



## **MUSC Boeing Center for Children's Wellness**

### **School Wellness Checklist Action Guide for School Nutrition Services Staff**

Nutrition Services staff can make a big impact on wellness for their school! As a champion for healthy food and nutrition in the schools, you are an important member of your school's Wellness Committee!

#### **Getting Started**

- Join your school's Wellness Committee or become the Wellness Leader
- Attend an MUSC Boeing Center start-of-year wellness training
- Assist in completing or updating your school's Healthier Generation Assessment and creating an action plan or SMART Goals for this school year.

#### **Nutrition**

- Make salads (prepackaged or salad bar) available daily to students and staff
- Provide Grab 'N' Go breakfast options during school breakfast for students
- Support the sale of USDA Smart Snacks in your school's cafeteria, vending machines, school stores, and classrooms
- Promote water drinking through an ongoing water drinking campaign or challenge for students and/or staff
- Encourage Farm to School initiatives, by serving and promoting locally grown produce, maintaining a school garden, or implementing fresh fruit and vegetable tastings for students
- Promote entrees that are made from scratch or semi-scratch through signage and marketing materials in the cafeteria
- Attend a professional development training this school year where nutrition is the training topic (food safety courses will not count on the Checklist)
- Connect school with local chefs, farmers, or Registered Dietitians to teach students about healthy eating or cooking
- Offer a healthy cooking or culinary club for students

#### **Wellness Culture**

- Offer a fresh fruit and vegetable tasting at a family event.
- Offer a healthy nutrition class, cooking class, and/or grocery shopping tour to caregivers. Promote wellness initiatives on the school's social media page by sharing pictures of healthy cafeteria options, fresh fruit and vegetable tastings, nutrition facts posters, or other wellness activities. Tag using #MUSCBoeingCenter
- Develop or participate in an incentive program for students that positively reinforces making healthy choices in the cafeteria or throughout the school day

#### **Sustainability**

- Apply for nutrition-related grants for your school (USDA grants)
- Assist with a healthy food or non-food fundraiser to raise funds for the wellness committee
- Maintain a community partnership with a local business or organization that will sponsor or collaborate on healthy events at your school

For more ideas and resources, please visit our website:

<https://musckids.org/our-services/boeing-center/resources>

**Please contact your school's MUSC BCCW Program Coordinator with any questions.**