



10 Steps for Healthy School Staff Role Models

- **Model positive eating and drinking behavior:** When you eat in front of kids, make healthy choices and talk about them. Why are you choosing to eat cut up fruit? Why are you drinking water? *They pay attention to what you say or do, even if it doesn't feel like it.*
- **Offer access to fruit:** Speak with your principal to allow you to offer regular access to fruit in the classroom. Kids need to learn to self-regulate around hunger. If they are hungry enough they will eat fruit. *Reach out to local supermarkets/companies or non-profit organization and see if they would be willing to underwrite this program.*
- **Don't use food as a reward:** In this environment of treats and sweets, it is too easy to use candy and cookies as motivators, setting a bad precedent for kids and grown-ups alike and reinforcing the idea that junk = success. *If you feel strongly about offering rewards, consider non-edible things like: special adhesive strips, stickers, erasers, pens or pencils, special time with the teacher.*
- **Develop and disseminate a healthy snack policy:** It is easier to enforce healthful standards in the classroom if all teachers, staff and parents are on-board. *Visit the "Act" tab in the toolkit to see a template for a healthy snack policy.*
- **Rethink fundraising:** Most schools rely on candy and bake sales to raise money. Baked goods are not bad, when they are actually baked from scratch but the chemicals, additives and sugar in boxed or pre-packaged baked goods are NOT good for kids to eat regularly. *There are lots of alternative fund raising ideas like: arts and crafts, collecting and recycling PDAs and electronic devices, home made salad dressing sales, swap shops: for used clothes, books and toys.*
- **Join your school wellness team:** Many schools are starting wellness councils to promote and support wellness initiatives. If done correctly, a wellness council can help organize and direct your wellness efforts. Wellness councils do not need to be overwhelming or complicated. *Visit our "Act" tab for resources on how to start, run and engage a successful wellness council.*
- **Talk it up/Chalk it up:** A big part of successful wellness efforts depend on the success of marketing. If you are trying to promote a program: put up signs, talk about it at staff meetings, talk about it with students and parents. Don't forget to note your success. Create a bulletin board, in a prominent location, to celebrate your wins.
- **Don't give up:** Changing the culture of health and wellness can take time. Don't get discouraged if it takes a while to get people on board. It took us 50 years to get into this mess and it might take some time getting out, but your efforts are making a difference. Don't give up. Keep up the good fight.



Connect with other schools: There are many schools around the country (even some in your backyard) doing great work. Visit our “Act” tab to find other FoodFight schools near you. Leverage your impact by partnering with another school.



Incorporate food education into existing lessons: Conversation about the food system lends itself beautifully to: math, science, geography, social studies, English, social justice etc. Along with the semester long, FoodFight in the Classroom Curriculum, you will find stand-alone food education lessons under the “Educate” tab of the toolkit.