



## COMMUNITIES CAN! GAINING SUPPORT FOR THE STANDARDS

You've probably heard the expression, "It takes village to raise a child." Community support, whether it's from individuals or businesses and organizations, is vitally important to successfully implement the *Michigan Nutrition Standards* in schools. Regardless of whether or not you have children attending school in your district, you can help support the standards and encourage others to do the same. Try these suggestions:

### INDIVIDUALS CAN...

- **LEARN ABOUT THE STANDARDS.** If you don't know what they are, contact your school district foodservice director or superintendent or go to: [www.michigan.gov/schoolnutrition](http://www.michigan.gov/schoolnutrition) for a copy.
- **VISIT THE SCHOOL.** Find out what's being offered or served in school vending machines, school stores, fundraisers, and tour the cafeteria. Be sure to make an appointment first. Many schools do not allow walk-in visitors.
- **SUPPORT HEALTHIER FUNDRAISERS** that focus on non-food items such as wrapping paper, car washes, raffles, or contests.
- **JOIN THE COORDINATED SCHOOL HEALTH TEAM**, or Local Wellness Policy Committee if you have time and talents to share.
- **BE A HEALTHY ROLE MODEL.** Eat healthy food that meet the standards and be active yourself.

### BUSINESSES CAN...

- **LEARN MORE ABOUT THE STANDARDS.** Ask yourself: *Is there a way through my business I can support the standards?* Be creative.
- **DONATE OR OFFER LOW-COST ITEMS** (stickers, pencils, etc.) for schools to use as rewards for students instead of food.
- **OFFER A PERCENTAGE OF A PURCHASE** (e.g. 10% on dry-cleaning) to help schools raise funds without selling unhealthy food and beverages.
- **LABEL 3-5 OF THE BEST CHOICES.** If you are a grocery store or other store that sells food, place healthy items that meet the standards where consumers can easily find and purchase them.
- **INCREASE YOUR EFFORT** to better market healthy food and beverages such as fresh fruits and vegetables, low fat dairy, and whole grain snacks if you sell them. Limit advertising of unhealthy food and beverages.
- **OFFER LOW-COST, NON-FOOD FIELD TRIP EXPERIENCES** to schools such as touring a radio station or a printing business or going bowling or roller skating.
- **PUT HEALTHY MESSAGES** that support the standards on your business marquee.
- **PRODUCE A GOOD** that meets the standards and offer it to schools, e.g. a low-fat fruit or vegetable muffin.
- **BE PRESENT AT HEALTH FAIRS AND OTHER SCHOOL EVENTS.** Show community members that your business supports community health.





### ORGANIZATIONS CAN...

- **BE PART OF THE COORDINATED SCHOOL HEALTH TEAM,** or Local Wellness Policy team. Contact your school district superintendent to find out if this is a possibility.
- **TAKE PART,** as a team or committee member, in completing the Healthy School Action Tools (HSAT) and other health-related community and school assessments.
- **HELP SCHOOLS LINK BETTER WITH LOCAL FARMERS** and food producers to offer local foods that meet the standards in schools.
- **HELP CREATE A SOCIAL MARKETING CAMPAIGN** to educate citizens about the *Michigan Nutrition Standards*. Make best use of social media such as Facebook and Twitter.
- **LEAD BY EXAMPLE.** Offer healthy food and beverages at meetings, implement a worksite wellness challenge, conduct a health fair, or distribute healthy messages to employees of your organizations and partners.

