

11 Ways

TO CREATE HEALTHY SCHOOLS



1.

Staff
role model
healthy behaviors.



2.

Families
support
school
wellness
goals.



Restrict marketing
of unhealthy
choices.

3.

5.

Reduce or avoid
use of food
as a reward.

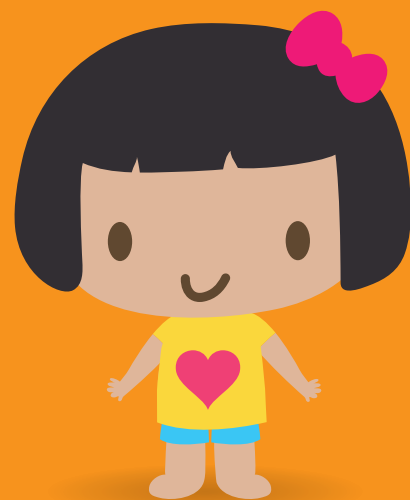


4.

Assure healthy
options in vending
machines, school
stores & à la carte.

6.

Regulate food served at
class parties and other
school celebrations.



7.

Ensure
adequate
time to
eat.



8.

Regulate food sold for
fundraising at all
times (not only during
the school day).



9.

Provide regular
physical activity
breaks for
students during
classroom time
(in addition to
recess and PE).

10.

Stop taking away
students' physical
activity times as
punishment.



11.

Provide adequate
daily recess time
for elementary
grades.



For more information on this report and the Weighing In and Healthy Schools Committee,
visit <http://hcfgkc.org/resources/nutrition-and-obesity>