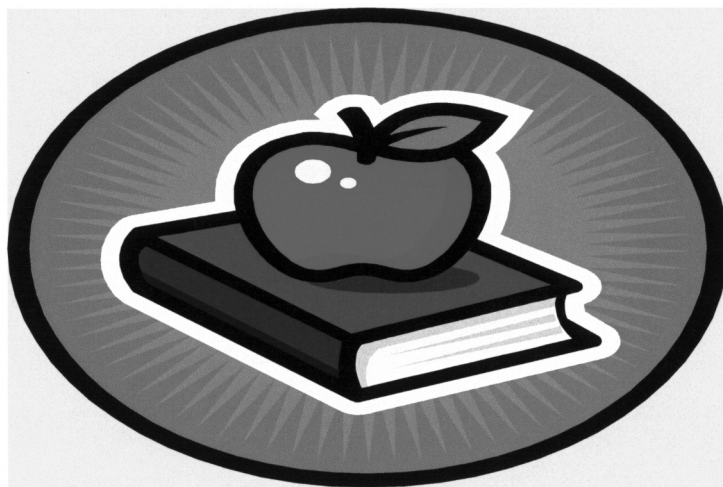


Wellness Rules in New Jersey Schools

New Jersey Model School Nutrition Policy Resources



Sound Nutrition, Physical Activity and Academic Excellence

DIVISION OF
FOOD AND
NUTRITION



NEW JERSEY
DEPARTMENT OF AGRICULTURE



New Jersey
Action for Healthy Kids®

Resources By Topic

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Make Time for Family Meals!

Research shows that if you make family mealtimes a regular activity you may enjoy the benefits of eating together long after your meal ends.

What Does the Research Say?

- Children who eat dinner with their families every night of the week are **20 percent less likely to drink, smoke, or use illegal drugs.**¹
- Teens who eat frequent family dinners are **less likely** than other teens **to have sex at young ages, get into fights, or be suspended from school**, and they are at **lower risk for thoughts of suicide.**²
- By eating with your children, it is more likely that they will **eat healthier foods and more balanced meals.**³

1. *Arch Pediatr Adolesc Med.* 2004; 158:792-796

2. National Center on Addiction and Substance Abuse at Columbia University (2003). "The Importance of Family Dinners." Available at http://www.casacolumbia.org/Absolutenm/articlefiles/Family_Dinners_9_03_03.pdf

3. *J Am Diet Assoc.* 2003 Mar; 103(3):317-22



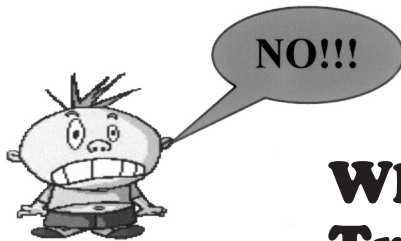
More About Family Meals

Family Meals . . .

- Foster warmth, security and love, as well as feelings of belonging.
- Build communication, a chance for parents and children to talk.
- Help prevent tobacco, alcohol and drug abuse through parental influence and involvement.
- Involve and connect parents with what is happening in their children's lives.
- Are usually more nutritious and healthy.
(Home-prepared meals usually contain more fruits, vegetables, and dairy products. Home cooked meals are usually not fried or highly salted, plus soda and sweetened beverage consumption is usually lower at the dinner table.)
- Are less costly.
(Purchased meals usually cost two to four times more than home prepared meals.)
- Create pleasant memories that last a lifetime.

Suggestions to make family mealtimes a positive memory:

- ✓ **Assign a team of family members a monthly meal.**
(Have them plan a theme, decorate, play music and games.)
- ✓ **Try a new food together.**
(Select items from the attached "Salad Bowl" list.)
- ✓ **Celebrate a "Family Salad Bar Night" each week.**
(Select items from the attached "Salad Bowl" list.)
- ✓ **Make chatting fun. Ask entertaining questions!**
(Can you pat your head and rub your stomach at the same time? Who is the best cook in the family? Who can name a fruit or vegetable beginning with the letter A, B, C . . . Z? What is your favorite food? What was your favorite vacation?)



What if My Child Won't Try New Foods?

- **Encourage children to follow your example and try new foods.**
(No forcing, bribing or scolding. Try for at least one bite.)
- **Introduce a new food first, before the stand-by favorites.**
(They may be more willing to try when they are hungry.)
- **Be patient, it can take 8–10 exposures to a new food before it is accepted.**
- **Involve your family in menu planning, grocery shopping, and food preparation.**
(Preschoolers can tear lettuce, cut bananas, and set the table. Older children can pour milk, peel vegetables, and mix batter. Teenagers can dice, chop, bake, and grill. Working as a team puts the meal on the table faster, as well as makes everyone more responsible and accepting of the outcome.)



Information for Parents and Caretakers

Family Activity: Choose a food that you are not familiar with from the list, circle the name with a pencil. Purchase the food, prepare, and eat it. Select a new food item to try each week. Adding new fruits and vegetables will expand the variety of foods your family eats.

Salad Bowl

The foods and recipes contributed by the many ethnic groups making up the United States population are what make the foods we eat so wonderful. It is interesting to learn how many of the fruits and vegetables eaten by different ethnic groups are eaten by your family.

Using a colored pencil, circle the foods your family now eats from the list below.

ASIAN

Fruits:

apple
banana
carambola
Chinese banana
Chinese pear
dates
fig
fruit juices
grape
guava
kumquat
kitchi
lime
loquat
lychee
mango
orange
papaya
passion fruit
persimmon
pineapple
pomelo
pomegranate
plum
tangerine
watermelon

Vegetables:

bamboo shoots
bean sprouts
bitter melon
bok choy

broccoli
celery
cucumber
daikon
eggplant
fuzzy melon
ginger
leek
mushroom
mustard greens
napa cabbage
onion
potato
snow peas
spinach
squash
taro
tomato
turnip
water chestnut
winter melon
yam

AFRICAN-AMERICAN

Fruits:

apple
banana
berries
fruit juices
peach
watermelon

Vegetables:

beets
broccoli
cabbage
chard
collard greens
corn
garlic
green beans
green pepper
hominy
hot pepper
kale
mustard greens
okra
onion
potato
spinach
squash
sweet potato
tomato
yam

LATINO

Fruits:

apple
avocado
banana
canned fruit
cherimoya
coconut
guava
lemon
lime

mango
melon
orange
papaya
passion fruit
pineapple
strawberry
sugar cane
zapote

Vegetables:

agave
avocado
cabbage
cactus leaves
carrot
cassava
chilies
corn
jicama
onion
peas
potato
squash
squash blossoms
sweet potato
tomatillo
tomato
turnip

NATIVE AMERICAN

Fruits:

blackberry

blueberry
canned fruit
chokeberry
crab apple
cranberry
currants
elderberry
grapes
ground cherry
huckleberry
musk melon
peach
persimmon
raspberry
salmon berry
strawberry
watermelon
wild plum
wild rhubarb

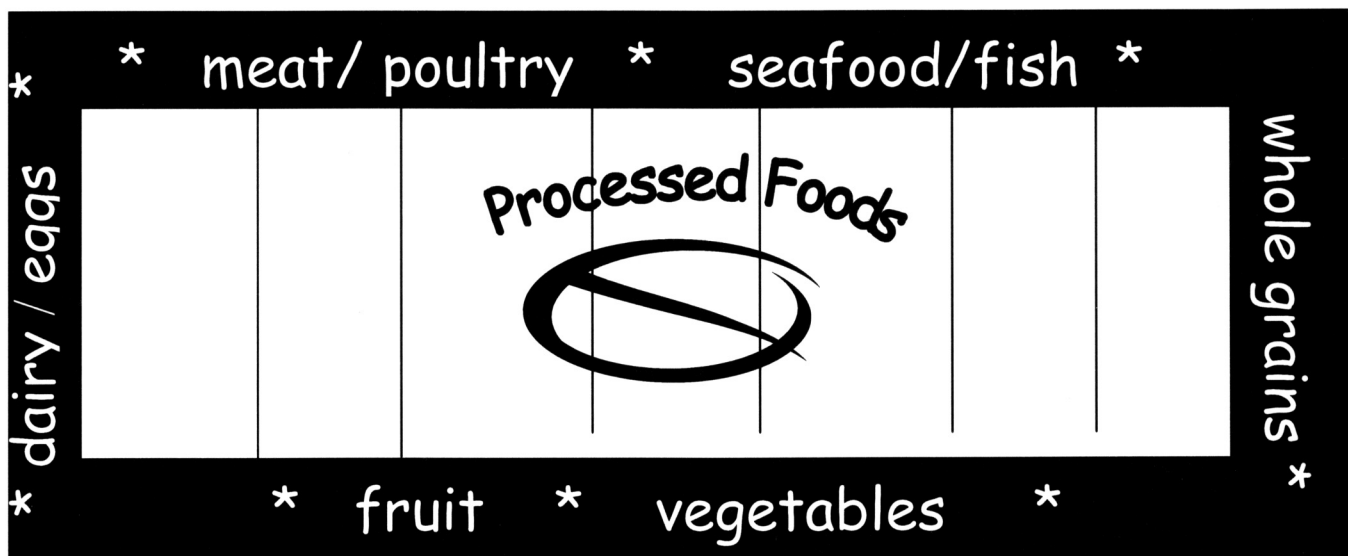
Vegetables:

bitter root
cactus leaves
corn
Jerusalem artichoke
kelp
miners lettuce
mushroom
pumpkin
turnip
wild carrot
wild celery
wild potato

Team Nutrition Community Nutrition Action Kit

Healthy Shopping 101

Shop the perimeter of the store for
natural, unprocessed whole foods!



Healthy Snacking Tips for Parents

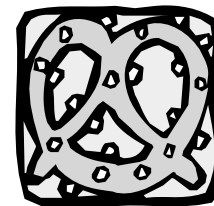
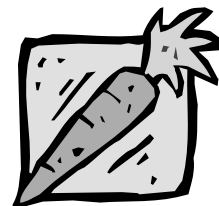
Snacks can be good for your child. In fact, many children need snacks to help meet their nutritional needs.

