



Opportunities for School & Classroom Change

Strategies in the chart below are meant to help youth increase vegetable and fruit consumption. Identify strategies that your school already engages in and highlight opportunities you plan to do this school year.

Changes that you identify can be made over time and supported by your Public Health Nurse and the Promoting Vegetables and Fruit Toolkit

For committing to change - You will also receive a kit with kitchen materials needed to run some of these activities (i.e., cutting boards, knives, bowls, spoons, etc.)

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| AWARENESS | Staff education about the importance of increasing vegetable and fruit consumption and the role schools can play. | Year round messaging about the importance of vegetables and fruit (e.g., announcements, posters, social media posts – see toolkit) | A Healthy School Committee or health related committee that focuses on planning and implementing activities to promote vegetables and fruit | |
| CURRICULUM TEACHING & LEARNING | Incorporate vegetables and fruit into lesson plans (e.g., bike powered smoothies, signature salads – see toolkit for lesson ideas) | Provide opportunities for students to taste different vegetables and fruit (e.g., fruit fear factor, grand fruit ninja, top chef, veggie plinko, fruit infused water – see toolkit for activities) | Provide Monthly free vegetable and fruit to students (see toolkit for ideas) | School staff role model examples of increasing vegetables and fruit |
| SCHOOL & CLASSROOM LEADERSHIP | School commits to serving vegetables and fruit at celebrations and school wide events (see toolkit for policy ideas) | School commits to changing items sold for fundraising to include vegetables and fruit or non-food items (see toolkit for policy ideas) | Teachers commit to not using food as a reward in the classroom (see toolkit for policy ideas) | |
| STUDENT ENGAGEMENT | A Healthy School Committee or health related committee become Half Your Plate Student Ambassadors to promote vegetables and fruit (see toolkit for activity) | Students Participate in Let's Get Cookin' as student leaders (see toolkit for activity) | | |
| SOCIAL & PHYSICAL ENVIRONMENTS | Changes to the cafeteria are made to include more vegetables and fruit sold (see toolkit for activity) | A school garden is created (see toolkit for activity) | | |
| HOME, SCHOOL & COMMUNITY | Year round messaging about the importance of increasing vegetables and fruit to parents (see toolkit for activity) | | | |

If your school is working on other strategies to advance the promotion of vegetables, fruit and water not identified above in the chart please list what you are actively working on at your school.

Next Steps/Follow Up:
