

# Meeting Well

## For Parents and Families, Teachers and Staff

Federal law requires every school district to have a local wellness policy. These policies promote healthful school environments by addressing nutrition education, physical activity, school meals, and all foods and drinks at school. Research shows that children and teens who eat smart and move more focus better and have fewer behavior problems. They also have better math, reading, and writing test scores. As educators and administrators, you have the chance to put the policy into practice in a variety of ways. Encourage smart snacks and beverages from home and healthy options for after-school programs, meetings and field trips. Support pricing options that sell healthy foods for less. Restrict marketing to students. Promote quality nutrition education.

**Healthy Meetings, Healthy Attendees.** Meetings are a great time to make healthful food choices the norm. By serving healthy foods and beverages, you give your staff the chance to eat healthy. You also help to reduce health problems related to poor nutrition and physical inactivity, help lower medical care costs, improve work productivity, and reduce workers' compensation costs. Promoting healthy eating during school meetings can also affect families and staff to do the same by modeling these behaviors in their own homes, classrooms or elsewhere on school grounds. Remember, you benefit too! You'll be promoting your own health, and reducing your own risk for chronic diseases.

### Healthy Meeting Guidelines

- Offer variety by combining food groups (like whole-grain snacks with a fresh fruit or vegetable platter).
- Mix and Match—serve fresh fruit with yogurt dip, hot soft pretzels with mustard, or baked tortilla chips with salsa dip.
- Offer smaller portions of foods and beverages, like half sandwiches, small muffins, and mini-bagels.
- Check the time. Consider offering only beverages at mid-morning, mid-afternoon meetings or meetings shorter than 1½ hours.
- Choose healthier sweets, like fresh fruit, or small servings of sorbet or yogurt.
- Safety matters—keep cold foods cold and hot foods hot during serving time.
- Get creative! Instead of food, spice up your meeting with short 'Active Breaks'. Have attendees stand up and walk in place, do stretches or dance to music! Attendees will be better able to focus and pay attention to the rest of the meeting.

### Local Wellness Policy Sets Meeting Guidelines in the Kittery School Department, Maine

Students learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives.

District teams will adhere to the following Healthy Meeting Guidelines:

- When food is offered at meetings, fresh fruit or vegetables are offered.
- When soda is available, 100 percent fruit juice is offered.
- Water is always available.
- When serving coffee or tea, reduced-fat milk will be offered.
- When spreads are offered, soft-margarine and reduced-fat and/or non-fat cream cheese are available.

# Healthy Choice Offerings!

## Fruits and Vegetables

- Fresh Vegetables
  - Cherry tomatoes
  - Baby carrots
  - Broccoli florets
  - Vegetable sticks (like cucumber, red or green bell peppers)
- Cooked or grilled vegetable platter
- Tossed salads
- Fresh fruit
  - Grapes
  - Apples
  - Oranges
  - Mandarin oranges
  - Tangerines
  - Pears
  - Bananas
  - Watermelon cubes
  - Honeydew or cantaloupe cubes
- Fresh fruit in season
- Cut fruit salad or packaged fruit cups
- Dried fruit/fruit chips
- Applesauce
- Fruit cocktail (canned in its own juice)

## Whole-grain Offerings/Snacks

- Whole-grain bread
- Whole-grain pasta salads
- Whole wheat pitas
- Baked tortilla chips
- Animal/Graham crackers
- Hard pretzels
- Hot soft pretzels (cut into pieces)
- Rice cakes
- Whole-grain dry cereal
- Mini-bagels or bagels cut in halves
- Whole-grain bread sticks or crackers
- Vanilla wafers
- Low-fat/low-sugar breakfast
- Granola or chewy bars
- Fig bars
- Angel food cake
- Mini-muffins or muffins cut in half
- Fruit breads
- Fruit crisp or cobbler
- Low-fat or air-popped popcorn

## Dips, Spreads and Toppings

- Bean dips
- Peanut butter/other nut butters\*
- Fresh salsa
- Low-fat yogurt dips or dressings
- Low-fat or fat-free salad dressings
- Sweet mustard
- Hummus
- Low-fat cream cheese
- Fruit spreads

## Dairy/Protein-rich Foods

- Low-fat string cheese
- Low-fat yogurt
- Low-fat cheese slices/squares
- Pudding cups
- Nuts/Seeds (like sunflower seeds, plain corn nuts or trail mix)\*
- Beef jerky (natural kind, without preservatives and sodium)
- Trail mixes (made with whole-grain cereals, nuts\*, seeds and/or dried fruit)

## Beverages

- Pitchers of iced water (offer lemon slices on the side for an extra touch)
- Bottled spring or sparkling water
- 100 percent fruit juice
- 100 percent vegetable juice
- Low-fat milk
- Nonfat milk
- Soy and rice milks (fortified with calcium and vitamin D)
- Hot Tea
- Iced tea (unsweetened)
- Regular coffee
- Decaffeinated coffee
- Seltzer
- Coffee/tea creamers of skim milk, low-fat milk or fat-free half and half

\*If no nut allergies

For more information on local wellness policy...

[www.NCActionForHealthyKids.org](http://www.NCActionForHealthyKids.org)  
[www.nutritionnc.com](http://www.nutritionnc.com)  
[www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com)

