



Sample Spending Guide for Wellness Awards

Wellness 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.
Sponsor a healthy food station in your school's cafeteria, i.e., smoothies, salad bar, healthy snacks, etc.
Supplies for a healthy cooking or culinary club for students, i.e., cooking ingredients, hot plate, blender, cooking utensils, etc.
Healthy snacks for after-school programs, special events, student taste testings, parent meetings, etc.
Fresh produce for fruit and vegetable tasting events to coincide with nutrition education
Supplement expenses for SmartSnack compliant vending machines for students and staff
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 locally grown produce, scratch-made foods, and healthy 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, hoses, wheelbarrows, shovels, water barrels, compost bins, seed starting supplies, portable greenhouse, raised beds, vertical gardens, hydroponic gardens, etc.
Supplies to make garden accessible and inclusive, i.e., pavers, elevated or vertical garden beds and planters, adapted garden tools, sensory plants, etc.
Learning tools for the garden, i.e., nutrition and garden-themed curriculum books, magnifying glasses, clipboards, rain gauges, weather monitoring tools, labeling supplies, shade structures, etc.
Gardening courses for teachers, i.e., School Gardening for SC Educators
Start a farmers market or produce stand at your school for staff, students, and parents
Field trips to local farms or farmers markets
Physical Activity
Pedometers or FitBit activity trackers
Recess or PE equipment, i.e., jump ropes, balls, bats, volleyball nets, hula hoops, exercise balls, medicine balls, tether ball sets, etc.
Adaptive recess or PE equipment
Exercise equipment, i.e., bicycles, bike racks, stationary bikes, treadmills, stretchy bands, small hand weights, kettle bells, exercise DVDs
Create or enhance existing walking trails, tracks, outdoor fitness stations, or surface materials, i.e., AstroTurf fields, rubber walking tracks, mile markers, signage, etc.
Stadiometers, scales, or body fat analyzers
Walking or Running Club items, i.e., t-shirts, banners, daily logs, signs for routes, water bottles, etc.
Walk or Bike to School Day items, i.e., signage, banners, stipended for safety officers, 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.
Nutrition, physical activity, or social-emotional learning curricula or teaching materials, i.e., books for student wellness libraries, STEM in The Garden, CATCH curriculum, etc.
Active “brain break” programs, i.e., GoNoodle Plus, Walkabout Curriculum, etc.
Supplement expenses for Action Based Learning equipment or Action Based Learning Lab
Non-food incentives for students making healthy choices
Wellness Events and Trainings
Host a wellness event or wellness fundraiser for community members with partner involvement, i.e., 5K, health/wellness fair, etc.
Healthy items to assist in a wellness event at the school and invite parents
Supplement expenses for PD Day guest speakers to present on wellness-related topics, i.e., Registered Dietitians, Physical Education or Physical Activity specialists, Chiropractors, MDs, mental health experts, 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, SEL 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 Learning
Yoga or mindfulness classes for students and staff
Yoga equipment for students and staff, i.e. mats, DVDs, online subscriptions, etc.
Social-Emotional Learning curricula for students, i.e. anti-bullying, coping skills, conflict resolution, problem-solving, substance misuse, trauma, etc.
Supplement expenses for parent trainings on SEL programs
Create a calming space for students, i.e., comfortable seating, privacy screens, glitter jars, stress balls, playdoh, books, etc.
Staff Wellness
Healthy incentives for staff prioritizing health and wellness
Resources for staff wellness library, i.e., wellness magazines, cookbooks, exercise videos, self care books
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
Exercise equipment for a staff fitness room, i.e., hand weights, mats, treadmill, elliptical, etc.
Relaxation space for staff, i.e., rocking chairs, massage chairs, diffuser, mood lighting, 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.