets the Smart Snacks nutrition standards. [https://www.healthiergeneration.org/live\\_healthier/eat\\_healthier/](https://www.healthiergeneration.org/live_healthier/eat_healthier/)

## Do All Food Fundraisers Have To Meet Smart Snack Requirements?

States may exempt infrequent food fundraisers from the Smart Snacks nutrition standards. The number of exempt fundraisers is determined by State agencies, so make sure your district's fundraisers and events are consistent with your State's policy. Regardless of whether your State has fundraiser exemptions or not, it is important to know:

- ▶ There are no limits on the number of fundraisers that sell nonfood items.
- ▶ There are no limits on food and beverage fundraisers held during the school day if such fundraisers include only foods and/or beverages that meet the Smart Snacks nutrition standards.
- ▶ Fundraisers that occur after school hours (30 minutes after the end of the instructional day) may sell foods and beverages that do not meet the Smart Snacks nutrition standards.



## Fundraising Ideas

There are many creative ways to make your fundraisers healthier. Work with your school nutrition service, teachers, coaches, parents, local businesses, local chefs, dietitians, local college/university students, and community volunteers to plan and organize great and profitable fundraising events.

- ▶ **The Team Nutrition Popular Events Idea Booklet** has many ideas for events, activities, and fundraisers, as well as an events calendar. <http://www.fns.usda.gov/team-nutrition-popular-events-idea-booklet>
- ▶ Need some healthy fundraising ideas? Check out this link to get your school going: <http://healthymeals.nal.usda.gov/healthyfundraising>
- ▶ **Smart Snacks in School: Fundraisers** highlights the important things you need to know about Smart Snacks and Fundraising. [http://www.fns.usda.gov/sites/default/files/allfoods\\_fundraisers.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_fundraisers.pdf)
- ▶ Our partner, The Alliance for a Healthier Generation, has fundraising resources to help raise money and bring in local support. [https://schools.healthiergeneration.org/focus\\_areas/snacks\\_and\\_beverages/fundraisers/](https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/fundraisers/)

## Rewarding Middle & High School Students

- Sit with friends
- Listen to music while working
- Talk time at the end of class
- Reduced homework
- "No Homework" pass
- Extra credit
- Fun video
- Assemblies
- Computer time
- Brainteasers
- Field trip
- Eat lunch or have class outside
- Stickers
- Pencils and pens
- Erasers
- Bookmarks
- Books
- Art time
- Coupons/gift certificates for video stores, music stores or movies
- Drawings for donated prizes



## Summing It Up

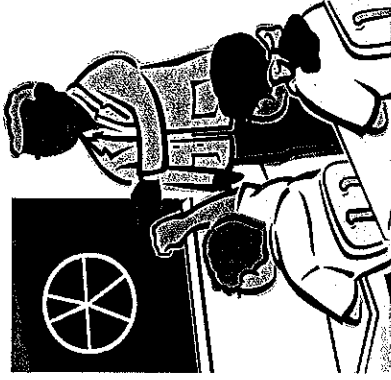
This pamphlet provides a variety of suggestions for motivating students by means other than using food as a reward.

The Kansas School Wellness Policy Model Guidelines for the Advanced and Exemplary levels of achievement state that foods and beverages for classroom rewards, parties and celebrations will (1) meet the same nutrition criteria defined in the guidelines for "a la carte" foods and (2) will not be provided until at least one hour after the end of the last lunch period.

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This brochure was adapted from guidance developed by the South Dakota Department of Education as part of a project funded by the U.S. Department of Agriculture. USDA is an equal opportunity provider and employer.

# Student Rewards & Incentives



Child Nutrition & Wellness



CREATING HEALTHIER  
KANSAS SCHOOLS

Child Nutrition & Wellness  
Kansas State Dept. of Education  
120 SE 10th Avenue  
Topeka, Kansas 66612-1182

Phone: 785-296-2276  
Fax: 785-296-0232  
[www.kn-eat.org](http://www.kn-eat.org)

## STUDENT REWARDS & INCENTIVES

### *Why use rewards other than food?*

Careful consideration should be given to the messages rewards and incentives send to the students receiving them. Using food as either a reward or withholding it as punishment can have serious negative consequences. For example, when non-nutritious food is used as a primary motivator, poor eating habits can result including a preference for sugary high-calorie foods and over-eating these foods.

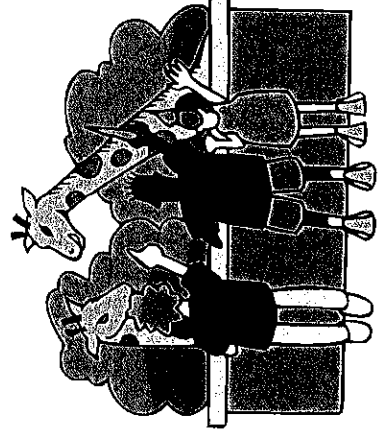
Fortunately, there are many effective ways to motivate students other than with food. Following are a few suggestions.



