



PTA Newsletter December: School Concessions

Raising Funds with Healthy Concessions

We've all been there. We rush from work to school for our child's sports game, musical event, or other school function. Once there, we realize we are starving. We head to the concession stand for a snack, only to find there is nothing there but candy and other high-fat, high-calorie foods.

Wouldn't it be nice if you and your children could get a healthy snack from the concession stand at school events? You can help to make this happen. Talk to your school administrators about including concession guidelines in your district's Local Wellness Policy. These policies can state that all foods sold at schools meet certain standards.

Your Local Wellness Policy can require that all foods sold in concessions meet the standards for à la carte foods sold in the cafeteria. Or it can require that at least one healthy option be available. When selling beverages, your policy can require that bottled water and another healthy option such as 100% fruit juice be sold as well as soda.

Your school may worry that people will not buy the healthy foods. This is a concern because concession stand sales often help fund student groups and activities that do not receive other funding. You can assure your school that students do buy healthier snack options when they are tasty, convenient and affordable. Parents will appreciate the healthier options, too!

The eating habits that your children are developing now will stick with them for the rest of their lives. It is important that they learn to snack on healthy foods, rather than candy, or other high-fat, high-calorie foods to help them avoid excess weight gain. Healthy snacking also helps your children get the nutrients they need to grow and develop.

Make sure your school administrators know that it is important for there to be healthy concession options at your school!

For more information:

www.eatsmartmovemorenc.com/programs_tools/school/successful_students.html

www.nutritionnc.com/ResourcesForSchools/index.htm

www.actionforhealthykids.org