



## **MUSC Boeing Center for Children's Wellness Spending Guide for your School District Coordinated School Health Advisory Committee (CSHAC)**

The district CSHAC funds awarded by the MUSC BCCW must be used to enhance your school wellness initiative at the district level by supporting nutrition, physical activity, or social-emotional learning strategies in your district offices or district-wide. The CSHAC committee is required to discuss and vote on how to best use the funds. Some suggested ways to use the funds are:

- Fund Professional Development trainings for district staff related to physical activity, nutrition, or social-emotional learning.
  - Consider a “train-the-trainer” model where one or more staff receive training and share the methods with other staff
  - Bring in guest speakers on Professional Development Days to present to larger groups
- Purchase **healthy** foods, beverages, or incentive items for:
  - Wellness Trainings
  - Focus Group meeting
  - CSHAC meetings
  - Wellness Awards Celebration
- Purchase an item such as a trophy, banner, or something similar for the Grand Prize winner of the School Wellness Checklist© contest to display at their school annually. If applicable, purchase non-food incentives for schools receiving second and third place.
- Start or maintain a wellness program for district office staff. Purchase non-food incentives to reward participation and successes.
- Purchase entries into community physical activity or wellness-related events for a team of district office staff.
- Incentivize classroom teachers with a small stipend or budget to implement wellness activities into the classroom.
- Purchase kinesthetic equipment such as pedal desks, exercise balls, or standing desks for district office staff to utilize.
- Purchase resources for district office staff wellness library, e.g., wellness magazines, cookbooks, exercise videos, self care books.
- Supplement expenses for healthy vending machine options at district offices.
- Collaborate with community partners to host a district-wide wellness event to encourage the local community to eat healthy and be active. Districts can share what is involved in the district level wellness policy at the event.

If you have any spending questions, please contact your district's MUSC BCCW Program Coordinator *before* making purchases.