



IT STARTS WITH STUDENTS: GETTING BUY-IN FOR HEALTHY FOODS

Engaging students is an important part of implementing the *Michigan Nutrition Standards* in your school district. Students can help you get “buy in” on the healthier selections for the cafeteria, fundraising, concessions, and more! Below are some resources and ideas that will help you form effective student teams and student mentors to help implement the *Michigan Nutrition Standards*.

FUEL UP TO PLAY 60—STUDENT TEAMS

Fuel Up to Play 60 is one way to start a student team—www.fueluptoplay60.com. It provides information on how to recruit students and help students work together, and characteristics of well-functioning teams and team-building resources. Fuel Up to Play 60 is geared for middle school students but can be utilized at other grade levels as well.

STUDENTS TAKING CHARGE

Students Taking Charge is an Action for Healthy Kids sponsored program for high school students to help them develop the skills to advocate for change in the school health environment. Go to www.studentstakingcharge.org for more information.

STUDENT MENTORS

Consider using older students to help encourage younger students to adopt healthy habits. For example you might...

- Have third graders read books with healthy messages to kindergarteners
- Have 5th graders help in the cafeteria and encourage younger students to try new foods
- Have middle school students put on a play about eating healthy for students at the elementary schools
- Have a student group from the high school or middle school go to another building and present information to students about being healthy. Use [54321GO!](http://www.54321GO.org) as the educational message.

“As the cafeteria manager I was skeptical about how implementing Fuel Up to Play in our school would impact the students. The students are excited to try new foods and they encourage each other to get up and move during the lunch hour. I also feel that it has brought out some of the shy students and given them more self esteem.”

RIVERSIDE MIDDLE SCHOOL



GAME ON! THE ULTIMATE WELLNESS CHALLENGE—STUDENTS AND FAMILIES

Game On! The Ultimate Wellness Challenge is a year-long program that challenges youth, their families and schools to incorporate healthy food choices and physical activity into their daily lives. Game On! was created by Action for Healthy Kids. Check out the online implementation toolkit at <http://www.a4hk.org/gotuwcl/>

