Introduction

For over a decade the Anne Arundel County Department of Health has conducted tasting events. We’ve made fruit smoothies for summer camps, whole-wheat pizza for after-school programs and hosted fruit and vegetable tasting parties for entire schools! We know that children enjoy tasting events and trying healthy food because they ask for more and tell their parents to buy the items they’ve tried.

The Nutrition Coalition is a nutrition education group from the Anne Arundel County Department of Health’s Division of Health Information and Promotion and Division of Clinic and School Health and Anne Arundel County Public Schools’ Division of Food and Nutrition Services and Division of Curriculum. This Coalition helped support one of our school wide events, Tasting of the Greens. Tasting of the Greens shows students that eating fruits and vegetables is fun and delicious. Students taste samples of green fruits and vegetables including kiwi, honeydew melon, zucchini and green bell peppers during their lunch period. Check out this guide to learn about hosting a successful Tasting of the Greens event at your school.

Did you know tasting events allow children to try new healthy foods in a positive and fun environment?

Kids Love Parties
Why not throw a tasting party?
Tasting of the Greens Event Planning Guide

Parent Coordinator Responsibilities prior to event:

- Obtain organization (i.e., PTA) approval to sponsor event. A large school that requires 700 servings (675 students and 25 teachers) has an estimated cost of $360. This includes food, kitchen use, paper products and balloons. This averages to approximately fifty cents per participant. Review “Healthy Celebrations” (Appendix 1) with your organization to help plan and obtain support for the event.
- Obtain support from the Principal and schedule tasting event. Ask the Principal to let teachers know about the event and to refrain from offering other items during the activity (i.e., cupcakes and doughnuts) that would compete with the tasting event.
- Complete contacts table below.

### Contacts Table

<table>
<thead>
<tr>
<th>Title</th>
<th>Name</th>
<th>Phone Number</th>
<th>E-mail address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent Coordinator</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Principal</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>AACo. Department of Health</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>School Nurse</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>AACPS Food and Nutrition</td>
<td></td>
<td>410-222-5900</td>
<td></td>
</tr>
<tr>
<td>Area Specialist</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>School Cafeteria Manager</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Reserve *Tasting Of The Greens Kit* through the school nurse, who has access to Anne Arundel Healthy Kids resources. Kit includes Tasting Of The Greens table drape, fruit and vegetable posters, and decorations.
- Call Food and Nutrition Services (FNS) Area Specialist to discuss event, order produce and determine payment procedure. FNS receives high quality, low cost produce that the sponsoring organization (i.e., PTA) may purchase. See Appendix 2 for Produce and Supplies Worksheet. **Note:** FNS requires at least three weeks notice to order produce.
- Recruit parent volunteers – recommend at least 1 to 2 parents present during each lunch period and 2 to 3 available the day before and day of the event to assist cafeteria staff in the kitchen. Parent volunteers assist with preparing, plating and distributing samples. They also provide positive encouragement to students. See Appendix 3 for Sample Parent Volunteer Request Letter.
- Promote event within the school. For example, include in school newsletter, calendar and morning announcements.
- Encourage students and staff to wear green on the day of the event.
- Let school nurse know what is being served so he/she can check on student allergies in advance.
- Print and distribute parent handout (Appendix 4) to classes and at PTA meeting.
- Print student surveys (Appendix 5) to distribute during tasting events.
Day Before Event
Coordinate with cafeteria manager for 2 to 3 parent volunteers to assist cafeteria staff in kitchen to begin preparation.

- See Fruit and Vegetable Preparation Chart for recommended preparations.

Event Day
Coordinate with cafeteria manager for 2 to 3 parent volunteers to assist cafeteria staff in kitchen to complete preparation.

- See Fruit and Vegetable Preparation Chart for recommended preparations.

