



Healthy Staff Rewards, Celebrations, Meetings

Staff making healthy choices provides for a better learning environment for students. Staff rewards, celebrations, and meetings should be a model within each building. When serving food, be conscientious of individual serving sizes. Do not focus

on desserts and avoid high calorie foods.

Staff beverage choices in student view need to be considered so that staff is proactive in addressing beverage choices of students.

Staff Reward Ideas:

- Administrator might cover a period or lunch duty
- Duty free day
- Eat lunch at a different time
- Free after-school meeting pass
- Jean day/week
- Leave 15 minutes early
- Parking space for day/week
- Poll your staff for healthy, non-food ideas

Healthy Beverage Ideas:

- Bottled water (Tip: add a clever message label)
- Coffee, decaffeinated
- Milk, fat-free or low fat
- Tea, decaffeinated

Healthy Food Ideas:

- Baked Potato Bar
- Chef Salads
- Chips, baked, light
- Deli sandwich or wraps on whole grain bread or tortilla
- Fruit (fresh)
- Fruit and yogurt parfaits
- Grilled Chicken
- Muffins, low fat
- Nuts
- Oatmeal Bar
- Popcorn (popped in trans-fat free oil)
- Pretzels (without trans-fats)
- Salad Bar (vegetable and/or fruit)
- Taco Salad Bar
- Trail mix
- Vegetables, fresh with 2 tbsp. of low-fat ranch dip
- Yogurt Bar (build your own parfait)
- Yogurt, fat-free vanilla (1/2 cup)
- Yogurt, frozen fat-free (1/2 cup)

