

Pop-up Smoothie Bar

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

A smoothie bar run by students is placed in a common area of the school or in a specific area of the playground to create a yummy start to the day.

Why Do It?

Promote healthy eating during the school day.

How Do We Do It?

Student leaders create a smoothie station and run it in a common area of the school or an activity area during a specific time of the day (e.g., before school starts).

This station is run by students who have brainstormed recipes for different types of smoothies and have purchased or been provided with the required ingredients.

Portions should be reasonable, and awareness of ingredients is extremely important with respect to awareness of allergies.

Students and teachers are invited to participate in the station at a time that is appropriate to the school day including before, during, or after school or during a class.

What Else Do We Need?

- Blenders
- Cups
- Smoothie ingredients
- Table

How Do We Get Creative?

Create videos of smoothie recipes to be played over social media.

Provide recipes as handouts.

Invite professionals from the community to come to school and share their favourite healthy snacks.