If your child is going to snack, try to follow these tips:

- Follow portion size on package
- Don't snack too close to meal time
- Snack only if hungry
- Avoid high sugar, trans fats and high fat snacks

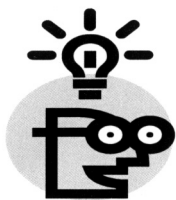
HEALTHY SNACK SUGGESTIONS:

- GRAHAM CRACKERS
- ANIMAL CRACKERS
- BAKED POTATO CHIPS
- PRETZELS
- BAKED TORTILLA CHIPS WITH SALSA
- UNSWEETENED APPLESAUCE
- CARROT STICKS
- RICE CAKES
- LOW FAT POPCORN
- MINI BAGELS WITH PEANUT BUTTER
- FRESH FRUIT & RAW VEGETABLES
- LOW-FAT GRANOLA BARS
- STRING CHEESE
- LOW-FAT YOGURT
- WHOLE WHEAT CRACKERS
- UNSWEETENED DRY CEREAL
- LOW FAT MINI MUFFINS
- HOME MADE TRAIL MIX (mini pretzels, high fiber cereal, raisins, nuts etc)



***REMEMBER—TRY to FOLLOW SCHOOL NUTRITION STANDARDS PER SNACK SERVING:**

- 8 GRAMS TOTAL FAT or LESS
- 2 GRAMS SATURATED FAT or LESS
- NO TRANS-FATS
- SUGAR (IN ANY FORM) SHOULD NOT BE THE FIRST INGREDIENT
- WATCH PORTION SIZE



Healthy and Quick Breakfast Ideas

Studies show that children who eat breakfast are more alert; they learn and perform better in school than children who do not eat in the morning.

Children who see their own parents eating breakfast are more likely to eat breakfast themselves.

Some suggestions for healthy breakfast foods are:

- Toasted bagel with cheese
- Whole grain cereal bar with fruit and yogurt
- Fruit smoothie
- Peanut butter on whole-wheat toast
- String cheese with rye crisp crackers
- Ready-to-eat cereal with fruit and low fat milk*

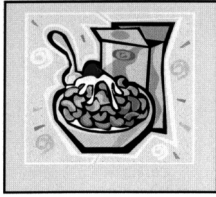
No Time to Make Breakfast?



Here Are Some Tips

- Prepare a casserole the night before. Pop it in the microwave when you wake up and it will be ready to go when you are.
- Try complex carbohydrates, such as whole wheat toast and bagels. Spread peanut butter and raisins on top for added flavor.
- Bake bran muffins early in the week, and then grab one or two each morning. Check out a local bakery for healthy muffin varieties.
- Make waffles Sunday morning and freeze the leftovers. You can pop 'em in the toaster for a homemade breakfast. Also, grocery stores sell frozen whole grain breakfast items.
- Have you ever tried a tortilla for breakfast? Wrap up cold turkey and cheese, grab an apple and you're on your way.
- Make a shake or a smoothie. Blend fruit and yogurt and then drink it in the car. A side option is a small bag of finger foods, such as a mixture of granola and grapes.
- Avoid cold cereals covered with sugar. Read "How to Choose a Healthy Breakfast Cereal" (next page).

*Children under 2 yrs old should be served whole milk.



How To Choose A Healthy Breakfast Cereal

- Remember the **“Rule of Fives”**: Choose cereals with at least **5 grams of fiber** per serving, and **less than 5 grams of sugar**.
- Look for each serving to contain at least **3 grams of protein**.
- Read the ingredients list. The **top ingredients** should be **“whole wheat”, or “wheat bran”**—not just “wheat”. These whole grains are naturally low in fat, and high in fiber.

Additional Tips



- For a fiber-rich, healthy breakfast cereal enjoy whole grain cereals like oatmeal and cold cereals listing the word “whole” as the first ingredient.
- Add sweetness with fresh, frozen, or fruit canned in its own juice. Give sliced bananas, canned peaches, frozen blueberries, or fresh strawberries a try.
- Top it all off with some low-fat milk or soymilk.
- If your children are screaming for the sweeter stuff, first try to go half-and-half. For example half the usual amount of sweetened cereal mixed with half unsweetened cereal. The amount of sugar and flavorings is more than ample to sweeten the contents in the entire bowl.
- Ignore those catchy claims on the front of the box. Go straight to the nutrition facts label.
- Avoid cereals that list hydrogenated oils, artificial dyes or colors, and chemical preservatives as ingredients—these have no place in a healthy diet!

Breakfast eaters boost their metabolism at the start of the day, and usually end up eating less by the end of it.

Amended from “Breakfast Cereal Scams, Don’t Let Eye-Catching Phrases Fool You!” and “Healthy and Quick Breakfast Ideas, Eat Right, Even When There’s No Time”, accessed on October 25, 2006 from: www.sparkpeople.com/resource/nutrition_articles.asp?id=427 http://www.sparkpeople.com/resource/Nutrition_articles.asp?id=64

A+ Sack Lunches!

Packing a Healthy Lunch

Children get about one-third of their daily calories at lunch. Make those calories count by packing a sack lunch that is tasty, fun, and healthy. Beat the brown bag blues by giving your kid's lunch a punch with these tips:

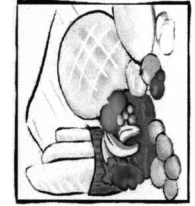
1. Sneak in fiber, vitamins, and minerals to old-time favorite peanut butter and jelly by adding raisins, sliced banana, or sliced strawberries.
2. Don't be a square! Use cookie cutters to cut sandwiches into fun shapes.
3. Jazz up sandwiches with breads like pita, tortillas, and buns.
4. Change it up! More colors, textures, and flavors add interest and appeal.
5. Take a dip. Pack fresh vegetables or fruits with a container of low-fat dip.
6. Put a twist on things. Make a pasta salad using fun-shaped, colored pasta.
7. Got milk? Milk is the best option for a drink. Fruit juices are OK, but make sure it is 100% juice. Watch out for fruit drinks and fruit sodas, which are just sugar and water.
8. Build a healthy lunch by following MyPyramid. Try to select foods from each group.



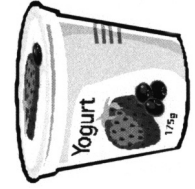
Lunch Box Stuffers

Instead of high-fat, high-sugar cookies, potato chips, and candies, stuff lunch boxes with these easy and nutritious munchies:

Baked Chips and Salsa
Low-fat Trail Mix
Bread Sticks
Low-fat Yogurt
Cheese Sticks
Dried fruit



Fresh Fruit
Veggie Sticks
Graham Crackers
Pretzels
Low-fat Popcorn
Low-fat Pudding

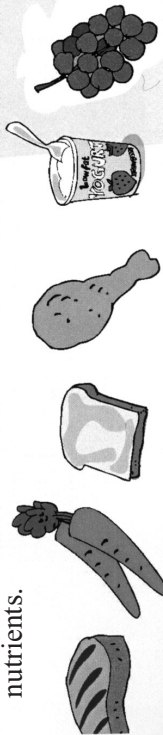


Information for Parents and Caretakers

Tips for Families

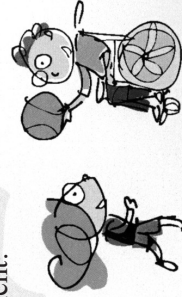
Eat Right

- 1 Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.
- 2 Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.
- 3 Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
- 4 Get your calcium-rich foods..** To build strong bones serve lowfat and fat-free milk and other milk products several times a day.
- 5 Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- 6 Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
- 7 Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

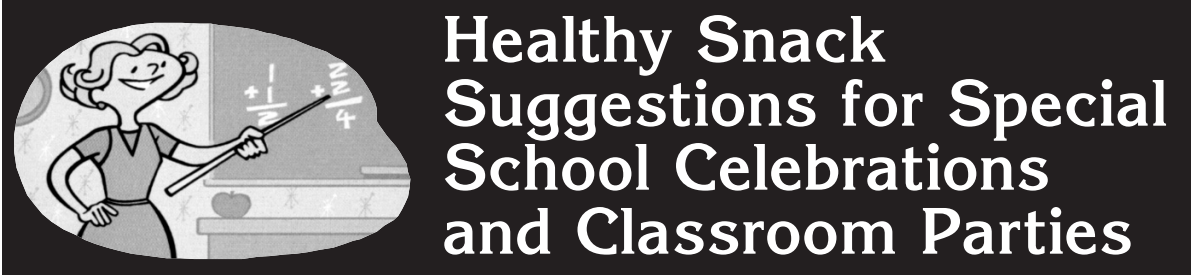


Exercise

- 1 Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
- 2 Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at www.presidentschallenge.org.
- 3 Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes every day or most days.
- 4 Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.
- 5 Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
- 6 Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- 7 Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

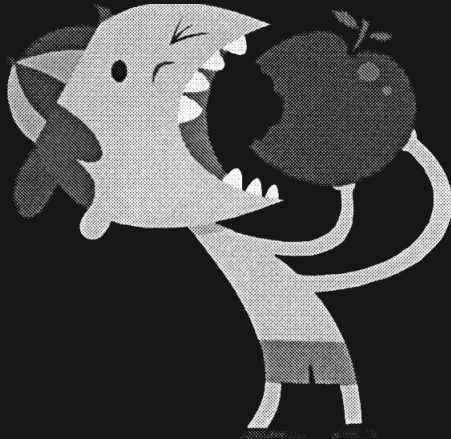


Healthy Classroom Snacking A - Z



- **A**pples
- **B**ananas
- **C**arrots
- **D**ry cereal (*unsweetened, whole grain*)
- **E**damame (*soy beans*)
- **F**ig bars
- **G**raham crackers w/ peanut butter
- **H**ummus w/ whole wheat pita bread
- **I**ndividual pudding cups (*low fat*)
- **J**uice (*100% fruit juice*)
- **L**ow-fat cheese
- **M**ini muffins (*low fat*)
- **N**ectarines
- **O**range sections
- **P**retzels, Popcorn (*low fat*)
- **R**ice cakes
- **S**trawberries, smoothies (*fruit and low fat yogurt*)
- **T**ortilla chips (*baked*) w/ salsa
- **U**nsweetened applesauce
- **V**anilla yogurt (*low-fat*) dip with fruit
- **W**alnuts
- **Y**ogurt, frozen (*low fat*)
- **Z**ucchini sticks w/ (*low fat*) ranch dressing

Healthy School Parties



- Fresh fruit
- Raw vegetables/low fat ranch dip/salsa
- Baked chips
- Low fat popcorn
- Baked tortilla chips/salsa
- Nuts* & seeds
- Fig cookies
- Low fat pudding
- Soft pretzels & mustard
- String cheese
- Granola bars
- 100% fruit juice
- Bottled water
- Low fat milk
- Animal crackers

Things to Remember:

- Avoid allergic reactions in the classroom. The most common food allergens in children are eggs, milk and peanuts.
- Include physical activity (active games, dancing, walking, etc).
- Food safety - keep hot foods hot / cold foods cold, avoid cross contamination and wash hands and surfaces often.

