Today’s Presenter

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Logistics

- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be sent out following the call
Goals of Today’s Webinar

• LEARN – Ideas and strategies for offering healthy snacks in your own school.
• ACT – Create health snack opportunities at your school.
• TRANSFORM – Create a culture that provides students and staff with access to healthy foods
AFHK’s vision is a world in which every kid is healthy, active and ready to learn.
Good Food + Active Bodies = Kids Equipped for Success

Why Schools?

Healthy Kids Learn Better
Game On

- Step 1: Gather Your Team
- Step 2: Assess & Track Progress
- Step 3: Create & Implement an Action Plan
- **Step 4: Find Activities**
- Step 5: Engage Families & Community
- Step 6: Receive Recognition

www.actionforhealthykids.org/game-on
Types of School Snacks

Where do you want to have your impact?

• During versus before/after the school day

• Snacks that kids bring into school

• Snacks provided by the school

• Snacks served as part of celebrations and family events
Keep in Mind…

- Allergies
- Pre-packaged foods
- Serving sizes
- MyPlate
  - Focus on fruits, veggies, low-fat/fat-free dairy products, whole grains
  - Aim for 2 food groups per snack
- You can have a party without food!
Healthy Snack Ideas

• **Fruit Kabobs**: Make a rainbow with your fave fruits on a popsicle stick. Add a cube or two of low-fat cheese.

• **Trail Mix**: Create your own trail mix concoction with three or more ingredients like whole-grain cereal, pumpkin seeds, dried fruit, popcorn, pretzels, coconut flakes or mini chocolate chips. Make it scoopable with Dixie cups.

• **Spiced Popcorn**: Give plain popcorn a makeover with salt-free spices like chili powder, lemon pepper or pumpkin pie spice.

• **Veggies and Dip**: Pair ready-to-go veggies (think broccoli, cauliflower, baby carrots or sugar snap peas) with a healthy dip like honey mustard, salsa, hummus or bean dip.
Healthy Snack Ideas

• **Rice Cake Pizzas**: Make it sweet or savory – Using a rice cake as your “pizza dough”, top with avocado, hummus, bean dip, nut(less) butter. Use fruit or veggies for toppings!

• **Yogurt Parfaits**: Choose a low-fat plain or flavored yogurt and top with your choice of dried or fresh fruit and a low-sugar cereal.

• **Frozen Delights**: Freeze individual applesauce or yogurt containers and enjoy a frozen twist on a classic snack!
Innovative Ideas

Birthday Trays

Office Fruit Bowl

Healthy Snack Sign-up

School Social Media: Healthy Snack of the Month

Food Art
Innovative Ideas

Taste Test & Nutrition Promotion Kits

Snack Coolers

Students Teaching Other Students

Recipe Books

P.A.C.K. Week
Game On Activities

- Offer Healthy Snacks
- Food Art
- Healthy & Active Parties
- Healthy & Active Non-Food Rewards
- Host a Taste Test
- Office Fruit Bowl
- Participate in the Child and Adult Care Food Program (after school snacks)

http://www.actionforhealthykids.org/game-on
Questions?

Action for Healthy Kids

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Follow AFHK for More Resources

Stay up to date on Success Stories, health tips, physical activity games, fun recipes, volunteer opportunities, and ideas for action!