Healthy Alternatives for School Celebrations, Rewards, Fundraisers and Snacks

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Tip: Download a copy of this guide at www.kchealthykids.org.

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KC Healthy Kids is a charitable foundation with a mission to reduce childhood obesity and improve the health of Greater Kansas City’s children by informing, advocating and mobilizing the resources and talents of our community. Go to www.kchealthykids.org to learn more about how to promote fit and healthy kids.

Table of Contents

The Power of Parents in School Nutrition ............ 5
Creating a Healthy School Food Environment ........ 6
Starting the Conversation
Parents Promote Healthy Choices
Small Steps Make Change Easier
Keeping Healthy Food Safe for Kids

Healthy Snacks at School ......................... 10
Healthy Snack Success Stories
White Bean Dip Recipe
Healthy Vending Options
Healthy Vending Success Stories
Action Snacks

Healthy Alternatives for Celebrations ............... 16
Suggestions for Teachers
Suggestions for Parents
Notice Regarding Healthy Snack and Party Foods
Healthy Celebrations Success Stories
Easy Recipes for Healthy Celebrations
Sign-up Sheet for Healthy School Snacks and Celebrations
Ideas for Healthy Holidays
Extremely Healthy Halloween Makeover
Food-Free Celebration Ideas

Healthy Alternatives for Fundraising ............... 24
Finding Fundraising Partners
Grants: Another Way to Go
Healthy Fundraising Success Stories
Concession Sales

Healthy Alternatives for Rewards .................... 28
Constructive Classroom Rewards
What You Can Do
Unique Ideas for Rewarding Achievement or Behavior

Resources ................................................. 30
Kids’ Nutrition and Healthy Snacks
Healthy School Parties
Healthy School Fundraisers

Handouts You Can Share ......................... 34
Healthy School Snacks
Healthy Food and Beverage Vending
Student Rewards and Incentives
Fundraising Ideas for Schools
Ghoulishly Great Ideas
The Power of Parents in School Nutrition

Greater Kansas City’s public, private, and parochial schools feed thousands of children a day. For many of our children, school meals and snacks serve as their primary source of nutrition for the day. Ensuring that these meals and snacks are high quality can make a positive difference in our children’s academic performance and behavior.

School meals and snacks offer an important opportunity to serve our children healthy food and introduce them to healthy eating. This is especially important when considering the epidemic of childhood obesity, type 2 diabetes, and many other adult health problems now facing our children.

As parents, you play a pivotal role in advocating for fresh, healthy, and delicious foods served at your schools. This guide was created to share information and inspiration to help you fulfill that role to the benefit of students for years to come.

Please share your copy of this guide with friends, colleagues, and anyone who you think might benefit from the information covered in its pages. You can also find the guide at [www.kchealthykids.org](http://www.kchealthykids.org).
Creating a Healthy School Food Environment

School celebrations, rewards and fundraisers often revolve around high-sugar, high-fat foods that have little nutritional value. Snack foods offered to students are frequently chosen for low-price convenience and are prepackaged and heavily processed.

When kids eat candy bars, potato chips, or cupcakes during the day, they are missing out on foods that provide nutrients necessary for growth, development and protection from disease. Good nutrition also plays an important role in children’s academic performance and behavior.

The Connecticut State Department of Education includes the following among benefits of creating a healthy school food environment:

- Research suggests that good nutrition is linked to better behavior and academic performance.
- Healthy celebrations, rewards, fundraisers and snacks demonstrate a school’s commitment to promoting healthy behaviors while supporting health and nutrition lessons, sending a consistent message to students.
- Offering healthy foods provides students the opportunity to practice healthy eating.

To begin creating the healthiest school food environment possible, look at your school’s parties, rewards, fundraisers and snacks — are healthy foods and nonfood options regularly available?

One way to learn how your district addresses celebrations is to examine their wellness policy. The Child Nutrition and WIC Reauthorization Act of 2004 requires all school districts with a federally funded school meals program to develop and implement wellness policies addressing nutrition and physical activity by the start of the 2006-2007 school year [Section 204]. If your school participates in the government’s school meals program, you should be able to get a copy of...
the wellness policy from your principal or director of food services. After examining the policy, if you notice it does not address rewards, parties, fundraisers and snacks adequately, ask your school or district administrator to put you in touch with the chair of the wellness committee. Start by asking questions to learn why the policy was written the way it was, what other items were considered and why they were or were not included in the policy. Find out if similar requests have been made, and offer to work with the wellness chair on viable solutions. Remember that district guidelines must be very general to meet the needs of a large population and it may be more effective to work with other parents and staff or the PTA at your school to create more specific guidelines for your school or classroom. These specific guidelines can be more stringent than the district policy, but not less stringent.

Both Missouri and Kansas offer School Wellness Policy Model Guidelines for food served outside of school lunch:

- Missouri guidelines can be found at [www.msbanet.org/Core/ContentManager/uploads/PDFs/Advocacy/wellness/Missouri_Eat_Smart.pdf](http://www.msbanet.org/Core/ContentManager/uploads/PDFs/Advocacy/wellness/Missouri_Eat_Smart.pdf).

Many private schools that do not participate in the government’s school meals programs do not have a wellness policy. Talk to parents, teachers, administrators, the school nurse and the school nutrition director to find out who else is willing to work toward change, whether that means creating a formal wellness policy or simply working for change on a continual basis. Along with the Kansas and Missouri resources listed above, look to the following organizations for guidance:

- The Center for Ecoliteracy, in collaboration with Slow Food USA and the Chez Panisse Foundation, has prepared a downloadable Model Wellness Policy Guide. This guide provides language and instructions for drafting a wellness policy that places health at the center of the academic curriculum. To learn more and download the guide: [www.ecoliteracy.org/programs/wellness_policy.html](http://www.ecoliteracy.org/programs/wellness_policy.html).
- Created in partnership with the National Alliance for Nutrition and Activity Coalition, the National PTA offers a Model Local School Wellness Policy at [www.schoolwellnesspolicies.org](http://www.schoolwellnesspolicies.org).

Tip:
The Produce for Better Health Foundation created a brochure to highlight examples of policies to promote fruits and vegetables, and strategies to increase fruit and vegetable intake. It’s available at [www.pbhfoundation.org/pdfs/pulse/policy/programs/wellnesspolicybrochure666_1205Hires.pdf](http://www.pbhfoundation.org/pdfs/pulse/policy/programs/wellnesspolicybrochure666_1205Hires.pdf).
Parents Promote Healthy Choices

At Acalanes High School in Lafayette, CA, the parent’s club formed a Healthy Choices Committee and adopted a mission statement to reflect their commitment to promoting good health. It says, “In cooperation with [Our School’s] faculty and staff, the [Parent’s Club] will work to build a culture of health by providing opportunities for students, parents, and the community to learn about wellness thereby developing the ability to make choices that will enhance their well-being.”

At meetings, the committee provides information and tips specific to the school’s age group. For nutrition information you can share at your own parent’s club meetings, go to www.kchealthykids.org.

Starting the Conversation

Food is a very emotional issue. You should approach this issue in a way that others perceive as helpful, non-threatening, and empowering. Any hint that someone is doing something wrong, especially in the care and feeding of their own or others’ children, can potentially cause a conflict.

Also, every school is different and each one faces a variety of limitations and restrictions. Find out what obstacles are unique to your school and work with your school community to find creative solutions for providing more fresh fruits and vegetables and other healthy items at school.

Here are some tips for starting the conversation:

• Keep in mind that change can be hard, even when it is good change that improves children’s health.
• Seek first to listen and understand. Learn as much as you can about the school’s current food environment by asking questions. Who are key decision makers? What policies are currently in place? Are they enforced? What has been tried in the past? What was the result? How did parents, students and staff react?
• Be flexible. If a school or club is “rolling in the dough,” literally, by selling cookie dough, you might have better luck improving celebrations, rewards or snacks. Once people start to get the message, it will be easier to address the bigger, more complicated issues.
• Avoid promoting your personal food choices.
• Focus on increasing healthy options first, then gradually limit and phase out unhealthy items as appropriate.
• Reassure the staff that it has nothing to do with the quality of care or education they are providing for your child.
• Point out that it is important to build a cohesive effort around a consistent message of healthy eating.
• Find out where help is needed and volunteer to work toward a solution. KC Healthy Kids is your local go-to organization for expert information.
• Start small. What are the things within the control of the school, parents and students? What things could you change with very little upheaval? Work on those first.
  • Share your success with your school, district and local media. Let everyone know what good things are happening in your school that can help others.

Kids are eating fresh, raw broccoli and other fresh vegetables at snack time, and fundraisers can be profitable without compromising children’s health. Parents are finding other ways to honor their children at birthdays without sweets, and students are learning and behaving without candy bar incentives.
Small Steps
Make Change Easier

When introducing more healthy items at snack time or special occasions, baby steps can make a big difference.

- Step 1: Serve the foods that are traditionally expected, but also serve fresh fruits and vegetables, or other healthy snacks.
- Step 2: Serve fewer unhealthy foods and provide ample amounts of fresh fruits and vegetables and other nutritious items.
- Step 3: Replace all high-fat, high-sugar foods with healthy foods.

For a list of recommended foods, see Classroom Snacks, pages 35.

**Tip:**
Work with teachers, administrators, and other parents at your school to accommodate children with any kind of food restriction, whether it’s because of allergies or for cultural or religious reasons.

With teamwork, perseverance, a little creative thinking and strong support from organizations like KC Healthy Kids, your school can help kids make healthy choices that will last a lifetime.

**Keeping Healthy Food Safe for Kids**

Along with the directive to eat more fresh fruits and vegetables comes the need to address food safety, food allergies and choking hazards. To address these issues, some schools allow only commercially prepared foods to be brought to school, and a new policy for nationally accredited child care centers requires that food brought from home for sharing among the children must be either whole fruits or commercially prepared packaged foods in factory-sealed containers.

These requirements mean that at parties, children are likely being served pre-packaged, overprocessed foods that contain many additives and preservatives.

The good news is schools can be food-safe without banning foods made from scratch. For example, the Smithville School District allows foods prepared at home, but requires an ingredient list to identify any food allergens.

The Food-Safe Schools Action Guide provides a one-stop resource for preventing foodborne illness in the school environment. Developed by the Centers for Disease Control and Prevention and its partners in the National Coalition for Food-Safe Schools, the guide helps schools identify gaps in food safety and develop an action plan for becoming food-safe. It includes specific recommendations on the roles individual school staff and community members play in preventing foodborne illness. To access the guide, go to [www.foodsafeschools.org](http://www.foodsafeschools.org). For information on safe handling of raw produce, go to [www.foodsafety.gov/~dms/prodsafe.html](http://www.foodsafety.gov/~dms/prodsafe.html).

Some healthy foods need to be prepared in ways that help reduce the chance that a young child will choke. Slice carrots and celery into thin sticks, cut grapes, cherry tomatoes, and melon balls into quarters, and cut meats and cheeses into very small pieces. Other potential choking hazards include nuts, large dollops of peanut butter, popcorn, raisins, and other small dried fruit and seeds.

