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**Healthier  
Generation**

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**www.HealthierGeneration.org**  
**1-888-KID-HLTH**

## Competitive Foods - Snacks Activities

### Introduction to the Alliance Competitive Foods Guidelines and Criteria

Overview of the *Alliance Competitive Foods Guidelines* and their nutritional rationale; the snack food industry agreement; and a glance at best practices and criteria for implementing the *Guidelines* within the Alliance Healthy Schools Program.

**Activity:** Find 10 competitive food/snack products available at your school in vending machines, sold through fundraisers, in a la carte lines, snack carts or in the school store. (If your school does not have competitive foods, find snacks in your home or sold locally.) Use the Alliance Healthy Schools Product Calculator at [www.healthiergeneration.org/productcalculator](http://www.healthiergeneration.org/productcalculator) to determine if the product meets the Alliance Competitive Foods Guidelines. Write up your findings. Include the name of the product and its brand, a brief description of the product (pretzels, granola bar...), the size of the product, and if it meets the Guidelines for your schools' grade levels (if not, why not).



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**Step-by-Step Implementation of the *Alliance Competitive Foods Guidelines*** Exploration of best practices for schools interested in implementing the *Guidelines* including assessment of the foods available, policies to support the Alliance Healthy Schools Program Framework criteria in competitive foods, and initial changes in the food environment that prepare a school for full implementation of the *Guidelines*.

**Activity:** Using the Alliance Best Practice Action Steps for Competitive Foods (provided through this Webinar – and also found in the Healthy Schools Program Framework’s Appendix – downloadable at [http://www.healthiergeneration.org/schools.aspx?id=76&ekmense1=1ef02451\\_10\\_114\\_btnlink](http://www.healthiergeneration.org/schools.aspx?id=76&ekmense1=1ef02451_10_114_btnlink)), write an action plan for implementing one of the steps. Include a goal, a minimum of five action steps, persons responsible for each action step, a timeline for each step, and one or more methods for assessing success towards reaching the stated goal. (If your school does not have competitive foods, create a plan for marketing the healthy food choices that exist in your school. Be sure to include student involvement in your plan.)



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### Put the Fun(d) Back into Fundraising

Identify the “whys” of conducting health-promoting fundraisers, guiding principles for fundraisers, and innovative alternatives for raising funds in alignment with the Alliance Healthy Schools Program goals.

**Activity:** Use the chart below to create a list of fundraisers in your school for the season or year. Engage as many other staff members as possible to get the largest scope on fundraising activities implemented. Look for duplication of efforts and consider how you might maximize your resources. Put an asterisk next to fundraisers that involve the sale of food.

Fundraising Activity	Sponsoring Group	Projected Date(s)	Reason for Raising Funds	Projected Expenses/ Actual	Expected Revenue/ Actual	Summary of Results (did you meet your goal)



## **Engaging Students in Changing Their Schools' Snack Foods and Beverages**

Examine key elements for involving students in taking a leadership role in making their schools' snack and beverage choices, and food environments, healthier. Explore the *Step Up for a Healthier School* student activism toolkit and learn how to implement the tools with students in middle and high schools.

**Activity:** Read through the *Step Up for a Healthier School* student activism toolkit and the accompanying facilitator's guide. Use the Action Plan in the toolkit to identify how you would recommend engaging students in implementing the toolkit. Include in the plan other adults you would consult, how you would promote the project to students, and what students or student groups you might approach.

## **Alternative Practices for Celebrations and Using Food Rewards at Schools**

Tease out the myriad of ways that food is used in the school environment - from classroom birthday celebrations to reinforcement of positive behaviors. Hear success stories of student recognition and reward practices that maintain consistency with health-promoting messages and educational goals.

**Activity:** Read through the documents *Healthy Celebrations* from the Connecticut Department of Education ([http://www.thriveri.org/documents/5.12\\_Healthy\\_Celebrations.pdf](http://www.thriveri.org/documents/5.12_Healthy_Celebrations.pdf)) and *Constructive Classroom Rewards* from the Center for Science in the Public Interest ([http://www.cspinet.org/nutritionpolicy/constructive\\_rewards.pdf](http://www.cspinet.org/nutritionpolicy/constructive_rewards.pdf)). Select five of your favorite ideas. Write a description of these ideas - or create your own - and explain why you selected them.

