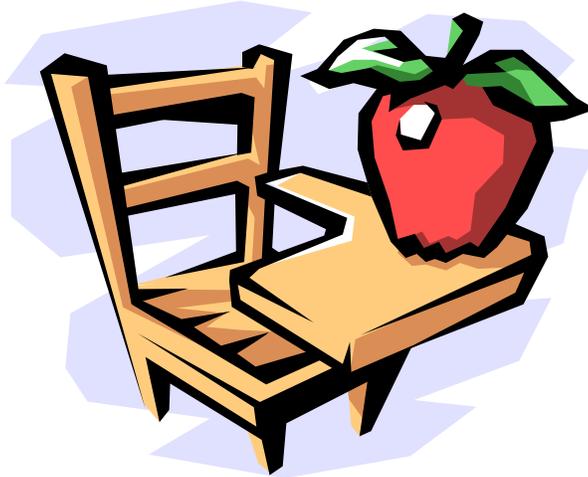


*Plattsburgh City School District
Nutrition and Physical Activity Policy Guide*

It is our goal to improve the health and wellness of our entire school community: students, families, faculty, staff and administration by continuous needs assessment, implementation of best practices and working collaboratively with a variety of community agencies and resource supports.



Plattsburgh City School District Wellness Policy Committee Members

2010

- ❖ Officer Robert Annis
 - ❖ Leisa Boise
 - ❖ Dr. Anita Bodrogi
 - ❖ Mary Ann Cox
 - ❖ Annmarie Curle
 - ❖ Marle Curle
 - ❖ Linda Haubner
 - ❖ Rory MacRae
 - ❖ Cheryl Maggy
 - ❖ Jessica Mathews
 - ❖ Charlene O'Connor
 - ❖ Kim Quinn
 - ❖ Ilana Reiblein
 - ❖ Joe Staves
 - ❖ Jesse Terry
 - ❖ Laurie Williams
- Plattsburgh City Police Department
PCSD Board of Education
Parent Representative
NAMI-CV
Physical Education
Student
PCSD School Nurse Practitioner
PHS Student Advocate
PHS School Nurse
EAHCN
School Lunch Manager
Health Education Coordinator/Teacher
Student
Administrative Liaison
Physical Education
CCHD

Table of Contents

- ❖ Nutrition and Physical Activity Policy Recommendations and Guidelines
- ❖ Wellness Policy Pamphlet
- ❖ Parent Letter

Attachments

- ❖ School Snack & Beverage Standards for Clinton County Schools Attachment A
- ❖ Classroom Snacks That Make The Grade Attachment B
- ❖ Foods of Minimal Nutritional Value Attachment C
- ❖ The Nutritionally Fit Class Room Attachment D
- ❖ Alternatives to Using Food as a Reward # 1 Attachment E
- ❖ Alternatives to Using Food as a Reward # 2 Attachment F
- ❖ Kids Learn What They Live Attachment G
- ❖ Creative School Fundraising Ideas Attachment H
- ❖ Creative Financing & Fun Fundraising Attachment I
- ❖ Ideas to Help Children Lead Healthy Lifestyles Attachment J
- ❖ Ideas to Increase Family Activities Attachment K
- ❖ Grab and Go Snacks Attachment L
- ❖ Make it to Go Breakfast Ideas Attachment M
- ❖ Scavenger Hunt Lists Attachment N
- ❖ Healthy Snacks For Kids Attachment O
- ❖ Bake Sale Savvy Attachment P
- ❖ What Parents Can Do Attachment Q
- ❖ Low Fat Cooking/Substitutions Attachment R
- ❖ Making Sense of Portion Sizes Attachment S
- ❖ Resources Attachment T

Nutrition and Physical Activity Policy

The Board of education recognizes that schools influence the lifelong dietary and physical activity habits of children. They, in partnership with parents, are responsible for conveying the importance of good nutrition, effective exercise and generally healthful lifestyles. The Board further recognizes that students who are well nourished and healthy are more likely to be academically motivated, alert and successful.

Nutrition

School Meals:

- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings and adequate time for students to eat.
- To maximum extent practicable all schools in our district will participate in available federal school meal programs.

Foods and Beverages Sold Individually (during the school day and at school sponsored events):

All food and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte lines, vending machines or student stores) during the school day or through programs for students after the school day should meet the nutrition requirements established by local, state and federal statutes and regulations. Daily use of a snack cart with healthy offerings should be encouraged.

Fund Raising Activities Involving Food:

To support children's health and school nutrition education efforts, school fundraising activities that involve food should meet the nutrition requirements established by local, state and federal statutes and regulations. The district will provide a list of suggested alternative fund raising activities.

Rewards:

Schools should not use foods or beverages, especially those that do not meet nutrition requirements, as rewards for academic performance or good behavior and will not withhold food or beverages (including food served through school meals) as punishment.

Celebrations:

Schools should limit celebrations that involve foods that do not meet the nutrition standards. Each party should include no more than one food or beverage that does not meet nutrition standards. The district will disseminate a list of healthy party ideas to parents and teachers.

Meetings:

Food and beverages offered at meetings (before, during and after school) should be in accordance with New York State Department of Health Guidelines for Healthy Meetings.



★
★ **Physical Activity Opportunities After School:**

★ All elementary, middle and high schools will offer extracurricular physical activity programs such as physical activity clubs or intramural programs. The high school and middle school, as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests and abilities of all students including boys, girls, and students with disabilities and students with special health care needs. After school child care and enrichment programs will provide and encourage verbally through the provision of space, equipment and activities periods of moderate to vigorous physical activity.

★ **Safe Routes to School:**

★ The school district will work together with local public works, public safety and/or the police department to make it easier and safer for students to walk and/or bike to school.

★ **Use of School Facilities Outside of School Hours:**

★ School spaces and facilities should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

★ **Physical Education Curriculum/Grading:**

★ At the elementary level, the goal of the physical education curriculum is to foster a love of physical activity and play, hoping to instill a need for physical fitness. Through out the year the elementary physical education classes will attempt: to develop coordination, grace and control; to provide opportunities for increased responsibility; to give each child a wide range of skills, including gymnastics and dance; to present opportunities for each child to belong to a group in which there is acceptance; to provide experiences which will develop initiative, self-reliance, self worth, honesty and kindness to others; to develop a sense of fair play and cooperation; and to provide an integration of the physical education class with the subject areas being taught in the classroom. Students will be assessed on skill objectives and behavior, which include effort, attitude and cooperation.

