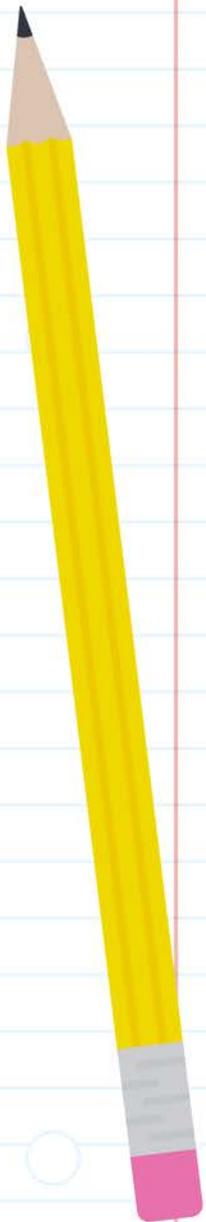


School Environment Change Checklist

PowerUp is a community-wide initiative working with schools, community organizations and families to make it easy, fun, and popular for kids and families to eat better and move more, so that our kids can grow up healthy!



 <p>FUEL UP WITH 5</p> <p>Fruits and Veggies boost your energy and help defend and protect you from getting sick.</p>	<p>Try filling your plate with 4 colors or more!</p>  <p>FOUR</p>	 <p>3</p> <p>PowerUp with 3 meals a day, plus 2 to 3 snacks! What you eat lays the foundation for your day.</p>
<p>Keep screen time to 2 HOURS (or less) a day.</p>  <p>POWER DOWN 2</p>	 <p>ONE HOUR</p> <p>Be physically active 1 hour or more every day.</p>	<p>Zero Sugary Drinks. Grab water instead. Teens need 8-11 cups a day. The more active you are the more you need.</p>  <p>0 SLASH THE SUGAR!</p>

Getting Started: School Engagement

□ **Identify a Champion**

This Champion can be anyone – any school staff member, student, parent, or volunteer – but whoever they are they should be excited to generate energy around the movement to build a stronger and healthier community.

□ **Build a Team**

Change takes collaboration and must be supported at multiple levels, so we encourage you to reach out to teachers, parents, administrators and students to determine your school's plan. If your school already has a wellness committee, that is a great place start discussing changes!

□ **Explore Various Strategies**

As a team, think about where you are today and what you are ready to tackle. Choose the changes that fit and begin building for the future.

□ **Assess your Progress**

Evaluation is vital to helping us understand the impact of our work together. It helps assess strengths, identify areas for growth and celebrate collective victories along the way. PowerUp will provide us with an annual online survey to identify your School Change Index score and progress from year to year, and will be asking for regular feedback to evaluate the success of the school change.

□ **Share PowerUp**

Ask teachers & staff to lead by example!



Staff at Starr Elementary committing to PowerUp their School!

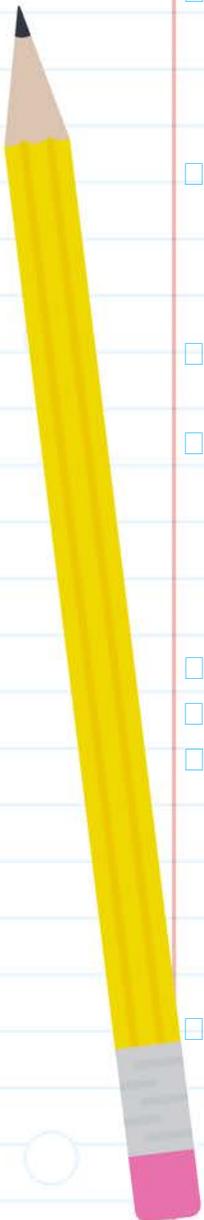
Food and Beverages: Serving Up a Recipe for Change!

Between daily snacks, parties, activities and special events our kids can be overwhelmed with countless food-related choices throughout the day.