Special Treats

- Tiny Pizzas
- Frozen Yogurt Pops
- Ants on a Log
- Light Boo Cups
- Holiday Jigglers

see Section 8 for recipes

*Always be aware of any food allergies of students and staff.

Be a Good Role Model

Provide Healthy Foods at:

- Meetings
- In-Services
- Catered Events



Breakfast:

- Fruit
- Oatmeal
- Yogurt (low fat)
- Mini muffins
- Mini bagels
- Cream cheese (low fat)
- Trans fat-free spreads/ margarine
- Granola bars
- 100% Juice
- Bottled water
- Milk (low fat)
- Tea
- Coffee
- Fat free half & half

MENU

Lunch/Dinner:

- Pasta ,tofu & veggie salads/ low fat dressing
- Vegetable sushi rolls
- Salmon/ poached or steamed
- Lean beef/ turkey/ chicken
- Baked potato or sweet potato
- Steamed veggies
- Whole grain rolls
- Low fat ice cream or frozen yogurt
- Small slices of cake (2" square)
- Fresh fruit salad

Snacks:

- Fresh fruit/ low fat yogurt dip
- Raw veggies/ low fat dressing or salsa
- Pretzels/ honey mustard
- Baked tortilla chips/ salsa dip
- Low fat popcorn
- Whole grain crackers/ low fat cheese
- Angel food cake/ fruit topping

Tips for Selecting Healthy Foods for Meetings and Catered Events

- Always offer a vegetarian entrée
- Choose lean meats and low fat cheese
- Include whole grain breads
- Avoid fried foods and/or cream sauces
- Include at least one non-starchy vegetable without butter or cream sauces
- Request low fat or fat free preparation methods / broiled, baked, grilled or steamed
- Serve low fat or fat free dressings on the side
- Choose tomato based sauces
- Order sandwiches on whole grain bread without high fat condiments added
- Request whole grain waffles and French toast
- Offer fat free half and half and trans fat-free spreads or margarine instead of butter
- Include fresh fruit
- Request desserts in small portion sizes
- Offer reduced fat and lower calorie desserts
- Provide reduced calorie beverages and/or unsweetened ice tea





Creative & Healthy Fundraising Ideas/ Alternatives to Selling Candy

What can you sell?

- Greeting cards
- Gift wrap, boxes, and bags
- Magazine subscriptions
- Gift coupons
- Holiday wreaths, poinsettias
- Mother's Day flower baskets, plants, bulbs, seeds
- Cookbooks (healthy!)
- Books, calendars, family planners
- Advance tickets—hockey, movie rentals, theaters, etc.
- Pet treats, toys, accessories
- Popcorn
- Specialty shaped pastas

- First aid kits
- Craft kits
- Car kits
- Batteries (everyone uses them!)
- Tupperware
- Holiday ornaments
- Raffle tickets (get creative!)
- Gift baskets of fruit & cheese
- Christmas trees
- Newspaper space, ads
- Stationary, computer paper
- Dried fruits, nuts
- Boxes of apples, oranges
- Candles, air fresheners

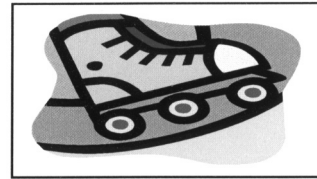
What can you do?

- Gift wrapping during holidays
- Fun runs
- Walk-a-thons, bike-a-thons
- Rent-a-teen helper (rake leaves, mow lawns, wash dog, etc.)
- Singing telegrams
- Car wash (pre-sell tickets as gifts)
- Art show
- Read-a-thons
- Carnivals
- Dances

- Golf tournament
- Bowling night/ bowl-a-thon
- Skate night/ skate-a-thon
- Talent shows/ magic shows
- Family/ glamour portraits
- Garage sale
- Craft sale
- Dinner dance
- Jump rope-a-thons
- Skate night
- Movie night
- Auction

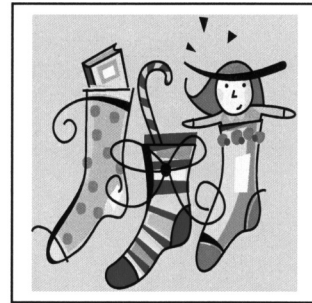
Adapted from California Department of Health Services, California Project LEAN

Creative Fundraising & Funding Sources



What items can be sold to promote your school?

- **Cookbooks** (*recipes contributed by members of school community*)
- **T-shirts, sweatshirts, hats, scarves, etc.**
- **Bumper stickers, license plate holders**
- **Pens, mugs, calendars**
- **Yearbook sales**
- **Stadium cushions**
- **Spirit/seasonal flags**
- **Frisbees**
- **Magnets**



What can you collect?

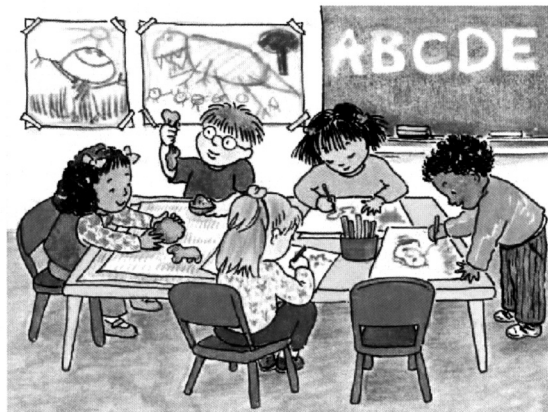
- **Soup can labels**
- **Receipts for participating store rebate programs**
- **Used printer cartridges** (*some companies have school programs*)

Adapted from: California Department of Health Services, California Project LEAN



Tips for Creative Fundraising

- Cookbook featuring favorite recipes of school families and staff members
- Calendars designed by students
- Benefit shopping days sponsored by local department stores
- Scrip: Gift Certificates schools buy at a discount (usually 8-10% off face value) and re-sell at full face value (some department stores sell "scrip certificates"; examples: www.macys.com/store/service/fundraising/JSP; www.jcpgiftcard.com/fundraising.asp)
- Schoolpop: register at this site and your school will get a donation every time you shop; hundreds of on-line merchants www.schoolpop.com/cgi/welcome.cgi
- Organize special dinners or wine and cheese tastings for parents at local restaurants with or without a live or silent auction
- G.S.T. auction (*goods, services, & talents*): solicit local businesses, parents or groups of children to donate anything they can offer for auction
- Community job fair: charge admission and rent booth space
- Have a school rummage, clothing or plant sale



Creative Fundraising & Funding Sources



Websites and Databases for Grants

The Healthy Youth Funding Database, maintained by the Center for Disease Control (CDC), lists grants and funding sources for promoting the 8 components of the coordinated school health approach.

The Center for Health and Health Care in Schools maintains a “grant alerts” page that provides resources on numerous health-focused grants for schools.

The National Association for Sport and Physical Education (NASPE) maintains a website of grant sources to fund physical activity-related projects.

Specific Grants

Carol M. White Physical Education Program (PEP) Grants, administered by the U.S. Department of Education, provide funds for local educational agencies to initiate, expand, and improve physical education programs.

Safe Schools/Healthy Students Grants, administered by the U.S. Department of Education, support comprehensive education, mental health, law enforcement, juvenile justice system, and social services that promote healthy child development and safe, disciplined, drug-free school environments.

Robert Wood Johnson Foundation, a non-profit organization seeking to improve the health and health care of all Americans, awards grants to combat childhood obesity by promoting healthy eating and physical activity in schools and communities.

The Blue Cross Blue Shield Foundation, has state-specific chapters, many of which provide grants for improving healthcare and access in low income communities. Also, if Blue Cross Blue Shield provides healthcare for your staff, you may be able to work with them to provide on-site health services, health and wellness fairs, or staff health services.

The American Alliance for Health, Physical Education, Recreation and Dance (AAPHERD), offers grants to support and enhance physical activity and physical education programs in schools.

The 3-A-Day Nutrition Educational Grant Program, supported by the National Dairy Council, funds programs designed to improve overall diet, by including three servings of milk, cheese, or yogurt in children’s diets each day.



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Living
Well

Fact Sheet 1063

Everyone Loves Rewards - Fun Alternatives to Food A Guide for Parents & Teachers



Daryl Minch, M.Ed., CFCS
Family and Community Health Sciences Educator



Everyone loves rewards for a job well done, a special achievement, a good performance, and more. What's nicer than a ribbon at the science fair or a trophy for the soccer tournament or a gift certificate for the spelling bee? We all like to know we've done a good job. We also like something nice, after doing something challenging or time-consuming. For example, getting a reward after a day of raking leaves or studying for a difficult test. Parents and teachers like to reward children for their accomplishments and good behavior. The question is: what to use for rewards?

Many times we use food such as ice cream or candy as a reward. While using food once in a while is fine, using it all the time can add pounds to the body. The calories spent cleaning a room or walking the dog rarely outweigh the ice cream sundae used as a reward. The trouble is that many times food rewards are high in calories, low in nutrients, and add too many extra calories to our diets. Rarely do we choose the orange or pepper slices as a reward. And unless you brush often, the sugar is bad for your teeth. A healthier alternative is to use non-food rewards.

Tips for Giving Rewards

- Rewards should match the age, interests and abilities' of the child.
- A smile, hug, kiss or words of praise are often enough reward. Use them frequently and sincerely. "Wow,

you worked hard on that project. I'm proud of you!"

- Rewards for young children (under 5) are best given at the time the behavior or event occurs. They can't wait for reinforcement.
- Older children and teens can delay their gratification, so you can wait to give a reward or accumulate "points" towards the rewards. One technique is to use a chart system, where you earn a star for doing something and after you earn 10 or more stars you get the reward.
- Another popular reward is just spending more time with Mom, Dad or siblings doing fun things - a board game, taking a walk, playing catch, reading a story, building with Legos™, etc. You open the door for conversation and create lasting memories at the same time.
- Most child development experts say to avoid using money for rewards, since it gets expensive. Many things like cleaning one's room, getting good grades, or feeding a pet should happen because it's for the good of the family or for personal goals, not because you're paid to do it.
- In the classroom, try to find something you can reward every student for during each semester. One student may excel in math, while another is always helpful to others, both could get a reward. Everyone wants to feel special. You may be surprised by the positive results from regular praise or other rewards.