★ The physical education goals and objectives at Stafford Middle School are to provide the opportunity to participate in a wide range of activities; to promote collaborative activities supported through Adventure Base Learning which includes a low ropes course; to provide a strong aquatics program based on the American Red Cross Level 1-7; and to prepare students with team and individual sports skills for an emphasis on physical wellness and life long activities.

★ At Plattsburgh High School, the physical education curriculum encompasses traditional team and individual sports as well as life long sports and activities. Each semester, students are allowed to select from a “menu” of activities offered by each instructor. The selection on each “menu” includes individual as well as team activities as recommended by the New York State Physical Education Profile. Currently, physical education grades are included as part of an individual’s grade point average. The graduation requirement for Physical Education is 2.0 credits (.25 credits each semester).

★ **Implementation, Monitoring and Review:**

★ The Plattsburgh City School District Health Education Advisory Committee will develop plans to facilitate implementation, monitor, review and as necessary, revise school nutrition and physical activity guidelines.

Adopted: July 2005

Revised: September 2010



Frequently Asked Questions..

Where can I get a complete copy of the policy?

- ◆ Copies of the district's Nutrition and Physical Activity Policy are available in a variety of offices in your school: Administration, food services, school athletic office, health education coordinator and health office.

Does this mean I cannot let children bring sweets in for classroom parties?

- ◆ No, it is recognized that all foods can fit occasionally. However, healthier options are encouraged.

I have heard students won't purchase healthier foods. We need the money for activities the budget can't provide.

- ◆ Districts who have made substitutions have found no decrease in sales. Many items are available that meet the new standards. Students will purchase water and fruit juice if soda is not available to them, and profits are still made.

Healthy role models are always beneficial when advocating good nutrition and physical activity...



Our Mission is to educate each student of the Plattsburgh City School District by creating challenging, supportive, and interactive learning that advances intellectual, physical, social, and cultural development.

PLATTSBURGH
CITY SCHOOL
DISTRICT

Nutrition and
Physical Activity
Policy

Guide for Faculty,
Staff, Clubs
and Organizations

September 2005

For more information,
contact Kim Quinn
Health Education
Coordinator...563-7435

Background...

Concern about our nation's rate of preventable chronic diseases, and the increasing evidence that many of these disease processes begin in childhood, prompted our school community to look closely at the influence we have on our students' health.

Recognizing that good nutrition and lifelong physical activity are two key components to establishing healthful lifestyle, the Board of Education directed the formation of a School Nutrition Committee, with the task of creating a policy that will govern food related activities for all groups both within the school, as well as school activities within the community.



The Process...

The School Nutrition Committee consists of representatives from health education, health services, students, home and careers, physical education, administration, parents, elementary educators, food services, FSA/CSO, Board of Education and Clinton County Health Department's Nutrition Services Unit.

Using a tool designed by the Center for Disease Control (CDC) entitled, "School Health Index", the committee completed an the assessment of current practices relating to nutrition and physical activity in the district.

Then, using this assessment information along with best practices from schools across the nation, the committee developed a policy to guide our district in advocating and promoting healthy nutrition and physical activity.



In a Nutshell...

The school nutrition policy consists of five nutrition components as well as physical activity recommendations.

Included in the policy:

- ◆ Specific nutritional guidelines for foods sold in vending or a la carte
- ◆ Nutrition guidelines which recommends avoiding foods of minimal nutritional value (soda, candy, chips)
- ◆ Recommendations apply to school cafeteria sales, a la carte, sporting events, fundraising, classroom incentives, meetings and anytime food is offered in the school and at school activities within the community
- ◆ Design physical education classes to create an activity-based theme from warm up to cool down
- ◆ Provide an environment that encourages appropriate nutritional choices as well as physical movement daily.

**A School Nutrition and Physical Activity Policy
What's Going On Now?**

You may recall that our school district adopted a revised Nutrition and Physical Activity Policy in 2005. The legislation required all school districts operating a national school lunch program to take the initiative to determine whether or not they were in compliance. While the Plattsburgh City School District does comply it is also necessary to revisit and adjust the policy and resource guide periodically.

Why?

Chronic diseases like heart disease, cancer and diabetes cause death and disability to many people each year. We know that many diseases are preventable through healthier lifestyles. We also know that these diseases can start in childhood. Setting kids down the right path with good nutrition and physical activity is key to slowing down our chronic disease rate.

Schools...a place for learning and shaping lifelong habits

Our school district is in a powerful position to help influence the nutrition and physical habits of our youth. We can teach about nutrition and physical activity and we can model an environment that embraces these values. Our goal is that our students have the opportunity to achieve this highest level of health and academic excellence.

Who is involved with this policy/resource guide development?

Your PCSD Health Education Advisory Committee, which is comprised of membership from elementary teachers, high school students, school food service, physical education, health services, parents, administrators, school board, health education coordinator and the Clinton County Health Department meets bi-monthly to regularly discuss health and wellness issues in which the nutrition policy is included.

Highlights of the School nutrition and physical Activity Policy

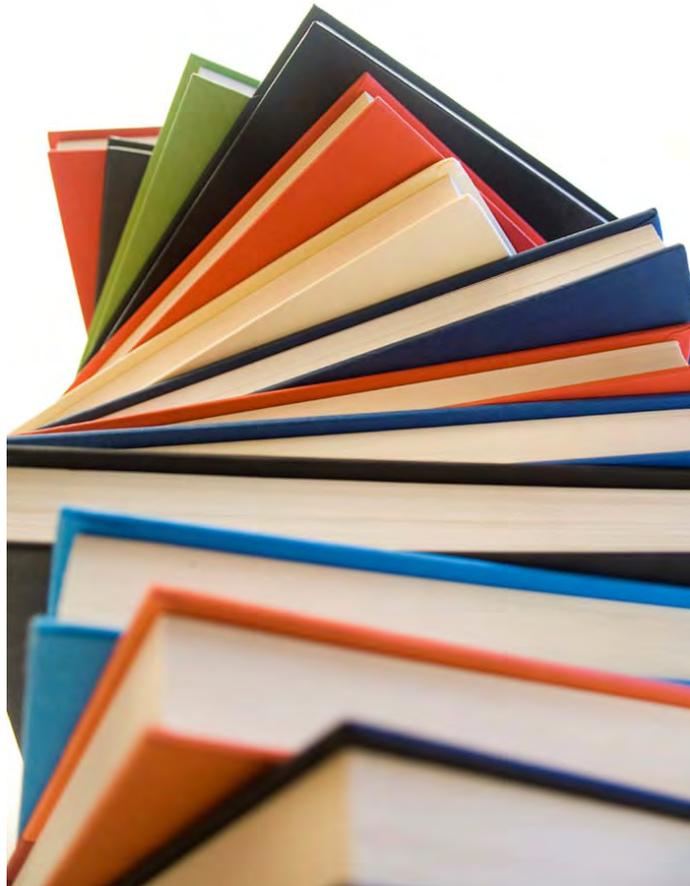
- ❖ Continuation of the Health Education Advisory Committee to oversee and review the policy/guide
- ❖ Requirements for healthful school meals
- ❖ Recommendations for physical fitness opportunities
- ❖ Specific nutritional requirements for foods sold in vending machines and a la carte
- ❖ Guidelines for types of foods and beverages sold in fund raising, school activities, celebrations, meetings and sporting events

