



Sample Spending Guide for Wellness Achievement Awards

Wellness achievement awards are designed to help grow and sustain your school's wellness initiatives. Below is a list of approved ideas for spending wellness award money.

Please contact your program coordinator for approval on items that are not listed below.

Nutrition
Kitchen supplies to facilitate healthy food preparation, i.e. slow cookers, hot plates, electric griddles, rice steamer, blenders, vacuum sealers, etc.
Supplement cafeteria meals with healthy products that are usually unaffordable, i.e., quinoa, whole grains, fresh items, etc.
Sponsor a healthy food station in your school's cafeteria, i.e., smoothies, salad bar, healthy snacks, etc.
Purchase healthy snacks for after-school programs, special events, student taste testings, parent meetings, etc.
Healthy food tastings (seasonal fresh fruits and vegetables, healthy snacks, etc.) to coincide with nutrition education
Supplement expenses for SmartSnack compliant vending machines
Nutrition promotional tools, i.e., nutrition label posters, fruit and vegetable posters, MyPlate posters/props, locally grown produce signs, etc.
Nutrition Nuggets or similar wellness-related newsletter subscription
Digital menu boards for the cafeteria that highlight nutrition facts information and promote local/healthy food choices
Water promotion tools, i.e., reusable water bottles, posters, water drinking logs, etc.
Water bottle refilling stations or water dispensers
Garden
Gardening supplies, i.e., containers, posts, hoses, wheelbarrows, shovels, rakes, trowels, water barrels, row covers, compost bins, worm bins, seed starting supplies, portable greenhouse, raised beds, vertical gardens, hydroponic gardens, fruit trees, etc.
Learning tools for the garden, i.e., nutrition and garden-themed curriculum books, magnifying glasses, clipboards, lab books, rain gauges, weather monitoring tools, labeling supplies, canopies for shade, etc.
Gardening courses for teachers, i.e., School Gardening for SC Educators
Start a farmer's market and/or produce stand at your school for staff and/or students
Physical Activity/Fitness
Pedometers or FitBit activity trackers
Recess/PE equipment, i.e., jump ropes, balls, bats, volleyball nets, hula hoops, exercise balls, medicine balls, tether ball sets, etc.
Exercise equipment, i.e., bicycles, bike racks, stationary bikes, treadmills, stretchy bands, small hand weights, kettle bells, exercise DVDs
Wii Fit Club/Xbox Kinect, for active games only
Create or enhance existing walking trails, tracks, and/or areas with signage, outdoor fitness stations, or surface materials, i.e., AstroTurf fields, rubber walking tracks, mile markers, etc.
Stadiometers, scales, and/or body fat analyzers

Walk/Run Club or Walk/Bike to School Day items, i.e., t-shirts, banners, daily logs, signs for routes, etc.
Open Community Use signage to promote the use of outdoor physical activity facilities
Wellness-Related Classroom Tools
Active desks and kinesthetic (movement) seating, i.e., bouncy bands for chairs, pedal exercisers, standing desks, wobble stools, exercise balls, mini trampolines, etc.
Purchase nutrition and/or physical activity curricula or teaching/resource materials, i.e., books for staff/student wellness libraries, STEM in The Garden, CATCH curriculum, etc.
Active “brain break” programs, i.e., GoNoodle Plus, Walkabout Curriculum, etc.
Field trips to local farms/gardens or farmer’s markets
Supplement expenses for Action Based Learning equipment and/or Action Based Learning Lab
Health Events and Trainings
Host a wellness event or wellness fundraiser for community members with partner involvement, i.e., 5K, health/wellness fair, etc.
Purchase healthy items to assist in a wellness event/fair at the school before, during, or after school and invite parents
Supplement expenses for PD Day guest speakers to present, i.e., Registered Dietitians, Physical Education/Activity specialists, Chiropractors, MDs, etc.
Entry to physical activity events in the community for students or staff (may also pay for transportation to events if needed)
Fees for wellness-related conferences or trainings for staff, i.e., SCAHPERD conference, KidsFit training, CATCH training, mindfulness training, etc.
Nutrition focused training for Nutrition Services staff (verify with Program Coordinator before using wellness funds. The training <i>must be nutrition focused, not food safety focused</i>)
Social-Emotional Wellbeing
Relaxation space for staff, i.e., rocking chairs, massage chairs, diffuser, mood lighting, etc.
Yoga/mindfulness classes for students and/or staff
Yoga equipment for students and/or staff, i.e. mats, DVDs, online subscriptions, etc.
Social-Emotional wellbeing curricula for students, i.e. anti-bullying, emotional management, life coping, conflict resolution, etc.
Employee Connections
Healthy incentives for staff prioritizing health and wellness
Create or update a lactation room, i.e., comfortable chair, mini fridge, signage, etc.
Group fitness or personal training classes for staff, i.e., aerobics, Pilates, Zumba, HIIT, etc.
Supplement expenses for school-based health screenings (glucose, BMI, cholesterol, blood pressure, cancer) for staff
Supplement expenses for a staff fitness room, i.e., hand weights, mats, treadmill, elliptical, etc.

NOTE: UNAUTHORIZED PURCHASES INCLUDE ITEMS SUCH AS NURSING SUPPLIES, AED/FIRST AID KITS, DENTAL HYGEINE ITEMS, JUMP CASTLES/INFLATABLE OBSTACLE COURSES, ETC.

IF YOU HAVE ANY QUESTIONS REGARDING SPENDING, PLEASE CONTACT YOUR PROGRAM COORDINATOR *PRIOR* TO MAKING PURCHASES.