Alternatives to Food Rewards

Ideas for the Family



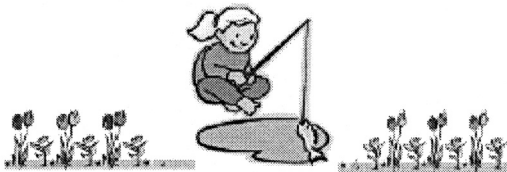
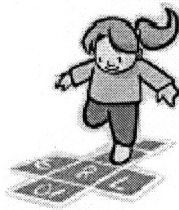
Children under 5: (Be sure item is safe & appropriate for the age of your child)

- A homemade or purchased card
- Stickers
- Inflated Mylar balloons (latex ones can be choking hazard)

- Modeling compound, clay
- Small stuffed animals
- Sidewalk chalk
- Large crayons or markers

Children 5 to 13: (Be sure item is safe & appropriate for the age of your child)

- A homemade or purchased card. Add some confetti for fun.
- Notes of congratulations or encouragement on mirrors, pillows, in lunch bags, or posted on a sign on the door
- A star on the door or refrigerator with their name & accomplishment
- Small plastic balls, animals, insects or other toys
- Inflated balloons
- Marbles
- Trading cards (1 or 2 at time)
- Use a special plate or glass at a meal for your "star" (Party stores have plastic gold plates.)
- Inexpensive jewelry
- Lip balm & sample size lotions
- Stickers & temporary tattoos
- Notepads
- Modeling compound, clay, or other modeling & stretchy, gooey stuff
- Pencils, pens, chalk, & markers



- Art supplies
- Pay for downloading 1 or 2 songs
- Bigger prizes earned over time for a major achievement:
 - Purchase a magazine or book
 - Rent or purchase a CD, DVD, video or electronic game
 - Trip to movies or other favorite spot (park, mall, arcade, beach)
 - Toy or game
 - Clothing



Teens:



- Cards or notes
- Magnets for lockers
- Pencils, pens & markers
- Pay for downloading 1 or 2 songs
- Inexpensive jewelry
- Inexpensive or travel size make-up, nail polish or lotions
- Use a special plate or glass at meals for your shining star (Party stores have fun plates.)
- Use a sign or balloon or banner for the family to see. (Be careful not to embarrass them with their friends.)
- Bigger prizes earned over time or for major achievement:
 - Purchase of a magazine or book
 - Rent or purchase a CD, DVD, video or electronic game
 - Trip to movies or other favorite spot (mall, park, arcade, beach)
 - Toy or game
 - Clothing



Alternatives to Food Rewards

Ideas for the Classroom

Pre-schools:



- Stickers or stamps on papers
- Award winners pick the story of the day or lead the line to the playground
- Homemade or purchased certificates or ribbons
- Inexpensive medals to wear
- Celebrate with noisemakers, confetti or streamers
- A special hat or crown to wear (kindness hat or "best listener" crown)
- A *Shining Stars* bulletin board. Each star has the accomplishment & photo of the child

Elementary schools:

- Behavior charts with stars and long-term rewards
- Celebration jar - deposit one or more marbles for individual or group good behavior, kindness or achievements. When jar is full, hold a party with or without healthful food.



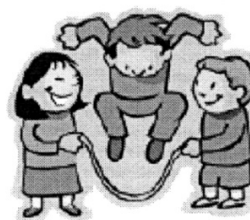
- Stickers or stamps on papers or to take home
- Tattoos
- Fun erasers
- Homemade or purchased certificates or ribbons
- Inexpensive medals to wear
- Small plastic balls, critters, or other toys. Even better if they're stretchy.



- *Shining Stars* or *Wall of Fame* bulletin board. Display certificates of achievement with photos of students.
- Pencils, pens, or markers
- Small containers of putty, gooey stuff or modeling compounds.

Middle and High Schools:

- Notes or cards
- Celebration jar (see above)
- Mail or send home congratulatory notes to parents or guardians
- Stickers or stamps on paper
- Homemade or purchased certificates or ribbons
- Pencils, pens, or markers
- Individual student or class charts. Fill with stars, then earn a prize or privilege
- *Wall of Fame* bulletin board (above)
- Magnets for lockers



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N.J. AGRICULTURAL EXPERIMENT STATION
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NEW BRUNSWICK

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Good Work Coupon

This Coupon Entitles:

Name: _____

For: _____

From: _____

Congratulations

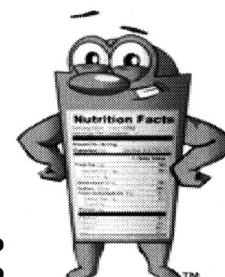


The Language of Labels: 101



Understanding Nutrition Terms

- **Calorie Free**—less than 5 calories per serving.
- **Fat Free/Sugar Free**—less than 1/2 gram of fat or sugar per serving.
- **Lean (meat, poultry, seafood)**—10 grams of fat or less, 4 grams of saturated fat, and less than 95 mg cholesterol per 3 oz. serving.
- **Light**—1/3 fewer calories or 1/2 the fat of the usual food.
- **Juice Drinks/Cocktails**—diluted, sweetened fruit or vegetable juice. *(Usually high in sugar!)*
- **Percent fat free**—reflects the amount of the food's weight that is without fat. *(Example: The statement 95% fat free does not always mean the product is low in total fat — Check fat content on labels!)*
- **% DV = Percent Daily Value**—percent daily value helps you see how a food fits into a 2,000-calorie reference diet. The percentage number tells you if a food contains a little (2%) or a lot (20%) of a nutrient. The overall goal is to attain 100% of your daily value throughout the day.
- **Good Source**—provides at least 10% of the DV (Daily Value) of a particular vitamin or nutrient per serving.
- **Reduced**—25% less of the specified nutrient or calories than the usual product.
- **Less**—a food that contains 25% less of a nutrient or of calories than the reference food.
- **Whole Grains**—entire edible part of any grain: corn, rice, wheat, oats, etc.; important sources of vitamins, minerals and fiber. *Look for the word "whole" as the first ingredient on the food label.*



LABEL LINGO:

Sample label for
Macaroni & Cheese

① Start Here



Nutrition Facts

Serving Size 1 cup (228g)
Serving Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value *

⑤

③ Limit these
Nutrients

Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

④ Get Enough
of these
Nutrients

Quick Guide to % Daily Value (DV)

- 5% or less is Low
- 20% or more is High

⑥ Footnote

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

LABEL LINGO

- 1 **The Serving Size:** Serving sizes are based on the amount of food people typically eat, which makes them realistic and easy to compare to similar foods.

Be careful about *portion distortion* !

Pay attention to the serving size, including how many servings per package, and compare it to how much YOU actually eat. Is your serving the same size as the one on the label? If you eat double the serving size listed (which could be one container), you need to double the nutrient and calorie values.

- 2 **Calories:** Calories measure the energy supplied from food.

Calories Count! Eating too many calories per day is linked to overweight and obesity. 100 extra calories a day equals a 10 lb. weight gain per year.

- 3 **Limit These:**

Total Fat

—Aim low: Most people need to cut back on fat! Too much fat may contribute to heart disease and cancer. Try to limit **calories from fat**.

Saturated Fat

—A new kind of fat? No—Saturated fat is part of the total fat in food.

Trans Fat

—“Deadliest fat?” made from partially hydrogenated vegetable oil, such as margarine, vegetable shortening, and many processed foods. At this time there is not a reference value.

Cholesterol

—Cholesterol is a second cousin to fat and only found in animal products.

Sodium

—You call it “salt,” the label calls it “sodium.”

- 4 **Get Enough of These:**

Dietary Fiber

—Grandmother called it “roughage,” but her advice to eat more is still up-to-date!

Protein

—Most Americans get more protein than they need. Where there is animal protein, there is also fat and cholesterol.

Vitamins & Minerals

—Your goal here is 100% of each for the day. Make sure you get a variety of vitamins and minerals for a balanced diet.

- 5 **% DV = Percent Daily Value:**

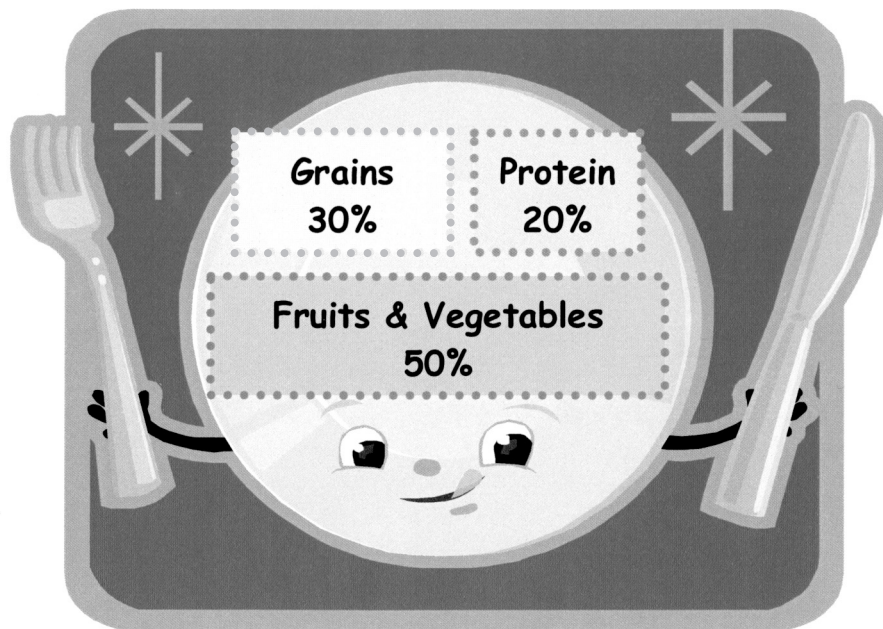
The percent daily value helps you see how a food fits into a 2,000-calorie reference diet. They tell you if a food contains a little (2%) or a lot (20%) of a nutrient. The overall goal is to attain 100% of your daily value throughout the day by eating a variety of foods.

- 6 **Footnote:** Note the “*” used after the heading “% Daily Value”.

