

# SCHOOL SOLUTIONS

for Snacks, Activities, Classroom Rewards and Fundraising



**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU

**Snacks at school should be:**

**TASTY** so they're enjoyable

**QUIET** so classmates aren't annoyed

**NEAT** so desks stay clean

**GOOD FOR BODIES AND MINDS**

so students can do their best

**SMALL** to "hold you over"

until the next meal

**KEPT COLD,**  
if needed

*Be aware of food allergies, which can be serious.*

## grains



*bread, tortillas, cereal, rice and pasta provide energy and aid digestion*

mini bran muffins  
graham crackers  
breadsticks

whole grain cereal  
granola  
whole grain crackers

pretzels  
bagel bites  
low-fat popcorn

cereal bars  
ramen noodles  
animal crackers

## vegetables & fruits



*fruits and vegetables help heal cuts and bruises and help you see in the dark*

100% fruit juice  
fruit cups (applesauce,  
oranges, peaches, pears)

dried fruit (raisins,  
apricots, cranberries, mango,  
pineapple, blueberries)

fruit, yogurt & cereal  
salsa  
pre-packed salad

100% vegetable juice  
cut vegetables &  
low-fat dressing

## milk



*milk, yogurt and cheese help build strong bones and teeth*

low-fat milk  
flavored milk  
yogurt

cheese cubes  
string cheese  
pudding cups

yogurt tubes  
cheese and crackers  
smoothies

## meat & beans



*meat, poultry, fish, beans, eggs, peanut butter, nuts and seeds build muscles and help you grow*

trail mix  
bean dip  
tuna salad

peanut butter  
nuts and seeds  
beef jerky

cup of chili  
hard-boiled egg  
hummus

## KEEP YOUR STUDENTS MOVING

**INCLUDE ACTIVITY** in your classroom routine. **TAKE FITNESS** or stretch breaks between subjects. Talk to your physical education teacher to find ways to **COMBINE ACTIVITY** and classroom learning. **ENCOURAGE** students to be active outside of school. **ROLE MODEL** by sharing ways you are active. Schedule **RECESS EVERY DAY**, but make sure recess is not lost to other subjects or withdrawn as punishment. Schedule **RECESS BEFORE LUNCH** for better nourished kids who come back to class ready to learn. **ENCOURAGE ACTIVE GAMES** during recess.

# Alternatives to using food as a reward

Kids are often offered food as a reward for 'good' behavior. There are disadvantages to using food as a reward.

- It teaches kids to eat when they're not hungry as a reward to themselves.
- It undermines nutrition education being taught in school.



*Promote better health with these classroom reward ideas:*

- Get a "free choice" time at the end of the day
- Listen to music while working
- Sit by friends
- Have the teacher read a book to the class
- Eat lunch with a teacher
  - Watch a video
  - Have lunch or breakfast in the classroom
    - Read outdoors
    - Teach the class
    - Enjoy extra art time
    - Make deliveries to the office
    - Have class outdoors
    - Get a "no homework" pass
  - Earn an extra recess
  - Play a computer game
- Sit by friends
- Read to a younger class
- Listen to an audio book
- Have a teacher perform (sing or play an instrument)
- Take a trip to the treasure box (filled with stickers, pencils, tattoos, bookmarks, etc.)
- Choose one student from each class to walk with the principal at lunch

*Instead of low-nutrient food for fund-raising efforts, consider these ideas:*

## sales ideas

veggie trays at concessions  
note cards  
gift wrap and ribbons  
school logo merchandise  
stadium seats and blankets  
school art  
halloween costumes  
temporary tattoos  
seasonal decorations  
seasonal fruit  
emergency or first-aid kits  
flowers, plants or bulbs  
school event planners  
milk mustache photos  
picture frames

## competition ideas

sports clinics  
parent vs. student games  
3-on-3 basketball  
golf tournament  
scavenger hunt  
lip-sync contest  
cheerleading clinic  
tennis tournament  
horseshoe pitching  
variety nights  
fun runs

## other ideas

outdoor pet wash  
book fair  
car wash  
student-for-hire day  
singing grams  
gift wrapping  
exercise equipment  
spelling bee  
bowling night  
skate night



Wyoming Action for Healthy Kids is dedicated to improving children's nutrition and physical activity by enhancing the school and community environments so children can learn, participate in, and enjoy positive lifestyle behaviors, including respect for body-size diversity.

[www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org)



WIN Wyoming educates people to respect body-size diversity and to enjoy the benefits of active living, pleasurable and healthful eating and positive self-image. WIN Wyoming is coordinated through Family and Consumer Sciences, University of Wyoming Cooperative Extension Service.

[www.uwyo.edu/winwyoming](http://www.uwyo.edu/winwyoming)

*"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."*

— Hippocrates c. 460 - 377 B.C.