Copies of the policy/resource guide will be located in school administrative offices, health offices, athletic director's office, food service office and health education coordinator's office as well as the PCSD website.

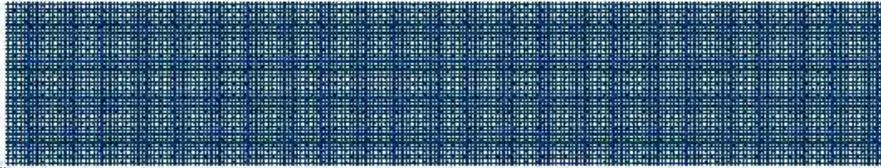
We look forward to continued healthful, nutritionally fit and physically active school years ahead!



Attachments



**Clinton County Health Department Nutrition Services/School
T.A.B.L.E/Eat Well Play Hard Partnership
School Snack & Beverage Standards for Clinton Country Schools**



Snack & A la Carte Standards:

Items should follow these guidelines:

- | | |
|-------------------------|------------------|
| * Total Fat | 7 grams or less |
| * Saturated & Trans-Fat | 2 grams or less |
| * Sugar | 15 grams or less |
| * Sodium | 360 mg or less |

Foods excluded include those with naturally occurring fat and sugars, such as dried fruit, nuts and seeds that do not have added sugar or salt in them.

Allowed:

- * Baked chips, pretzels, some popcorn
- * Some granola bars & trail mixes
- * Graham crackers
- * And many other items

Not Allowed:

- * Regular chips and candy
- * Some cookies and sweets
- * Other confections
- * Other high-fat salty snacks

Beverage Standards:

Items should follow these guidelines:

- * Only allows 1% or less milk, regular and flavored
- * Other beverages with no more than 15 grams per 8 oz. serving
- * Juice beverages must contain 25% or more real fruit juice
- * Electrolyte replacement drinks that do not contain more than 20 grams of added sweetener per 8 oz. serving. Soda should not exceed 110 milligrams per 8 oz.; potassium should not exceed 60 milligrams per 8 oz. Electrolytes and minerals added might include: sodium, potassium, chlorine and phosphorus.
- * Allowable sweeteners in beverages include but are not limited to the following: sugar (raw, refined, unrefined, cane, brown, turbinado, white); invert sugar, dextrin, sucrose, honey, corn syrup, and high fructose corn syrup, can juice, molasses, xylitol, sorbitol, mannitol, galactose, lactose, fructose and Splenda®.
- * Other beverages should contain no more than 15 grams of sugar per 8 oz. serving

Allowed:

- * Non-fat & low-fat milk/flavored milk
- * Water
- * Flavored waters without sugar
- * Fruit juices
- * Spritzers
- * Beverages meeting standards as above

Eliminate:

- * Soft drinks
- * Some sports drinks
- * Sweetened iced tea drinks
- * Other drinks that contain less than 25% fruit juice

Updated 3-08



Classroom Snacks That Make The Grade

Healthy Hints from the Wellness Committee

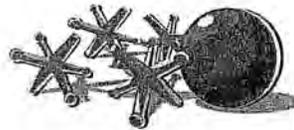
Room parties and birthday celebrations frequently bring snacks into the classroom. Sugar sweetened foods, once the mainstay of school snacks, have made way for healthier options.

Help children learn to celebrate with games, contests, and adventures, instead of focusing on food as many adults do. Celebrate by offering non-food treats, such as stickers, pencils, pens, crayons, and party favors.

When sweets are served, choose ones with healthy ingredients when possible. Sweets that include whole grains and fruits, such as oatmeal raisin cookies or carrot muffins, add fiber and important nutrients. The traditional birthday cupcakes and sweets are fine for once-in-a-while type occasions.

To encourage healthy eating habits for all children, serve low sugar snacks, such as graham crackers, fruit chunks and vegetable sticks.

Parents and teachers also need to practice food safety for in room celebrations. Remember, all cut fruit, dairy products, dips, meats, drinks and other prepared dishes need to be refrigerated until serving time. No food, even pizza, should be served after it has been out for more than 2 hours at room temperature.



Some Snacks That Make The Grade...



Trail Mix	Baby Carrots	Dried Fruit
Chex™ Mix	Little mini-sandwiches	Munchies™ Kids Mix
Pretzels	Baked Chips	Fruit juice frozen bars
Gingersnaps	Oatmeal cookies	Mini-muffins
Popcorn	Pudding	Vanilla wafers
Graham crackers	Cherry tomatoes	Cheese sticks
Assorted low-fat snack crackers	Popcorn or Rice cakes	Newton cookies
Low-fat quick breads (banana, zucchini, pumpkin)	Assorted Fruit, all prepared in bite size portions	

Clinton County Health Department, Nutrition Services Unit

June 2004

Attachment B

Foods of Minimal Nutritional Value as Defined by USDA

★ These foods should not be sold to students on a school campus during meal service hours (breakfast & lunch):

- ★ **Soda Water:** Any carbonated beverages (even water). No product shall be excluded from this definition because it contains discrete nutrients added to the food, such as vitamins, minerals and protein.
- ★ **Water Ices:** Any frozen, sweetened water, such as "...sicles", and flavored ice with the exception of products that contain fruit or fruit juice.
- ★ **Chewing Gum:** Any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- ★ **Certain Candies:** Any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:
- ★ **Hard Candies:** A product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, i.e. characterized by a hard, brittle texture and includes such items as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints and cough drops.
- ★ **Jellies and Gums:** A mixture of carbohydrates that are combined to form a stable gelatinous system of jelly-like character and are generally flavored and colored and include gum drops, jelly beans, jellied and fruit flavored slices.
- ★ **Marshmallow Candies:** An aerated confection composed of sugar, corn syrup, invert sugar, 20% water and gelatin or egg white to which flavors and colors may be added.
- ★ **Fondant:** A product consisting of microscopic-sized sugar crystals that are separated by a thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.
- ★ **Licorice:** A product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.
- ★ **Spun Candy:** A product that is made from sugar that has been boiled at high temperatures and spun at a high speed in a special machine
- ★ **Candy Coated Popcorn:** Popcorn that is coated with a mixture made predominantly from sugar and corn syrup.