Food allergies have become increasingly common in children. The Food Allergy and Anaphylaxis Network has identified eight foods that account for 90% of all food-allergic reactions: milk, egg, peanut, tree nut (walnut, cashew, etc.), fish, shellfish, soy and wheat. If you are providing food for a school or classroom event, especially one that involves very young children, it is critical that you know what foods to avoid. For more information and helpful resources on food allergies, go to The Food Allergy and Anaphylaxis Network: [www.foodallergy.org](http://www.foodallergy.org) and Allergy Kids: [www.allergykids.com](http://www.allergykids.com).

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Healthy Snacks at School

From young children with small appetites to teenagers with high energy needs, snacks are an important part of a child’s diet. Since you don’t have control over the snacks that are available to your children at school, it’s important to encourage the school to offer healthy choices wherever snacks are served, including in the classroom, from vending machines, or at extracurricular events.

Both Missouri and Kansas offer School Wellness Policy Model Guidelines for food served in these situations. You can suggest your school adopt these guidelines if a sufficient policy doesn’t already exist.

- Missouri guidelines can be found at www.msbanet.org/Core/ContentManager/uploads/PDFs/Advocacy/wellness/Missouri_Eat_Smart.pdf.

A guide titled “Healthy School Snacks,” from the Center for Science in the Public Interest (CSPI), gives suggestions for types of snacks to be served in the classroom. Some of the suggestions may be appropriate for vending machines and concession sales as well. The guide is reproduced with permission on pages 35-41 or you can download a copy at www.cspinet.org/nutritionpolicy/healthy_school_snacks.pdf.

Healthy Snack Success Stories

Academie Lafayette, a French immersion charter school in Kansas City, Missouri, serves fresh fruit snacks from a cart built by students. Throughout the day, students can select a snack of fresh bananas, grapes and strawberries, as well as other fruits that might be less familiar, such as kiwi or...
“While children are in my care, I have to make the best choices so they learn to make the best choices.”

Elizabeth Oberle, Border Star Elementary School
Kansas City, Missouri

Tip:
Oranges are a delicious, nutritious snack, but are often avoided because younger kids may think they are too sour, or because they are difficult or too messy to eat. In schools where oranges are served in half-circle slices, though, kids eat them up! Just cut an orange down the middle from top to bottom, then turn each half on its side and make quarter inch slices.
Tip: Do your kids get doughnuts at soccer practice, or cookies in Sunday school? Pay attention to the snacks served to children when they’re involved in activities outside of school, and share this guide with anyone who serves snacks to kids.

While principal Tina Langston and associate superintendent Cecelia Green were fully supportive, the changes had to be approved by supervisors at the district level and at Chartwell’s, and also by the company’s local and regional nutritionists.

To make their case, Oberle and Mackey pointed out that money was being wasted along with the food, and showed that they had worked through the logistics and safety issues. In addition, it was necessary to shed a new light on the purpose of snacks. “It’s not just time to ‘fill your face,’” Oberle told them. “Snack time is another opportunity to make sure that every child, regardless of socioeconomic status, has the best possible nutritional choice.”

Now, the after school snack list at Border Star features nine new foods, including mozzarella cheese sticks, yogurt, apples, bananas, grapes and oranges. Snacks are repeated only two times each month, and there is minimal waste. “The children were very pleased with [the changes],” says Oberle. “The older children are really beginning to think critically about their food choices,” she says, and the new snacks sparked classroom discussions of seasonality, cost, food miles (the distance food has to travel from the farm to your plate), and health factors.

Many times, the argument against serving fresh fruits and vegetables is that a school doesn’t have enough staff to wash, peel and chop, but at Global Montessori Academy in Kansas City, Missouri, a creative solution allows for minimal increase in staff time, and maximum benefit for children’s health.

To increase their offering of healthier snacks, the school asks a parent volunteer to shop at a local warehouse club for fresh fruits and vegetables, whole grain bread, dried fruit, skim milk and other low-fat dairy items like yogurt, cottage cheese and cream cheese. Part-time teachers hired to provide after-school care arrive thirty minutes before aftercare begins and use that time to prepare the afternoon snack.

Smoothies and popcorn are especially popular snacks. The response to broccoli was not as favorable, but the teachers continue to serve it since repeated exposure to new foods is recommended for this age group.

Healthy snacks are part of the culture of Scuola Vita Nuova, an Italian language charter school in Kansas City, Missouri. All snacks include fruits or vegetables and are offered to everyone everyday at 10:00 a.m. The snacks are prepared in the cafeteria where kids pick up the snack to take to their classroom.

At Purple Dragon Preschool in Kansas City, Missouri, children know a Gala apple from a Red Delicious, Havarti from Mozzarella, and kale from spinach. Kumquats, zucchini, cucumbers and varieties of pears are other popular items at snack time.

For these adventurous eaters, food and learning go hand in hand. When the students are learning the letter A, they eat apples, apricots and almonds; the letter B means broccoli, bananas and Braeburn apples are served and so on through all the letters of the alphabet.

Director Mila Nazemtseva puts fruits and vegetables at the top of her priority
White Bean Dip

INGREDIENTS
1 15-ounce can white beans, any variety
2 tablespoons lemon juice
1 tablespoon extra virgin olive oil
salt to taste

METHOD
Puree ingredients in food processor until smooth.
Add water if necessary to achieve desired consistency.
Store in the refrigerator up to 3 days, or freeze in small portions.

list, hand-selecting the freshest items at Sam’s Club and ALDI Food Market to save money at a time when food prices are rising. “It’s important to have fresh [food],” says Nazemtseva, referring to the whole watermelons, plums and bananas on the school’s kitchen counter.

Nazemtseva has noticed that the snacks she serves affect how the children eat at lunchtime. “If I give them something starchy,” she explains, “it will be very slow eating at lunch. But if I give them broccoli, it is like an appetizer for them and they are hungry at lunch.”

Snacks at Purple Dragon aren’t planned in advance, but rather selected based on availability, price and quality. Some veggies are served with homemade dip instead of bottled salad dressing, which typically contains high fructose corn syrup or other additives.

When asked about the extra time and expense involved in shopping for and preparing fresh fruits and vegetables, Nazemtseva gives a thoughtful response. “This matters,” she says. “They come in here like [they come in] to their house. It is their home. It’s important to give them excellent memories.”

No doubt the children at Purple Dragon will remember their first time eating turnips and ugli fruit.

“Our kids eat like kings,” says Stephanie Stevick, director of Montessori Center in Kansas City, Missouri. “Some of their favorite foods are cheese and crackers, mixed fruit cups, vegetables (red, yellow, and green peppers; carrot sticks; cucumbers, and cherry tomatoes) with ranch-style dressing or homemade white bean dip.”

Thanks to food-based lessons, eating is also an educational experience at Montessori Center. “One summer, we tried all new melons,” says Stevick. “We bought as many different melons as we could find. We talked about them, drew pictures of them, discussed the texture outside, opened them, and did science experiments. The kids loved it!”

Some students in the Independence School District and the Hickman Mills School District in Missouri are learning to make their own snacks with a team of nutrition educators from Nutra-Net, a nonprofit organization that promotes healthy living by teaching nutrition and basic food preparation. During a lesson, younger students might read “Give a Moose a Muffin,” then cook their own apple or pumpkin muffins in a microwave. Older students might make orange smoothies or peanut butter popcorn. “Kids always love the tasting the best,” says Lisa Medrow, Nutra-Net’s Education Director. “But they certainly love cooking as well.” Students sometimes receive Nutra-Net’s pictorial cookbook. “They come back and say they made the recipes,” says Medrow. “They are so excited to tell us about it!”

Schools typically pay for the lessons through grant funding, and Nutra-Net
staff can train members of the school community to teach the lessons. In some cases, high school-aged students are trained to teach younger students, creating a wonderful opportunity for peer mentoring. The lessons are also given in after-school programs and community centers. For more information, go to www.nutra-net.org or call 816.836.2646.

**Healthy Vending Options**

According to the Center for Science in the Public Interest (CSPI), a 2005 nationwide survey of middle school vending machines found that 75% of drinks and 85% of snacks sold were of poor nutritional value. The vending machines provided needed income but compromised the health of the school community. Parents who sent lunch money with their child would not know if the money was used to buy unhealthy food instead, and the constant access meant direct competition for the school lunch program.

Thanks to the development of wellness policies in the years since the survey, schools and vending companies have been working together to offer healthier choices, often without seeing a decline in revenue.

Here’s what you can do to make vending healthier for your school:

- Find out who is responsible for the contract and encourage them to ask the vendor to put healthier foods in the machines. See CSPI’s Healthy Snack list on 35 for items that might be appropriate for use in vending machines.
- Urge your school or district to make healthy guidelines for vended items part of the wellness policy. The Missouri and Kansas School Wellness Policy Model Guidelines on mentioned on pages seven and ten are a good place to start.
- Suggest that the machines be turned on only during certain times, such during the hours after school, so that students are more likely to eat a healthy lunch.

The handout on pages 42-43 provides suggestions for selecting vending items that are nutritious and appealing to students. It is reprinted with permission courtesy of Child Nutrition and Wellness, Kansas State Department of Education. It can be copied and distributed to your schools’ teachers and parents, and is also available at www.kn-eat.org/SNP/SNPDocs/Wellness/Healthier_Schools_Vending.pdf.
Preschoolers are anything but boring, so why should their snacks be? Being creative when it comes to expanding your child’s snack menu doesn’t have to be complicated or time consuming. Here are a few action-snack suggestions to get you started.

**Cut it!** Use a cookie cutter to cut cheese, veggies, and sandwiches into fun, irresistible shapes.

**Dip it!** Pair slices of fruit, veggies, or whole-wheat crackers with a side of dip. Whether it’s peanut butter*,† cream cheese, jam, guacamole, salsa, applesauce, or yogurt, everyone loves to dip.

**Create it!** Make art out of food. Try apple-wedge or strawberry flower petals around a kiwi slice for some flower art. Or maybe fun food faces with berry eyes and a banana mouth.

**Sip it!** Who says you have to eat a healthy snack? Fruit smoothies made with low-fat yogurt or milk and fresh fruit are a great way for your child to drink up needed nutrients.

**Crunch it!** Low-fat granola and lower-sugar breakfast cereals are good choices. Also try toasted whole-wheat pita wedges for a satisfying crunch without the salt and fat of potato chips.

**Play it!** Turn healthy snacking into a game. For example, try making a “food rainbow” on your child’s plate. Let him or her decide which colors to eat first. Next time, you can do the same with different shapes. Which will it be — squares or triangles?

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org).

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**Healthy Vending Success Stories**

**Kentucky Trail Elementary**, in Belton, Missouri, has removed all soft-drink and candy machines from school premises.

In **Hickman Mills School District** in Kansas City, Missouri, some beverage machines are filled only with 100% juice and in others, milk is offered as a healthy selection. Soft-drinks have been removed from middle school beverage machines, and while they are offered at the high school level, the machines are turned off during the school day. Currently, one custodian is responsible for turning the machines off and on, but the district is getting timers this year that will eliminate this extra duty.

