

STRATEGY I: Limit Unhealthy Choices for Snacks and Celebrations; Provide Healthy Choices

how to implement

Here are many ideas for how to limit unhealthy choices and provide healthy ones. Pick and choose the ones that work best for your program!

- **Bolded items** mean there is a supporting handout in this section!

HEALTHY CHOICES

include water, fruits and vegetables, whole grain foods, protein sources such as eggs, beans, dairy, fish and poultry, and healthy fats such as nuts, seeds, and avocados.

UNHEALTHY CHOICES

include foods and drinks high in sugar and/or salt such as soda, candy, cookies, cake, and chips.



Limit unhealthy choices:

- Don't serve unhealthy choices more than 1 time per week.
- Use the **Ideas for Healthy Snacks** handout.
- Use the **Quick Snacks for Healthy Kids** handout.
- Send home **Healthy Snack Ideas – Letter to Families**.

Host healthy celebrations:

- Use the **Ideas for Healthy Foods for Celebrations** handout.
- Send home **Healthy Foods for Celebrations – Letter to Families**.
- Use the **Healthy Party Sign-Up Sheet**.
- **Present fruits and vegetables in fun, creative ways.**
- Use the **Ideas for Non-Food Celebrations** handout.
- Send home **Non-Food Celebrations – Letter to Families**.

Involve children in activities that promote healthy eating:

- Start a garden at your program and review **Tried and True Advice for Starting a Garden**.
- Conduct taste tests of healthy foods by using the **Mystery Vegetable or Fruit Activity**.
- Get **Kids in the Kitchen**.
- Practice **Family-Style Meals**.

Learn how to find, select, and serve healthy foods and share this knowledge with families using the handouts:

- **Eat at Least Five Fruits and Vegetables a Day**
- **Healthy Shopping On a Budget**
- **Understanding Food Labels**
- **Maine Seasonal Food Guide**
- **Breakfast Is Best**
- **A Meal is a Family Affair**
- **Fruits and Vegetables, All Year Long!**
- **What's A Healthy Portion?**
- **Tips for a Healthier Diet**
- **Handling a 'Choosy' Eater**
- **Phrases that HELP and HINDER**
- **Practicing the Division of Responsibility When Feeding Children**

Set a program policy that limits unhealthy choices for snacks and celebrations.

- Refer to the **Let's Go! Recognition Program** packet in the 'Step 5: Celebrate' Tab for help with this.