Food & Beverage Checklist:

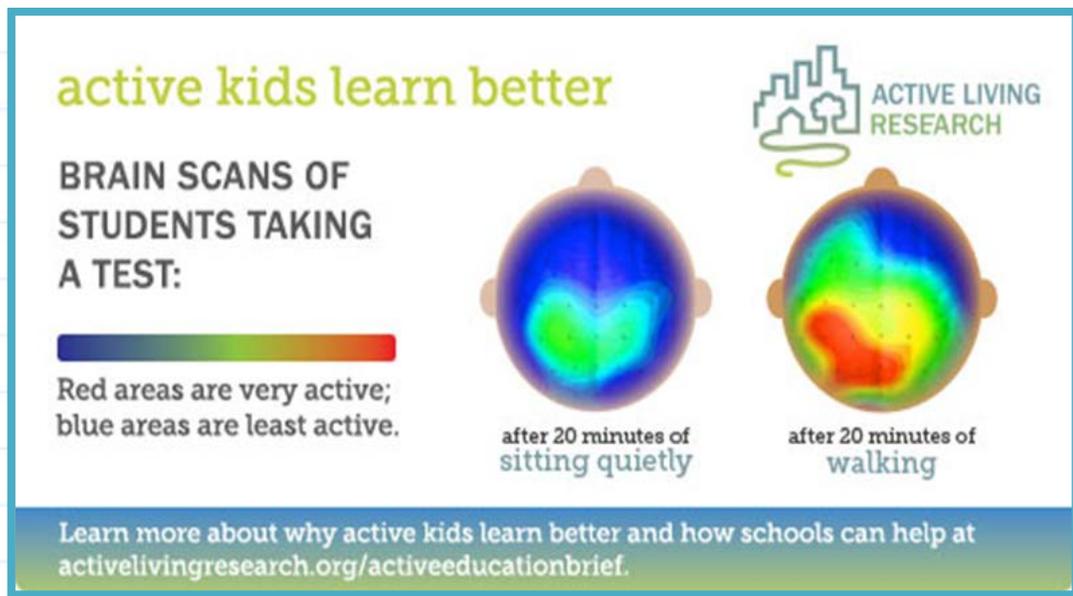
Provide healthy food choices and limit unhealthy choices

- Implement a school-wide guideline for food and beverages (check all that apply):
 - Brought from home for snacks
 - Sold in vending machines, school stores, and snack bars
 - Served at parties, special events, and fundraisers
- Include a fruit and a vegetable choice at all events where food is offered
 - Introduce 5 to 10 healthier food items
 - Hold a taste testing so students and staff can help select which food options will be featured
- Positively promote better food/beverage choices through signage, pricing, placement, etc.
- Eliminate marketing of branded food and beverages in the school environment (check all that apply):
 - On signs/Ads
 - In-school television/Announcements
 - Incentive programs
- Ensure at least 15-20 minutes for daily lunch not including recess
- Participate in school challenge
- Provide a lunchroom environment that is conducive to making healthier & inclusive choices
 - Use non-food prizes or activities for birthdays (i.e. birthday lunch trays)
 - Host lunchroom training for staff promoting better food choices (i.e. smarter lunchrooms training)
 - Participate in other nutrition training activities for staff
- Ensure that water fountains are accessible
 - Example: Water fountain with bottle fill option
 - Allow students & staff to carry water bottle



Physical Activity: Moving More!

Studies show that physical activity positively influences: academic performance and behavior—even when it takes time away from academic instruction.*



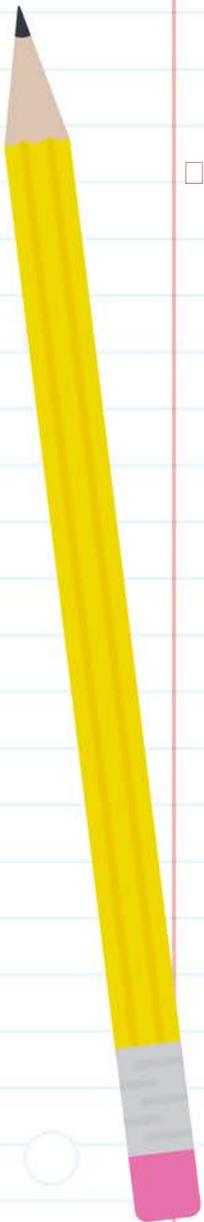
* Active Living Research, Robert Wood Johnson Foundation, February 2010