**The North Dakota Department of Public Instruction** sent the letter below to encourage parents who send snacks to school to “Make snack time choices easy, nutritious, delicious, and inexpensive by adopting a ‘fruit and veggie only’ snack policy!” The letter, which may be adapted to communicate your school’s policy can be found at [www.dpi.state.nd.us/child/teachers/snacks.pdf](http://www.dpi.state.nd.us/child/teachers/snacks.pdf).

**Dear Parents,**

Do you dread the thought of deciding what to pack for school snack? Are you tired of trying to find something both you and your child agree upon as a satisfactory school snack? Make snack time choices easy, nutritious, delicious, and inexpensive by adopting a “fruit and veggie only” snack policy!

Fruits and vegetables are high in vitamins, minerals and fiber and low in fat, sugar and salt. Purchasing fruits and vegetables that are in season are not only delicious in flavor but inexpensive as well. Most children do not eat enough fruits and vegetables. Only one out of five kids gets the daily recommended amount of fruits and vegetables. By providing a fruit or vegetable at snack time you can bring your child closer to meeting the daily goal. Fruits and vegetables are not high in calories; therefore children eat a better lunch too.

Your child’s teacher may be adopting a “fruit and veggie” only snack program in his/her classroom. The goal is to educate the children as to what a healthy fruit/veggie snack is, and to integrate it into their daily food consumption. It is our hope that fruits and veggies will become part of your child’s snack selection at school and at home. Best of all, this fruit and vegetable snack guideline can help your child get into a fruit and veggie snack habit for a lifetime. You may even find your child encouraging you to eat more fruits and vegetables every day.

Feel free to contact your child’s teacher for more information.

**EAT SMART, THINK SMART**

(Name)

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* Choking hazard for children under age 4 unless properly prepared. See “Keeping Healthy Food Safe for Kids” on page 9.
† Known food allergen. Do not serve to child who is allergic to this food.
The reasons to ban or not to ban cupcakes, cookies and other sweets from classroom birthday celebrations have been much debated. In efforts to reduce childhood obesity, cupcakes have come to represent just about any treat typically found at birthday parties. Cupcakes also represent a parent’s wish to honor their child’s birthday at school. Why not separate the two ideas and encourage your school community to find creative ways to honor birthdays without piling on the sweets?

The following pages are full of ideas for parties, whether it is a birthday, holiday or other special occasion at school or home.

Suggestions for Teachers

• Schedule parties after lunch rather than in the morning.
• Do not make food the focus — plan activities such as dancing, games, crafts, or singing.
• Talk to students about the reasons for the healthy makeover, and involve them in planning the party.
• Ask students to help their parents remember to bring fruits and vegetables or other healthy snacks as listed instead of sweets.
• Highlight healthy practices in the school newsletter or website.
• Celebrate a child’s cultural heritage with traditional crafts, games and stories.
• Request specific, healthy foods be brought for parties. The sign-up sheet on page 21 can be photocopied in color or black and white.
• Propose students give their parties an “Extremely Healthy Makeover” (see Halloween example, page 22 — encourage classes and clubs to implement some of these strategies).
• 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 such as:
  – Chinese New Year (Early January)
  – Black History Month (February)
  – Irish American Heritage Month (March)
  – Women’s History Month (March)
Suggestions for Parents

- Bring age-appropriate “food-less goodies,” such as pencils, bookmarks, or stickers.
- Buy dried fruit* and trail mix**† in large packages from warehouse clubs. Be sure the teacher and students know if any items contain nuts.
- Lead a simple, fun activity. If you can’t be there, provide the supplies for it.
- Make a small gift to the classroom, such as art supplies, posters, or books. Be sure to check with the teacher for anything that might be especially needed. Local and on-line stores selling educational supplies are listed on page 33.
- Donate a book to the school library.
- Check with school nutrition services to see what fresh items or other healthy snacks they can provide for a reasonable fee.
- If you have time, make treats from scratch to eliminate artificial ingredients like high fructose corn syrup, partially hydrogenated oils, artificial flavors and colors, and preservatives. Check your school’s policy — some might require all treats to be prepackaged or commercially prepared, others might require an ingredient list for home baked goods.

* Choking hazard for children under age 4 unless properly prepared. See “Keeping Healthy Food Safe for Kids” on page 9.
† Known food allergen. Do not serve to child who is allergic to this food.
EA SY REC iPES
FOR  HEAl THY
CEl Eb RAT iONS

Fruit Kabobs
Select a variety of colorful fresh, firm fruit and cut it in uniform sizes and shapes. Drizzle with lemon or pineapple juice† to prevent browning. Place fruit on skewer, leaving room at each end to make it easy to hold. (Not recommended for very young children.)

Vegetable Dip
Low-fat sour cream
½ teaspoon salt
½ teaspoon pepper
1 teaspoon garlic salt
Stir ingredients together and serve with raw vegetables.

Fruit Dip or Pineapple Roll-Ups
8 oz. package low-fat cream cheese
4 oz. carton vanilla yogurt
1 small can crushed pineapple†, drained
Stir together and serve chilled with fruit or whole grain crackers. Or spread on a whole wheat tortilla, roll up, slice and serve.

Fruit/Yogurt Parfait
Chop a variety of seasonal fruit. Layer it in small, clear cups with vanilla yogurt and granola, mixed nuts† or sunflower seeds.

Smoothies
Start with skim milk and a whole banana for each batch. Add a variety of fresh or frozen fruit and blend. Serve with colorful straws for a festive touch.

Wacky Bananas
Decorate unpeeled bananas with ribbons and birthday messages.

Fruit Cone
Serve cut fruit*, melon balls* or whole berries* and grapes* in ice cream cones.

Watermelon Pops
Cut slices or chunks* of watermelon. Push the pieces onto a popsicle stick. Freeze overnight.

The letter below was included in the wellness policy of Central Stickney School District in Chicago, Illinois. You can adapt it to reflect your own school’s policy.

NOTICE REGARDING HEALTHY SNACK AND PARTY FOODS

Dear Parent/Guardian:

Schools have a responsibility to help students establish lifelong habits of healthy eating patterns and regular physical activity. By establishing healthy habits early in life, children can dramatically reduce their health risks and increase their chances for longer, more productive lives. You love your children and you want the best for them. You can show this by creating opportunities for them to make healthy food choices. Foods such as candy, cake, cupcakes, and ice cream do not meet dietary guidelines and will not be served to our children.

The list of food and beverages below are consistent with the Dietary Guidelines for Americans.

HEALTHY SNACK LIST/SPECIAL OCCASIONS
• Raw vegetable sticks* or slices with low fat dressing or yogurt dip
• Fresh fruit wedges*: watermelon, cantaloupe, honeydew, pineapple, oranges, etc.
• Sliced fruit*: apples, pears, peaches, plums, nectarines, etc.
• Dried fruits*: raisins, cranberries, apples, apricots
• Single serving apple sauce
• Trail mix†
• Pretzels or reduced fat crackers
• Goldfish or Wheat Thins
• Granola bars*, graham crackers, fig bars
  • Fat free or low fat pudding cups
  • Water or skim milk

All of the items listed above are believed to be consistent with the intent of our school wellness policy to promote student health and reduce childhood obesity. We encourage all parents to use the above list as a guide in providing healthy snacks for our children.

Snacks that do not meet nutritional standards will NOT be served to students. Such items include, but are not limited to, cake, cupcakes, cookies, and candy.

Sincerely,

(Name)

* Choking hazard for children under age 4 unless properly prepared. See “Keeping Healthy Food Safe for Kids” on page 9.
† Known food allergen. Do not serve to child who is allergic to this food.
Healthy Celebration Success Stories

In Overland Park, Kansas, Comanche Elementary School’s health fair organizers wanted to show their school community that being healthy can be fun, too. With creative thinking and strong partnerships, the group pulled off an event that allowed attendees to put into practice the nutrition and fitness messages of the fair immediately. For example, the “cost of admission” was a whole piece of fruit, which was sliced by volunteers and served at snack tables. Water garnished with fresh citrus slices was the beverage of choice, and the dance party got people moving.

“We picked a good DJ who worked well with kids,” says Denise Sultz, the Kansas PTA Health and Wellness Chair, “We also invited the local high school cheerleaders and stomp group to teach the kids some routines.” This, along with Dance Dance Revolution fitness games, exposed students to alternative ways to stay fit.

“Everybody loved it,” says Sultz.

Instead of birthday parties, students at Global Montessori Academy in Kansas City, Missouri, participate in a Celebration of Life ceremony. “We want to celebrate not just the occasion, but each year of the child’s life,” says school director Marcia Miller.

Parents provide one or two pictures from each year, and stories about the significant events of the child’s life. The celebration itself begins when the teacher lights the birth candle, representing the child’s birth. The pictures and stories of the first year are shared and the child walks in an ellipse that represents the Earth’s yearly trip around the Sun. The process continues for each year of the child’s life until the child’s current age is reached. Then the child blows out the candles and the class sings a birthday song.

The child may bring a light snack or treat to share with classmates, but this is optional, and healthy items are encouraged. There is also a tradition of presenting a small gift to the class — a book, play item, or something from the classroom’s wish list. “This helps encourage the thoughtfulness of giving during a time when the child is receiving gifts and special attention,” says Miller.

In Nixa, Missouri, Century Elementary’s school wellness policy forbids cupcakes and other sweets at birthday parties.

“Parents protested at first,” says principal Kevin Kopp. “We affirmed their right to celebrate their child’s birthday — then explained that we may have three birthdays in a week, and that’s just too many cupcakes. Once parents saw how fun it could be to give it a creative twist,” says Kopp, “they felt better about it — and then it really does make it about honoring the child.”

At Global Montessori Academy, a child’s whole life, not just her birthday, is celebrated.

Snap peas are a fun, healthy, easy-to-serve snack for preschoolers.
The school provides a list of snacks that fit the wellness policy. “It’s not so strict that it’s difficult to find things, you just have to read labels,” says Kopp, mentioning that one creative parent decorated unpeeled bananas with writing and ribbons.

For school-sponsored parties and events, Century Elementary’s wellness policy requires a ratio of four healthy items for every sweet treat.

Ann Place, an Overland Park Elementary parent, honored her daughter’s fifth birthday with a healthy snack that kids loved — all-natural alphabet crackers and unsweetened applesauce for dipping. Fruit kabobs were also popular on National Teacher Day, which coincided with the teacher’s birthday as well!

At Scuola Vita Nuova Charter School in Kansas City, Missouri, a big deal is not made of birthdays. “We don’t have a lot of parties at school,” says principal Nicole King. She adds that when food is brought from home, it is usually homemade Mexican and Vietnamese food, thanks to the school’s culturally diverse population.

The student’s birthday is included in announcements, and the student receives a free book from the school’s bookstore. Any sweets brought to school are served in small portions during the last five minutes of the lunch period.

The staff members at Kentucky Trail Elementary School, in Belton, Missouri, convey a consistent message about healthy eating at school. At every opportunity, staff members encourage parents to bring in healthy treats for special occasions. When a birthday boy or girl shares a healthy treat, he or she visits receives a prize from the principal. The students soon learn to enjoy choosing healthy alternatives.

**Tip:**

The snack and party sign-up sheet (opposite) is based on the idea that kids should eat for color, or “Eat A Rainbow Everyday.” It is a good way to promote offering more fresh, whole fruits and vegetables, and the colorful foods make any party festive. The form can be photocopied or printed in black and white, if color is not available.
This sign-up sheet helps us remember to offer a variety of colorful fruits and vegetables, as well as games and activities along with sweet or salty treats.

