

**Goal 2: Foods and beverages provided to and consumed by students in our schools, will meet or exceed Missouri Eat Smart Nutrition Guidelines.**

<b>Action Plan Strategies</b>	<b>Persons Implementing</b>	<b>Timeline for Completion</b>
<p>Birthday parties will be on a designated day each month. Healthy snacks will be encouraged. Letters will be sent home.</p>	<p>Building Principals Teachers</p>	<p>On-going 09-10</p>
<p>Provide parents, recommendations for healthy and/or non-food alternatives for birthday treats brought to school for classroom parties.</p>	<p>Food Service Manager Wellness Chair, Building Principals, Teachers</p>	<p>On-going 09-10</p>
<p>Establish consistent rules for student access to food vending machines district wide, and limit high fructose beverages from machines and replace them with healthier options.</p>	<p>Building Principals</p>	<p>On-going 09-10</p>
<p>Classroom rewards should not include candy and soda pop. Finding alternatives to food rewards is an important part of providing a healthy school environment. (See suggestion list below.)</p>	<p>Teachers</p>	<p>On-going 09-10</p>

**Elementary School Students**

- Make deliveries to office
- Sit by friends
- Each lunch with teacher or principal
- Lunch or breakfast in the classroom
- Stickers, pencils, bookmarks
- Extra recess
- A physical activity break
- Show and tell
- Earn scholar dollars

**Middle School Students**

- Eat lunch outside or conduct class outside
- Allow extra reading time
- Extra computer time
- Sit with friends
- Provide five minute chat-break at end of class
- Show an interesting, funny, special video
- Offer field trips

**High School Students**

- Offer free-choice time at the end of class
- Award donated coupons to video stores, music stores, movies
- Hand out prizes for students meeting a certain grade standard
- Sit with friends