### Fruit and Vegetable Preparation Chart

<table>
<thead>
<tr>
<th>Item</th>
<th>Day Before Event</th>
<th>Event Day</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Green pepper</strong></td>
<td><strong>Serving Size: 2 spears</strong>&lt;br&gt;Step 1: Set aside one whole pepper for display&lt;br&gt;Step 2: Peel off stickers&lt;br&gt;Step 3: Wash&lt;br&gt;Step 4: Cut into ¾-inch wide spears&lt;br&gt;Step 5: Place in plastic zipper bag for next day</td>
<td><strong>To be completed 1 hour before first lunch</strong>&lt;br&gt; &lt;br&gt; <strong>Zucchini</strong>&lt;br&gt; <strong>Serving Size: 1 slice</strong>&lt;br&gt;Step 1: Set aside one whole zucchini for display&lt;br&gt;Step 2: Peel off stickers&lt;br&gt;Step 3: Wash&lt;br&gt;Step 4: Cut off ends&lt;br&gt;Step 5: Cut into ¼-inch slices&lt;br&gt;Step 6: Place in plastic zipper bag for next day</td>
</tr>
</tbody>
</table>

1 hour prior to start of first lunch:

- Pre-plate samples. Include a serving size sample of the 4 items and salad dressing on each plate.
- Decorate 6-foot table in cafeteria with green table drape, fruit and veggie posters, decorations and green balloons. Also, set aside sample of whole kiwi, honeydew melon, green bell pepper and zucchini for display.
During event (lunch period):
- Parent Coordinator or school nurse will announce event at the beginning of each lunch period. Welcome the students and use the whole fruits and vegetables and one tasting plate to show them what will be offered. Encourage students to try everything. Let them know that the volunteers will be asking them which fruit and vegetable was their favorite.
- Once an entire table is seated, pass out samples to each student at the table using large serving trays or sheet pans.
- Parent volunteers will assist in plating and passing out samples. They will also provide positive encouragement to students. See Appendix 6 for Fruit and Vegetable Fact Sheet.

Post Event – Measure and document your success!
- Surveys
  - Student survey – Collect and tally surveys and report results in next school newsletter. This will remind parents of the event and they can ask their child what fruits and vegetables they liked.
  - Observations – Write down any notable observations and statements (i.e., many students asked for seconds or children that were reluctant to taste new items were positively encouraged by their peers, etc.) Add these items to school newsletter article.

Interested in more ways to support healthy eating at home and at school?

“Healthy Ways to Family Fitness”, Issue 12, from the Anne Arundel County Department of Health (Appendix 7)

“Healthy Celebrations” from the Connecticut State Department of Education (Appendix 1)

“Non-food Alternatives for School Rewards and Fundraising” from Iowa State University Extension (Appendix 8)
Appendices

1. “Healthy Celebrations” from Connecticut State Department of Education

2. Produce and Supplies Worksheet

3. Sample Parent Volunteer Request Letter

4. Tips for Parents Getting Kids to Eat More Fruits and Vegetables

5. Student Survey

6. Tasting Of The Greens Fruit and Vegetable Fact Sheet

7. “Healthy Ways to Family Fitness”, Issue 12

8. “Non-food Alternatives for School Rewards and Fundraising” from Iowa State University Extension
Healthy Celebrations

Promoting a Healthy School Environment

Birthday parties and holiday celebrations at school provide a unique opportunity to help make healthful eating fun and exciting for children. Schools can take advantage of classroom celebrations to serve food that tastes good, is nutritious, and provides students with an opportunity for nutrition education experiences.

But It’s Just a Cupcake...

Typically, foods for school celebrations include cupcakes, candy, cookies and soda. So what’s the harm? There is nothing wrong with an occasional treat, but unhealthy choices have become the norm rather than the exception. Parties, treats used as classroom rewards, food fundraisers, vending machines, snacks and school stores constantly expose children to high-fat, high-sugar, low-nutrient choices.

Overall, our children’s eating habits are poor. Only two percent of children meet all MyPyramid recommendations. Most children do not eat enough fruits, vegetables or whole grains. Obesity rates among children are on the rise, with serious health consequences. Constant exposure to low-nutrient foods makes it difficult for children to learn how to make healthy food choices. By providing students with nutritious choices wherever food is available (including the classroom), schools can positively influence children’s eating habits.

Benefits of Healthy Celebrations

Healthy Kids Learn Better: Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide an environment that supports healthy behaviors.

Provides Consistent Messages: Providing healthy classroom celebrations demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them. Healthy celebrations promote positive lifestyle choices to reduce student health risks and improve learning.