### Sign-up Sheet for Healthy School Snacks and Celebrations

<table>
<thead>
<tr>
<th>Food/Beverage</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red Fruit or Vegetable (apples, strawberries, watermelon, cherries, sweet red peppers, cherry tomatoes)</td>
<td></td>
</tr>
<tr>
<td>Orange Fruit or Vegetable (oranges, tangerines, canteloupe, peaches, orange peppers, carrots)</td>
<td></td>
</tr>
<tr>
<td>Yellow Fruit or Vegetable (bananas, pears, nectarines, yellow peppers, pineapple)</td>
<td></td>
</tr>
<tr>
<td>Green Vegetable (celery, broccoli, snap peas, soybean pods)</td>
<td></td>
</tr>
<tr>
<td>Blue/Purple Fruit or Vegetable (blueberries, plums, grapes, blackberries, raisins)</td>
<td></td>
</tr>
<tr>
<td>Sweet Treat</td>
<td></td>
</tr>
<tr>
<td>Salty Treat</td>
<td></td>
</tr>
<tr>
<td>100% Juice</td>
<td></td>
</tr>
<tr>
<td>Sparkling Water with Citrus Slices</td>
<td></td>
</tr>
<tr>
<td>Activity/Craft/Game</td>
<td></td>
</tr>
</tbody>
</table>

**Allergy Alert:** Before bringing in peanuts, peanut butter, or other nuts as a snack, check to make sure none of the children has an allergy.

**Choking Hazard Alert:** According to the American Academy of Pediatrics, these otherwise healthy foods can be choking hazards for children under the age of four: nuts and seeds, chunks of meat or cheese, whole grapes, popcorn, chunks of peanut butter, raw vegetables, fruit chunks, such as apple chunks. To reduce the chance that a young child will choke, please slice carrots and celery into thin sticks, cut grapes, cherry tomatoes, and melon balls into quarters, and cut meats and cheeses into very small pieces.

* Choking hazard for children under age 4 unless properly prepared. See “Keeping Healthy Food Safe for Kids” on page 9.
* Known food allergen. Do not serve to child who is allergic to this food.
Ideas for Healthy Holidays

What has become known as the “sugar season” kicks off in the fall with Halloween, continues through winter religious holidays and Valentine's Day and finally ends with spring religious holidays in March or April. This represents a celebration almost every month for six months! Mix in several student birthdays, food-based fundraisers and candy rewards, and you have a steady supply of sugary foods coming into your school and home.

Fortunately, everyday recipes can be adapted to a specific holiday by choosing fresh fruits and vegetables in the color of the season. For instance, you can serve red apples and green grapes for Christmas or pink and red fruits and vegetables for Valentine’s Day. Also, many websites devote pages to recipes, crafts and games specifically for holidays. If you have any doubts, ask a teacher about age-appropriateness, choking hazards and allergies. Below are two especially good websites:

- **www.familyfun.go.com**: searchable by holiday and age group
- **www.nutrition.preschoolrock.com**: great games and healthy recipes

### Extremely Healthy Halloween Makeover

Here is one example of an actual party that took place in the two-year-old room at a child care center, and suggestions for how it could be healthier. A handout featuring more ideas for a healthy Halloween can be found on pages 48-49 and online at [www.cspinet.org/new/pdf/halloween.pdf](http://www.cspinet.org/new/pdf/halloween.pdf).

<table>
<thead>
<tr>
<th>Before</th>
<th>After</th>
<th>Benefit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trick-or-Treat Theme</td>
<td>Harvest Festival Theme: Visit a local pumpkin patch, learn about different varieties of pumpkins and other foods harvested late in the fall, serve whole-grain pumpkin muffins and dried cranberries*</td>
<td>Opportunity to incorporate nutrition, history, and other lessons. Inclusive: all children can participate.</td>
</tr>
<tr>
<td>Party scheduled during lunch</td>
<td>Schedule party after lunch</td>
<td>Children will fill up on a nutritious meal instead of party food.</td>
</tr>
<tr>
<td>Cheese pizza, carryout</td>
<td>Make-your-own vegetable pizza (jack-o-lantern faces) on whole wheat English muffins or pita bread</td>
<td>Involves kids in food preparation, and at this age, gives them a chance to practice fine motor skills.</td>
</tr>
<tr>
<td>Cheese puffs repeatedly offered to kids</td>
<td>Cut fresh fruit* and vegetables* repeatedly offered to kids</td>
<td>Send the message that fresh, whole foods are a good choice. Gives teachers a chance to talk about nutrition and eating for color.</td>
</tr>
<tr>
<td>Canned carrots from lunch menu</td>
<td>Fresh carrot sticks, lightly steamed for softness</td>
<td>Canned is okay, fresh is even better.</td>
</tr>
<tr>
<td>Boxed cookies and packaged cupcakes</td>
<td>Serve homemade version of one or the other</td>
<td>Homemade cookies and cupcakes can be made with less sugar and do not have the artificial ingredients found in packaged baked goods.</td>
</tr>
<tr>
<td>Large mango pieces</td>
<td>Small mango slices*</td>
<td>Small pieces are easier to eat. Big chunks are a choking hazard.</td>
</tr>
<tr>
<td>Movie watching</td>
<td>Dancing or other active fun</td>
<td>Bonus physical activity!</td>
</tr>
<tr>
<td>Trick-or-treating through school</td>
<td>Costume parade or other holiday-themed, food-less activity</td>
<td>Since many kids go trick-or-treating in the evening with their families, this activity is unnecessary at school.</td>
</tr>
</tbody>
</table>

* Choking hazard for children under age 4 unless properly prepared. See “Keeping Healthy Food Safe for Kids” on page 9.

† Known food allergen. Do not serve to child who is allergic to this food.
Food-free Celebration Ideas

The Massachusetts Public Health Association offers these ideas to help parents and school staff think beyond food when it comes to recognizing children’s efforts, or celebrating birthdays and holidays.

General activities to recognize children

Children’s efforts can be recognized without a food-based celebration.

- Celebrate with physical activity - allow them an extra recess or gym class. Have the children design, build, and run an obstacle course.
- Celebrate with art and music — have an art party. Divide the classroom into 4 stations and at each station have a craft activity. Play music in the background.
- Have a staged sleep-over — children bring in sleeping bags/pillows and lie on the floor telling ghost stories.

Birthday Parties

There are many ways of making the birthday child feel special.

- Single out the birthday boy or girl with a “V.I.P.” button/badge or crown.
- Allow the birthday child to be the first to do each classroom activity and/or be the line leader for the day.
- Donate a book - A great way to build up the classroom library and recognize the child. Have the child’s family donate a book and inside label it “This book was donated to Mrs. Smith’s classroom in honor of John Jones’ 8th birthday.”
- Sing the birthday song!

Christmas, Hanukah, Kwanzaa

These holidays provide the opportunity to focus on community outreach. Instead of throwing a party, have each class pool its efforts in honor of a worthy cause:

- Decorate pillowcases to give to a homeless shelter.
- Make holiday cards for a nursing home.
- Collect animal treats for the humane society.
- Hold a food drive for Harvesters Community Food Network. www.harvesters.org

Easter

- Decorate plastic or rubber eggs with paints, stickers and glitter.
- Hide small toys or coins inside plastic eggs for Easter egg hunting.
- Fill Easter baskets with books, Legos™, art supplies, washable stuffed animals, or other smaller trinkets.

Halloween

There is more to Halloween than just candy.

- Focus the students on wearing their costumes.
- Make Halloween into a drama day where kids get to make their own costumes or masks and write and perform in their own plays.
- Explore the history and legends behind Halloween.

St. Patrick’s Day

- Teach an Irish step dance.

Thanksgiving

Thanksgiving is about giving thanks for what we have and for the people we have in our lives.

- Encourage students to share what they are thankful for by writing a poem, drawing a picture, or telling a story.

Valentine’s Day

- Invite students to write down one positive comment about each classmate, e.g., “you’re a good friend, you have a nice smile, or you’re smart” and pass them out as valentines.
- Ask students to write poems and read them aloud to the class. Vote on the best one and have a Valentine’s Day assembly showcasing each classroom winner.

Healthy Alternatives for Fundraising

Fundraising presents another opportunity to make your school environment healthier. Some options, as lucrative as they may be, are not in our children’s best interests. There are, however, alternatives that allow for raising needed funds without compromising the health of children and their families.

In a report titled *Sweet Deals: School Fundraising Can Be Healthy and Profitable*, the Center for Science in the Public Interest (CSPI) explains the many reasons why we should move away from food-based fundraisers and presents many options for healthy or non-food-based programs. A printer friendly copy of the 59-page report is available online at [www.cspinet.org/schoolfundraising.pdf](http://www.cspinet.org/schoolfundraising.pdf).

The report suggests schools or groups plan events and activities that promote fitness (a run/walk or dance marathon), offer an experience (musical concert), or provide a product (book) or service (car wash, recycling).

Here are some other recommendations from CSPI:

- Replace traditional bake sales with “bakeless” bake sales. Instead of buying ingredients and baking an item, parents make a donation in an amount similar to what they would have spent.
- Ask fundraising companies to provide your schools with fundraising catalogs that feature only non-food or healthy food products.
- Do not hold school fundraisers at restaurants where more than half of the menu options are of poor nutritional quality.
- Enlist students in developing healthy, profitable fundraising ideas.
- Include a donation-only option. Identify how much your school needs to raise for the year and suggest a donation amount to families. Know that some will give more and some will give less. Then you can do one or two smaller fundraisers to make up for any shortfall. If your school meets the requirements, donations could be tax deductible — be sure to let donors know of this benefit! If your PTA or child’s class or club is currently selling unhealthy foods to raise money, start the
Tip:
To find out what grants are available for your school, go to [www.kchealthykids.org](http://www.kchealthykids.org) or [www.pe4life.org/sub/GrantInformation/index.cfm](http://www.pe4life.org/sub/GrantInformation/index.cfm).

conversation with the president or chairperson, and offer to help identify appropriate alternatives. The brochure titled “Fundraising Ideas for Schools” from the Kansas Department of Education lists alternative ideas and can be found on pages 46-47.

Finding Fundraising Partners
Working with local businesses in your fundraising efforts strengthens communities and builds relationships. Several Kansas and Missouri companies are listed in the resources section on page 31, along with a few others who have especially unique or interesting programs. There are many other possibilities — look for potential fundraising partners in your community! For more Kansas and Missouri fundraising companies, go to [www.fundraisingweb.org](http://www.fundraisingweb.org).

Appendix A of CSPI’s *Sweet Deals: School Fundraising Can Be Healthy and Profitable* lists national fundraising companies. The report is available for free at [www.cspinet.org/schoolfundraising.pdf](http://www.cspinet.org/schoolfundraising.pdf).

Grants: Another Way to Go
Grant funding is another way to raise money for your school. In “Secure Funding Through Grants,” author Marilyn Ferdinand for The Parent Teacher Association explains the steps involved in finding and applying for grants. “Literally thousands of organizations offer grants ranging from a few hundred dollars to six-figure amounts or even more,” says Ferdinand, “and many of these organizations never award all of the money they have to give.”

