

## IDEAS FOR NUTRITION ADVISORY COUNCILS (NAC)

- **EVALUATING NUTRITION HABITS:** Students can survey their peers regarding food preferences and eating habits. Share survey results with your cafeteria representative and school.
- **NUTRITION BULLETIN BOARD:** Students can put a bulletin board up in highly visible areas, such as the cafeteria, to advertise the cafeteria menu, provide information on lunch specials and nutrition education, and any other nutrition-related activities. Bulletin boards should be updated monthly.
- **NUTRITION ARTICLES FOR THE SCHOOL NEWSPAPER:** Create a NAC newsletter or add a NAC column to the school newspaper or parent newsletters. Students can write press releases to inform the local media (newspapers, TV stations, and radio stations; press releases must be reviewed and approved by the *Network* prior to submission; please allow 10 working days) about NAC events occurring at your school.
- **NUTRITION FAIR AND/OR ASSEMBLY:** Set up booths for nutrition information, healthy food sampling, and healthy cooking demonstrations. Students can provide entertainment such as singing fruit and vegetable songs, reading food poetry, and doing skits on healthy eating and living. Invite parents, community leaders, and your school board representative.
- **NUTRITION CONTESTS:** Create contests that promote healthy eating. Utilize Dole's Nutrition Adventure Tool Kit @ [www.dole5aday.com](http://www.dole5aday.com).
- **CHEF'S PROGRAM:** Enjoy a free interactive visit with a professional chef. Use the experience to recreate healthy recipes to share with others in the school community.
- **COMMUNITY OUTREACH:** Conduct food drives for the needy.
- **ROLE MODEL:** Students can hold healthy food preparation demonstrations for their peers. Students may assist teachers in planning activities with younger students in your school community.
- **NUTRITION & TECHNOLOGY:** Students can create nutrition games, stories, or slide shows using PowerPoint or other computer programs and make presentations to peers in the classroom setting. Create videos of events, performances, Public Service Announcements, etc.
- **SUPPORT NATIONAL SCHOOL LUNCH AND BREAKFAST WEEK:** Students can plan special activities in conjunction with these events that encourage students to eat breakfast and lunch and make healthy food choices. Students can decorate the school and cafeteria with posters.
- **PHYSICAL ACTIVITY:** Promote nutrition during physical activity events such as walk-a-thons, bike-a-thons, dance-a-thons, or hula-hoop competitions.
- **SCHOOL/OFFICE ENVIRONMENT:** Students can hang a *Network* banner and promote ideas for healthy snacks and drinks at the school site.
- **HEALTHY FUNDRAISING:** Students can encourage school organizations to sponsor healthy fundraising options. Please adhere to District Policies and consult with your administrator for prior approval.