Promotes a Healthy School Environment: In order to positively change eating behaviors, students need to receive consistent, reliable health information and ample opportunity to use it. Healthy celebrations are an important part of providing a healthy school environment.

Creates Excitement About Nutrition: Children are excited about new and different things, including fun party activities and healthy snacks (see back for ideas). School staff and parents need not worry that children will be disappointed if typical party foods aren’t served in the classroom. Holiday treats and traditional birthday parties with cake will still be available at home.

Protects Children with Food Allergies: When parents send in food, it is difficult to ensure the safety of children with food allergies. Schools can protect food allergic children by providing nonfood celebrations or, if food is served, obtaining it from known sources such as the school food service program.

How-To’s for Happy Healthy Parties

- Variety is the “spice of life” and the “life of the party.” Plan several contrasting activities – active and quiet, indoor and outdoor, individual and group.
- Try something new. Children like adventure. In addition to familiar games and foods, offer something different.
- Plan creative experiences such as art, music and cooking.
- Involve children in planning and preparing the party. Let them make decorations and favors.
- Put food in its proper place. Refreshments should complement the fun, not become the “main event.”
- Be sure that each child receives a prize or favor, if such awards are given.
- Don’t use food as rewards or prizes.
- Choose foods for fun, good taste and health. Parties that feature healthful foods provide opportunities for children to practice making wise food choices.

What Schools Can Do
Ideas for Healthy Celebrations

Schools can help promote a positive learning environment by providing healthy celebrations that shift the focus from the food to the child. Choose a variety of activities, games and crafts that children enjoy. When food is served, make it count with healthy choices! Parties can even incorporate a fun nutrition lesson by involving children in the planning and preparation of healthy snacks. Try these ideas for fun activities and healthy foods at school parties and other celebrations.

Activities to Celebrate the Child

- Plan special party games and activities. Ask parents to provide game supplies, pencils, erasers, stickers and other small school supplies instead of food.
- Create a healthy party idea book. Ask school staff and parents to send in healthy recipes and ideas for activities, games and crafts. Compile these ideas into a book that staff and parents can use.
- Give children extra recess time instead of a class party. For birthdays, let the birthday child choose and lead an active game for everyone.
- Instead of food, ask parents to purchase a book for the classroom or school library in the birthday child’s name. Read it to the class or invite the child’s parents to come in and read it to the class.
- Instead of a party, organize a special community service project, e.g., invite Senior Citizens in for lunch, make “cure chiefs” for chemotherapy patients, and blankets for rescue dogs. Involve parents in planning the project and providing needed materials.
- Create a “Celebrate Me” book. Have classmates write stories or poems and draw pictures to describe what is special about the birthday child.
- Provide special time with the principal or another adult, such as taking a walk around the school at recess.
- Create a special birthday package. The birthday child wears a sash and crown, sits in a special chair and visits the principal’s office for a special birthday surprise (pencil, sticker, birthday card, etc.)
- The birthday child is the teacher’s assistant for the day, and gets to do special tasks like make deliveries to office, lead the line, start an activity, and choose a game or story.

Healthy Food Ideas*

- Low-fat or nonfat plain or flavored milk, 100% juice, water, flavored/sparkling water (without added sugars or sweeteners), sparkling punch (seltzer and 100% fruit juice)
- Fruit smoothies (blend berries, bananas and pineapple)
- Fresh fruit assortment, fruit and cheese kabobs, fruit salad, fruit with low-fat whipped topping
- Dried fruit (raisins, cranberries, apricots, banana chips), 100% fruit snacks
- Vegetable trays with low-fat dip, celery and carrots with peanut butter and raisins
- Whole-grain crackers with cheese cubes, string cheese or hummus
- Waffles or pancakes topped with fruit,
- Pretzels, low-fat popcorn, rice cakes, bread sticks, graham crackers and animal crackers
- Angel food cake, plain or topped with fruit
- Bagel slices with peanut butter or jam, fruit or grain muffin (low-fat), whole wheat English muffin, hot pretzels
- Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon), pizza dippers with marinara sauce
- Ham, cheese or turkey sandwiches or wraps (with low-fat condiments)
- Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits or banana splits (yogurt and fruit topped with cereal, granola or crushed graham crackers)
- Quesadillas or bean burrito with salsa
- Low-fat breakfast or granola bars
- Low-fat tortilla chips with salsa or bean dip
- Trail/cereal mix (whole-grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- Nuts and seeds

*Check for food allergies before serving.