The Nutritionally Fit Classroom

Take a look at the role of food and nutrition in the classrooms in our schools...how do we rate?

- **We only offer non-food rewards for student incentives. We offer stickers, personal recognition or other “prizes” instead of candy, sweet treats or high fat foods.**
- **We do not give coupons for fast food restaurants as rewards for attendance or other behaviors.**
- **We promote healthier choices for student parties and celebrations. Our parent sign-up sheet indicates the need for healthier choices like fresh fruits, pretzels and juice.**
- **We choose a variety of fundraisers for our projects that do not include candy and do offer non-food items.**
- **We encourage students to stay hydrated by allowing water breaks or water bottles filled with plain water.**



Attachment D

Alternatives to Using Food as Reward # 1

Elementary School Students:

- ★ Make deliveries to the office
- ★ Teach class
- ★ Sit by friends
- ★ Eat lunch with teacher
- ★ Play favorite game
- ★ Stickers
- ★ Fun video
- ★ Extra recess
- ★ School supplies
- ★ Trip to treasure box filled with non-food items
- ★ Paperback book
- ★ Show and tell
- ★ Teacher reads special book to class
- ★ Bank system: earn play money to be used for privileges
- ★ Teacher performs special skill: cartwheel, playing guitar

Middle School Students:

- ★ Sit with friends
- ★ Listen to music while working at desk
- ★ 5 minute chat break at the end of class
- ★ Reduced homework
- ★ Extra credit
- ★ Fun video
- ★ Computer time
- ★ Assemblies
- ★ Field trips
- ★ Eat lunch outside or have class outside

High School Students:

- ★ Extra credit
- ★ Fun video
- ★ Reduced homework
- ★ Coupons to video stores, music stores, movies (donated)
- ★ A few minutes of “free choice” time at the end of class period

Food for Thought:

Rewards can be abused and over-used. Too often students may come to expect something in return for behavior or good grades when in reality they should do the behavior for its intrinsic value.

Attachment E



Alternatives to Food Rewards # 2

Many schools use food as rewards for good behavior and academic performance.

Pizza, candy, soft drinks and ice cream are the most common food rewards.

Advantages of Using Food as Rewards in Classrooms:

- Easy
- Inexpensive
- Can bring about short-term behavior change

Disadvantages of Using Food as Rewards in Classrooms

- Classroom learning about nutrition will remain strictly theoretical if schools regularly model unhealthy behaviors
- Foods commonly used as rewards can contribute to health problems for children: obesity, diabetes, hypertension and cavities. These diseases are increasing rapidly among children.
- Rewarding students with food can interfere with children learning to eat in response to hunger and satiety cues.
- Food preferences for both sweet and non-sweet food increase significantly when foods are presented as rewards (Birch and Fisher 1994). In other words, we may be teaching children to prefer unhealthy foods.
- Schools are institutions designed to model appropriate behaviors for children. May contribute to “disordered eating” in the future



Attachment F

Kids Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

Zero Cost Alternatives:

- Sit by friends
- Watch a video
- Read outdoors
- Teach the class
- Have extra art time
- Enjoy class outdoors
- Have an extra recess
- Play a computer game
- Read to a younger class
- Get a “no homework” pass
- Make deliveries to the office
- Listen to music while working
- Play a favorite game or puzzle
- Earn play money for privileges
- Walk with a teacher during lunch
- Eat lunch outdoors with the class
- Be a helper in another classroom
- Eat lunch with a teacher or principal
- Dance to favorite music in the classroom
- Get “free choice” time at the end of the day
- Listen with a headset to a book on audiotape
- Have a teacher perform special skills (sing)
- Have a teacher read a special book to the class

Low Cost Alternatives:

- Select a paperback book
- Enter a drawing for donated prizes
- Take a trip to the treasure box for non-food items
- Get stickers, pencils and other school supplies
- Receive a video store or movie theater coupon
- Get a set of flash cards printed from a computer
- Receive a “mystery pack” (note pad, folder, sports cards, etc.)



Creative School Fundraising Ideas

Things To Do:

- Gift wrapping for donations at book stores during the holidays
- Fun runs: Walk-a-thon (Pre K: each child gets sponsors for each lap walked-up to 8 laps/\$1; Bike-a-thon; Jump-rope-a-thon; Sled-a-thon
- 3-on-3 basketball tournament (charge a team \$40 for entrance; local businesses donate prizes)
- Car wash (pre-sell tickets as gifts; ask for pledges per car in advance; operate a food stand with coffee, bagels, juice)
- “Chuck a puck at the rink” (a hockey team plays this game between the 2nd & 3rd periods of the game.) Each puck is numbered and sold for \$1. Everyone throws them on the ice and the one closest to the center gets half of the money raised.
- Singing telegrams
- Talent shows/recital/lip-sync contest (local businesses donate items for raffles)
- Read-a-thon, Spelling Bee, Science Fair
- Carnivals (Halloween, Easter, etc.)
- Dances (kids, father/daughter, family, Sadie Hawkins)
- Bowling night/skate-a-thon
- Raffles (teachers do a silly activity)
- Magic Show
- Family/glamour portraits
- Penny wars (pennies +1, nickels + 5, quarters + 25, team with most points wins)
- Raffle (movie passes, theme bags, theme baskets assembled by students) Check local laws governing raffles
- T-shirts/caps
- Students volunteer for odd jobs to raise money, end of “work” day dinner and dance held for volunteers

Things That Involve The Community:

