



5 WAYS TO INCORPORATE NUTRITION INTO THE SCHOOL DAY

Nutrition promotion can take place inside and outside of the classroom — in the cafeteria, in the hallway and at school events. It's a great way to complement structured nutrition education occurring in the classroom.

Kids are curious, and teaching them about nutrition during the rest of the school day explains why we serve healthy meals at school and encourages them to choose healthy foods at home as well.

- 1 Seek out nutrition experts and community involvement:** Engage nutrition professionals from your school nutrition department and in your community to provide presentations and classroom lessons for students and families. Registered dietitians and university extension staff are good resources. Find out what organizations in your community offer in terms of nutrition workshops, assemblies or events that they can bring to your school. Local healthcare providers and gardening associations are a great place to start.
- 2 Plan a health fair at school:** Bring in community partners to provide resources and different perspectives. Provide a mix of activities such as information booths, health screenings, hands-on activities and games, taste tests and physical activity demonstrations. The school cafeteria or another open space can serve as a healthy taste testing station. Get the school nutrition services staff involved by asking them to prepare samples for both parents and kids.
- 3 Integrate a nutrition marketing campaign:** Have students write healthy eating tips for the school newsletter, or have the student wellness team create its own newsletter or contribute to the website that provides updates on school nutrition activities and information on healthy living. Share short nutrition and physical activity tips during the morning announcements. Hang posters in classrooms, hallways, the office and the cafeteria that promote healthy eating or promote a healthy topic each month on a healthy bulletin board in the main office.
- 4 Spruce up your cafeteria with murals, artwork, posters and table tents to promote good nutrition during breakfast and lunch.** Students visit the cafeteria on a daily basis, so it's a perfect place to promote healthy choices and physical activity messages, creating an environment where students can enjoy healthy eating. Smarter Lunchrooms reinforce healthy eating and nudge kids toward nutritious foods by using evidence-based, lunchroom-focused principles to promote healthy eating. Smarter Lunchroom makeovers can involve changes as simple as hanging student artwork or rearranging food in your cafeteria to encourage students to eat more of the foods we want them to eat (like fruits and veggies).
- 5 Host taste tests throughout the year:** A taste test is a great way to promote healthy options and garner enthusiasm around trying new foods. Connect your classroom nutrition lessons to what is being served in the cafeteria that day as a way to encourage kids to try new, healthy foods. Also, offering taste tests of healthy school menu items helps to promote those items in the lunch line.

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