Learn To Live
Healthy Living From The Anne Arundel County Department Of Health
410-222-7979
www.aahshealth.org

Reprinted with permission from the Connecticut State Department of Education, Bureau of Health and Nutrition Services and Child/Family/School Partnerships and Team Nutrition
Appendix 2

Produce and Supplies Worksheet

Calculate the total number of servings needed by adding the total number of students and the number of teachers/school staff that will be present in the lunch room (~25).

Number of servings needed:__________

Produce

Parent volunteer works with the Area Specialist to order produce.

<table>
<thead>
<tr>
<th>Item</th>
<th>How Packed</th>
<th>Servings per container</th>
<th>Quantity needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food and Nutrition Area Specialist To Order:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kiwi</td>
<td>Flat – 30 kiwi per case</td>
<td>120 servings per case</td>
<td></td>
</tr>
<tr>
<td>Honeydew melon</td>
<td>25 Pound Case – 6 melons per case</td>
<td>180 servings per case</td>
<td></td>
</tr>
<tr>
<td>Green bell pepper</td>
<td>5 pound bag – 10 peppers per bag</td>
<td>100 servings per bag</td>
<td></td>
</tr>
<tr>
<td>Zucchini</td>
<td>5 pound box – 10 squash per box</td>
<td>200 servings per box</td>
<td></td>
</tr>
<tr>
<td>Low-fat ranch dip</td>
<td>1 Gallon – 128 ounces</td>
<td>256 servings per gallon</td>
<td></td>
</tr>
<tr>
<td>1 oz soufflé cups (250/sleeve)</td>
<td>Sleeve – 250 cups per sleeve</td>
<td>250 servings (cups) per sleeve</td>
<td></td>
</tr>
</tbody>
</table>

Paper Products and Balloons

Parent coordinator will arrange purchase of these items from a local party supply store.

| Parent Volunteer to purchase: |                             |                        |                 |
| 6 inch paper plates            |                             |                        |                 |
| 5 inch green paper napkins     |                             |                        |                 |
| Green balloons                 |                             |                        | 12              |

Kitchen and Cafeteria Equipment

Parent Coordinator can ask the cafeteria manager to verify that the school kitchen has these items.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Available (Yes/No)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cutting Board</td>
<td>2-3</td>
<td></td>
</tr>
<tr>
<td>Knife</td>
<td>2-3</td>
<td></td>
</tr>
<tr>
<td>Large containers to store cut fruit prior to plating</td>
<td>8-10</td>
<td></td>
</tr>
<tr>
<td>Plastic wrap to cover cut fruit</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Large colander</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Sink area for washing fruits and vegetables</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Large serving trays or sheet pans to pass out plated samples (12 pre-plated samples per tray)</td>
<td>Need @ least 10</td>
<td></td>
</tr>
<tr>
<td>One rolling tray cart</td>
<td>1-2</td>
<td></td>
</tr>
<tr>
<td>6 foot table without benches (reserve with office staff)</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Microphone (reserve with office staff)</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>
Appendix 3
Sample Parent Volunteer Request Letter
Tasting Of The Greens

On Wednesday, March 18, 2015, Arundel Elementary School will be participating in Tasting Of The Greens! Students will taste two green fruits and two green vegetables during their lunch period. This event was created to promote eating fruits and vegetables every day.

In order to make this experience more fun, the Nutrition Coalition* needs Parent Volunteers. Please return the form at the bottom of this page if you can help for one or more lunch periods between 10:30 a.m. and 2:00 p.m.

Yes, I can volunteer to help with the Tasting Of The Greens! event.

Name: ________________________________

Time Available: _______________________

Phone Number: _______________________

Student's Name: _______________________

Teacher: ______________________________

Please respond by Friday, March 6.