Physical Activity Checklist:

Provide opportunities for children to be physically active

- Implement a school-wide guideline to:
 - Ensure daily physical activity/brain breaks
 - Create active hallways i.e. In one hallway have students and staff not only walk but also do arm stretches
 - Use signs to promote the chosen physical activity
 - Create “activity of the month” in select hallway
 - Hold a school physical activity competition
 - Ensure at least 15-30 minutes of daily recess not including lunch
 - Have recess before lunch
 - Encourage activity-based indoor recess
- Ensure that a sequential PE curriculum framework is implemented for every grade

- Promote the use of:
 - Active transportation to and from school
 - Alternative seating options to increase movement in the classroom
 - Standing desks, exercise balls and other methods
- Facilitate:
 - Physically active clubs and programs before and after school
 - Partnerships with community organizations to increase activity opportunities
 - Daily physical activity in school-sponsored before and after school programs
 - Mileage clubs
- Provide training on:
 - Active classroom strategies
 - Incorporating physical activity in lessons and homework assignments
 - Counting or spelling different streets, plants, birds they see in their community, etc



Celebrations, Rewards & Fundraising: Party On!

Celebrations and fundraisers send a powerful message to both kids and families about what the school values. As you explore ways to celebrate achievement, honor students and raise funds, consider how you might align those with the goal of helping all kids to PowerUp by eating well and being active.

Celebrations, Rewards, and Fundraising Checklist:

- Implement a school-wide guideline to encourage the use of physical activity as a reward and eliminate the withholding of physical activity as a punishment
- Have a guideline to:
 - Eliminate the use of food or beverages as a reward and eliminate the withholding of food or beverages as a punishment
 - Eliminate unhealthy food/sugary beverage fundraisers
 - During the school day
 - Through school sanctioned organizations (PTA/PTO, school clubs, after school programs, etc.)
 - Hold an “un-bake” sale. Where you sell better for your goods, i.e. apples and peanut butter yogurt dip
 - Hold a fruit-walk instead of a cake-walk
- Promote and facilitate (check all that apply):
 - An activity-based school fundraiser (i.e. color run, glow yoga, move-a thon, or school bike ride)
 - Healthy celebrations (i.e. birthday trays, read the students favorite book to the class, or fruits and veggies for birthdays and class parties)
 - Community events and celebrations that support health
 - Screen free celebrations



“I really appreciate that our school carnival can be a place where the healthy foods add to the fun, but the focus is on spending fun time with family and friends, instead of specific foods.”
 -Lake Elmo Parent

Screen Time: Power Down

When it comes to our kids, learning healthy screen habits at a young age is more important than ever. Too much screen time is linked to lower academic achievement, poor sleep habits, lower levels of physical activity and less time spent in creative play.

Screen Time Checklist:

- Implement a school-wide guideline to limit screen time to academic purposes
- Implement a school-wide guideline to prohibit the use of screen time as a reward
- Promote “Screen-Free Week” celebrations
- Promote challenges and rewards for screen-free time

Rewards unplugged

Rather than rewarding with more screen time (which we know kids already get plenty of), explore ways to reward kids with things that will let them move, explore and enjoy their peers.

Individual Rewards:

- Special classroom tasks for the day
- Sit with friends in class or at lunch
- Play a favorite game
- Bring a special item for show and tell
- Be the principal’s assistant
- Invite a special guest for a meal or classroom activity
- Choose something from a school-spirit prize bin

Classroom Rewards:

- Extra recess time
- Classroom dance party
- Listen to music during class
- Eat breakfast or lunch outside
- Free choice time
- Extra gym time



Did you know? The average 8-10 year old spends 6 hours every day in front of a screen

Additional Resources

Food & Beverages

- Lunch Box Tips and Tricks: powerup4kids.org/lunchbox
- Smart Snacks: www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks
- PowerUp snack ideas [see page 8]
- Smarter Lunchrooms Movement: smarterlunchrooms.org
- Powerup4kids.org/foodenvironment