- | | |
|---|---------------------------------|
| ★ Catering (district food service department caters events) | Golf Tournaments |
| ★ Rent-a-teen helper(rake leaves, water gardens, mow, wash dog | Bricks w/engraved donor names |
| ★ Treasure hunt/scavenger hunt | Candles/crafts/books/plant sale |
| ★ Tennis/horseshoe competition | School clothing or rummage sale |
| ★ Recycling cans/bottles/paper/Christmas trees | Work shops/Classes |
| ★ Auction or money jars for students to place money in | Community job fair |
| ★ Sell seat cushions at sporting events | Bingo nights |
| ★ Halloween insurance: \$1 insurance sold for guaranteed clean up after Halloween | |



Attachment H

Creative Financing and Fun Fundraising
(Alternatives to Selling Candy-For Schools, Sports & Clubs)

Things You Can Sell:

- | | | |
|--|-------------------------|------------------------------|
| ★ Candles | Tupperware | Valentine Flowers |
| ★ Greeting Cards | Holiday Ornaments | School Art Work |
| ★ Gift Wrap, Boxes, Bags | School Spirit Gear | Christmas Trees |
| ★ Magazine Subscriptions | First Aid Kits | Yearbook Covers |
| ★ Gift Items | Crafts | Mistletoe |
| ★ Coupon Books | Emergency Kits for Cars | Student Directories |
| ★ Holiday Wreaths | Batteries | Yearbook Graffiti |
| ★ Gift Certificates | Temporary/Henna Tattoos | Newspaper Space, Ads |
| ★ Flowers, Bulbs, Poinsettias | Pocket Calendars | Stationery |
| ★ Cookbooks | Raffle Donations | Stadium Pillows |
| ★ Balloon Bouquets | Stuffed Animals | School Frisbees |
| ★ House Decorations | Coffee Cups, Mugs | Sell/Rent Wishes |
| ★ T-Shirts, Sweatshirts | Garage Sale | Rent a Special Parking Space |
| ★ Books, Calendars | Foot Warmers | Bath Accessories |
| ★ Buttons, Pins | Spirit/Seasonal Flags | Music, Videos, CD's, DVD's |
| ★ Air Fresheners | Bumper Stickers | Scratch Off Cards |
| ★ Jewelry | Football Seats | Megaphones |
| ★ Activity Theme Bags | Souvenir Cups | Hats |
| ★ Pre-Paid Phone Cards | Scarves | Customized Stickers |
| ★ Pet Treats/Toys/Accessories | Gift Baskets | |
| ★ License Plates/holders w/School Logo | | |

Healthy Food Items:

- | | | |
|-----------------------|-------------------------|----------------|
| ★ Fruit Smoothies | Frozen Bananas | Trail Mix |
| ★ Fruit & Nut Baskets | Fruit & Yogurt Parfaits | Fruit Roll-Ups |

Things That Support Academics:

- | | | |
|---------------|--------------|--------------|
| ★ Read-A-Thon | Science Fair | Spelling Bee |
|---------------|--------------|--------------|

Things That Promote the School:

- ★ Cookbook Made by School (Parents, Teachers, Kids)
- ★ T-Shirt/Sweatshirt Sales
- ★ Bumper Stickers & Decals
- ★ School Logo Air Fresheners
- ★ Scratch-Off Cards
- ★ Calendars



Team Nutrition Handouts



Parents as Lifestyle Role Models

Ideas to help your children lead healthy lifestyles

Increase Activity

Let your kids see *you* exercise.

- Encourage family walks, hikes, and bike rides.
- During summer and holidays off from school, let your kids make money while they exercise. Use this time to develop their creativity while they write an advertising flyer.
- Incorporate public service projects or volunteer activities that involve movement into their time off from school.

Limit the time your kids watch television or play video games. Have them move at least 10 minutes for each hour of screen viewing.

Help your child set personal goals for healthy eating and physical activity.

Remember—exercise means fun activities that you enjoy!

Follow the Food Guide Pyramid

Have nutritious food available for grab and go snacks.

Let your students see you eat nutritious foods and beverages.

Refrain from talk about dieting in front of kids.

Keep from imposing your food likes and dislikes onto your children. Negative or positive emotions associated with food can have long-lasting effects on your child's food preferences. The use of coercive tactics such as "if you eat this, then you can have dessert," will teach children that treats are more attractive and tasty than nutritious foods.

Encourage your kids to try new foods, even if it is only one bite.

Limit non-nutritious foods in your home.

Encourage a total of 5 fruits and vegetables a day in your family's diet.

Begin a diet using whole grain pasta, breads and other grains at an early age.

Use non-food items for rewards.

Healthy eating habits set up a lifetime of good nutrition.

If you work and are not home when your kids arrive:

- Have grab and go snacks ready.
- Place portion sizes in sandwich size plastic bags.
- Leave instructions for snack preparation.
- Review food safety and hand washing techniques with your child.

Create a Healthy School Environment

Send nutritious foods to school parties and after-school events.

Encourage kids to eat breakfast and lunch. If your child doesn't have time to eat breakfast at home, encourage him/her to eat a school breakfast.

If your child purchases lunch at school, encourage purchase of the school lunch—it is nutritiously balanced.

Work with your school board and administration to have healthy foods in vending machines as well as milk, water, and 100% fruit juice.

School stores should have healthful items available for purchase.

Volunteer to participate on the school health council.

Check the United States Department of Agriculture's Team Nutrition web site at www.fns.usda.gov/tn. While at this site, look at ***Changing the Scene***, complete with information to help you create a healthy school nutrition environment. Does your school have a copy of ***Changing the Scene***?

Team Nutrition Handouts



Ideas to Increase Family Activities

Increase your family activity level by participating in fun activities. Use these activity rewards instead of food rewards for jobs well done!

- Schedule a trip to the zoo. Wear a pedometer to see how many miles you walk. See if you can hit at least 3 miles.
- Spend a weekend day at an indoor pool. Check your local YMCA or YWCA or even high school pool.
- Visit the closest indoor recreation center. Sign up for a class or participate in a community game.
- Build a snowman or snowgal when the snow hits.
- Cross-country ski at a golf course in the winter.
- Use a scavenger hunt list to turn walking or hiking into a game.
- Visit a new park and take a hike.
- Put on your skates and put them into action at an ice skating or roller skating rink.
- Teach your parents your latest dance and have them teach you their generation dances.
- What kind of activities can you set up in your neighborhood or yard? What about volleyball or badminton?
- What about rollerblading? Wear protective padding, a helmet and take off!