*Nutrition Coalition is a partnership between the Anne Arundel County Department of Health and Anne Arundel County Public Schools Division of Food & Nutrition Services and Division of Curriculum.
TIPS for PARENTS
Getting Kids to Eat More Fruits and Vegetables

Parents know that certain foods are good for kids but it’s not always easy to get them to eat them. Here are some tips to get you started:

- Be a good role model. Eat fruits and vegetables with your child.
- Keep cut-up vegetables ready in the refrigerator on a shelf where kids can see them.
- Keep a bowl of fruit on the counter for quick and easy snacks.
- Make fruit salad and serve it for dessert.
- Serve the vegetables first when children are hungry. Try a vegetable-rich soup or a salad as a first course (just like restaurants do).
- Take children to the store and let them help pick out new fruits and vegetables to try. Let them help prepare the new food—they’ll be more willing to try it.
- Include fruits and vegetables in every meal. Add fruit or juice at breakfast. Send carrot and celery sticks with lunch and some fresh or dried fruit. Add fresh or frozen vegetables and salad to dinners.
- Include fruits and vegetables in other dishes like soups and sauces.

Local Fresh Fruits and Vegetables!
Check out the Farmers’ Market Directory at www.mda.state.md.us/md_products/farmers_market_dir.php or call 410-693-6860 for locations, dates and times for the market closest to you.

Kid-tested snack ideas...

- **Fruit Kabobs**
  Use thin pretzel sticks and push 3 or 4 pieces of cut-up fruit onto each stick to make a kabob. Good fruits to use include chunks of melon, banana, mango, kiwi, pineapple, peach, nectarine and strawberry.

- **Banana Pops**
  Wash and peel one large banana. Cut banana in half, put a popsicle stick in the cut end, wrap the banana in plastic wrap and freeze. Optional: Coat the banana with chopped walnuts before freezing.

- **Veggie Pizza**
  Top 100% whole-wheat English muffins with tomato sauce, low-fat cheese and veggies. Heat in an oven or microwave until the cheese is melted.

- **Sweet Potato Oven Fries**
  Cut sweet potatoes into chip or wedge slices. Lightly brush or spray with vegetable or olive oil. Season with taco seasoning or salt. Place in a 425-degree oven for 20 minutes or until soft on inside and browned on the outside.

- **Ants on a Log**
  For a classic treat, top celery with peanut butter and raisins.

- **Woven Wheat Nachos**
  Top 100% whole-wheat cracker with a dollop of low-fat cheese and salsa. Heat in an oven or microwave until the cheese is melted.

- **Trail Mix**
  Mix whole-grain cereal with raisins, dried cranberries, almonds and soy nuts. Add a quarter cup of each ingredient to a plastic bag, seal and shake.

- **Smoothies**
  Add a cup of your favorite frozen fruit to the blender along with a cup of yogurt or milk and blend.

- **Fruit Juice Popsicle**
  Add 4 to 6 ounces of 100% fruit juice to a plastic cup. Cover cup with plastic wrap. Puncture center of the wrap with a popsicle stick and place in the freezer.

Learn To Live
Healthy Living From The Anne Arundel County Department Of Health

For free information on healthy living and cancer prevention, contact Learn To Live at 410-222-7979 or at www.ahealth.org
Fruits and Veggies they’re everywhere:

fresh, frozen, canned, dried and 100% juice!
<table>
<thead>
<tr>
<th></th>
<th>Did you like the Kiwi?</th>
<th>Would you eat it again?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kiwi</td>
<td>Yes/No</td>
<td>Yes/No</td>
</tr>
<tr>
<td>Honeydew Melon</td>
<td>Yes/No</td>
<td>Yes/No</td>
</tr>
<tr>
<td>Green Bell Pepper</td>
<td>Yes/No</td>
<td>Yes/No</td>
</tr>
<tr>
<td>Zucchini</td>
<td>Yes/No</td>
<td>Yes/No</td>
</tr>
</tbody>
</table>

Thank you!
Appendix 6

Tasting Of The Greens Fruit and Vegetable Fact Sheet

Honeydew Melon
- Harvested in Maryland from July to October.
- High in vitamin C and a good source of potassium.
- When ripe, it is the sweetest of all melons.
- They grow on vines.

