

**Arlington Central School District Wellness Committee**  
Creative Ways to Get Healthy Foods in Schools

NUTRITION IN SCHOOLS.  
CREATIVE WAYS TO GET HEALTHY FOODS INTO THE SCHOOL  
ENVIRONMENT/KIDS EXCITED TO TRY NEW THINGS:

Which one could your school do?

- Screen Free Week <http://www.screenfree.org/>
- Celebrate Healthy Eating Month/Day  
[http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Eat-Smart-Month\\_UCM\\_454414\\_Article.jsp#.WjArZSjsTIU](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Eat-Smart-Month_UCM_454414_Article.jsp#.WjArZSjsTIU)
- Adding a different fruit or vegetable to the menu each day that kids might not normally have access to or want to try (Ex. Mango Monday, Turnip Tuesday, Waterchestnut Wednesday, Tomatillo Thursday, Fig Friday, etc...)
- Healthy Selfies Staff/Students: Photos of staff eating healthy foods and hung them by the lunch line.
- Sending out healthy Halloween /Christmas/Birthday ideas to teachers to pass along to parents re: parties.
- Focus on the school garden, and have the lunch staff use our vegetables in their soups/meals
- Offering Professional Development and Training to use Go Noodle on indoor recess days to keep the kids active despite the weather, etc....
- Trying to reduce the days that less healthier items are offered i.e. chocolate and strawberry milk/daily ice cream.
- Having the lunch staff order healthier snack choices.
- Adding free filtered water to the lunch options.

**Team Nutrition**

<https://www.fns.usda.gov/tn/join-team-become-team-nutrition-school>