Team Nutrition Handouts



Grab and Go Snacks.....

Grab and Go Snacks

- Pack snacks in individual portion sizes in small snack size bags- it's economical. Pack items that you can pull out with your fingers and are not fussy to eat.
- Pretzels! Try honey-mustard!
- Baby carrots
- Raisins
- Grapes
- Mozzarella cheese cubes
- Graham crackers, vanilla wafers, gingersnap cookies, animal crackers
- Popped popcorn topped with cheese sprinkles
- Crackers and cheese or peanut butter
- Milk chugs or cartons
- 100% fruit juice
- Sandwiches/turkey and cheese (pack lettuce/tomato separately to avoid a soggy sandwich)
- Snack packs of gelatin, pudding, applesauce, and canned fruit
- Low-fat yogurt cartons
- Try these snack food combinations:
 - cottage cheese + fruit
 - grapes + mozzarella cheese sticks
 - bagel/pizza sauce + melted mozzarella cheese
 - 1/2 pita break + sliced turkey or other meat
 - low-sugar cereal + skim milk
 - crackers + peanut butter or cheese

Team Nutrition Handouts



Make it to go ***Breakfast Ideas***

- Toaster waffles topped with fruit spread or fruit flavored low-fat yogurt
- Fruit flavored low-fat yogurt and a tablespoon or two of your favorite low-sugar cereal
- Breakfast smoothie—Combine 1 small banana, 1 cup skim milk, 1 teaspoon vanilla extract, 1 teaspoon honey or sugar and 1 cup ice cubes in a blender. Cover and blend until mixture looks smooth.
- Breakfast granola bar
- Mozzarella cheese sticks and fruit
- Bagel with peanut butter and jelly or low-fat cream cheese
- Fill a small plastic bag with your favorite cereal to munch on while off to school or work. Select a cereal that comes in bite size pieces.
- Individual oatmeal packets
- Individual cottage cheese and fruit packets
- Scramble an egg and place on one half of a toasted English muffin. Top with a slice of cheese and you have an egg sandwich!
- Pudding packet
- Canned fruit packet
- Applesauce packet

Here's a tip: For a nutritious breakfast cereal, look for a variety with 6 grams or less of sugar per serving and 4 grams of fiber or more per serving.

Team Nutrition Handouts



Scavenger Hunt Lists.....

Take a family scavenger hunt and discover the many adventures at the park or in your neighborhood. Cut out the following lists to use on your next hunt.

Park or Hike in Woods

Find these items on your next walk in the park or hike in the woods:

- Cardinal
- Squirrel's nest
- Bird's nest
- Squirrel
- Deer
- Chipmunk
- Red leaf
- Animal footprints
- Yellow flower
- Rock the size of a basketball
- Creek
- Pile of leaves

Neighborhood Walk

Find these items on your next neighborhood walk:

- House with white fence
- Black and white dog
- Black cat
- Green car
- House with 4 windows on the front
- Porch swing
- Gray house
- Red door
- Purple flowers
- Evergreen tree over 20 feet
- Brick house

Healthy Snacks for Children

Serving healthy snacks to our children is important to providing good nutrition for growth and development, supporting lifelong healthy eating habits and preventing costly and potentially disabling diseases like heart disease, cancer, diabetes, high blood pressure and obesity.

Snacks are a bigger part of kids' diets than in the past. Snacks can make positive or negative contributions to kids' diets, depending on the choices we offer. Below are ideas of healthy drinks and snacks for teachers, care givers, children's programs and parents to serve to children in the classroom, in after-school programs, at soccer games, home and elsewhere:

- **Fruits and Vegetables**-Almost all of the snacks served to children should be fruits or vegetables. Do taste tests or let kids choose (or vote for) new fruits and vegetables to try. Fruit can be served whole, sliced, cut in half, cubed or in wedges. Canned, frozen and dried fruits are easy and usually need little preparation. Healthy options include: fresh fruits and vegetables, frozen fruit, applesauce, fruit cups or canned fruit (in juice or light syrup), dried fruit and fruit leathers (without added sugars), fruit salad, fruit juice popsicles and homemade smoothies. Vegetables can be served with dips like hummus, bean dip or salad dressing, in salads, or veggie pockets in whole wheat pita.
- **Healthy Grains (whole grains that are low in fats and sugars)** – Serve mostly whole grains, which provide more fiber vitamins and minerals than refined grains. (Whole wheat or other whole grain should be the first ingredient listed). Healthy whole grain options can include: English muffins, pita or tortillas, breakfast cereals, crackers, rice cakes, popcorn, tortilla chips, granola, cereal bars, breadsticks or flatbreads. Refined grains, such as pretzels and goldfish, should not be everyday offerings. Be sure to read nutritional labels to pick options that are low in sugars, saturated fat and trans fat.
- **Low-Fat Dairy Foods** – To protect children's bones and hearts, make sure all dairy foods are low-fat or fat-free, such as yogurt and low-fat pudding. Since cheese is the #2 source of heart-damaging saturated fat in children's diet, choose lower-fat cheeses, serve small portions and serve cheese with other foods like fruit, vegetables or whole grain crackers.
- **Nuts and Trail Mix** – Since nuts are high in calories, it is best to serve small portions (a small handful) and serve them along with another snack such as fruit.

Healthy Beverages

- **Water**- should be the main drink served to kids at snack times. Water satisfies thirst without adding calories or sugars (and it's low in cost!)
- **Seltzer or Sparkling Water**- Look for calorie-free, sodium-free varieties; flavored or unflavored.
- **Low-Fat and Fat-Free Milk**-Milk is a terrific source of calcium and vitamin D, but it is also the # 1 source of heart-damaging saturated fat in children's diets. Choose fat-free (skim) or low-fat (1%) instead of the whole or 2% (reduced-fat) milk. Soy and rice "milks" (fortified with calcium and vitamin D) are also healthy options.
- **Fruit Juice** – Choose only 100% fruit juice, but limit juice to no more than 6 ounces (a little less than a cup) for 1-6 year olds and no more than 12 ounces (1 ½ cups) for 7-18 year olds. Avoid juice drinks, which, nutritionally, are no better than soda pop. The label should list 100% juice and avoid drinks with sugar or high fructose corn syrup in the ingredient list.

