

Eat Right

Food, Nutrition and Health Tips from Kids Eat Right

Healthy Schools. It's a Team Effort.

USDA has links to many wellness resources at <http://healthymeals.nal.usda.gov/local-wellness-policy-resources/school-nutrition-environment-and-wellness-resources-0>



1: Join or create a School Wellness Team or Council.

Resources:

Fuel Up To Play 60: Team Building

<http://school.fueluptoplay60.com/gameplan/team/team-building-info.php>

Alliance for a Healthier Generation

https://schools.healthiergeneration.org/_asset/wwj4dq/SchoolWellnessCouncilToolkit.pdf

2: Assess the current wellness environment.

Resources:

Fuel Up To Play 60: School Investigation

<http://school.fueluptoplay60.com/tools/view.php?id=15749498>

Alliance for a Healthier Generation

https://schools.healthiergeneration.org/_asset/wwj4dq/SchoolWellnessCouncilToolkit.pdf

3: Implement one or two healthy changes.

Resources:

Start a walking school bus.

<http://www.walkingschoolbus.org/>

Promote breakfast at school.

<http://www.fueluptoplay60.com/>

<http://www.breakfastintheclassroom.org/>

Serve up a healthy taste test.

<https://njaes.rutgers.edu/pubs/fs1210/>

Push an after-school snack cart.

<http://school.fueluptoplay60.com/community/view-story/38722530>

Help fight hunger in your area.

<http://www.ysa.org/featuredresource>

Get involved in farm-to-school activities.

<http://www.farmtoschool.org/>

Dig into a school garden.

<http://healthymeals.nal.usda.gov/resource-library/school-and-preschool-gardens/school-garden-resources>

4: Evaluate, celebrate and repeat:

Resources:

Fuel Up To Play 60 Student Blog

<http://blog.fueluptoplay60.com>

Healthier Middle Schools: Everyone Can Help

<http://www.fns.usda.gov/tn/resource-library-healthier-middle-schools>

**School
Nutrition
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