

**Make a
change today!**

Local Wellness Policies can make a difference



Are you wondering where to start with Local Wellness Policy? Do you need some fresh ideas to get your school eating smart and moving more? Do you feel overwhelmed taking on the whole policy at once? Think baby steps and consider these **25 successful strategies** implemented by other schools in North Carolina and across the country.

For even more ideas, check out *Making It Happen! School Nutrition Success Stories*. One free copy can be ordered or it can be downloaded at www.fns.usda.gov/TN/Resources/makingithappen.html.

- * Install mini-refrigerators in classrooms to store healthy snacks — look to a local retailer to donate refrigerators.
- * Create a “word wall” in the cafeteria based on the food groups from MyPyramid.
- * Plant a school garden and sell the produce grown as a healthy fundraiser.
- * Establish a hydration policy and allow students to have access to water in the classroom at all times.
- * Sell affordable (25¢/piece) fruit snacks to students for the bus ride home — don’t forget to involve the bus drivers.
- * Hold “dancing with the stars” activities for students (and staff) during the lunch period.
- * Make concessions healthier, too — sell cold bottled water at a lower price than soft drinks.
- * Include the entire school — students, staff and visitors in physical activity by including it with PA announcements.
- * Build a walking trail around a school or to connect schools that are close to each other.
- * Reduce the size of the à la carte cookies you sell and figure out how many fewer calories students consume in a year.
- * Install milk vending machines in high schools and offer a variety of low-fat flavored milks.
- * Serve healthy foods in containers that resemble commercial eating places — like stir-fry in Chinese take-out boxes.
- * Advertise your breakfast program by putting out signs in front of your school where families drop off their kids.
- * Celebrate with a “food, nutrition and wellness fair” and taste test new recipes.
- * Engage students in *Game On! The Ultimate Wellness Challenge* found at www.actionforhealthykids.org/gotuwcl/index.php.
- * Complete the *Successful Students Scorecard* and earn the **Successful Students School** designation for your school.
- * Let students develop a list of healthy choices for snacks and celebrations — send the list home to families.
- * Get past the cupcakes and hold a contest for families to develop healthy choices for birthday celebrations.
- * Cater school celebrations and parties through the cafeteria — develop a menu of healthy choices and send it home.
- * Vend healthy choices like yogurt, fruit, cheese and crackers — ask students what they want.
- * Sell fat- and sugar-free yogurt sundaes/parfaits/shakes to students as fundraisers — just don’t tell them it’s healthy.
- * Recognize students and reinforce positive behavior through a “walk with the principal” program.
- * Buy pedometers (instead of pizza and soda) for students and establish a walk with the principal around the neighborhood.
- * Hold a walk-a-thon and raise money with pledges — classes can walk for 30 minutes at a time throughout the day.
- * Sponsor a “tailgate wellness party” for at least one football game each season.