

FOSTERING HEALTHY CLASSROOM ENVIRONMENTS WITH FoodRight

CHANGING CLASSROOM POLICIES

Treat policies:

- Provide parents with a list of healthier birthday treat or non-food treat ideas
- Ask parents and students to send non-treat favors.
- Let students celebrate their birthday by allowing them to bring in an item that is special to them. Children love to "show and tell"
- Have students sign a hand-made card for the birthday girl/boy instead of celebrating with "treats"

Party policies:

- Center celebrations around activities, rather than food
- If your celebration will involve food, try these options instead:
 - Have each student bring in fruit and make a fruit salad together as a class
 - Allow students to make their favorite FoodRight popcorn recipe
 - Try making a fruit infused water recipe rather than offering juice or sugar-sweetened beverages

Making big changes can be tough!

Try making one or two at a time, building healthier habits throughout the year.

Start small!

Shift student reward system

- Try not to reward students with food
- Allow students to earn tickets to "purchase" non-food rewards
- Reward students by letting them create a classroom playlist that they get to listen to at certain times
- Additional outdoor time is an excellent way to reward students

Some non-food rewards: stickers, temporary tattoos, themed erasers, gum

Need healthy snacks ideas?

Check out our website for student-approved, easy recipes!



www.foodright.org



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Empowering youth to choose foods that sustain life-long health