Ferdinand’s article gives advice for researching grants, approaching donors, and writing and submitting proposals, and includes a list of resources. You can find the entire article on PTA’s website at [www.pta.org/archive_article_details_1142627325265.html](http://www.pta.org/archive_article_details_1142627325265.html).

“What message does it send to 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?”

Healthy Fundraising Success Stories

Global Montessori Academy in Kansas City, Missouri, conducts several fundraisers throughout the year, and none of them rely on food sales. Along with flower bulb and trash bag sales, the school hosts a benefit concert and wine reception. The concert features performances by musicians in the community, who donate their time and talent for the benefit of the school. Tickets are $30 and include a reception following the show.

To integrate fundraising with educational goals, the PTA of Schwegler School in Lawrence, Kansas, sold energy-efficient compact florescent light bulbs (CFLs) and thirty-gallon lawn and leaf bags. The product sales were part of a larger, environmentally-themed celebration of the school’s 50th anniversary. “The purpose was to raise money to support events, but also to teach kids about the environment,” says former PTA president Lars Leon.

The PTA partnered with the City of Lawrence for the bags and the local electric utility, Westar Energy, for the light bulbs. Speakers from the utility provided brochures to help promote the sale and gave educational presentations on the bulbs and other ways to cut down on energy use.

While the sales of the bags and bulbs didn’t raise as much money as other types of fundraisers, the response from participants was nothing but positive. Whether the message is healthy bodies or a healthy planet, it’s possible to have a successful fundraiser that reflects your school’s values and priorities.

“Dollars for Dragons” is a scrip fundraiser coordinated by Molly Snyder at Corinth Elementary School in Prairie Village, Kansas. According to Great Lakes Scrip Center, scrip is a term that means “substitute money.” When an organization’s members buy scrip, they’re buying negotiable gift certificates that are used just like cash. For the fundraiser, Corinth Elementary families buy retailer gift cards or “Dollars for Dragons” at face value and Corinth Elementary receives a percentage of every dollar spent.

Snyder had been involved with similar fundraisers at schools in Colorado and Los

Tip:
Share your school’s success stories at www.kchealthykids.org

www.fundraisinggreen.com
Concession Sales

Concession stands can generate significant funds while offering healthy choices. Here are some examples of school policies regarding “Concessions,” a resource developed in partnership between four North Carolina agencies: the Division of Public Health, the Department of Public Instruction, the Cooperative Extension and Action for Healthy Kids. The handout includes suggestions for healthy concession items and is available at www.eatsmartmovemorenc.com/programs_tools/school/docs/food_standards/concessions.pdf.

District Policy: The Evergreen School District will begin to offer fresh fruit and low-fat popcorn at every sporting event.

School Policy: The Blue Mountain High School will serve only water, 100% juice, and low-fat dairy products for beverages at sporting events.

Classroom Policy: The students in Mrs. Gray’s 5th grade class have decided to chose foods from concessions that are from either the grain, fruit, vegetable or low-fat dairy groups.
Rewards can be an effective way to reinforce children’s good behavior and academic achievement. Here, The Center for Science in the Public Interest explains why it’s important to offer something other than candy and food.

Constructive Classroom Rewards: Promoting Good Habits While Protecting Children’s Health

Reprinted with permission from the Center for Science in the Public Interest. For more information, go to www.cspi.org.

“It’s just a little treat”: The harm in using food to reward children

Schools should not only teach children how to make healthy choices and to eat to fulfill nutritional needs, but also should provide an environment that fosters healthy eating. Providing food based on performance or behavior connects food to mood. This practice can encourage children to eat treats even when they are not hungry and can instill lifetime habits of rewarding or comforting themselves with food behaviors associated with unhealthy eating or obesity. Awarding children food during class also reinforces eating outside of meal or snack times.

Since few studies have been conducted on the effect of using food rewards on children’s long-term eating habits, the best policy is not to use food to reward children for good behavior or academic performance. At minimum, children should not be rewarded using foods of poor nutritional quality. (Note: classroom parties are covered by this policy.)

Recognizing kids with respect and words of appreciation are better motivators than rewards of food. Telling a child “I appreciate your help” is a healthy alternative to giving him candy for “good” behavior.

The Clemson University Cooperative Extension Service

Healthy Alternatives for Rewards
“Rewarding children with unhealthy foods in school undermines our efforts to teach them about good nutrition. It’s like teaching children a lesson on the importance of not smoking, and then handing out ashtrays and lighters to the kids who did the best job listening.”

Marlene Schwartz, PhD
Co-Director, Rudd Center for Food Policy and Obesity, Yale University

The value of rewarding children (with non-food rewards)

As teachers know, classroom rewards can be an effective way to encourage positive behavior. Children, like everyone, alter their actions based on short-term anticipated consequences. When trying to foster a new behavior, it is important to reward a child consistently each time he or she does the desired behavior. Once the behavior has become an established habit, rewards can be given every now and then to encourage the child to maintain the preferred behavior.

The ultimate goal of rewarding children is to help them internalize positive behaviors so that they will not need a reward. Eventually, self-motivation will be sufficient to induce them to perform the desired behavior, and outside reinforcement will no longer be necessary.

Physical activity and food should not be linked to punishment

Punishing children by taking away recess or physical education classes reduces their already-scarce opportunities for physical activity. Another counter-productive punishment is forcing children to do physical activity such as running laps or pushups. Children often learn to dislike things that are used as punishments. Thus, penalizing children with physical activity might lead them to avoid activities that are important for maintaining wellness and a healthy body weight. In addition, food should not be withheld as a means of punishing children. The U.S. Department of Agriculture prohibits withholding meals as a punishment for any child enrolled in a school participating in the school meal programs.

What You Can Do

- Form a yearly think-tank to brainstorm ideas for unique healthy rewards specific to your school and community. Involve teachers, school nutrition professionals, parents, city officials, business leaders, and especially students. This could happen at a PTA or school staff meeting with invitations to those who don’t usually attend the meeting.

- Check your school or district wellness policy to make sure it states that physical activity is not to be used as punishment.

- Start the conversation. The handout on page 44 is reprinted with permission and can be copied and distributed to your schools’ teachers and parents. It is also available at [www.kn-eat.org/SNP/SNPDocs/Wellness/Healthier_Schools_Rewards.pdf](http://www.kn-eat.org/SNP/SNPDocs/Wellness/Healthier_Schools_Rewards.pdf).
Resources

**Kids’ Nutrition and Healthy Snacks**
This list of resources contains websites that provide nutritional information, ideas for helping children enjoy more fresh fruits and vegetables, and organizations working to improve children’s health and eating habits.

**Action for Healthy Kids**
This national nonprofit organization is dedicated to addressing the epidemic of overweight, undernourished and sedentary youth by focusing on changes in schools. Action for Healthy Kids works in all 50 states and the District of Columbia to improve children’s nutrition and increase physical activity, which will in turn improve their readiness to learn.
 Missouri Action for Healthy Kids: [www.healthykidsmo.org/maofhk](http://www.healthykidsmo.org/maofhk)

**American Dietetic Association**
The American Dietetic Association offers nutrition news, tips, resources for consumers and dietitians, and a find-a-nutritionist search tool.
 [www.eatright.org](http://www.eatright.org)

**Eating Right Is Basic**
University of California Cooperative Extension
 [http://cecontracosta.ucdavis.edu/newsletters/Eating_Right_is_Basic_Newsletter12565.pdf](http://cecontracosta.ucdavis.edu/newsletters/Eating_Right_is_Basic_Newsletter12565.pdf)

**FoodRoutes**
A national nonprofit dedicated to reintroducing Americans to their food, the seeds it grows from, the farmers who produce it, and the routes that carry it from the fields to our tables.
 [www.foodroutes.org](http://www.foodroutes.org)

**Food Studies Institute**
The Food Studies Institute is devoted to changing the health destinies of children through proper nutrition and education.
 [www.foodstudies.org](http://www.foodstudies.org)

**Fruits And Veggies Matter**
The Centers for Disease Control and Prevention’s site features Fruit and Vegetable of the Month, Recipes and Tips. [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**Healthy School Environment Resource List**
The Connecticut State Department of Education’s Healthy School Nutrition Environment Resource List contains online resources to assist schools with promoting healthy eating and physical activity for children. Resources and websites are listed by main category. Many websites contain information on multiple content areas.

**Healthy School Snack Ideas**
The Center for Science in the Public Interest [www.cspinet.org/nutritionpolicy/healthy_school_snacks.pdf](http://www.cspinet.org/nutritionpolicy/healthy_school_snacks.pdf)

**Kansas Coordinated School Health Coalition**
Kansas Coordinated School Health provides health resources, technical assistance, trainings and funding to create healthy Kansas students, staff, schools, and communities.
 [www.kshealthykids.org](http://www.kshealthykids.org)

**KC Healthy Kids**
A charitable foundation with a mission to reduce childhood obesity and improve the health of Greater Kansas City’s children by informing, advocating and mobilizing the resources and talents of our community. Go to their website to learn more about how to promote fit and healthy kids.
 [www.kchealthykids.org](http://www.kchealthykids.org)

**KidsHealth.org**
Nutritional information and resources, plus recipes for the whole family, and for children with diet restrictions.
 [www.kidshealth.org](http://www.kidshealth.org)

**KidsHealth for Kids**
Thousands of in-depth features, articles, animations, games, and resources — all original and all developed by experts in the health of children and teens.
 [www.kidshealth.org/kid/](http://www.kidshealth.org/kid/)

**The Laptop Lunch User’s Guide: Fresh ideas for making wholesome, Earth-friendly lunches your kids will love.**
 [www.laptoplunches.com](http://www.laptoplunches.com)

**Lunch Lessons: Changing the Way We Feed Our Children.**
 [www.lunchlessons.org](http://www.lunchlessons.org)

**Missouri Coordinated School Health**
The Missouri Coordinated School Health Coalition is a collaborative of organizations and individuals whose primary responsibility is to provide information, resources, tools, and trainings to assist Missouri schools in their student health and wellness initiatives.
 [www.healthykidsmo.org](http://www.healthykidsmo.org)

**Missouri Families.org**
University of Missouri Extension site featuring articles and news on food, fitness and eating well.
 [www.missourifamilies.org](http://www.missourifamilies.org)

**My Pyramid**
MyPyramid.gov is the U.S. government’s website about the MyPyramid Plan Food Guidance System. The site includes a tool to estimate what and how much you should eat from the different food groups by entering your age, gender, and activity level. The site also provides information on your diet quality and physical activity status by comparing a day’s worth of foods eaten with current nutrition guidance.
 [www.mypyramid.gov](http://www.mypyramid.gov)

**My Pyramid Kids’ Page**
This portion of the mypyramid.gov site offers a Blast Off game for kids, coloring pages, and posters.
 [www.mypyramid.gov/kids/](http://www.mypyramid.gov/kids/)

**National Coalition for Food-Safe Schools**
School food safety information and resources
 [www.foodsafeschools.org](http://www.foodsafeschools.org)

**Fruits And Veggies Matter**
The Centers for Disease Control and Prevention’s site features Fruit and Vegetable of the Month, Recipes and Tips. [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)
National Dairy Council’s Family Guide to Healthy Eating
www.nutritionexplorations.org/parents/main.asp

National Dairy Council’s Fun Food Games for Kids
www.nutritionexplorations.org/kids/main.asp

Nutra-Net
Nutra-Net is an interactive nutrition education program that teaches children how to prepare healthy food for themselves and their families with a hands-on pictorial format.
www.nutra-net.org

Nutrition Websites from the Connecticut State Department of Education
The Connecticut State Department of Education’s list of websites addressing nutrition, food safety and child nutrition programs. Resources and websites are listed by main category. Many websites contain information on multiple content areas. This list is not all inclusive as it only contains resources that are available online.