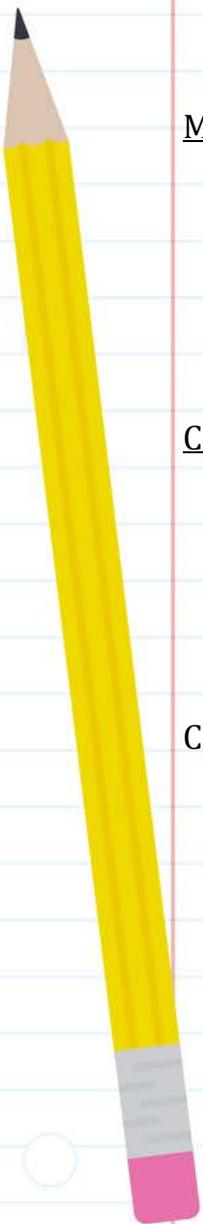
Move More

- Brain Breaks:
 - powerup4kids.org/teacher
 - gonoodle.com
- Walk! Bike! Fun! Curriculum: bikemn.org/education
- Walk to School Day: saferoutesinfo.org

Celebrations, Rewards and Fundraisers

- PowerUp Celebration and Fundraiser Ideas [see pages 9 -11]

CONTACT US to learn more and for others ways to PowerUp at info@powerup4kids.org



PowerUp Snack Ideas

Fruit - Easy and ready to eat (washed, too):

- Fresh*: apples (small or cut into slices), bananas, blueberries, grapes, mango slices...
- Dried: raisins, blueberries, cherries, cranberries, apples or apricots w/no added sugar,
- Colorful fruit kebobs (add cheese cubes)*
- Apple sauce, with no added sugar (home-made, in container or a pouch)
- Crunch-dried: apples, berry mix (check-out: sensiblefoods.com)

Vegetables

Easy and ready to eat (washed, too):

- Fresh*: broccoli, carrots, cauliflower, celery, edamame beans, jicama sticks, pea pods, cherry tomatoes
- Colorful veggies kebobs (add cheese cubes)*
- Crunch-dried: corn, green beans, edamame beans (check-out: sensiblefoods.com)
- Salsa* (serve with a whole-grain or veggie sticks)
- Guacamole (home-made or look for ones made only with avocado, other veggies & seasoning)

Grains (preferably whole grains)

- Popcorn (made with no trans fat or "partially hydrogenated oils" as part of the ingredients)
- Whole-grain crackers/snacks - Triscuits®; Pita Chips; Rice Cakes (made with brown rice)
- Whole-grain mini bagels
- Granola bars (made with <6 g of sugar)
- Cereal (Whole-grain ready to eat, with <6 g of sugar/serving), like Cheerios, shredded wheat, etc.

Add a Protein or Dairy along with any fruit, vegetable and/or grain:

- String Cheese, cheese sticks or cheese cubes*
- Cottage cheese* (with veggies sticks, fruit or crackers)
- Yogurt* (look for ones with <16 g of sugar/ 6 ounces)
- Hummus*
- Nut butters (peanut, almond, sunflower)**

Drinks:

- Water (pack a reusable bottle)
- Milk* (regular or shelf-stable)
- Milk alternatives* (soy milk, etc.)
- 4 oz of 100% Fruit Juice



*Keep cold foods cold, to keep your food and family safe. You can find containers that do it for you.

**If you have a "peanut/tree nut - free" school OR kids with peanut and/or tree nut allergies, try sunflower butter (typically made in peanut & nut free facility)

PowerUp Celebration Ideas

It's fun to celebrate at school, and there are lots of fun ways to honor students and let them shine on their special day, that doesn't have to include sugary foods or drinks. Additionally, when food is not part of the classroom celebration it allows for all students, including those with severe food allergies, to safely join in on all the birthday fun.

