AFHK School Health Index

Common Challenges and Actions to Advance Your Score!
Common Challenges

- Foods sold and served do not meet USDA Smart Snacks Standards
- Lack of nutrition education programs that carry home
- Limited promotion of healthy eating and nutrition
Actions to Advance Your Score

» **Use USDA Smart Snacks as guide for selecting and/or replacing foods sold and served.**
  
  • Resource: [USDA Smart Snacks Guide](https://www.usda.gov) (USDA)
  • Resource: [Smart Snacks Standards and Resources](https://actionforhealthykids.org) (Action for Healthy Kids)
    • Information for implementing at school and aligning at home, take-action steps and resources including the Smart Snacks calculator.

» **Implement nutrition education programs at school and at home to continue learning.**
  
  • Resource: [Easy Nutrition Education Activities](https://actionforhealthykids.org) (Action for Healthy Kids)

» **Create spaces that promote healthy eating and nutrition and integrate into different communications.**
  
  » Resource: [Nutrition Promotion](https://actionforhealthykids.org) (Action for Healthy Kids)
  » Resource: [Nutrition Education and Promotion](https://actionforhealthykids.org) (Action for Healthy Kids)
Start small & celebrate success along the way!
Next Steps

» If you haven’t already, gather or build your team.
   • Resource: https://www.actionforhealthykids.org/step-1/

» Complete the School Health Index in the Action for Healthy Kids School Portal with your school health team.
   • Resource: https://www.actionforhealthykids.org/school-health-index/

» Use your results to develop an action plan. Identify strengths to build off and focus in on your areas of opportunity.
   • Resource: https://www.actionforhealthykids.org/step-3/
Resources and Support

- Digital Tools and Resources
- Healthy Kids Blog
- Events and Learning Opportunities

... and more!

Visit actionforhealthykids.org or email us at contactus@actionforhealthykids.org!
We are here to support you!

Reach out to contactus@actionforhealthykids.org for support!