PTA Healthy Lifestyles
Celebrated in November, PTA Healthy Lifestyles helps communities make health and wellness a priority.
www.pta.org/local_leadership_subprogram__1194368045140.html

U.S. Department of Agriculture
The USDA works to enhance the quality of life for people by supporting the production of agriculture.
www.usda.gov

Women, Infants, and Children
The Special Supplemental Nutrition Program for Women, Infants, and Children, better known as the WIC Program, serves to safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.
www.fns.usda.gov/wic/

Vending Machines Handout
www.eatsmartmovemorenc.com/programs_tools/school/docs/food_standards/vending.pdf

Healthy School Parties
These resources contain ideas and approaches for healthy school parties.

Classroom Party Ideas
Tips and recipes from the University of California Cooperative Extension and the Children’s Power Play! Campaign
www.cspinet.org/nutritionpolicy/classroompartyideasCA.pdf

Food-Free Celebration Ideas
Handout from the Massachusetts Public Health Association
www.cspinet.org/nutritionpolicy/mphaideas.pdf

Ghoulishly Great Ideas for a Healthy Halloween
Handout from the Center for Science in the Public Interest
www.cspinet.org/new/pdf/halloween.pdf

Healthy Celebrations
Handout from the Connecticut State Department of Education
www.cspinet.org/nutritionpolicy/healthycelebrationsCT.pdf

Let’s Party: Party Ideas for School and Home
www.cde.state.co.us/cdenustran/download/pdf/WPLet’sPartyBookDescription.pdf

Healthy School Fundraisers
The following resources contain information you can share with your school community to increase awareness of the importance of healthy fundraising. You’ll also find several Kansas and Missouri fundraising companies and others with unique approaches.

Concessions Handout
Eat Smart Move More North Carolina
www.eatsmartmovemorenc.com/programs_tools/school/docs/food_standards/concessions.pdf

Fundraising Ideas for Schools
Kansas State Department of Education
www.kn-eat.org/SNP/SNPDocs/Wellness/Healthier_Schools_Fundraising.pdf

Guide to Healthy School Fundraising
Action for Healthy Kids

Healthyfundraising.org
Promoting healthy fundraising in our children’s schools
www.healthy-fundraising.org/benefits_of_healthy_fundraising.htm

Smart Fundraising for Healthy Schools
Mississippi Department of Education
www.healthyschoolsms.org/ohs_main/initiatives/documents/FundraisingAlternatives.pdf

Sweet Deals: School Fundraising can be Healthy and Profitable
The Center for Science in the Public Interest
www.cspinet.org/schoolfundraising.pdf
Candles and Cookbooks
Becky’s Yard Cards
Short- and long-term rental of flamingos and buzzards for yard flocking fundraisers.
www.beckysyardcards.com

Cookbook Publishers, Inc.
10800 Lakeview Avenue
P.O. Box 15920
Lenexa, KS 66285-5920
1.800.227.7282
www.cookbookpublishers.com

Courtney’s Candles and Creations
Candle fundraising sales.
1.866.723.6873
courtneys_candles@hotmail.com

The XOXO Candle Co.
PO Box 129
California, MO 65018
Candles, bath and body products, air fresheners
www.xoxocandles.com

Fitness and Activity
Amer-A-Thon
Amer-A-Thon is a walkathon (or jog/run/spellathon) fundraising program that promotes physical fitness. Amer-A-Thon’s Home office personnel do the majority of the work and the program is organized in such a way as to make it educational, safe, healthy and fun. Amer-A-Thon’s program incorporates local, statewide and national contributions.
www.amerathon.com

Pop-A-Shot Basketball Systems
Electronic basketball systems add a fitness component to a fundraising event.
785.827.6229
popashot@popashot.net
www.pop-a-shot.com

Flowers and Fruit
Suburban Lawn and Garden
Students take orders for flowers or bulbs.
Kate Tucker
816.941.4700

LC Fundraising, Inc.
Fruit sales including varieties of citrus, apples, and mixed fruit boxes. Sales are typically pre-ordered for the holidays.
Lloyd and Lana Camp
20884 Old 5 Road
Versailles, MO 65084
573.378.6506

Healthy Foods
Cosentino’s Sun Fresh, Apple Market, Price Chopper Stores
Contact corporate office for gift cards, donations, etc.
816.358.6511

GreenAcres Market
Briarcliff Village
4175 Mulberry Drive
Kansas City, MO 64116
816.746.0010
www.greenacres.com

Harvest Lark
Harvest Lark Company produces quality natural food bars and snacks hand-crafted in a small bakery on the family farm. Harvest Lark is willing to sell their products at specially negotiated prices, including shipping. Groups can price products for profit of 50-90%. Products can be sold on-order or on-demand.
Harvest Lark Company
3014 Quail Road, Chapman
Kansas 67431
785.210.1112
Products@harvestlark.com

Hen House Market
Coupon books can be purchased at Hen House stores for $1 and sold for $5. Go to www.henhouse.com for store locations.

Hy-Vee Coupon Book Program
Coupon books can be purchased at Hy-Vee stores for $1 and sold for $5. Go to www.hy-vee.com for store locations.

Panera Bread
Panera Bread created the Dough For Funds® program as a tool to help nonprofit organizations raise money by selling coupons redeemable for fresh bagels and breads at Panera.
www.panera-kansas.com

Whole Foods Markets
Community 5% Days and support through partnership, sponsorship or donation.

6621 W. 119th St.
Overland Park, KS 66209
913.663.2951

7401 West 91st St
Overland Park, Kansas 66212
913.652.9633

4301 Main St.
Kansas City, MO 64111
816.931.1873

Performers and Auctioneers
Christopher Starr
Magic and Comedy Performance
1.800.743.9412
www.christopherstarrmagic.com

National Auctioneers Association
www.auctioneers.org

T.A. Hamilton
Magician, Comedian, Ventriloquist
913.486.5523
www.tahamilton.com
Recycling and Eco-Friendly Fundraisers

**Paper Retriever Recycling Bins**
With strong community involvement, this school recycling program can earn around $300/month for a school organization. The more successful programs are run by an organization within the school that promotes the project in the community and helps people understand how to use it. After that, little administration time is required.
913.722.9022
www.paperretriever.com

**Compact Fluorescent Fundraising**
Go Green Utilities, Inc.
1.866.653.9070
14821 W. 99th Street
Lenexa, KS 66215
www.gogreenutilities.com/page/001/CTGY/Fundraising

**EcoPhones**
Cell phone recycling and consumer electronics recycling fundraiser
1.888.EcoPhones or 1.888.326.7466
info@ecophones.com
www.ecophones.com

**freerecycling.com, LLC**
Register your school or non profit on the Kansas or Missouri donation directory and recyclers can choose to have their recycling revenue donated to your organization.
949.363.8201
mail@freerecycling.com
www.freerecycling.com

**Scrip Fundraisers**
Great Lakes Scrip Center
www.glscrip.com

**Student Art and School Spirit**

**KidsKards**
Students create artwork with student name and school logo printed on back side of each card.
www.kidskards.com

**My Art Stamps**
Turn student art into legal US postage stamps.
www.myartstamps.com

**Original Works**
Turns your artwork into professionally made products.
www.originalworks.com/our-products.html

**Graffitiworx**
Custom car window stickers with your school’s logo or mascot not only provide financial support for your school team or organization, but also lend moral support by getting your community behind you.
www.graffitiworx.com/fundraising-stickers.asp

**Healthy Rewards**
The following resource list offers ideas for nonfood based rewards, as well as where to purchase items locally or on-line to use as rewards.

**Alternatives to Food Rewards**
www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Food_As_Reward_HO1.pdf

**Alternatives to Using Food as a Reward**
Michigan State University Extension, 2003
www.mn.fcs.msue.msu.edu/foodrewards.pdf

**Eating Right Is Basic**
University of California Cooperative Extension
ececontracosta.ucdavis.edu/newsletterfiles/Eating_Right_is_Basic_Newsletter12565.pdf

**US Toy/Constructive Playthings**
Carnival, novelty and school supplies, health and nutrition teaching tools.
2008 West 103rd Terrace
Leawood, Kansas
913.642.8247
www.ustoy.com

**The Supply Closet Stores**
Awards, visors, bordered paper, crowns, ribbons, and other items
www.thesupplyclosetonline.com

9322 W. 87th Overland Park
KS 66212
913.381.8340

8044 N. Oak Trfwy
Kansas City, MO 64118
816.468.8190

1535 NE Rice Rd.
Lee’s Summit MO 64086
816.554.1420

11600 W. 135th Street
Overland Park KS 66221
913.345.8399

**Really Good Stuff**
Exclusive collection of fun and creative teaching tools
www.reallygoodstuff.com

**Teaching Ideas**
Classroom management techniques, and downloadable charts from a website created in the United Kingdom.
www.teachingideas.co.uk/more/management/contents02rewards.htm

**Student Rewards and Incentives**
Kansas State Department of Education
www.kn-eat.org/SNP/SNPDocs/Wellness/Healthier_Schools_Rewards.pdf
Handouts
You Can Share
Healthy School Snacks

Serving healthy snacks to children is important to providing good nutrition, supporting lifelong healthy eating habits, and helping to prevent costly and potentially-disabling diseases, such as heart disease, cancer, diabetes, high blood pressure, and obesity. Snacks play a major and growing role in children’s diets. Between 1977 and 1996, the number of calories that children consumed from snacks increased by 120 calories per day.

Below are ideas for teachers, caregivers, program directors, and parents for serving healthy snacks and beverages to children in the classroom, in after-school programs, at soccer games, and elsewhere. Some ideas may be practical for large groups of children, while other ideas may only work for small groups, depending on the work and cost involved.

Fruits and Vegetables

Most of the snacks served to children should be fruits and vegetables, since most kids do not eat the recommended five to thirteen servings of fruits and vegetables each day. Eating fruits and vegetables lowers the risk of heart disease, cancer, and high blood pressure. Fruits and vegetables also contain important nutrients like vitamins A and C and fiber.

Serving fresh fruits and vegetables can seem challenging. However, good planning and the growing number of shelf-stable fruits and vegetable products on the market make it easier. Though some think fruits and vegetables are costly snacks, they are actually less costly than many other less-healthful snacks on a per-serving basis. According to the U.S. Department of Agriculture, the average cost of a serving of fruit or vegetable (all types - fresh, frozen, and canned) is 25 cents per serving. This is a good deal compared with a 69-cent single-serve bag of potato chips or an 80-cent candy bar. Try lots of different fruits and vegetables and prepare them in various ways to find out what your kids like best.

