



MUSC Boeing Center for Children's Wellness

School Wellness Checklist[®] Action Guide for School Nutrition Services Staff

Nutrition Services staff can make a big impact on wellness for their schools! As a champion for healthy food and nutrition in the schools, you are an important member of your school's wellness committee and your school needs you!

Getting Started

- Join your school's wellness committee or become the Wellness Leader
- Attend an MUSC Boeing Center training
- Assist in updating your school's Healthier Generation Assessment and Action Plan

Nutrition

- Post nutrition fact signage in the cafeteria for all menu items where students can see
- Make salads (prepackaged or salad bar) available daily to students and staff
- Support the sale of USDA Smart Snacks in your school's cafeteria, vending machines, school stores, and classrooms
- Promote water drinking at your school through an ongoing water drinking campaign
- Encourage Farm to School initiatives, by serving and promoting locally grown produce, maintaining a school garden, or implementing fresh fruit and vegetable tastings for students
- Promote entrees that are made from scratch or semi-scratch through signage and marketing materials in the cafeteria
- Attend a professional development training this school year where nutrition is the training topic (food safety courses will not count on the Checklist[®])
- Connect school with local chefs, farmers, or Registered Dietitians to teach students about healthy eating or cooking
- Offer a healthy cooking or culinary club for students

Wellness Culture

- Involve parents in wellness initiatives through school newsletters, assisting with healthy school-wide events, and incorporating healthy snacks or taste testings into parent meetings
- Promote wellness initiatives on the school's social media page by sharing pictures of healthy cafeteria options, fresh fruit and vegetable tastings, nutrition facts posters, or other wellness activities. Be sure to tag @MUSCBoeingCenter
- Develop or participate in an incentive program for students that positively reinforces making healthy choices in the cafeteria or throughout the school day

Sustainability

- Apply for nutrition-related grants for your school (USDA grants)
- Assist with a healthy food or non-food fundraiser to raise funds for the wellness committee
- Maintain a community partnership with a local business or organization that will sponsor or collaborate on healthy events at your school

For more ideas and resources, please visit our website:

<https://musckids.org/our-services/boeing-center/school-wellness-initiative/school-wellness-checklist-resources>

Please contact your school's MUSC BCCW Program Coordinator with any questions.