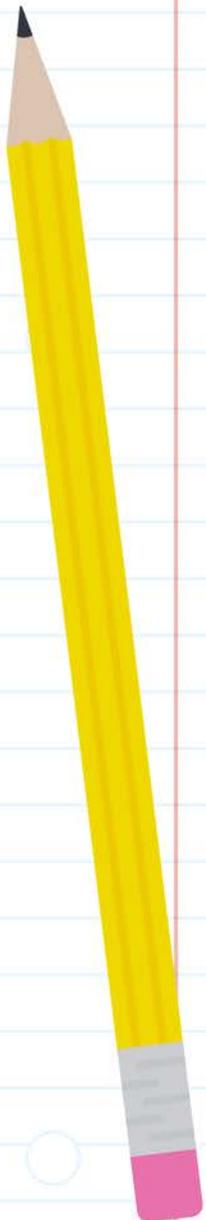
Start the birthday student's day off by presenting them with a special birthday crown or sash and/or designate them as the "Star of the Day!"

Check Out These Other Fun PowerUp* Ways to Celebrate!

- Have them be the Classroom Leader for the day and give them special duties
- Choose a favorite game for gym time or recess
- Invite a special guest to teach a new game or activity
- Create a birthday book with special things about the child
- Invite a special guest for a meal
- Donate a book to the classroom library
- Bring a special item for show and tell
- Decorate a birthday hat/crown or other craft
- Have a 15-minute dance party or play an active game
- Pick a prize from a classroom Birthday Box
(Ask parents to help donate to this box)



** PowerUp is a community-wide initiative, focused on making better eating and active living easy, fun, and popular, so that youth can reach their full potential.*

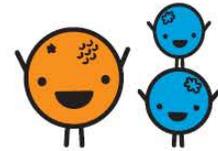




Find more
yummy
creations at
powerup4kids.org/recipes



powerUP your party!



It's fun to celebrate birthdays, holidays and other special occasions with loved ones. It brings people together and creates lasting traditions. But, you may have noticed some celebrations becoming overly centered on sugary foods and drinks.

Why not bring some of these tasty treats to the party? Whether a centerpiece, side dish or dessert, fruits and veggies are a yummy way to add color, fun and creativity to any celebration. Plus, it's another way for everyone to power up and try for five!

BETTER THAN CANDY!

"When my third-grader's birthday came around this year, we decided together not to bring the typical candy and cupcakes to school. We decided instead to bring a Make-it-yourself Parfait. I let her pick out the fruit, yogurt and granola, plus fun cups for kids to make their own.

She wondered what her classmates would think and if they would like her birthday snack.

When she came home that day she said, "MOM, everyone LOVED it! One boy even said it was better than candy!"

That was music to my ears! We won't be sending candy and cake to school anymore. We both hope that other parents will send better options too."

— Sara, mom of a 9-year-old daughter

Play with these party recipes!

From left to right: Banana berry ice cream; Blueberries with lemon cream; Fruity pan-cake kabobs, all found on powerup4kids.org/recipes.



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EatingWell® Magazine.

Powered up carnival at Lake Elmo Elementary

In 2014, Lake Elmo Elementary swapped the sugar and served up some fun at their school carnival instead. While there were some skeptics who wondered if kids and families would like a “healthy” change, new games and foods got rave reviews from both kids and parents.

Kids gobbled up better food offerings like:

- Water, milk and fruit smoothies
- Tropical taco bar

The carnival was full of the usual fun games, but with powered-up prizes instead of candy. The most popular activities included:

- **Fruit Walk:** It’s similar to a Cake Walk but no cakes were needed for kids to declare this event their all-time favorite. Kids were all smiles as they walked around a circle to music in hopes of winning their choice of a fresh pineapple, coconut or mango!
- **Water Bottle Ring Toss:** The kids enjoyed the challenge of aiming for special bottles of water wrapped in dollar bills and even a few five dollar bills. No soda? No problem!

The Results? Great feedback from parents and kids, and a carnival that still served as a wildly successful fundraiser.



“I really appreciate that our school carnival can be a place where the healthy foods add to the fun, but the focus is on spending fun time with family and friends, instead of specific foods.”

~Lake Elmo Parent