Healthy Eating Tip:
serve snacks with fun plates, napkins, cups, or straws or have a tasting party where children can vote for their favorite healthy snacks.
Fruit is naturally sweet, so most kids love it. Fruit can be served whole, sliced, cut in half, cubed, or in wedges. Canned, frozen, and dried fruits often need little preparation.

- Apples (it can be helpful to use an apple corer)
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes (red, green, or purple)
- Honeydew Melon
- Kiwis (cut in half and give each child a spoon to eat it)
- Mandarin Oranges
- Mangoes
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines
- Watermelon

**Applesauce (Unsweetened), Fruit Cups, and Canned Fruit** - These have a long shelf life and are low-cost, easy, and healthy if canned in juice or light syrup. Examples of unsweetened applesauce include Mott’s Natural Style and Mott’s Healthy Harvest line. Dole and Del Monte offer a variety of single-serve fruit bowls.

**Dried Fruit** - Try raisins, apricots, apples, cranberries, pineapple, papaya, and others with little or no added sugars.

**Frozen Fruit** - Try freezing grapes or buy frozen blueberries, strawberries, peaches, mangoes, and melon.

**Fruit Leathers** - Some brands of fruit snacks are more like candy than fruit, and should be avoided due to their high content of added sugars and lack of fruit. Brands to avoid include Fruit Rollups, Farley’s Fruit Snacks, Sunkist Fruit Gems, Starburst Fruit Chews, Mamba Fruit Chews, Jolly Rancher Fruit Chews, Original Fruit Skittles, and Amazin’ Fruit Gummy Bears. Try Natural Value Fruit Leathers and Stretch Island Fruit Leathers, which come in a variety of flavors and don’t have added sugars.

**Fruit Salad** - Get kids to help make a fruit salad. Use a variety of colored fruits to add to the appeal.

**Popsicles** - Most so-called “fruit” popsicles have added sugars and should be reserved for an occasional treat. Look for popsicles made from 100% fruit juice with no added caloric sweeteners, such as Breyers or Dole “No Sugar Added” fruit bars.
Smoothies - Blend fruit with juice, yogurt or milk, and ice. Many store-made smoothies have added sugars and are not healthy choices.

Deliveries - Deliveries of fresh fruit or platters of cut-up fruit are a convenient option offered by some local grocery stores.

Vegetables can be served raw with dip or salad dressing:

- Broccoli
- Carrot sticks or Baby Carrots
- Cauliflower
- Celery Sticks
- Cucumber
- Peppers (green, red, or yellow)
- Snap Peas
- Snow Peas
- String Beans
- Tomato slices or grape or cherry tomatoes
- Yellow Summer Squash slices
- Zucchini slices

Dips - Try low-fat salad dressings, like fat-free Ranch or Thousand Island, store-bought light dips, bean dips, guacamole, hummus (which comes in dozens of flavors), salsa, or peanut butter.

Salad - Make a salad or set out veggies like a salad bar and let the kids build their own salads.

Soy - Edamame (pronounced "eh-dah-MAH-may") are fun to eat and easy to serve. (Heat frozen edamame in the microwave for about 2-3 minutes).

Veggie Pockets - Cut whole wheat pitas in half and let kids add veggies with dressing or hummus.

Ants on a Log - Let kids spread peanut butter on celery (with a plastic knife) and add raisins.

Healthy Grains (bread, crackers, cereals, etc.)

Though most kids eat plenty of grain products, too many of those grains are cookies, snack cakes, sugary cereals, Rice Krispy treats, and other refined grains that are high in sugars or fat. Try to serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains. In addition, try to keep the added sugars to less than 35% by weight\(^1,2\) and the saturated and

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\(^1\) If a food manufacturer fails to provide the added sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from added sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.
trans fat low (i.e., less than 10% of calories, or about one gram or less per serving).

Note: Cookies, snack cakes, and chips should be saved for occasional treats, given their poor nutritional quality.

Whole Wheat English Muffins, Pita, or Tortillas - Stuff them with veggies or dip them in hummus or bean dip.

Breakfast Cereal - Either dry or with low-fat milk, whole grain cereals like Cheerios, Grape-Nuts, Raisin Bran, Frosted Mini Wheats, and Wheaties make good snacks. Look for cereals with no more than 35% added sugars by weight¹ (or roughly 8 grams of sugar per serving).

Crackers - Whole-grain crackers like Triscuits, which come in different flavors or thin crisps (or similar woven wheat crackers), Kalvi Rye crackers, or whole wheat Matzos can be served alone or with toppings, like low-fat cheese, peanut butter, or low-fat, reduced-sodium luncheon meat.

Rice Cakes - Look for rice cakes made from brown (whole grain) rice. They come in many flavors, and can be served with or without toppings.

Popcorn - Look for low-fat popcorn in a bag or microwave popcorn. Or you can air pop the popcorn and season it, e.g., by spraying it with vegetable oil spray and adding parmesan cheese, garlic powder, or other non-salt spices.

Baked Tortilla Chips - Baked tortilla chips are usually low in fat, and taste great with salsa and/or bean dip. Look for brands with less sodium.

Granola and Cereal Bars - Look for whole grain granola bars that are low in fat and sugars, like Barbara’s Granola Bars (cinnamon raisin, oats and honey, and carob chip flavors), Nature Valley Crunchy Granola Bars (cinnamon, oats ’n honey, maple brown sugar, and peanut butter flavors), Nature Valley Chewy Trail Mix Bars (fruit and nut flavor), and Quaker Chewy Granola Bar (peanut butter and chocolate chunk flavor).

Pretzels, Breadsticks, and Flatbreads - These low-fat items can be offered as snacks now and then. However, most of these snacks are not whole grain and most pretzels are high in salt.

² To calculate % sugars by weight for a food item, look at the Nutrition Facts label and divide the grams of sugars by the gram weight of one serving of the product and multiply this number by 100.
Low-Fat Dairy Foods

Dairy foods are a great source of calcium, which can help to build strong bones. However, dairy products also are the biggest sources of artery-clogging saturated fat in kids’ diets. To protect children’s bones and hearts, make sure all dairy foods served are low-fat or fat-free.

Yogurt - Look for brands that are low-fat or fat-free, moderate in sugars (no more than about 30 grams of sugars in a 6-oz. cup), and high in calcium (at least 25% of daily value [DV] for calcium in a 6-oz. cup). Examples include Danimals Drinkable Low-Fat Yogurt, Go-Gurt by Yoplait, or cups of low-fat or non-fat yogurt from Stonyfield Farm, Dannon, Horizon, and similar store brands. Low-fat or non-fat yogurt also can be served with fresh or frozen fruit or low-fat granola.

Low-Fat Cheese - Cheese provides calcium, but often its saturated fat price tag is too high. Cheese is the number two source of heart-damaging saturated fat in children’s diets. Even with low-fat and reduced-fat cheese, be sure to serve with other foods like fruit, vegetables, or whole grain crackers. Choose reduced-fat cheeses like Trader Joe’s Armenian Style Braided; Borden or Sargento Light Mozzarella string cheese; Frigo Light Cheese Heads; Kraft Twist-Ums; Polly-O Twisterellas; the Laughing Cow’s Light Original Mini Babybel; or Cabot 50% Light Vermont Cheddar.

Low-Fat Pudding and Frozen Yogurt - Low-fat or fat-free pudding and frozen yogurt should be served only as occasional treats, because they are high in added sugars.

Other Snack Ideas

Nuts - Since nuts are high in calories, it is best to serve them along with another snack such as fruit. A small handful of nuts is a reasonable serving size. Examples include peanuts, pistachios, almonds, walnuts, cashews, or soy nuts. Look for nuts that are unsalted.

WARNING: A small but growing number of kids have severe peanut and/or tree nut allergies. Before bringing in peanuts, peanut butter, or other nuts as a snack, check to make sure none of the children has an allergy.

Trail Mix - Trail mixes are easy to make and store well in a sealed container. Items to include: low-fat granola, whole grain cereals, peanuts, cashews, almonds, sunflower seeds, pumpkin seeds, and dried fruits like raisins, apricots, apples, pineapple, or cranberries.
Luncheon Meat - Choose lower-fat, reduced-sodium brands of turkey, ham, and roast beef and serve with whole wheat bread, pita, tortillas (as a wrap sandwich), or crackers. Cut sandwiches in half to make snack-sized portions.

Healthy Beverages

Water - Water should be the main drink served to kids at snack times. Water satisfies thirst and does not have sugar or calories. (Plus, it is low-cost for care-givers!) If kids are used to getting sweetened beverages at snack times, it may take a little time for them to get used to drinking water.

Seltzer - Carbonated drinks like seltzer, sparkling water, and club soda are healthy options. They do not contain the sugars, calories, and caffeine of sodas. Serve them alone or try making “healthy sodas” by mixing them with equal amounts of 100% fruit juice.

Low-Fat and Fat-Free Milk - Milk provides key nutrients, such as calcium and vitamin D. Choose fat-free (skim) or low-fat (1%) milk to avoid the heart-damaging saturated fat found in whole and 2% (reduced-fat) milk. It is best to serve fat-free versions of chocolate, strawberry, or other flavored milks to help balance the extra calories coming from added sugars. Single-serve containers of chocolate or other flavored whole or 2% milk drinks can be too high in calories (400-550 calories) and saturated fat (1/3 of a day’s worth) to be a healthy beverage for kids.

Soy and Rice Drinks - For children who prefer not to drink cow’s milk, calcium-fortified soy and rice drinks are good choices.

Fruit Juice - Try to buy 100% fruit juice and avoid the added sugars of juice drinks, punches, fruit cocktail drinks, or lemonade. Drinks that contain at least 50% juice and no additional caloric sweeteners are also healthful options. To find 100% juice, look at beverage nutrition labels for the percentage of the beverage that is juice. Orange, grapefruit, and pineapple juices are more nutrient-dense and are healthier than apple, grape, and pear juices. (See “Orange You Glad?” chart.) Many beverages like Capri Sun, V8-Splash, Tropicana Twisters, Sunny Delight, Kool Aid Jammers, Hi-C, or juice drinks from Very Fine, Welch’s or Snapple are easily mistaken for juice. However, those beverages are more like soda than juice -- they are merely sugar water with a few tablespoons of added juice.

Fruit juice can be rich in vitamins, minerals, and cancer-fighting compounds. However, it is high in calories. The American Academy of Pediatrics
recommends that children ages 1-6 years old drink no more than 6 ounces (one serving) of juice a day and children ages 7-18 years old drink no more than 12 ounces (two servings) of juice a day.

A note about sugary soft drinks (soda, sweetened tea, lemonade, and juice drinks): Children who drink more sweetened drinks consume more calories and are more likely to be overweight than kids who drink fewer soft drinks. Soft drinks also displace healthful foods in kids’ diets like milk, which can help prevent osteoporosis, and 100% juice, which can help prevent heart disease and cancer. In addition, soda pop can cause dental cavities and tooth decay.