Calories per gram:	Fat 9	Carbohydrate 4	Protein 4
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Calorie Conversion Information: Reflects the number of calories per gram provided by carbohydrate, fat and protein. Notice that fat contains more than twice the calories per gram (9 calories) than carbohydrate or protein (4 grams).

Join the Healthy Plate Club! Make Fruits & Vegetables Half Your Plate:



How Much is “Half Your Plate?”

Daily Recommendations of Fruits & Vegetables by Age and Sex *

Age & Sex:	Cups of Fruits & Vegetables:	Daily Calorie Level:
All children 2-3 years	2 cups	1,000
Girls 4-8 years	2-1/2 cups	1,200
Boys 4-8 years	3 cups	1,400
Girls 9-13 years, Women 51 years +	3-1/2 cups	1,600
Boys 9-13 years, Girls 14-18 years, Women 31-50 years	4 cups	1,800
Women 19-30 years	4-1/2 cups	2,000
Boys 14- 18 years, Men 31-50 years	5 cups	2,200
Men 19-30 years	5 cups	2,400

*Quantity recommendations vary by individual depending on calorie needs.
Needs may increase based on physical activity level. (Needs listed above based on sedentary individual)

Source: How much is Half Your Plate? Produce for Better Health Foundation
www.fruitsandveggiesmorematters.org

NUTRIENTS AND THEIR WORK

FOOD GROUP	KEY NUTRIENTS*	ACTION IN THE BODY
Grains	Carbohydrate, fiber, B vitamins, iron	Carbohydrate is the body's major source of energy. B vitamins help in the body's use of energy. Fiber aids the movement of food through the digestive tract. Iron carries oxygen in red blood cells and muscle cells.
Vegetables	Vitamin A, Vitamin C, Folic Acid, Iron, Magnesium, Fiber	Vitamin A helps maintain skin and mucous membranes and aids in vision. Vitamin C helps the body heal and fight infections. Folic acid is needed for healthy blood cells and is important for cell division, such as in pregnancy and growth. Magnesium is found in bones and is important for muscle and nerve functioning.
Fruits	Vitamin A, Vitamin C, Potassium, Folic Acid, Fiber	Potassium maintains the heart beat, regulates body fluids, and is needed for muscle and nerve functioning.
Protein	Protein, B Vitamins, Iron, Zinc	Protein provides the building blocks needed for growth, replacement and maintenance of body tissues. Zinc is necessary for healing, taste perception, growth, and sexual development.
Dairy	Calcium, Riboflavin, Protein	Calcium is needed for the development and maintenance of healthy bones and teeth. Riboflavin is a B vitamin that helps the body use energy.
"Use Sparingly" (Not a food group)	(Simple) Carbohydrates, Fat	Simple carbohydrates or sugars provide energy but few other nutrients. Fat is a source of energy and helps in the absorption of certain vitamins.

**There are more than 40 different nutrients with many different functions that are required for good health. Each food group contributes many other nutrients in addition to the "key nutrients," listed here.*

Reprinted from: "How to Teach Nutrition to Kids"
by Connie Liakos Evers, MS, RD



NUTRIENT SOURCE CHART



Good Sources of Vitamin A—Vegetables and Fruits. The vegetables and fruits listed below will supply at least 750 International Units of Vitamin A per 1/4- or 1/2- cup serving.

1/4-cup serving (about 1500 or more International units of Vitamin A.)		1/4-cup serving (about 750-1500 International Units of Vitamin A)	1/2-cup serving (about 750-1500 International Units of Vitamin A)
Beet Greens Carrots Chard, Swiss Chili Peppers, Red Collards Cress, Garden Dandelion Greens Kale Mangoes Mixed Vegetables	Mustard Greens Peas & Carrots (canned or frozen) Peppers, Sweet Red Pumpkin Spinach Squash, Winter (acorn, butternut, hubbard) Sweet Potatoes Turnip Greens	Apricots Broccoli Cantaloupe Chicory Greens Papayas Purple Plums (canned)	Asparagus, Green Cherries, Red, Sour Chili Peppers, Green, (fresh) Endive, Curly Escarole Nectarines Peaches (except canned) Prunes Tomatoes Tomato Juice or Reconstituted Paste or Puree

Good Sources of Vitamin C—Vegetables and Fruits. The vegetables and fruits listed below will supply about 8 milligrams or more of Vitamin C (ascorbic acid) per 1/4-cup serving.

1/4-cup serving (about 25 milligrams or more of Vitamin)	1/4-cup serving (about 15-25 milligrams of Vitamin C)	1/4-cup serving (about 8-15 milligrams of Vitamin C)
Broccoli Brussels Sprouts Chili Peppers, Red & Green Guavas Orange Juice Oranges Papayas Peppers, Sweet Red & Green	Cauliflower Collards Cress, Garden Grapefruit Grapefruit Juice Grapefruit-Orange Juice Kale Kohlrabi Kumquats Mangoes Mustard Greens Pineapple Juice (canned-Vitamin C restored) Strawberries Tangerine Juice Tangerines	Asparagus Cabbage Cantaloupe Dandelion Greens Honeydew Melon Okra Potatoes (baked, boiled or steamed) Potatoes (reconstituted instant mashed-Vitamin C restored) Raspberries, Red Rutabagas Sauerkraut Spinach Sweet Potatoes (except those canned in syrup) Tangelos Tomatoes Tomato Juice or Reconstituted Paste or Puree Turnip Greens and Turnips

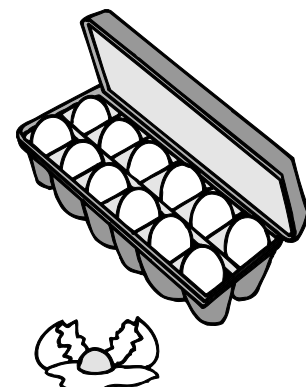
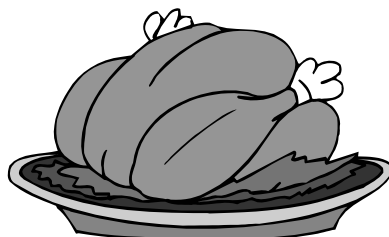
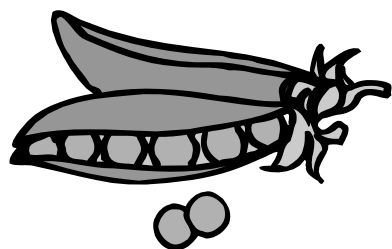


NUTRIENT SOURCE CHART (con't.)



Good Sources of Foods for Iron. The extent the body can make use of the iron in foods depends not only on the amount of iron in foods, but on the source of iron-whether it comes from a meat or a non-meat source-and on the other foods that are eaten in the meal. The body can make better use of the iron in these foods if they are eaten in the same meal along with a good source of Vitamin C.

Meat and Meat Alternate	Vegetables and Fruits	Grains/Breads
Dry beans and peas Eggs Meats (<i>in general, especially liver and other organ meats</i>) Peanut Butter Shellfish Turkey	Apricots (<i>canned</i>) Asparagus (<i>canned</i>) Beans-Green, Wax, Lima (<i>canned</i>) Broccoli Brussels Sprouts Cherries (<i>canned</i>) Dried Fruits-Apples, Apricots, Dates, Figs, Peaches, Prunes, Raisins Grapes (<i>canned</i>) Parsnips Peas, Green Potatoes (<i>canned</i>) Sauerkraut (<i>canned</i>) Squash (<i>winter</i>) Sweet Potatoes Tomatoes (<i>canned</i>) Vegetables: Dark Green Leafy-Beet Greens, Chard, Collards, Kale, Mustard Greens, Spinach, Turnip Greens Vegetable Juice (<i>canned</i>)	All enriched or whole-grain bread and bread alternates.



Good Nutrition for Kids

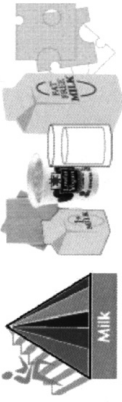
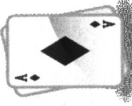
Blueprint for a Healthy Diet:

The food pyramid is still the best blueprint for building a balanced diet. At www.mypyramid.gov, you can obtain a personalized nutrition plan for each member of the family. A healthy diet will help your children build bodies that go the distance. Here is what they need most each day.

Food Group	Serving Size	Daily Recommendation*	A Serving Looks Like...
 Grains <i>bread, cereal, rice, pasta</i> Go for whole grains at least 1/2 of the time.	- 1 slice bread - 1 oz cereal - 1/2 cup pasta, rice, grits, hot cereal - 1/2 English muffin, bun, bagel - 1 tortilla - 1 small muffin	Children 4-8 yrs 4-5 ounces Girls 9-13 yrs 5 ounces 14-18 yrs 6 ounces Boys 9-13 yrs 6 ounces 14-18 yrs 7 ounces	 1/2 cup = tennis ball 1 oz = a large fist
 Vegetables	- 1/2 cup juice - 1/2 cup cooked - 1 cup raw, leafy	Children 4-8 yrs 1-1/2 cups Girls 9-13 yrs 2 cups 14-18 yrs 2-1/2 cups Boys 9-13 yrs 2-1/2 cups 14-18 yrs 3 cups	 1/2 cup = tennis ball 1 cup = a large fist
 Fruits	- 1/2 cup juice - 1 medium fruit - 1 cup berries - 1/2 cup canned - 1/2 grapefruit - 1/4 cantaloupe - 1/4 cup dried	Children 4-8 yrs 1-1/2 cups Girls 9-13 yrs 1-1/2 cups 14-18 yrs 1-1/2 cups Boys 9-13 yrs 1-1/2 cups 14-18 yrs 2 cups	 1/4 cup = golf ball 1/2 cup = tennis ball 1 cup = a large fist

Good Nutrition for Kids

Blueprint for a Healthy Diet: (continued)

Food Group	Serving Size	Daily Recommendation*	A Serving Looks Like...
 Dairy Products	- 1 cup milk - 1 cup yogurt - 1 oz cheese - 1/2 cup cottage cheese, pudding, frozen yogurt	Children 4-8 yrs 2 cups	1 oz cheese = 4 dice 
		Girls 9-13 yrs 3 cups 14-18 yrs 3 cups	
		Boys 9-13 yrs 3 cups 14-18 yrs 3 cups	
 Meats & Beans	- 2-3 oz cooked, lean meat or fish - 2 tbsp peanut butter - 1 egg - 1/4 cup nuts, seeds - 1/2 cup cooked peas or beans	Children 4-8 yrs 3-4 ounces	3 oz meat = deck of cards 
		Girls 9-13 yrs 5 ounces 14-18 yrs 5 ounces	2 tbsp = ping pong ball 
		Boys 9-13 yrs 5 ounces 14-18 yrs 6 ounces	1/4 cup = golf ball 1/2 cup = tennis ball

** These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.*

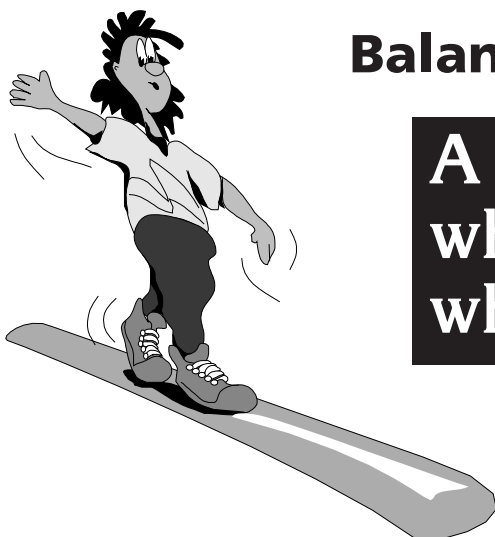


Make physical activity a regular part of the day. Choose activities that you enjoy and can do regularly. Keep it interesting by trying something different on alternate days. What's important is to be active most days of the week and make it part of your daily routine.