Kiwifruit
- Kiwifruit is grown in California and is harvested in October and November. Kiwifruit in New Zealand and Chile are harvested in April and May.
- High in antioxidant vitamin C and a good source of fiber, vitamin E and potassium.
  - Almost the same amount of vitamin C as two oranges or five lemons.
  - More vitamin E than an avocado.
  - The same amount of potassium as a banana.
- The skin of the fruit can be eaten or peeled.
- Kiwifruit is more than 700 years old.

Green Bell Pepper
- Harvested in Maryland from July to September.
- High in vitamin C.
- Bell peppers are not hot they are a sweet pepper.
- The variety of the pepper plant and the stage of the ripeness determine the flavor and color of each pepper. For example, a red bell pepper is a mature green bell pepper. As a bell pepper ages, its flavor becomes sweeter and milder. Peppers can be green, yellow, red, orange, white, purple, blue and brown.

Zucchini
- Zucchini is a summer squash. Harvested in Maryland from June to October.
- High in vitamin C. Zucchini is low in calories and contains vitamin A, folate, potassium and fiber.
- It can be yellow, green, or light green.

Learn To Live
Anne Arundel County Department of Health
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410.222.7979
Outfit Your Child For A Healthy Day

You found time to help your children with their latest homework or art project and their clothes are laid out for school. A plan for what you are going to feed them the next day will help them do their best. Healthy food gives them energy and brainpower.

Breakfast - A balanced breakfast is a good way to start the day. Eating a combination of carbohydrates, protein and fat will provide lasting energy.

Fast Breakfast Tips:

- Purchase whole-grain or whole-grain blend pancake or waffle mix. Make a batch over the weekend and reheat during the week. Try frozen ready-made 100 percent whole-wheat waffles and top with a tablespoon of yogurt, peanut butter, jelly or ¼ cup sliced fruit such as bananas.

- For cereal on the go, place 1 cup of their favorite whole-grain cereal and a ¼ cup dried fruit (without added sugar) in a bag. Give them an 8-ounce box of low-fat milk to drink for a balanced meal.

Lunch - Children can help pack their lunch. Try to include all the food groups: grain, fruit, vegetable, dairy and protein. For example, a peanut butter sandwich on 100 percent whole-wheat bread, low-fat string cheese, baby carrots and an apple.

Snacks - You can portion these foods at home and place them in small containers or buy single serving sizes at the store. Read labels of prepared foods to compare products. Choose the product with the least amount of added sugar and fat.

Make Balanced Choices

Choose foods from each of the following food groups to build balanced and nutritious meals and snacks for your children:

**GRAINS**
- Sandwiches with 100 percent whole-wheat pita pockets, tortillas, crackers or English muffins make for something interesting, fun and healthy.
- Whole-grain cereal, crackers or pretzels make great, crunchy snacks.

**FRUITS AND VEGGIES**
- Stock up on frozen or canned fruits and vegetables such as frozen strawberries or canned green beans. These fast fruits and veggies can be added to meals in a hurry.
- Purchase varieties without added sugar or sodium.

**DAIRY**
- Fat-free milk boxes travel well and don’t need refrigeration. If your child prefers it chilled, pack it next to the freezer gel pack.
- 1 ounce single serving low-fat string cheese or cheddar cheese is a good quick dairy pick.
- Low-fat, low-sugar yogurt is a healthy choice.

**PROTEIN**
- Low-fat deli meat, water packed tuna, peanut butter or bean dip provide fast and easy protein.
- Snack on almonds, peanuts or walnuts for an energy boost.

Food Fuels Fun! Provide healthy food and drinks to help give your child the energy for fun activities! See the other side of this sheet for ideas to help maintain strong bones for active play.
Kid-Friendly, Calcium-Packed Snacks or Lunch Additions

Give Kids... Instead of...

| Whole-grain cereal with low-fat or fat-free milk* | Cereal and milk breakfast bars and toaster pastries |
| Calcium-fortified orange juice | Orange-flavored drinks or soda |
| Low-fat yogurt topped with fresh or frozen fruit | Yogurt-filled bars |
| Low-fat cottage cheese topped with fruit or served with carrot and celery sticks | High-fat mayonnaise-based dips |
| Low-fat mozzarella string cheese and 100 percent whole-wheat crackers | Pasteurized process cheese dip and crackers snack pack |
| Grilled cheese sandwich made with low-fat cheddar cheese on 100 percent whole-wheat bread | Sandwich made with American pasteurized process cheese food slices and white bread (Low-fat cheddar has twice the calcium of cheese food slices.) |
| Low-fat or fat-free chocolate milk* | Chocolate drink (the first ingredient is water!) |

*Children ages one to two should drink whole milk. Children ages two to five should be gradually switched to fat-free (skim) or low-fat (1 percent milk).

