# School Solutions

**for Snacks, Activities, Classroom Rewards and Fundraising**

![MyPyramid.gov](https://example.com/my-pyramid.png)

**Steps to a Healthier You**

## Snacks at School

Snacks 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

<table>
<thead>
<tr>
<th>Grains</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini bran muffins</td>
<td>Whole grain cereal</td>
</tr>
<tr>
<td>Graham crackers</td>
<td>Granola</td>
</tr>
<tr>
<td>Breadsticks</td>
<td>Pretzels</td>
</tr>
<tr>
<td></td>
<td>Cereal bars</td>
</tr>
<tr>
<td></td>
<td>Graham crackers</td>
</tr>
<tr>
<td></td>
<td>Granola</td>
</tr>
<tr>
<td></td>
<td>Whole grain crackers</td>
</tr>
<tr>
<td></td>
<td>Bagel bites</td>
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<tr>
<td></td>
<td>Low-fat popcorn</td>
</tr>
<tr>
<td></td>
<td>Ramen noodles</td>
</tr>
<tr>
<td></td>
<td>Animal crackers</td>
</tr>
</tbody>
</table>

## Vegetables & Fruits

Fruits and vegetables help heal cuts and bruises and help you see in the dark

<table>
<thead>
<tr>
<th>Vegetables &amp; Fruits</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>100% fruit juice</td>
<td>Dried fruit (raisins, apricots, cranberries, mango, pineapple, blueberries)</td>
</tr>
<tr>
<td>Fruit cups (applesauce, oranges, peaches, pears)</td>
<td>Fruit, yogurt &amp; cereal salsa</td>
</tr>
<tr>
<td>Cheesecake</td>
<td>Pre-packed salad</td>
</tr>
<tr>
<td>100% vegetable juice</td>
<td>Cut vegetables &amp; low-fat dressing</td>
</tr>
</tbody>
</table>

## Milk

Milk, yogurt and cheese help build strong bones and teeth

<table>
<thead>
<tr>
<th>Milk</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low-fat milk</td>
<td>Cheese cubes</td>
</tr>
<tr>
<td>Flavored milk yogurt</td>
<td>String cheese</td>
</tr>
<tr>
<td>Yogurt</td>
<td>Pudding cups</td>
</tr>
<tr>
<td></td>
<td>Yogurt tubes</td>
</tr>
<tr>
<td></td>
<td>Cheese and crackers</td>
</tr>
<tr>
<td></td>
<td>Smoothies</td>
</tr>
</tbody>
</table>

## Meat & Beans

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

<table>
<thead>
<tr>
<th>Meat &amp; Beans</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trail mix</td>
<td>Peanut butter</td>
</tr>
<tr>
<td>Bean dip</td>
<td>Nuts and seeds</td>
</tr>
<tr>
<td>Tuna salad</td>
<td>Beef jerky</td>
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<tr>
<td></td>
<td>Cup of chili</td>
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<tr>
<td></td>
<td>Hard-boiled egg</td>
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<tr>
<td></td>
<td>Hummus</td>
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</tbody>
</table>

## 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.

Be aware of food allergies, which can be serious.
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

“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.