Source: http://sparkpeople.com/resource/nutrition_articles.asp?id=465

Where Are You on the Healthy Lifestyle Scale?

Balance Your Act!



**A Healthy weight is
what you eat and
what you do!**

60 minutes per day

Fruits

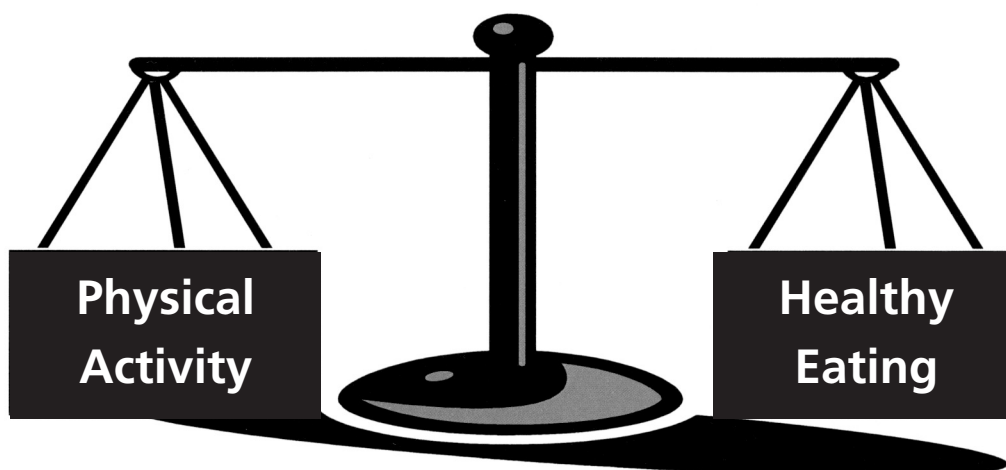
Vegetables

Whole Grains

Low Fat Dairy

Lean Protein

Unsaturated Fats



www.americaonthemove.org

www.sparkpeople.com

No time for the Gym?



No money for expensive equipment?

Find easy ways to increase physical activity.



Pedometers are a great way to keep track of your physical activity.

Many health professionals recommend a goal of taking 10,000 steps per day.

- Pace while talking on telephone — adds nearly 100 steps/minute
- Park farther away from store/office — adds nearly 500 steps
- Four laps around a high school track — adds about 2,000 steps

Walking Steps Equivalents

1 mile = 2100 average steps.

10 minutes of walking = 1200 steps on average

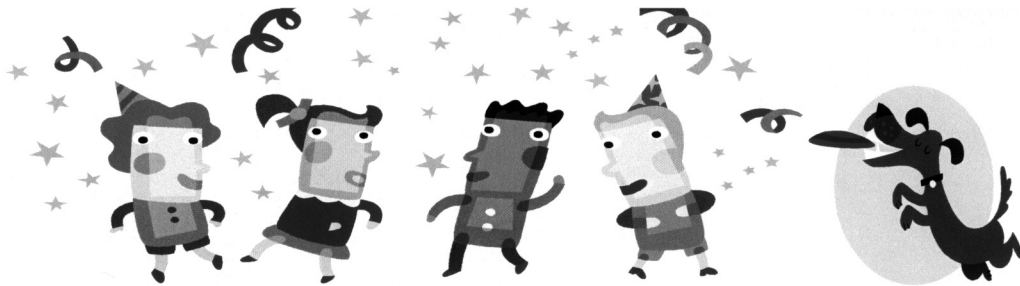
Bicycling or swimming = 150 steps for each minute.

1 block = 200 average steps

Weight lifting = 100 steps per minute

Roller-skating = 200 steps per minute

Get in the Groove and Just Move!



Children and adolescents should engage in at least 60 minutes a day on most, and preferably all, days of the week.

Examples of easy ways to work exercise into your day:

- **Walk the dog** 10 minutes before and after school or work
- **Take 10-minute walks** after breakfast, lunch, and dinner to reach 30 minutes of exercise/day
- **Take the stairs** instead of the elevator
- **Hide the TV remote** and walk to the TV to change channels
- **Walk around the house** during TV commercials
- **Take a family walk after dinner** instead of watching TV or playing computer games
- **Include children in active chores** such as house cleaning, car washing, and yard work
- **Shop and stroll**—Walk the mall and have a ball
- **Go to a park**—Act like a child with your kids and play on the swings
- **Take the President's Challenge as a family.** You can track your individual physical activities together and earn awards for active lifestyles at www.presidentschallenge.org

Want to Make a Difference?



. . . Try Recess Before Lunch!

Benefits:

- Fewer classroom discipline problems
- Reduced plate waste
- Quieter cafeteria, a more relaxed environment
- More milk and meal consumption
- Improved classroom performance after lunch

Considerations & Suggestions:

- Hand washing before lunch—provide hand sanitizer
- Scheduling adequate time for students to eat lunch—20 minutes after student is served and seated



The research says . . . it's the way to go!

Getlinger, M.J., et al; *Food waste is reduced when elementary - school children have recess before lunch.* J Am Diet Assoc. 1996 Sep;96(9):906-8

Davies, G et al; *Impact of Recess on Classroom Behavior: Group Effects and Individual Differences.* Journal of Educational Research, Vol. 92, 1998

Bergman, E.A. et al; *Relationship of Meal and Recess Schedule to Plate Waste in Elementary Schools.* National Foodservice Management Institute, Insight, Spring 2004



Healthy Snack Checkup

Encourage your students to establish healthy lifelong eating patterns by offering nutritious selections in the following venues:

***School Stores *Vending Machines *A La Carte**

*Research shows that students will purchase and consume healthy foods & beverages from vending machines if foods are —
Tasty, Affordable & Easily Accessible!*

Suggested Items* for healthier snacks and beverages:

- | | |
|--|---|
| <ul style="list-style-type: none">• Animal Crackers• Lite Popcorn• Mini Pretzels• Mini whole grain bagels• Mini rice cakes• Mini bran or blueberry muffins• 100% fruit w/ vegetable juice• Whole grain, unsweetened cereal• Baby carrots w/ fat free ranch dip• Veggies w/ hummus dip• Whole grain fig bars• Oatmeal cookies• Graham crackers• Applesauce• Fresh fruit• Fruit cups in lite syrup or natural juices• Granola bars• Whole grain cereal bars• 100 calorie snack packs | <ul style="list-style-type: none">• Trail mix• Peanut butter w/ whole grain crackers• Low fat cheese cubes• String cheese, low fat• Flavored and plain low fat milk boxes• Yogurt, low fat• Smoothies, low fat• Pudding, low fat• Bottled water• Sunflower/ pumpkin seeds• Dried fruit/ raisins/ nuts• Baked chips• Tortilla chips w/ salsa• Pita chips• Soy chips/soy nuts• Veggie chips• Apple chips• Fresh apple slices—mini bags |
|--|---|

**Always check manufacturer's nutrition facts labels and ingredient list to verify which items comply with New Jersey's Model School Nutrition Policy standards before purchase.*



Offer **SUPER STAR** Healthy Food!



What Can School Foodservice Do?

Entrees:

Cold Cuts — Use Turkey Products

Ground Beef — Rinse & Drain
(Choose Lean)

Grilled Cheese — Use Pan Spray
or Melted Margarine in
Spray Bottle

Cheese — Control Portion
Size & Frequency

Hot Dogs — Use Turkey/
Turkey-Beef/ Part Soy

Cheesesteak — Use Cheese Sauce

Condiments:

Salt — Eliminate Salt Shakers

Salad Dressings — Use Lite/
Low Fat/Fat Free

Healthy Flavoring (*Instead of
butter or margarine*) —
Add Seasonings/ Spices

Mayo — Try Mixing Mayo &
Salad Dressing

Veggies:

Use Frozen

Offer "Help Yourself" or
"Self Serve" Raw

Add Pasta to Veggies —
Make Interesting

Instead of Fries — Offer Baked
Potatoes or Baked Sweet Potatoes

Offer Several Choices Daily
with Meal

Add Chick Peas to Tossed Salads
(*High in Fiber*)

Instead of Pickles (*High in Salt*)
with Deli Sandwiches — Offer
Cucumbers or Raw Veggies &
Low Fat Dip

Limit French Fries w/ Lunch —
Implement Strict Portions; Use
Thin-Cut; Allow Students to Take
FF & Green/Orange/Yellow Veggie

Oven Bake — Tater Tots

Advertise a Monthly Fruit/Veg
Promo — "Color Your Month"
(*White-Orange/Yellow-Red-
Green-Blue/Purple*)

Offer "Free" Samples
(*New Vegetable Recipes/Products*)

Feature—"Fruit/Vegetable"
of Month

Fruits:

Offer Several Choices Daily
with Meal

Offer Variety of Fresh Fruits
(*Not Just Apples & Oranges*)

Offer Fruits Not Just Juice
for Breakfast

Advertise a Monthly
Fruit/ Veg Promo —
"Color Your Month"
(*White-Orange/Yellow-Red-
Green-Blue/Purple*)

Feature — "Fruit/Vegetable"
of Month

Grains:

Triple Decker PB&J — Prepare w/
1 Slice Whole Wheat Bread

Whole Grains — Offer Whole
Wheat Hamburger, Kaiser,
Sub & Dinner Rolls

Extra Grains — Offer Healthy
Grains that Students will Eat!
(*Examples: Pasta Salad, Pasta w/
Sauce, Soft Bread Sticks,
Soft Pretzel Rods, . . .*)

Use Baked Tortilla Chips —
A Fun, Snack-Style Grain



Offer SUPER STAR Healthy Food!