Calcium Recommendations

<table>
<thead>
<tr>
<th>Age</th>
<th>Milk Group (Daily Servings*)</th>
<th>Adequate Intakes** (mg/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-3 years</td>
<td>3***</td>
<td>500</td>
</tr>
<tr>
<td>4-8 years</td>
<td>3</td>
<td>800</td>
</tr>
<tr>
<td>9-18 years</td>
<td>4</td>
<td>1,300</td>
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<tr>
<td>19-50 years</td>
<td>3</td>
<td>1,000</td>
</tr>
<tr>
<td>51+ years</td>
<td>4</td>
<td>1,200</td>
</tr>
</tbody>
</table>

* Milk group serving sizes: 1 cup milk, 1 cup yogurt, 1.5 ounces cheese
** Source: National Academy of Sciences, 1997
*** Serving sizes for children ages 1-3 are 2/3 of adult size.

For more information on milk and calcium, check out the Milk Matters Web site at www.nichd.nih.gov/milkmatters.

Let’s Get Moving

Encourage your kids to be active. Weight-bearing physical activities help build bone mass. Weight-bearing means your muscles (and bones) are working against gravity. Activities like dancing, hopscotch, running and jumping rope are all activities that help build bones and are lots of fun.

For more information on healthy snacks and physical activities, call the Learn To Live Line at 410-222-7979 or visit www.aahealth.org.

Hopscotch and Chocolate Milk Build Bones!

Building strong bones begins in childhood. We build bone mass from birth until age 30. Most bone mass is developed before age 18. After age 30, we need to work on maintaining bone. Whether we are building or maintaining our bones, we all need foods rich in calcium, Vitamin D and other minerals to provide the right building blocks to make bones strong. Having a variety of healthy, calcium-rich snack choices on hand will help satisfy those hunger pangs. Avoid soda and high sugar fruit drinks that replace milk and water.
Non-food Alternatives for School Rewards and Fundraising

School food choices are not limited to lunches and vending machines.

The Institute of Medicine (IOM) Nutrition Standards for Food in Schools are suggested as voluntary guidelines and primarily affect school a la carte and vending choices. But those are not the only school food practices that contribute to childhood obesity. The IOM also recommends applying the nutrition standards to classroom parties and celebrations plus fundraising, rewards, and incentives for students. In addition, non-food alternatives may provide double benefits by limiting high calorie snacks AND increasing physical activity.

### How NOT to use food in your school

1. **Incentives, rewards or celebrations**
   - Presenting food (both sweet and non-sweet) as a reward significantly enhances the desire for that food. Holiday celebrations, for example, could focus on traditional activities or games.

2. **Punishment**
   - Withholding food (usually candy or other low-nutritive value foods) as a punishment reinforces the desire for that food—just as if it were used as a reward.

3. **Fundraising to support school programs**
   - Food fundraisers may help the financial health of school activities—but at the expense of children’s physical health.

Students learn from ALL their school experiences. The goal is to create an environment that supports the healthy nutrition messages being taught in the classroom. Giving some groups (school staff or seniors) food options that aren’t available to the whole student body sets up a double standard.

