

School Store Success Story

One school wanted to improve the school store by offering healthy snacks after school. The wellness coordinator monitored the store purchases on several days, took inventory of the available items, interviewed students and the staff who worked in the store, and provided a suggestion box for the students to request healthier items. The staff who worked the store hesitated to make changes fearing that the profits, which supported Special Education, would decrease. However, this issue was resolved when the principal agreed to guarantee that the Special Ed program would be funded even if the profits initially decreased. A number of successful changes were made such as replacing ice cream with fruit juice frozen bars. While the profits initially decreased, the changes were successful and sales slowly increased to their previous level.

guidelines, located in the appendix.

3. Determine who the vendor is and the length of the existing contract so you can decide when you can make changes. If refrigerated machines are an option, consider stocking an entire vending machine with healthy items such as:
 - 100% fruit or vegetable juice
 - Low-fat salty snacks
 - Bottled water
 - Milk (nonfat, ½% or 1%)
 - Low-fat or nonfat yogurt
4. Discuss recommendations with the CSHT or school principal.

Classroom Snacks and Parties

If your school or district has a wellness policy that regulates classroom snacks, parties, and other school-based events (such as dances and fun festivals that sell food and beverages) review it and determine if it is being enforced in this area. Also consider non-food ideas for healthy classroom celebrations.

Healthy alternatives for classroom snacks ⁵:

- Low-fat or nonfat plain or flavored milk, 100% juice, water, flavored/sparkling water, (without added sugars or sweeteners), and sparkling punch (seltzer and 100% fruit juice)
- Fruit smoothies
- Fresh fruit assortment, fruit and cheese kabobs, fruit salad, fruit with low-fat whipped topping
- Dried fruit (raisins, cranberries, apricots, banana chips), 100% fruit snacks
- Vegetable trays with low-fat dip, celery and carrots with peanut butter and raisins
- Whole-grain crackers with cheese cubes, string cheese, or hummus
- Waffles or pancakes topped with fruit
- Pretzels, low-fat popcorn, rice cakes, bread sticks, graham crackers, and animal crackers
- Angel food cake, plain or topped with fruit
- Bagel slices with peanut butter or jam, fruit or grain muffin (low-fat), whole wheat English, muffin, hot pretzels
- Pizza with low-fat toppings (vegetables, lean ham,
- Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon), whole wheat crust or less cheese
- Pizza dippers with marinara sauce
- Ham, cheese, or turkey sandwiches or wraps (with low-fat condiments)
- Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits, (yogurt and fruit topped with cereal, granola or crushed graham crackers) or banana splits
- Quesadillas or bean burrito with salsa
- Low-fat breakfast or granola bars
- Low-fat tortilla chips with salsa or bean dip
- Trail/cereal mix (whole-grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- Nuts and seeds

*Check for food allergies before serving.

School Fundraisers

In addition to providing easier access to healthy foods, you can also improve the school fundraisers by encouraging the sale of healthy or non-food items. To do this, quantify the number of school fundraisers that sell food and determine the amount of money raised and beneficiary. Phasing out food fundraising may take time, especially if it has been successful in the past. Supply groups with success stories from groups that have successfully switched to non-food fundraisers.

Farm to School Collaboration

During the fourth year of our program, the district's Wellness Committee, which included our wellness coordinator, was asked to participate in a Farm to School program. A collaboration that included PHS, the Agrarian Adventure, Chartwells Food Service, the Ann Arbor Public Schools, Food Systems Economic Partnership (FESP), the local farmer's market, and Washtenaw County Public Health met monthly to achieve two primary goals:

- Incorporate more local produce into the school lunch program.
- Educate the students on the origin of food with help from local farmers.



After running with their children, parents serve donated watermelon during a 5K fundraiser.

Field Days Change into Fundraisers!

Clague Middle School decided to change their annual all-school field day into a fundraiser. For the first year, students were asked to bring in a dollar to participate in the field day, which would be donated to a local cancer fund associated with the University of Michigan (The Coach Carr Cancer Fund). Most students chose to participate, and many donated more than a dollar to the fund.

The next year, the school (primarily the Student Council teachers and the health and PE teacher) decided to change the annual field day to a 5K fun walk/run. The 5K committee, which included the Wellness Coordinator for the school, contacted a local running store, Running Fit, and used their expertise to plan the first event. Running Fit helped contact the police department, obtain insurance, and petition the city for a permit. A course that included neighborhoods around the school was mapped out for the students. A local print shop helped design the t-shirts and a logo.

Flyers, notes, announcements, and newsletters went home to the parents encouraging participation by not only students but by parents and neighbors as well. This year, the proceeds from the event went to a newly-developed organization called Free the Children (www.freethechildren.com). All students were asked to donate a minimum of \$5 for the event and more if they wanted a t-shirt. Parents and a local grocery store donated watermelon and water. Volunteers were placed on the course to encourage and direct the participants, and teachers rode bikes throughout the neighborhood to ensure safety. The event raised over \$2,000 for the Free the Children program. This money was added to other money that had been raised throughout the year, and a school was built in a developing country with the funds.