Snacks:

Control Snack Portions —
Offer Standard Size (<i>Single Serve</i>) Chip Bags, Not Large Single Serve Size
Sell Fruits & Veggies as Healthy Snacks
Offer Lower Prices on Healthy Products — Bottled Water at Lower Price
Offer Healthy Vending Choices — Try Milk Vending
Price Sensibly — Do Not Promote 3 for \$1.00 Cookies

OTHER IDEAS:

Milk — Eliminate Whole
Offer Quick Healthy Grab'N'Go Meal — "Healthy Express" Line
Focus on Promoting Complete Meal — Offer Many Choices Daily
Investigate Alternative Healthy Products & Beverages
Know Your Products & Choose Sensibly! — Read Labels
Walk Through the Serving Line as a Customer — Observe Presentation of Food/Eye Appeal



SUPER STAR Ideas:



- **Initiate & Promote** — Funded School Breakfast Program
- **Provide Educational Handouts for Kids** — www.kidnetic.com; www.kidshealth.org; www.heathfinder.gov/kids; www.bam.gov; www.dole5aday.com
- **Listen** — Form Team Nutrition Committee (*Be sure students are involved*)
- **Involve Business Officials** — Keep Updated (*Uninformed decisions could affect the financial status of your operation*)
- **Don't Overreact** (*Don't be impulsive in an effort to keep parents away. Present facts and alternatives.*)
- **Present Financial Facts** (*Is the District and/or parents willing to pay more for their school child nutrition/food service operation?*)
- **Communicate** — Parent & BOE Newsletters (*Don't hide from reality in fear that you or your program may be attacked*)
- **Be Proactive** — Share Success Stories (*Don't wait to initiate some healthy changes! Let parents, the Board and community know the good aspects of your program; Example: Good "SMI" Review*)
- **Be Visible & Readily Available** (*Set up information tables at "Back To School Nights", PTA/PTO meetings, Parent/Teacher Conferences. . .*)



PROMOTE **Fruits & Vegetables of the Month**

- Use New Jersey's "Quick Steps to Fruits & Vegetables Toolkit"
(Available on CD or at www.state.nj.us/agriculture)
- Toolkit contains a fruit & vegetable to promote each month
- The following items are included for each specific monthly fruit and vegetable:
 - ✓ Fact Sheet
 - ✓ Fun Facts
 - ✓ School Food Service Link
 - Recipes
 - Marketing Ideas
 - Promotional Ideas
 - Safety, Quality & Presentation Tips (*located in star shapes*)
- **Great tool for staff training on fruits and vegetables**
Each month take 10-15 minutes to review the fruit & vegetable of the Month; Highlight the Safety, Quality & Presentation stars on the School Food Service Link (*Tips are all taken from the USDA's Fruits & Vegetables Galore Kit*)
- **Plan monthly menu promotions using attached "Fruit & Vegetable of the Month Promo Calendar"**
Involve your staff in promotional plans
- **Involve the entire school**
Kit includes a monthly "Classroom Link" and "Home Link" with ideas to build excitement throughout the school community



Fruit & Vegetable of the Month Promo Calendar

Fruit: _____

Vegetable: _____

MONTH/ DATES: (Remember Holidays!)	MENU: (Recipes, Frt. & Veg. Bar, Topping Bar,...)	ADVERTISING: (Printed: Fliers, Menu, Newspaper, Newsletter...)	PUBLIC RELATIONS: (Groups: Students- Teachers - Caf. Staff- Parents...)	MERCHANDISING: (Decorations, Staff Attire, ...)	CONTESTS: (e.g. Guess # of Swt. Pot. In Pile, Trivia,...)	PRIZES/ INCENTIVES: (Water Bottles, Stickers, T-Shirts, Stuffed F & V Character,...)

Be Wise Offer After School Snacks That Energize!



**If your school participates in the National School Lunch Program —
Sign up for the USDA's Funded After School Snack Program!**

FACTS:

- 14.3 million students in K–12 grades are unsupervised after school ends
- Children and youth are more likely to be involved in crime, substance abuse and premature sexual activity during after school hours
- The number of after school programs only meets 25% of demand
- Food is central to after school programs; Research indicates that food is a popular response when children are asked what they like best or least about after school programs

Healthy After School Snacks:

- Satisfy children's after school hunger
- Provides school food service with opportunity to expand Wellness Policy to after school

USDA's After School Snack Program:

- Provides funding
- Continues wellness campaign into the after school hours
 - **NOTE:** Simply follow the USDA's snack pattern
Serve 2 (different) components from the following:
 - Milk - 8 oz.
 - Juice-Fruit-Vegetable - 6 oz. or 3/4 cup
 - Meat or Meat Alternate - 1 oz.
 - Bread/Grain - 1 serving



Be Wise

Offer After School

Snacks That Energize!

Healthy After School Snack Suggestions

Try some innovative, healthy snack menus. Select a few items from the chart below to serve each month.

- **Make it Fun & Exciting!** ➤ Try New Foods!
- Try other flavors of juice — not just apple & orange
- Provide different fresh fruit — not just apples & oranges
- Try whole grains — whole wheat pretzels, bagels . . .

- **Implement the NJ Nutrition Policy Guidelines for Snacks***
- **Do Not Let Ease of Preparation & Low Cost be your Only Guiding Principles**

Low Fat Granola/ 4 oz. Low Fat Yogurt	Whole Wheat Soft Pretzel or Mini Pretzels/ 6 oz. Juice	2 Kiwi Halves/ Breadsticks/ 4 oz. Juice	Baked Tortilla Chips/ 1/4 cup Salsa/ 4 oz. Juice	1/4 cup Grapes/ 3 ea. Graham Crackers/ 4 oz. Juice
1 oz. Sunflower Seeds/ 1/2 Orange/ 4 oz. Juice	4 oz. Yogurt/ 1/4 cup Crushed Pineapple/ 4 oz. Juice	3/4 cup Raw Red Peppers & Carrots/ Low Fat Dip/ 8 oz. Low Fat Milk	3/4 cup Peaches/ 8 oz. Low Fat Milk	1/2 cup Raw Broccoli/ 1/4 cup Salsa/ Whole Wheat Mini Pretzels
2 ea. Pretzel Rods/ 6 oz. Juice	1/4 cup Strawberries/ Oatmeal Cookies/ 4 oz. Juice	1 oz. Low Fat String Cheese/ 6 oz. Juice	Low Sugar Cereal Bowl/ 1/2 Banana/ 8 oz. Low Fat Milk	4 oz. Low Fat Yogurt/ 6 oz. Juice
3 ea. Graham Crackers/ 8 oz. Low Fat Milk	Soft Bread Stick/ 8 oz. Low Fat Milk	1/2 Bagel/ Jelly/ 8 oz. Low Fat Milk	Low Fat Corn Muffin/ 8 oz. Low Fat Milk	Blueberry-Apple or Banana Low Fat Muffin/ 8 oz. Low Fat Milk
1/2 Fresh Orange/ 2 ea. Pretzel Rods/ 4 oz. Juice	Bag of Fish Shape Crackers/ 6 oz. Juice	Low Sugar Cereal Bowl/ 8 oz. Low Fat Milk	Pkg. Of Cheese or Peanut Butter Crackers/ 6 oz. Juice	1/2 Cinnamon Raisin Bagel/ Jelly/ 8 oz. Low Fat Milk
4 ea. Pkgs. Saltines/ 1/2 Banana/ 4 oz. Juice	1/4 cup Baby Carrots/ 2 ea. Pretzel Rods/ 4 oz. Juice	1/4 cup Cantaloupe/ 3 each Graham Crackers/ 4 oz. Juice	3/4 cup Low Fat Pasta Salad 6 oz. Juice	1/2 cup Trail Mix or 1/4 cup Craisins or Raisins/ 3 ea. Graham Crackers/ 4 oz. Juice
1/4 cup Raisins/ Oatmeal Cookies/ 4 oz. Juice	Bag of Animal Shape Graham Crackers/ 8 oz. Low Fat Milk	1/4 cup Cherry Applesauce/ Mini Low Fat Muffin/ 4 oz. Juice	1/4 cup Cucumber Circles/ Low Fat Dip Pkg. Of Cheese Crackers/ 4 oz. Juice	1/2 Sandwich/ 8 oz. Low Fat Milk

Notes:

- Be careful with portions of fruits/vegetables/juice — must be a total of 3/4 cup
- Grains must be equivalent to 1 grain/bread serving (Refer to *USDA Bread & Grain Chart for portion size*)

*Federally funded After School Snack Programs must follow the NJ Nutrition Policy Standards.

Light Boo Cups



Low Fat
Generally Nutritious

Recipe Rating: ★★★★★

Prep Time: 15 min

Total Time: 15 min

Makes: 15 servings



3-1/4 cups cold fat free milk

2 pkg. (4-serving size each) Chocolate Flavor Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling

1 tub (8 oz.) Fat Free Whipped Topping, thawed, divided

1 pkg. (6-1/2 oz.) Reduced Fat Chocolate Sandwich Cookies, crushed, divided

30 miniature semi-sweet chocolate chips

POUR milk into large bowl. Add dry pudding mixes. Beat with wire whisk 2 min. or until well blended. Gently stir in half of each of the whipped topping and cookie crumbs.

SPOON 1 Tbsp. of the remaining cookie crumbs into each of 15 individual cups; top evenly with layers of the pudding mixture and remaining cookie crumbs. **DROP** remaining whipped topping by spoonfuls onto desserts to resemble ghosts. Add chocolate chips for the eyes. Refrigerate until ready to serve. Watch the ghosts disappear! Store leftover desserts in refrigerator.

NUTRITION INFORMATION

Nutrition Bonus:

This light version of a family favorite can be part of a healthful eating plan.

