



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

### **School Wellness Checklist<sup>®</sup> Action Guide for School Nutrition Services Staff**

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

#### **Getting Started**

- Join your school's wellness committee
- Attend Wellness Leader Training with your school's wellness team in the fall
- Get on school wellness committee email list for updates and meeting minutes
- Assist in updating your school's Alliance for a Healthier Generation Assessment and Action Plan

#### **Nutrition**

- Post nutrition facts signage for menu items in cafeteria where students and staff can see
- Make salads (prepackaged or salad bar) available daily to students and staff
- Implement Two Bite Club activities using USDA free materials for students (elementary)
- Support the sale of USDA SmartSnacks in your school, i.e., in cafeteria, vending machines, school stores, classrooms, etc.
- Encourage Farm to School initiatives, i.e., serve and promote locally grown produce, start/maintain a school garden, implement fresh fruit and veggie tastings for students
- Complete the Smarter Lunchroom Self-Assessment
- Promote meals made from scratch or semi-scratch
- Attend a professional development training this school year where nutrition is the training topic (food safety courses will not count on checklist)
- Connect your school with local chefs, farmers, or dietitians for healthy eating presentations/demonstrations and field trip opportunities

#### **Establishing a Wellness Culture**

- Involve parents in wellness initiatives using school newsletters, assisting with healthy school-wide events, and incorporating healthy snacks or taste testings into parent meetings
- Promote wellness initiatives on the school's social media page, i.e., share pictures of healthy cafeteria options, fruit and veggie tastings, nutrition facts posters, etc.
- Develop/participate in an incentive program for students that positively reinforces making healthy choices in the cafeteria or throughout the school day

#### **Sustainability**

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

There are many resources available on our website:

<https://musckids.org/our-services/boeing-center/checklist-contest/resources-by-category>

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