# Healthy and Successful Alternatives to Food-Based Fundraisers, Classroom Rewards and Incentives

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## **Session Objective**

 Learn creative and innovative ways to hold successful school fundraisers and provide motivational classroom incentives and rewards that are not food-based and that comply with the standards for fundraising and incentives and rewards in the Clark County School District Wellness Regulation 5157



### What Does the Wellness Policy Say about Fundraisers?

### **IX. Fund-Raising**

During the school day, all items sold to the students on campus (all areas of the property under the jurisdiction of the school that are accessible to students) must meet the nutrient and beverage standards as specified in this regulation. The school day is defined as the period from midnight before, to 30 minutes after, the end of the school day. Fund-raiser exemptions will not be granted.

### Where are Food and Beverages "Sold" to Students?

School cafeteria – school breakfast, school lunch

**Competitive Foods:** 

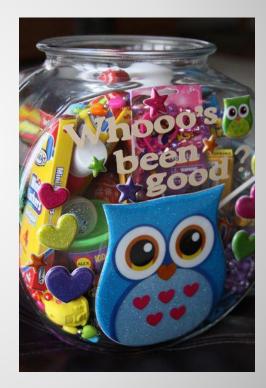
- Student-run stores
- Vending machines
- Fundraisers
- Non-CCSD food vendors



## What Does the Wellness Policy Say about Incentives & Rewards?

#### **IV. Incentives and Rewards**

Schools and teachers are strongly encouraged to utilize forms of incentives or rewards that are not food-based. Any food rewards are required to be in alignment with the nutrient and beverage standards as specified in this regulation.



## What are the Nutrition Standards in the Wellness Policy?

#### Snacks:

- Must be ≤ 200 calories, ≤ 230 mg of sodium, ≤ 35% of total calories from fat, ≤ 10% of total calories from saturated fat, zero trans fat, and ≤ 35% total sugar by weight.
- Must be either ≥ 50% whole grain, have fruit, vegetable, dairy or protein as its first ingredient, or be a combination food that includes at least ¼ cup fruit or vegetable.
- "Smart Snacks" from CCSD Food Service meet nutrition standards

### **Solution: Use Alternatives to Food**

- Using food-based rewards and incentives, fundraisers and celebrations sends the wrong message about food
- Creates life-long habits around food that are difficult to break, such as eating at non-meal times, eating when not hungry, and using food to comfort, reward, or celebrate
- Food offered for birthdays, holiday parties, academic rewards adds up over the course of the school year
- How many extra calories are students getting at school as a result of this cumulative effect of food-based activities?

# **Healthy Fundraising**

#### Alliance for a Healthier Generation: Healthy School Fundraising

https://www.youtube.com/watch?time\_continue=7&v=GmJoHDIyLCA

## **Points to Remember**

#### Healthy Fundraising

- Raise funds in ways that do not undermine healthy eating messages
  - Swap food for physical activity
  - Sell school t-shirts and other spirit items
  - Use fundraising as a way to build skills for students
- Work with the school's principal and PTO on healthy fundraising ideas
- Partner with non food-based community businesses for donations and promotion of their business

### What are your school's barriers to healthy fundraising?

## Healthy Classroom Rewards and Incentives

Alliance for a Healthier Generation: Healthy Classroom Incentives

https://www.youtube.com/watch?time\_continue=1&v=IOnd6r3hfM4

## **Points to Remember**

#### Healthy Classroom Rewards and Incentives

- Reward students in ways that do not undermine healthy eating messages
  - Swap treats for toys
  - Give extra time on fun activities recess, computer, etc.
  - Award leadership opportunities line leader, principal for a day
- Above all else, kids want to be recognized that's the biggest incentive for them
- Work with the school's principal and teachers on creative ways to reward students

# What are your school's barriers to healthy classroom rewards and incentives?

## **Contact Information**

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