For a detailed list of healthy snack ideas, visit www.cspinet.org/healthysnacks
Center for Science in the Public Interest

Attachment O



Bake Sale Savvy

Serving Up Safe Food at Your Fundraiser

An educational service from your school cafeteria,
Clinton County Health Department Nutrition Services Unit, April 2005

Bake sales are a popular, yummy way for lots of groups to raise money for school uniforms, equipment and trips. We do need to keep in mind that anytime food is prepared and offered to the public caution must be exercised to make sure safe food is served. Although traditional bake sale foods rarely cause illness, under the right circumstances, any food can be potentially at risk. Follow some common-sense guidelines so your event will be safe.

What Foods Should be Sold?

Breads... quick and yeast	Cakes
Cookies	Candies
Muffins	Popcorn Balls
Brownies & Bars	Breakfast Rolls
Fruit Pies that don't have to be refrigerated	
Cupcakes (without cream frosting or filling)	



What Foods Should NOT be Sold?

Potentially hazardous foods are ones that require refrigeration such as:

- Pumpkin, sweet potato or other custard pies
- Cream filled cupcakes or donuts
- Cakes or cupcakes with cream cheese frosting
- Cheesecake
- Meringue Pies
- Cream pies



Packaging Your Product

Individually wrap each item for sale in clear plastic wrap or foil. Having open foods on the table is not recommended. For example, if you are selling individual brownies, each one should be wrapped. This helps prevent contamination when serving.

Labeling Your Goodies

It is a good idea to provide a list of the ingredients used in your recipe so it can be displayed. This is helpful to people with food allergies.

Other Hints

- The charge person should keep a list of all individuals who contribute to the sale. This should include name, phone number and item (s) contributed. This would be helpful in case of illness.
- Use common sense. Wash hands before working the bake sale.
- Don't use bare hands when touching foods, foodservice gloves are best.
- Make sure table surfaces or utensils are clean. Using a mixture of 1/2 teaspoon of bleach in a quart of water to clean table tops helps to sanitize them.

And... on a healthier note, If your group decides a bake sale is part of your fundraising plans, why not choose some healthier recipes to share? Modifying your recipe to include smaller portions, and less fat and calories keeps us all in better health.

What Parents Can Do:

If you work and are not home when your kids arrive:

- Have grab and go snacks
- Place portion sizes in sandwich size plastic bags
- Leave instructions for snack preparation
- Review food safety and hand washing techniques with your kids

Create a Healthy School Environment:

- Send nutritious foods to school parties and after-school events
- Encourage kids to eat breakfast and lunch. If your child doesn't have time to eat breakfast at home, encourage him/her to eat a school breakfast.
- Work with your school board and administration to have healthy foods in vending machines as well as water and 100% fruit juice in place of soda.
- School stores should have healthful items available for purchase.
- Volunteer to participate on the school health education advisory committee.
- Check the United States Department of Agriculture's Team Nutrition web site at www.fns.usda.gov/tn. While at this site, look at Changing the Scene, complete with information to help you create a healthy school nutrition environment.



Attachment Q

Cooking Tips

Here are some step-by-step ways to add flavor and nutrition while reducing calories, fats, sugar and salt.

STEP 1: CHOOSE LEAN

- Select fish, poultry and lean cuts of meat.
- Trim excess fats from meats before cooking. Remove skin from poultry before or after cooking.
- Use water-packed tuna and salmon.

STEP 2: COOK LEAN

- Bake, broil, grill, poach, stir-fry, microwave, steam or boil rather than deep-fry. (Frying can add 200 calories.)
- Use cooking sprays and non-stick pans to replace oil for sautéing or stir-frying.
- Chill soups and stews and lift off congealed fat, or use a strainer to pour off fat.
- Make gravies with fat-free broth, skim milk and cornstarch.
- Serve foods simply, without added sauces.



STEP 3: SEASON LEAN

- Cook onions, green pepper and other vegetables in a little broth or use bouillon cubes instead of sautéing them in fat. Add garlic powder and onion powder to enhance flavor.
- Season vegetables with herbs and spices and unsalted chicken or beef broth or bouillon cubes rather than bacon, butter, ham hocks or salt pork.
- In cheese sauces, use fat-free milk and nonfat or low-fat cheese instead of whole milk, regular cheese and butter. Also, use evaporated skim milk for thicker sauces, replacing whole milk or cream.
- To season foods, use reduced-fat soft margarine or margarine pump sprays or fat-free butter-flavored granules (sprinkles), such as Molly McButter.
- Add sharp, strong flavors to recipes: red bell pepper, red onion, sundried tomatoes, cilantro, garlic, salsa, pico de gallo, cumin, red pepper flakes, soy sauce, Worcestershire sauce, barbecue sauce, Tabasco, balsamic vinegar, poblano or chili peppers, jalapenos, liquid smoke, flavored tomato and spaghetti sauces, catsup, fresh lime or lemon, fruit juices, capers, mustard, feta cheese, sliced Kalamata olives, etc. Sharp, tantalizing flavors are so satisfying, they help us eat less!

Source: Copyright 2006, The Cooper Clinic Solution to the Diet Revolution by Georgia Kostas, MPH, RD., Page 205
Reprinted with permission for educational purposes only. Book available at www.georgiakostas.com or 214.587.4241

	Visit our Healthy Living page at www.healthnetfederalservices.com Provided by Health Net Federal Services ♥ Preventive Care Services	
---	---	---

Cooking Tips continued

STEP 4: THINK LEAN

- Plan color at each meal.
- Keep portions appropriate: Twice the veggies as the amount of starches/grains.
- “Lighten up” your own favorite recipes, or buy a low-fat cookbook for new recipe ideas.

STEP 5: SUBSTITUTE LEAN

- Instead of sour cream or vegetable dips, use light sour cream or plain nonfat yogurt blended with non-fat cottage cheese and seasonings, or plain nonfat yogurt mixed with a ranch dressing packet. Also, use on baked potatoes, salads and sandwiches.
- Use non-fat cottage cheese (blended) in place of cream cheese or sour cream in recipes. Or, use fat-free or light sour cream and cream cheese products.
- Replace oil in cake, brownie and muffin recipes, or packaged mixes with an equal portion of applesauce or strained fruit (baby food), pureed prunes, nonfat yogurt or low-fat buttermilk.
- Reduce sugar in recipes by 1/4 to 1/3 without affecting the final product; reduce fat by 1/2.
- Use naturally sweet flavors instead of excess sugar (i.e., vanilla, cinnamon, almond and cherry extracts, raisins, banana or concentrated apple juice).
- Select fresh fruits as sweet desserts.

