



## For School Administrators

- **Make sure the faculty room** has healthy food options.
- **Encourage teachers and staff to model good behavior** by eating healthy lunches and only having healthy food and drink in their classrooms.
- **Make sure your school has a good wellness policy** and be its champion. .
- **Research shows that kids who have healthy diets and get regular physical activity are more likely to perform better academically.** These healthy habits may also play a role in helping kids with greater concentration, better attendance, better classroom behavior, better self-esteem, and lower obesity rates..
- **Extend the lunch period** to give students enough time to eat what's on their plates. It takes longer to eat whole, fresh foods.
- **Be a role model.** Let students and staff see you making healthy food choices and being active every day.
- **Focus on activities like healthy celebrations** that encourage healthy eating. Host gatherings that offer tasty and healthy foods from each food group in a fun and active environment.
- **Let everyone know that healthier food choices and physical activity are important to you and the whole school.**
  - **Talk it up at staff meetings,** Back to School Night, or the next parent's association meeting.
  - **Encourage teachers, staff, students and parents to participate** in the school wellness council and share best practices.
  - **Serve a healthy school meal to the Board of Education** and explain the new changes.
- **Meeting the new meal standards will mean more money from USDA to support school meals.** Starting this October, schools will receive an additional 6 cents for each school lunch meeting the new standards – which can really add up!

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