Offering Healthy Snacks at School
Wellness Wednesday Webinar Series
May 10, 2017

Today’s Presenters

Julia Johnson, MPP
Community Health Coordinator
Lakeview Hospital

Amy Moyer, MPH, RD
VP, Field Operations
Action for Healthy Kids
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

Who Are We?

AFHK’s vision is a world in which every kid is healthy, active and ready to learn.
Who Are We?

Action for Healthy Kids works to mobilize school professionals, families and communities to take actions that lead to healthy eating, physical activity and healthier schools where kids thrive.

Why Schools?

Healthy Kids Learn Better

Good Food + Active Bodies = Kids Equipped for Success
Game On – Step 4: Find Activities

- 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

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Game On – Step 4: Find Activities

- Celebrate National Nutrition Month
- Nutrition Education
- Nutrition Promotion
- Rethink Your Drink
- Smarter Lunchrooms
- Understanding Nutrition Facts Labels

http://www.actionforhealthykids.org/game-on
Today’s Objectives

- 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

Game On Activities

Healthy Snacks at School

School Blueprint for Health, Fun and Success!

Step 1: Create & Implement an Action Plan

Step 2: Final Activities:
- Classroom Activities
- Office Activities
- Kitchen Activities
- At Home Activities
- Creative Activities
- Outside Activities
- Dance Activities
- In the Playground Activities
- School Garden Activities
- P.E. Room Activities

Step 6: Engage Families & Communities

Step 7: Receive Recognition
White Bear Lake School District

- Builds on BearPower initiative
- Game on Grant in seven elementary schools
- Each has unique physical activity initiatives
- All decided to work together on Birthday Trays to celebrate kids without the sweets

White Bear Lake School District

Communications out to all school teachers and staff

Birthdays are an important opportunity for us to recognize and celebrate our students. It’s also an opportunity to help them develop healthy lifestyles that ensure they have many more happy birthdays!

We want all kids to feel special, but some are often left out because of their allergies or socioeconomic status.

We can make everyone feel special in many fun memorable ways such as the birthday trays that were just granted to your school! They are fun orange lunch trays that birthday students get when they go to lunch. Along with getting to eat with the fun tray, the nutrition supervisors will lead the whole lunch room in “Happy Birthday!”

If you have any questions or want to implement sugary treat-free birthdays in your classroom please contact:_______
White Bear Lake School District

Some schools did their own version of communications...

- Morning announcements
- How does it work?
  1. On the student’s Birthday they get tray and get to go to front of the line
  2. Home lunch? No worries!
     • They still go to front of line, just ask for the birthday tray
  3. How will Nutrition Services know if it is the student’s birthday?
     • Nutrition Services receives a list from the principal or admin
  4. Birthdays on a weekend or over break? Again, no worries!
     • If birthday is on Saturday get tray on Friday, if it is on Sunday get it on Monday
     • Breaks the details of how school wants to do it are on morning announcements

How it Can Work

Kids LOVE the birthday trays

Home lunch with birthday tray
Sustainability

Build on Success

- Now adopted in all district elementary schools
- Will integrate into District Wellness Policy
- It’s sustainable: low cost and reusable

Questions?

Action for Healthy Kids
Gameon@actionforhealthykid.org
Stay up to date on Success Stories, health tips, physical activity games, fun recipes, volunteer opportunities, and ideas for action!