



GROWING HEALTHY SCHOOLS MONTH

Initiative of the Office of the State Superintendent of Education

Promote Nutrition Education

Schools play an important role in childhood obesity prevention efforts, because children spend so much of their day at school. Because of changes in both federal and local legislation, school meals now include more fruits, vegetables, whole grains, and low-fat dairy, and limit saturated fat, *trans* fat, and sodium. Nutrition education promotion can help support these efforts by increasing awareness and acceptance of the healthier options available at school. It can also help lay the groundwork for healthy habits children will use for life. Below are some recommendations on nutrition events for the cafeteria and/or the classroom:

Activity/Project	Description/Resources
Teach a Nutrition Lesson In the Classroom	Order or download FUN! FREE! USDA Team Nutrition Education Resources and lesson plans: <ul style="list-style-type: none"> • Discover MyPlate: Nutrition Education for Kindergarten • Serving Up MyPlate: A Yummy Curriculum (Grades 1-6) • Nutrition Voyage: The Quest To Be Our Best (Grades 7-8) • SuperTracker Nutrition Lesson Plans (Grades 9-12)
Eat Lunch with Your Students	Thanks to the Healthy, Hunger Free Kids Act and the DC Healthy Schools Act major improvements have been made in DC that have transformed school food to promote better nutrition and reduce obesity. Model healthy behaviors to students by being active and consuming healthy foods and beverages. Eat lunch with your students and encourage them to eat all of the components of the meal, especially the fruit and vegetables!
Plan a Nutrition Event	Team Nutrition Popular Events Idea Book (Grades K-8) has fun ways to engage school staff and students in nutrition and physical activity. In this booklet you will find creative ideas for 20 themed events for elementary and middle schools. Sign up for Sweetgreen in Schools This free program’s mission is to change the way kids eat by offering a positive experience with healthy food. All workshops are aligned with national learning standards, so the kids receive quality learning experiences, too.
Host a Healthy Fundraising Campaign	Fundraisers are often associated with candy and baked goods. Why not promote healthy eating and/or physical activity while you are raising money for your school? Explore this list of ‘Healthy Fundraising’ ideas for fundraising opportunities that have a positive impact on children, their families, and the community!

If you would like assistance planning or implementing any of the activities above, please contact Carolina Arango; Nutrition Education Specialist at the DC Office of the State Superintendent of Education by emailing Carolina.Arango@dc.gov or visiting [OSSE’s website](#).

