



CASE STUDY

BELDING AREA SCHOOLS

STUDENTS FROM ELLIS ELEMENTARY (K-2 BUILDING) PARTICIPATED IN WALKING CHALLENGE

The fun continued after the Belding Area School Nutrition Night was over. The nutrition night volunteers partnered with the elementary building and conducted a 4 week walking challenge for the students. The students signed up to be part of the challenge and received beads for every 30 minutes they walked. Prizes were given out and the winning building received a free Zumba party donated by the community Zumba instructor. There were over 170 students that took part in this walking challenge.

- Prizes included:**
- Sports equipment
 - Bookmarks
 - Stickers
 - Ribbon



OVERCOMING OPPOSITION

When the Belding Area Schools first started implementing the *Michigan Nutrition Standards* and promoting the changes that were going to be made in the district, they received several negative comments and opposition. The Wellness Committee took time to reflect on what they were hearing and worked together to overcome the opposition. They were able to turn the culture change into a positive momentum. The Wellness Committee presented information on the *Michigan Nutrition Standards* to key stakeholders in the

district. Communication was sent out to staff and families on how the standards affected various venues. In the end, the positivity over shined the opposition. Communication and education were keys to getting the positive message out and dispelling the rumor mill. The district was making healthy changes for the health and well-being of it's students. Even though there were a few negative people, overall the majority of attitudes were positive and people could see the benefit in making the schools healthier places. One of the changes seen in the community was that the local service station started offering healthier choices such as fruit for sale on their counter.

"I think the *Michigan Nutrition Standards* are great! It has really made the children more aware of the better choices that they have to eat at school and they like it."

KAREN HEPPE,
PHYSICAL EDUCATION TEACHER

