

Getting back to our menu, we see that there are more sections to look at than just entrees. We see appetizers, salads, side orders, a la carte, desserts, and beverages to name a few. When we look at our entire school menu, called the Coordinated School Health Program, here is what we would find:



## CSHP MENU

### **Comprehensive School Health Education**

- 10 Content areas

### **Health Promotion & Wellness**

- Establish a wellness team
- Offer after school nutrition/cooking programs
- Provide healthy snacks for staff & students

### **Nutritional Services**

- Involve students in menu planning
- Invite food service into your classroom
- Provide healthy snacks for classrooms

### **Physical Education (PE) & Physical Activity (PA)**

- Make water available
- Provide nutritious snacks for after school athletics

### **Physical Environment**

- Make cafeteria an inviting place...color, posters, quiet music etc.

- Design kitchen area for lunch prep. as well as for use by classes

### **School Climate**

- Develop healthy snack policy
- Develop vending machine policy
- Promote recess before lunch
- Involve classes in making nutrition posters for school hallways

### **School Counseling, Physical & Behavioral Health Services**

- Provide healthy snacks during meetings/counseling sessions
- Promote oral health through less sugar consumption
- Utilize school nurse as a nutrition resource

### **Youth, Parent, Family & Community Involvement**

- Send nutrition newsletter home
- Involve PTA in nutrition event
- Have farmer, chef, dietician, or other community people involved with food to be a guest speaker
- Provide nutrition workshops for parents

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