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detailed
sample
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Highlight Healthy Foods – Quickstart Guide



What to Do

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Pick an area of concentration: **cafeteria** or **vending**

- Identify ways the food environment can be improved
- Set short- and long-term goals for aesthetics improvements and/or promotions to improve students' choices
- Implement your plans and monitor changes in student selections



Who Can Help

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Get key people to support your plan

- School Nutrition Team
- Principal, Coaches, and Teachers
- Custodial Staff and Facilities Management
- Parent Volunteers



Build Interest

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Get input and recruit volunteers

- Survey students about likes and dislikes
- Start a campaign: “Nutritious food is only nutritious if you eat it!”
- Engage students in sharing ideas for making eating areas more inviting



Share Your Results

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Highlight your successes and get more help

- