

Caught Eating Healthy

Activity

Resource: Ideas for Action

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

What Is it All About?

Creating a healthy school reward for students seen making healthy food choices during the school day.

Why Do It?

Celebrate students who are making healthy choices during the school day.

How Do We Do It?

When students are "caught" making a healthy food choice (e.g., eating a healthy lunch or snack, drinking water instead of juice), they are given a ticket to be entered in a weekly prize draw.

The grand prize winner receives a larger prize (e.g., family tickets to a sporting event) and 10 other weekly winners each receive a smaller prize (e.g., new piece of equipment to use at recess times).

Teachers and parent volunteers work together to observe all students making great healthy choices.

What Else Do We Need?

- A newsletter to communicate the initiative with parents
- Bulletin board for listing winners
- Promotions including announcements and flyers

How Do We Get Creative?

Partner with local businesses or sports teams to donate rewards.

Adapted from: Morton Way Action Plan, 2016