### Non-food Rewards for Elementary Students
- Trips to a treasure box filled with nonfood items, such as stickers, play tattoos, bubbles, jump ropes, puzzles, key chains, yo-yos, spider rings, charms, trading cards, pencil toppers, extra credit opportunities
- Play favorite non-electronic game
- Extra recess
- Make deliveries to the office
- Sit by friends
- Help teach class
- Eat lunch with the teacher
- School supplies
- Show and tell
- Paperback book
- Free choice time at end of the day
- "No homework" pass
- Listen to classroom music while working
- Teacher reads a book to the class
- Read or have class outdoors
- "No homework" pass
- Listen to an audio book/watch a video
- Have a teacher perform (sing or play an instrument)
- Choose one student from each class to walk with the principal at lunch

### Non-food Rewards for Middle School Students
- Sit by friends
- Listen to classroom music while working
- "No homework" pass
- Eat lunch outside or have class outside
- Computer time
- Chat break
- Field trips
- Assemblies
- Extra reading time
- Free time at end of class

### Non-food Rewards for High School Students
- Extra credit opportunities
- "No homework" pass
- Extra reading time
- Eat lunch outside or have class outside
- Computer time
- Coupons to video stores, music stores, movies (donated)
- Drawing for donated prizes among students who meet certain grade standards
- Free time at end of class
- Free passes to school events and games

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Fundraising Ideas

To Do
• Invite chefs from local restaurants to donate healthy hors d’oeuvres and desserts for a “Taste of (insert your town)” event
• Ask local businesses to donate a portion of sales on a given date or time to the school
• Organize events, such as a bike-a-thon, sled-a-thon, walk-a-thon, dance-a-thon, rock-a-thon or read-a-thon, for which sponsors pledge money by the mile, hour, or number of books/pages
• Organize a car or pet wash
• Sell tickets to a parent-teacher talent show or basketball game
• Invite community members and businesses to donate items (e.g., weekends at vacation homes, pool or lawn care, baby sitting, lunch with a local celebrity) for a silent auction/raffle
• Charge for gift wrapping services during holidays
• Organize a fun run
• Rent-a-teen helper (rake leaves, water gardens, mow lawns, wash dogs)
• Singing telegrams (good for chorus or band)
• Hold a talent show/magic show
• Carnivals
• Dances (kids, father/daughter, family, Sadie Hawkins)
• Recycling cans/bottles/paper
• Organize a golf tournament
• Bowling/skate night
• Treasure hunt/scavenger hunt
• Penny wars (pennies - 1 point, nickels + 5 points, quarter + 25 points, team with the most points wins)
• Spaghetti dinner (use food donated from local businesses)
• Book fair
• Sport clinic
• Cheerleading clinic
• 3-on-3 basketball tournament
• Lip-sync contest
• Silent auctions
• Recycle cell phones
• Flamingo fundraiser (donation for lawn ornaments to be removed from your lawn)
• Rent out special parking spaces
• Trash to treasure sale: community members bring items to donate for a school yard sale
• Pay for a chance to soak your teacher in a dunk tank
• Non-bake sale: pay NOT to bake
• School job fair

To Sell
• Magazines
• Discount cards/coupon books for local businesses
• Holiday ornaments/wreaths/flowers
• Plants/flowers/bulbs
• Gift wrap/greeting cards/notes cards
• Brick/tile/stone memorials to be placed on school property
• Mother’s Day hanging baskets
• Valentine’s Day carnation sale
• Cookbooks with recipes from teachers/students/community members
• Temporary tattoos
• Emergency/first-aid kits
• Picture frames
• Gift baskets
• Music CDs, videos, DVDs
• Pedometers
• Balloon bouquets
• Healthy foods:
  - Gift baskets with fruit/cheese
  - Low-fat, low-salt pretzels
  - Specialty-shaped pastas
  - Seasonal fruit/nut baskets
  - Popcorn, cheese, apples
• School spirit gear
• Calendars featuring school-specific functions and photos
• School art projects

For more information, visit the following Web sites:

- Association of Fund-Raising Distributors and Suppliers
  www.afrds.org
- Fundraising Bank
  www.fundraising-ideas.com
- Institute of Medicine Nutrition Standards
  www.iom.edu/CMS/3788/30181/42502.aspx
- Iowa State University Extension Nutrition Resources
  www.extension.iastate.edu/healthnutrition/
- Iowa State University Extension Publications
  www.extension.iastate.edu/store
- PTO Today
  www.ptotoday.com

Prepared by Ruth Litchfield, Ph.D., R.D., L.D., extension nutritionist; Diane Nelson, extension communication specialist; and Jane Lenahan, extension graphic designer.

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