



ACTION FOR
HEALTHY
KIDS 

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](#) (USDA)
 - Resource: [Smart Snacks Standards and Resources](#) (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](#) (Action for Healthy Kids)

- » **Create spaces that promote healthy eating and nutrition and integrate into different communications.**
 - » Resource: [Nutrition Promotion](#) (Action for Healthy Kids)
 - » Resource: [Nutrition Education and Promotion](#) (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!