



Eat Smart, Get Moving! “Healthy Meetings” Criteria 2008-2009



What is a “Healthy Meeting”?

Eat Smart-Get Moving! teams can earn an additional 10 bonus points for participating in a “Healthy Meeting”. (A total of 30 points – 3 healthy meetings – per phase is allowed.) A Healthy Meeting reinforces the role that adults play in encouraging wellness among students by demonstrating target nutrition and physical activity behaviors. The criteria below for a “Healthy Meeting” focus on nutrition behaviors only; however, stretch breaks are always encouraged.

Why Have a Healthy Meeting?

School nutrition professionals have the opportunity to serve as a resource to school staff such as administrators, teachers, and other school wellness stakeholders. Emphasize that school nutrition programs are part of the solution to school health and wellness and role model by educating and providing healthy foods and beverages.

What Types of Meetings Could Be “Healthy Meetings”?

- School board meeting
- School/school district administrative meeting
- Local wellness policy team meeting
- PTA meeting
- School faculty/staff meeting
- Community meetings or events

What are the Criteria for a “Healthy Meeting”?

- A variety of dairy (single serve plain or flavored milk, cheese, and/or yogurt) and one other item from the Food Groups to Encourage (fruits, vegetables, and whole grain) are served or made available during the meeting.
- **At least two members** from the *Eat Smart-Get Moving!* team are participants in the meeting.
- All meeting attendees are reminded that wellness is important for everyone, not just students, and that adults are role models for healthy behaviors for students.
- Information is shared verbally and/or in writing about the benefits of the school lunch program and positive roles that school nutrition programs play in student and staff wellness.
 - Resources, including fact sheets about school nutrition programs and links to wellness-related resources. can be downloaded from SNA’s website: <http://www.schoolnutrition.org/parent.aspx?id=1981>
 - School menus, brochures specific to your local operation, or other local public relations and marketing materials may also be available.
- School nutrition professional educate and share tools and programs to help with the implementation of school wellness policies.
 - New Look of School Milk
 - Expanding Breakfast
 - Bridges to Wellness
 - Keys to Excellence
 - And more, see: <http://NutritionExplorations.org/sfs/wellness.asp>

<http://www.schoolnutrition.org/Index.aspx?id=1075>

- Though physical activity during the meeting is not required, stretch breaks or other activity could be incorporated. The main message to meeting participants is that they are role models for appropriate behavior which address both nutrition and physical activity.
 - <http://www.cdc.gov/nccdphp/dnpa/physical/life/tips.htm>

Tips and Suggestions:

- Consider incorporating healthy items and healthy messages into catering menus, catering brochures, or other materials targeting school faculty and staff that highlight food and nutrition services.
- Prepare a brochure or flyer highlighting the school food and nutrition program's role in wellness that can be shared with teachers, parent groups, etc.
- Find out what items would appeal to adults for the meetings that your school district typically holds and add them to the options available. (Ex: cheese trays that appeal to adults and include flavored or whole-grain crackers; low-fat or fat-free single serve yogurts; parfaits made with dried or fresh fruit; granola or whole-grain cereal, and yogurt).
- If the opportunity exists, serve items that are directly available to students in the cafeteria (i.e., flavored milk).
- Download Resources from www.NutritionExplorations.org for your School Wellness topics.
- Add information to your district's website about opportunities to have Healthy Meetings and emphasizing that adults are role models.