



"Making Healthy Choices"

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What to do?

- What: Encourage kids to eat healthy
- Where: School
- Who: Students
- When: Now
- Why: We can't wait any longer!
- How: "Making Healthy Choices"

“Making Healthy Choices”

- Objective: Encourage kids to choose and eat healthy foods.



So Many Choices?



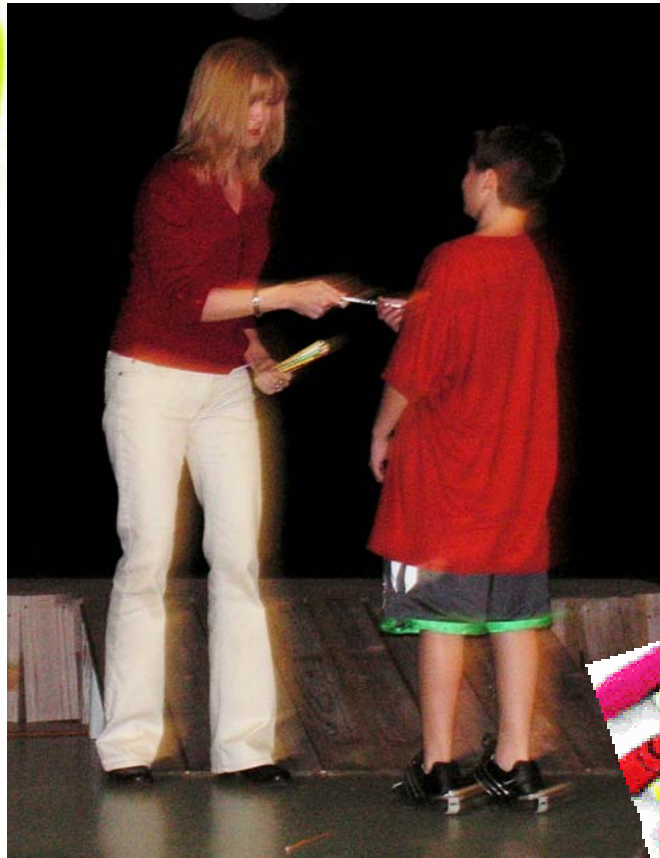
How do we get them to choose healthy choices?



Encourage with Incentives

- Every time a student buys a salad they receive a coupon.
- Students place their name on the coupon.
- They place the coupons in a basket.
- Once every nine weeks students are rewarded for making a healthy choice.

- Reward students for every salad they eat.



- Recognize students for “Making Healthy Choices.”



It Makes a Difference

- In the first 6 weeks of the program 735 salads were sold in the school cafeteria.
- In the first year of the program over 2800 coupons were collected from salad purchases.
- Before the program the school cafeteria would prep 20 to 30 salads on average per day. They now prep 60 to 70 per day.

It Makes a Difference

"Salads taste good and make me feel good! I feel better after I eat a salad, then when I eat a slice of pizza or a hamburger."

~Samantha

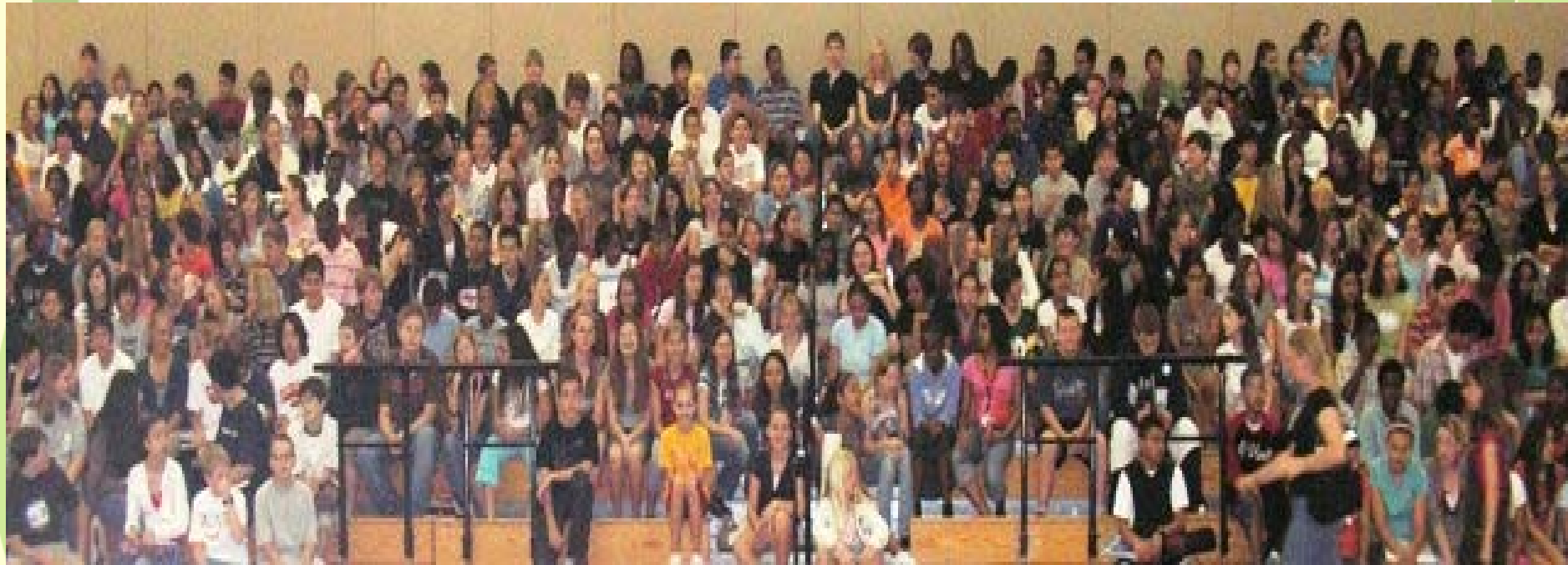
"I never ate a salad before. I tried one because I could get a wrist band. I liked it. Now I eat one, once a week."

~Anthony

"I use to order chicken fingers and fries when we eat at restaurants. Then I started eating salads at school, because I could get cool stuff. Now I order a Salad when we go out. My Mom is proud!"

~Chelsea

It Makes a Difference



Resources

- Connect with Kids. (2006). The Biggest Generation.
<http://www.connectwithkids.com/products/thebiggestgeneration.shtml>
- USDA. (2007). United States Department of Agriculture.
<http://www.fns.usda.gov/tn/Healthy/why.html>
- FLDOE. (2005). Coordinated School Health Program.
<http://www.fldoe.org/besss/health/>
- CDC. (2007). Center for Disease Control.
<http://www.cdc.gov/HealthyYouth/overweight/index.htm>