Diet Exchange:

1-1/2 Carbohydrate, 1/2 Fat

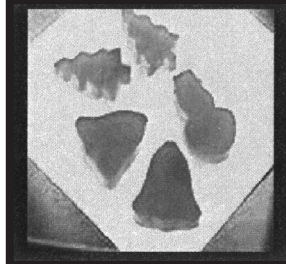
Nutrition (per serving)

Calories 120 **Total fat** 4g **Saturated fat** 1.5g **Cholesterol** 0mg **Sodium**

270mg **Carbohydrate** 22g **Dietary fiber** 1g **Sugars** 5g **Protein** 3g

Vitamin A 2%DV **Vitamin C** 0%DV **Calcium** 8%DV **Iron** 4%DV

<http://www.kraftfoods.com/kf>; modified by Diane Barravecchio, RD,LDN



Juicy Holiday JIGGLERS®

Rating: ★★★★★

Prep Time: 10 min

Recipe Time: 3 hr 10 min

Makes: 2 doz. or 24 Total servings, 1 JIGGLERS® each

2-1/2 cups boiling fruit juice (Do not add cold juice)

2 pkg. (8-serving size each) Gelatin, any flavor *

STIR boiling juice into dry gelatin mix in large bowl at least 3 min. until completely dissolved. Pour into 13x9-inch pan.

REFRIGERATE at least 3 hours or until firm.

DIP bottom of pan in warm water 15 sec. Cut gelatin into 24 decorative shapes using 2-inch holiday cookie cutters, being careful to cut all of the way through gelatin to bottom of pan; or, cut gelatin into 1-inch squares with sharp knife. Lift gelatin shapes from pan. Reserve scraps for snacking. Store in tightly covered container in refrigerator.

NUTRITION INFORMATION

Nutrition (per serving)

Calories 70 Total fat 0g Saturated fat 0g Cholesterol 0mg Sodium 50mg Carbohydrate 16g Dietary fiber 0g Sugars 15g Protein 1g Vitamin A 0%DV Vitamin C 0%DV Calcium 0%DV Iron 0%DV

KRAFT KITCHENS TIPS

KEEP KIDS SAFE!

For children under 6 years of age, cut JIGGLERS® into small bite-size pieces. Children should always be seated and supervised while eating. For more information, visit www.KraftKidsSafe.com.

***Great substitute to reduce sugar:**

Use Sugar-Free Gelatin; Prepare as directed

<http://www.kraftfoods.com/kf>; modified by Diane Barravecchio, RD,LDN

Adapted from recipes at: www.kidshealth.org

Frozen Yogurt Pops

Serving size: 1 pop

Serves: 2

Utensils: • 2 small paper cups (4-5 ounce size)

- wooden popsicle sticks (available in craft stores)
- plastic wrap

Directions:

1. Pour 4 ounces of yogurt into each paper cup.
2. Stretch a small piece of plastic wrap across the top of each cup.
3. Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
4. Put the cups in the freezer until the yogurt is frozen solid.
5. Remove the plastic wrap, peel away the paper cup, and eat your pop!

Tiny Pizzas

Serving size: 2 tiny pizzas

Serves: 1

Utensils: knife, spoon & baking sheet

Ingredients: • 1 each 2–3 oz. bagel

- 2 tablespoons tomato sauce
- 1-2 ounces shredded mozzarella cheese
- toppings like diced green pepper, chopped tomato, cooked broccoli, spinach or onion (whatever you like)
- seasonings like oregano, basil, and pepper

Directions:

1. Set the oven to 325°F.
2. Spread tomato sauce on each bagel half.
3. Sprinkle the shredded cheese all over the tomato sauce on each half.
4. Add your favorite toppings.
5. Put a light sprinkling of seasonings on each half.
6. Put your bagel halves on the baking sheet.
7. Bake in the oven for about 5 to 8 minutes. You'll know they're done when the cheese is bubbly.
8. Let cool for a minute, then enjoy your tiny pizzas!

NOTE: Always provide adult supervision for children preparing recipes.

Kid Friendly Recipes and Websites



Nutrition and Fitness Web Sites for Children and Teens

<http://www.MyPyramid.gov>

<http://www.kidshealth.org>

<http://www.kidnetic.com>

<http://www.healthiergeneration.org/kids/>

<http://www.fitness.gov>

<http://www.fruitsandveggiesmorematters.org>

<http://www.bam.gov>

<http://www.girlpower.gov>

<http://www.win.niddk.nih.gov>

Accessed from Battling Pediatric Overweight Utilizing Web-based Tools for Kid-friendly Counseling; Webinar August 9, 2006; AMERICAN DIETETIC ASSOCIATION
120 South Riverside Plaza - Suite 2000, Chicago, IL 60606-6995

WELLNESS POLICY GOAL:

Policy Goals:	Met Goals? Yes/No	Date Completed:	Improvement/ Action Needed:	Person Assigned to Task/ Contact #:

Reviewed by: _____ Date: _____

Signature: _____

Sample Parent/Caretaker Letter

ATTN: Parents and Caretakers:

The school wellness initiative needs your endorsement and support to be successful. In order to provide a healthy school environment the goals of the Local School Wellness Policy are to:

- Provide students with healthy, nutritious foods.
- Encourage the consumption of fresh fruits and vegetables, low fat milk and whole grains.
- Support healthy eating through nutrition education.
- Encourage students to select and consume all components of the school meal.
- Provide students with the opportunity to engage in daily physical activity.
- Provide a pleasant dining environment with adequate time allowed for student meal service and consumption.
- Recommend that physical education or recess be scheduled before lunch whenever possible.
- Insure that school staff has the necessary skills needed to implement the policy.

Help your child make healthy fitness and nutrition choices

- **Make eating and physical activity a family affair.** Get children involved by allowing them to help you plan and prepare healthy meals. Take them along when grocery shopping so they can learn how to make good food choices. Take a walk or bike ride before or after dinner.
- **Encourage daily physical activity** (60 minutes per day). Limit "screen time" (TV, computers, video games) to 2 hours per day.
- **Establish regular meal and snack times.** Provide a healthy breakfast. Don't allow children to "graze" on snacks throughout the day. Don't force children to clean their plate. Reinforce the idea they should only eat when hungry.
- **Come up with alternatives to food rewards.** Don't use "Sweets or Treats" as rewards or punishment to control good or bad behavior. Don't talk about "bad foods" or completely eliminate all sweets or favorite snacks from children's diets. They may rebel and overeat or sneak these foods outside the house.

NOTE: For age-appropriate healthy eating recommendations and kid friendly recipes go to: www.mypyramid.gov and www.kidshealth.com

ATTN: School Foodservice Staff

- You want the best for your students. Show it by creating opportunities for them to make healthy food choices.
- Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Well-planned school nutrition programs positively influence students' eating habits.
- Studies of the School Breakfast Program have demonstrated positive effects on school attendance and a reduction in school tardiness, and have shown that children who eat nutritious morning meals perform better academically, show improved behavior, and are physically healthier than children who skip breakfast.
- The concept of foodservice is not limited to the reimbursable school meal program for which the USDA establishes nutrition standards. Although the immediate goal of the school foodservice may be the provision of student meals, the ultimate goals are providing education and establishing lifelong healthful dietary habits. (*Schools and Health* Institute of Medicine, National Academy Press, 1997.)

You Can Support a Healthy School Nutrition Environment

Here's How:

- Provide meals that are tasty, healthy and appealing to students, meet USDA's nutrition standards, and reflect the cultural backgrounds and preferences of students.
- Offer only healthy choices from the five major food groups of the Food Guide Pyramid.
- Coordinate activities with classroom and physical education teachers and other staff.
- Support classroom lessons by offering foods that illustrate key messages, decorate the dining room with educational posters, post the nutrition analysts of the foods you serve, and conduct promotions and events in the dining room that support healthy choices.
- Involve students and families in planning and evaluating school meals.
- Look for continuing education opportunities to learn more about nutrition, preparing healthier meals, food safety, and marketing healthy choices.
- Invite and welcome parents and grandparents to lunch or breakfast occasionally.
- Market complete meals to students and provide enough choices within the school meal programs to meet nutrition standards and student preferences.
- Provide nutrition information to parents along with school lunch menus.
- Establish a student Nutrition Advisory Council to taste test new foods and recipes, suggest how to improve the meals and dining room, and offer ideas for attracting more customers.
- If you offer a la carte items:
 - Consider students' total nutritional needs; a la carte offerings can undermine the nutritional value of a complete meal
 - Offer only foods that are part of the menu cycle; this will eliminate discrimination against students who can't afford to buy a la carte items. It will also eliminate students' perception that a la carte items are better than school meal offerings and will encourage them to buy the complete reimbursable school lunch.
 - Price a la carte foods high enough to recover the full cost, including overhead and indirect costs, and to make a profit to be used to enhance the school meal programs.
- Work to build support for shared local/State/ Federal funding for the school meal programs—like the shared funding, in other areas of education.

ATTN: Teacher

- The health and well-being of children can significantly affect achievement in the classroom. An appropriate diet can improve problem-solving skills, test scores, and school attendance rates.
- Children who are hungry, sick, troubled, or depressed cannot function well in the classroom, no matter how good the teacher.
- It's important for children to learn healthy lifestyle choices early—to build healthier minds and bodies; and they need to practice the skills to make healthy choices.
- Physically active students are more alert and concentrate better in the classroom; physical activity can also reduce anxiety and stress and increase self-esteem.
- Serving breakfast on “test” days is a good move. But, learning is important every day—it builds on previous knowledge and is the foundation for future learning.
- Be a good role model—your students are watching!

You Can Support a Healthy School Nutrition Environment

Here's How:

- Teach the importance of good nutrition and physical activity.
- Work with other teachers and school food service staff to coordinate nutrition education efforts and to give students consistent messages about healthy eating.
- Focus the lessons on skills—not just facts. Give students opportunities to practice what they learn, and make the lessons meaningful, hands-on, and fun.
- Be a good role model for students by making healthy food choices at school and participating in school sponsored physical activity events. Support school meals and encourage students to participate.
- Eat in the school dining room.
- Advocate for meal schedules and dining room supervision which provide time and atmosphere that support healthy eating and socialization.
- Take advantage of in-service training on nutrition and physical activity.
- Involve families and community organizations in nutrition and physical activity programs.
- Work to build support for shared local/State/Federal funding for the school meal programs—like the shared funding in other areas of education.