### *Rewarding Elementary Students*

- Stickers
- Praise
- Pencils, pens or markers
- Erasers
- Bookmarks
- Books
- Rulers
- Trinkets (magnets, Frisbees, etc.)
- Paper
- Activity/game sheets
- Game time
- Reading time
- Class, homework time, or reading time in a special place such as outdoors
- Extra recess
- Extra credit
- Extra art time
- Computer time
- Be the teacher's helper
- Help teach class
- Sit by friends
- Eat lunch with the teacher or principal
- Eat lunch outdoors
- Have lunch or breakfast in the classroom

- Private lunch in the classroom with a friend
- Be a helper in another classroom
- Watch a fun video
- Walk with the principal or teacher
- Take a fun physical activity break
- Dance to favorite music in the classroom
- Show-and-tell
- Bank System—earn tokens for privileges
- Teacher or volunteer reads a special book to class
- Teacher performs a special skill (singing, cartwheel, etc.)
- Free choice time
- Listen to a book on tape
- Listen to music while working
- Field trip





# Healthy Snacks for Home + School

Healthy Eating  
Made Easier®

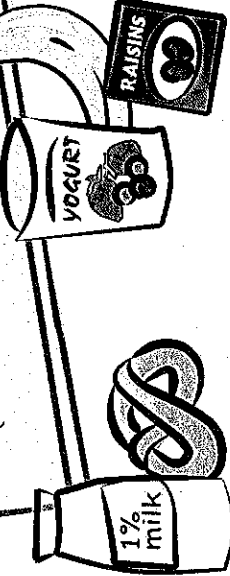
Smart snacking is a great way to meet daily nutrient requirements that may be missed at meal times.

Children may need snacks to help them get enough calories (energy) throughout the day. So, choosing healthy foods that add nutrients, like vitamins and minerals, to their diets is essential.

## Quick and nutritious snack ideas:

### Milk, Yogurt and Cheese

- \* String cheese and fruit
- \* Milk or yogurt smoothies with juice and sliced bananas or strawberries
- \* Cottage cheese or yogurt with fruit (fresh or canned)
- \* Fat-free or 1% milk
- \* Fat-free or 1% flavored milk (chocolate or strawberry)



If chosen carefully, snacks can promote good health by supplying nutrients without adding too many calories.

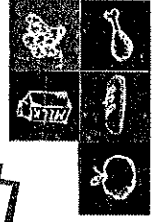
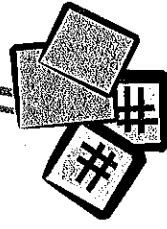
### Fruits + Vegetables

- \* Raw vegetables with low-fat yogurt dip, cottage cheese or hummus
- \* Baby carrots
- \* Celery sticks
- \* Cucumber slices
- \* Apples and cheese – pears and other fresh fruits work, too!
- \* Snack-size applesauce
- \* 100% fruit juice box



### Grains + Meat, Beans and Nuts

- \* Whole-grain crackers with cheese or peanut butter
- \* Whole-grain cereal with milk
- \* Flavored rice cakes (like caramel or apple cinnamon), with peanut butter
- \* Baked potato chips, or tortilla chips with salsa
- \* Popcorn – air popped or low-fat microwave
- \* Pretzel sticks and a glass of milk
- \* Trail mix with nuts and dried fruit

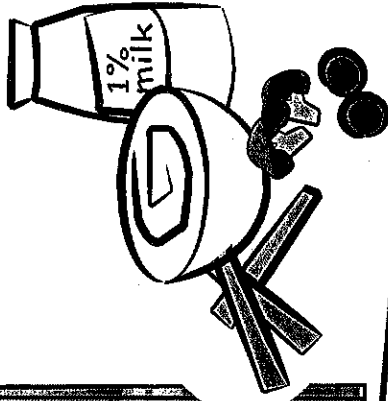


Visit [HealthyEating.org](http://HealthyEating.org) for FREE tips, interactive nutrition assessment tools, meal suggestions and more.

# Snacking Tips for Parents

- \* Plan ahead and buy healthy snacks when you grocery shop—you will save money and will make healthier choices than buying snacks on the go.
  - \* Give kids choices and make the choices you offer nutritious.
  - \* Pre-portion your child's snacks into small plastic bags to grab on the go or put a snack-sized serving on a plate.
  - \* Assign an area in your refrigerator or cupboard for healthy snacks that you have selected and your kids like—let them help themselves without having to ask for permission.
  - \* Combine snacks from at least two food groups to pack more nutrients into your child's diets—it will be more filling and will hold them over until their next meal.
- For example, adding milk to cereal or serving string cheese with whole-wheat crackers or fruit is an easy way to add calcium, protein, and other important nutrients to snacks.

**Remember:**  
Space snacks far enough  
away from meals so appetites are  
not spoiled!



## Tangy Yogurt Vegetable Dip Recipe

### Ingredients

- 2-1/2 cups Plain yogurt
- 1 Packet onion soup mix
- 1 Tbsp Minced parsley
- 1/4 tsp Garlic salt
- 1 tsp Dill weed
- Pinch Black pepper

### Preparation

Mix ingredients in a bowl. Use vegetables of your choice -- carrot sticks, celery sticks, green pepper rings, broccoli, zucchini sticks, radishes, etc. It's best to make the dip ahead and refrigerate it overnight so that the flavors will blend and the dip will thicken slightly.

### Nutrient Information

38 Calories / 1g Fat / 5g Carbohydrates / 3g Protein / 96mg Calcium