For more information, contact Dr. Margo Wootan or Joy Johanson at the Center for Science in the Public Interest, 1875 Connecticut Avenue, NW, Suite 300; Washington, DC 20009. Phone: 202-777-8351, Fax: 202-265-4954, E-mail: <jjohanson@cspinet.org>.
Items to Avoid
- Candy and candy bars
- Fruit juice flavored drinks
- Fruit cups with heavy syrup
- Soda pop

Items to Carefully Evaluate Before Selling
Carefully check Nutrition Facts labels of the following items to determine if they comply with the Kansas School Wellness Policy Model Guidelines. Go to the Child Nutrition & Wellness website (www.kn-eat.org) for further information and tools to assist you.
- Cakes
- Chips
- Chocolate-covered pretzels
- Cookies
- Danish-type pastries and doughnuts
- Fruit leathers
- Ice cream
- Pies
- Pudding
- Snack mixes

Summing It Up
This pamphlet provides suggestions for selecting vended items that are nutritious and appeal to students.

To encourage students to eat nutritious school breakfasts and lunches, KSDE recommends that vended items are not sold from one hour before until one hour after the breakfast and lunch serving periods.

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.
Why Control Vended Foods and Beverages?

Students' lifelong eating habits are strongly influenced by the types of foods and beverages available to them. When foods of minimal nutritional value are offered in vending machines, students are encouraged to form poor eating habits. Foods with good nutritional value include fruits, vegetables, low-fat dairy foods, low-fat grain products, nuts and seeds. These types of foods should be available wherever and whenever food is sold or offered during the normal school day. By offering healthful foods and beverages in vending machines, schools encourage students to develop healthful eating habits.

Healthful Vended Foods & Beverages

Following is a list of options for healthful vending machine foods and beverages. It is by no means a complete list. Over the last few years, many new and innovative vended products have been developed. Among these are individual servings of ready-to-eat fruits and vegetables.

Best Choices

- Beef jerky
- Dried fruit (raisins, cranberries, apricots, etc.)
- Dry roasted peanuts, tree nuts and soy nuts
- Fresh fruit (orange slices, apple slices, bananas, grapes, etc.)
- Fresh vegetables (carrot sticks, celery sticks, veggie combos, etc.)
- Frozen fruit juice bars (no sugar or high fructose corn syrup)
- Fruit juice (100% juice)
- Granola bars
- Nuts and seeds (plain or with spices)
- Rice cakes

Good Choices

- Animal crackers
- Corn nuts
- Deli sandwiches (whole grain bread)
- Graham crackers
- Ice milk
- Individually packaged fruit (in natural or light juices only)
- Nuts (light sugar covering or honey-roasted)
- Pita bread
- Popcorn (low-fat without trans fats)
- Peanut butter and crackers
- Pretzels
- Pudding (low-fat)
- Ready-to-eat cereal (low sugar, whole grain)
- Soup or stew (low sodium)
- Veggie burgers
- Whole grain bagels
- Whole grain breads

Salads with low-fat or fat-free dressings
- Skim (nonfat) or 1% milk
- Soy milk and other soy products
- String cheese, cheese sticks or cubes
- Trail mix (plain)
- Vegetable juice (100% juice)
- Water (plain)
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.
**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.

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**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
Items To Sell Other Than Food, Continued

- Batteries
- School spirit gear
- Plants, flowers, poinsettias or seeds
- Brick, stone or tile memorials
- Temporary tattoos
- Stuffed animals
- Coffee cups and mugs
- Elephant rides
- Pet treats, toys and accessories
- Special parking space
- Foot warmers or slippers
- Scarves and stocking caps
- Spirit, seasonal, state or U.S. flags
- Megaphones
- Decals
- Bumper stickers
- License plate holders with school logo
- Giant coloring books
- Tickets to sporting or fine arts events
- Jewelry
- Valentine flowers
- Artwork
- School newspaper space or ads
- Stationery
- Stadium pillows
- School Frisbees
- Bath accessories and lotions
- Videos and CDs
- Picnic baskets

Healthful Food Items to Sell

- Fresh fruit
- Fresh vegetables
- Fruit baskets
- Nuts
- Trail mix
- Fruit smoothie mix
- Frozen bananas

Summing It Up

The Kansas School Wellness Policy Model Guidelines encourage schools to limit fundraising activities involving food and/or beverages. There are a large number of fun, creative and lucrative strategies to raise money in other ways. Fundraisers that involve physical activity can even be used to send positive messages to students, families and the community about the importance of active lifestyles.

To encourage students to eat nutritious school breakfasts and lunches, the Kansas School Wellness Policy Model Guidelines recommend that the sale of food or beverages for fundraisers should not take place until after the end of the last lunch period.

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.
**What’s Wrong with Candy Sales?**
Students’ lifelong eating habits are greatly influenced by the types of foods and beverages available to them. When non-nutritious foods are sold “for a good cause”, students may think that these foods are a healthful part of a balanced diet. Such misperceptions can contribute to development of poor eating habits. Schools encourage healthful eating habits by avoiding fundraisers that rely on the sale of non-nutritious foods such as candy and cookies.

**Positive Options**
Following is a list of activities for school fundraisers that have a positive impact on students, families and the community. This is by no means a complete list; many additional ideas exist for successful fundraising.

**Support Academics**
- Read-a-thon
- Science fair
- Spelling bee
- Workshops or classes

**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
- Jump-ropes-a-thon
- 5-mile run/walk or another fun run
- Golf, tennis, horseshoe or other sports tournament
- Bowling or skate night
- Sports camps or clinics

**More Activities**
- Garage sale
- Live auction or silent auction
- Carnival
- Giant game of musical chairs
- Rent-a-teen or rent-a-kid
- Guessing games
- Car wash
- Game night
- Craft show
- Magic show
- Haunted house
- Penny war
- Recycling drive
- Festivals

**Items To Sell Other Than Food**
- Candies
- Greeting cards
- Gift wrap, boxes and bags
- Magazine subscriptions
- Gift items
- Coupon books
- Holiday wreaths
- Christmas trees
- Mistletoe
- Gift certificates
- Cookbooks
- Balloons
- Decorations
- T-shirts and sweatshirts
- Books
- Calendars
- Buttons and pins
- Air fresheners
- Customized stickers
- Christmas ornaments
- Crafts
- First aid kits
- Emergency kits for cars
- Batteries
If it were only at Halloween, we wouldn’t be concerned about the candy. But it’s not just at Halloween. It’s candy and other treats all too often—breakfast candy (sugary cereals), liquid candy (soda), and fruit candies at lunch (fruit snacks/gummies & roll-ups).

Celebrating Halloween healthfully isn’t about giving up all the treats. It’s about bringing them into balance, especially since kids often have multiple celebrations: at school, at friends’ houses, at after care, and in the community. And then there’s trick-or-treating.

There’s more to Halloween than candy. There’s dressing up, having fun with friends, playing games, and doing crafts. With so many celebrations throughout the year, it’s important to enjoy each one without going overboard.

Halloween Parties
Savor the flavor. At the party, serve no more than one sugary/higher-fat item. Provide mostly healthier party snacks and non-food goodies.

BOOgy down! Instead of a sit-down & eat party, get up and go with the following activities: ghost sack races, costume parades, pin the nose on the witch, and bobbing for apples (watch them eat them afterward!).

Keep them spellbound. Shift children’s focus away from candy to: reading & writing Halloween stories, making slime, making masks out of paper plates or bats out of egg cartons, acting out short plays, running a haunted house for other classes, & learning about Halloween history.

Make good food look frightfully delicious! Use Halloween-themed cookie cutters to make sandwiches or fruit more interesting. Decorate the room, serve food with creepy plates, napkins, cups or straws, and design and fill treat bags with Chex Mix or other healthier snack foods.

Healthy Party Snacks
- Water
- Apple cider
- Witch’s Brew (see recipe)
- Apples (w/caramel or yogurt dip; or sliced and let kids top with spooky sprinkles)
- Carrot sticks & low-fat dip
- Dried apricots
- Grapes
- Oranges cut into wedges
- Light or low-fat popcorn
- Tortilla chips & salsa
- Whole wheat Fig Newtons
- Pumpkin dip & graham crackers (see recipe)
- Pumpkin muffins (see recipe)
- Roasted pumpkin seeds
- Snack cups of canned peaches or mandarin oranges

Witch’s Brew Recipe
1 24 oz. bottle cranberry juice cocktail • 1 can frozen orange juice • ½ gallon apple cider • Grenadine
Mix first 3 ingredients together in a cauldron (or punch bowl) and serve in clear plastic cups, with Grenadine ‘blood’ dripping down the inside of the cup!

For added fun, float funny face ice cubes in the brew: Half-fill & freeze ice tray (or muffin cups) with water, garnish each cube with blueberry eyes & a mandarin orange smile, & then fill rest with water & freeze again.
Healthier Trick-or-Treating Giveaways

For younger kids, try small toys like:
- Temporary tattoos or stickers
- Small plastic spiders or ghosts
- Super bouncy balls
- Colorful pencils, erasers, or pencil toppers
- Spooky plastic rings or false teeth
- Bracelets or hair accessories

For food treats, try:
- Lunch- or snack-size bags of pretzels or crackers
- Individual packages of raisins
- 100% juice boxes

For candy, try:
- Sugar-free gum
- Fat-free candy like fruit snacks/gummies, SweeTarts, Smarties, Twizzlers, or Skittles
- Lower-fat chocolate candies like York Peppermint Patties, 3Musketeers, or Junior Mints
- Giving out the smallest size of the candy (the smaller the bar/package, the lower the fat & calories).

On Halloween Night:

- Make sure children eat a healthy meal before they go trick-or-treating so that candy is a dessert, not supper.

- Remember Halloween safety:
  - Make sure children travel in groups and/or with an adult.
  - Give children flashlights for added visibility.
  - Accessorize with glow-in-the-dark necklaces or bracelets or use reflective tape.
  - Check collected items before allowing children to eat them.

PUMPKIN MUFFINS

Preheat oven to 400 degrees.

Sift together:
- 1¾ cups whole wheat pastry flour (or half whole wheat and half all purpose flour)
- ¾ teaspoon salt
- ½ cup sugar
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg

Beat in a separate bowl:
- 2 eggs

Add to the eggs:
- 2 tablespoons vegetable oil
- ½ cup low-fat milk
- 1 cup canned pumpkin

Combine the wet and dry ingredients with a few swift strokes (don’t over mix). Fill greased muffin cups two-thirds the way full and bake for 20 to 25 minutes. Makes a dozen muffins.

PUMPKIN DIP

(from the Dannon Institute)

Mix the following ingredients:
- 3 tablespoons canned pumpkin
- 1 cup low-fat vanilla yogurt
- 1 tablespoon orange juice concentrate (use 100% juice for more nutrients)
- ½ tsp of cinnamon (optional)
- 1 tbsp maple syrup (optional)

Dip in with graham crackers.

SLIME

(For playing, not eating)

2 Cups Water
1/2 Cup Cornstarch
Food Coloring

Boil 2 cups water in a medium saucepan. Add cornstarch while stirring. After that is mixed well, add food coloring and stir. Remove from heat and cool to room temperature. Make sure kids play with it on a plastic covered surface.

For more information about healthy eating, visit: www.cspinet.org
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