Low-Fat Cooking Substitutes

Recipe calls for:

1 whole egg
 1 c. shortening or butter (baking)
 1 Tbsp. oil/butter (sautéing)
 1 Tbsp. shortening or butter
 1 Tbsp. butter (seasoning)
 1 square chocolate (1 oz.)
 1 c. whole milk or cream
 1 c. sour cream
 1 oz. cream cheese
 1/4 c. oil (in baking cake mixes, brownies, muffins, pancakes)
 1 egg + 3 Tbsp. oil (in brownie mix)
 1 Tbsp. mayonnaise
 1 c. cream soup
 1 oz. cheese (American, cheddar, etc.)
 1/2 c. nuts

Substitute:

1/4 c. egg substitute or 2 egg whites
 3/4 c. liquid oil or 1 c. margarine (2 sticks)
 2 Tbsp. broth or wine, or 1 tsp. oil with vegetable cooking spray and nonstick pan, or light margarine
 2 tsp. liquid oil or 1 Tbsp. margarine or 1 Tbsp. light margarine
 1 Tbsp. light margarine or fat-free butter-flavored pump spray or granules (i.e., Molly McButter)
 3 Tbsp. dry cocoa powder + 1/2 Tbsp. liquid oil
 1 c. fat-free milk or 1 c. fat-free evaporated milk
 1 c. nonfat yogurt or fat-free or low-fat cottage cheese (in blender) or 1 c. nonfat sour cream
 1 oz. low-fat cottage cheese (in blender) or 1 oz. fat-free or low-fat cream cheese
 2 Tbsp. oil + 2 Tbsp. nonfat yogurt (or 1/4 c. applesauce, mashed banana, strained fruit (baby food), pureed or strained prunes, or nonfat yogurt)
 1/2 c. nonfat plain yogurt or 1/4 c. finely ground flaxseeds
 1 Tbsp. fat-free or light mayonnaise, or 2 Tbsp. nonfat yogurt (in tuna or potato salad, etc.)
 1 c. light cream soup (i.e., Campbell's Healthy Request Cream Soup)
 1 oz. of reduced-fat or fat-free cheese, or 3/4 oz. regular cheese (or grate cheese to use less)
 1/2 c. Grape-Nuts or omit completely

Source: Copyright 2006, The Cooper Clinic Solution to the Diet Revolution by Georgia Kostas, MPH, RD., Page 206
 Reprinted with permission for educational purposes only. Book available at www.georgiakostas.com or 214.587.4241.



Visit our Healthy Living page at www.healthnetfederalservices.com
 Provided by Health Net Federal Services ♥ Preventive Care Services





meals matter™

www.mealsmatter.org

HEALTHY LIVING ARTICLES

Nutrition and Healthy Living Articles

MAKING SENSE OF PORTION SIZES

Many of us tend to underestimate the amount of food we eat and tend to overestimate the recommended portion sizes for many foods.

For example, try pouring out your usual portion of pasta and measure it! Then, compare it to the label portion size. Chances are, you're eating two, three, four or more times the amount on the label.

If you are confused when reading a food label, try relating the portion size of a serving to everyday items. It is an easy way to visualize what a true portion size looks like.

- Woman's fist or baseball—a serving of vegetables or fruit is about the size of your fist
- A rounded handful—about one half cup cooked or raw veggies or cut fruit, a piece of fruit, or ½ cup of cooked rice or pasta – this is a good measure for a snack serving, such as chips or pretzels
- Deck of cards—a serving of meat, fish or poultry or the palm of your hand (don't count your fingers!) – for example, one chicken breast, ¼ pound hamburger patty or a medium pork chop
- Golf ball or large egg—one quarter cup of dried fruit or nuts
- Tennis ball—about one half cup of ice cream
- Computer mouse—about the size of a small baked potato
- Compact disc—about the size of one serving of pancake or small waffle
- Thumb tip—about one teaspoon of peanut butter
- Six dice—a serving of cheese
- Check book—a serving of fish (approximately 3 oz.)
- Eyeball it! Take a look at the recommended serving sizes on the new USDA [MyPyramid](#) Food Guidance System. Get out a measuring cup or a food scale and practice measuring some of your favorite foods onto a plate, so that you can see how much (or how little!) a ½ cup or 3-ounce serving is. This will help you "eyeball" a reasonable serving!

Portion sizes for children

Children need adequate calories to meet their needs for growth. On the other hand, portions that are too large could lead to overeating or seem overwhelming.

Serving small portions to young children is often the best way for them to learn to eat only until satisfied, instead of overeating. Start kids off with less and encourage them to ask for more if they're still hungry.

© 2009 Meals Matter | www.mealsmatter.org

Resources

Contacts:

★ Charlene O'Connor	Cafeteria Manager	561-7500 X 5080 coconnor@plattscsd.org
★ Linda Haubner	School Nurse Practitioner	957-6023 lhaubner@plattscsd.org
★ Kim Quinn	Health Ed. Coordinator/ Teacher	957-6024 kquinn@plattscsd.org
★ C. Joseph Staves	Director of Athletics & Health Services	561-7500 X 5092 cstaves@plattscsd.org

Web Sites:

- ★ www.usda.gov
- ★ www.schoolnutrition.org
- ★ www.eatright.org
- ★ www.5aday.org
- ★ www.3aday.org
- ★ www.kiesregen.org
- ★ www.nysed.gov/cn/cnms.htm
- ★ www.healthierus.gov
- ★ www.cdc.gov
- ★ www.actionforhealthykids.org
- ★ www.fitness.gov
- ★ www.BAM.gov
- ★ www.mypyramid.gov
- ★ www.nutrition.gov
- ★ www.kidshealth.org

Additional Resources

For Students:

- ★ www.cdc.gov/powerfulbones/
- ★ www.verbnow.com
- ★ www.girlpower.gov/girlarea
- ★ www.presidentschallenge.org/home_kids.aspx
- ★ www.girlshealth.gov
- ★ www.kidnetic.org
- ★ www.educationplanet.com

For Educators:

- ★ www.nal.usda.gov/fnic/educators.html
- ★ www.theteacherscourner.net/health/
- ★ www.dose5aday.com/Teachers/T_Home.jsp
- ★ www.pecantral.org
- ★ www.dairyconcilofca.org/edu/index/html

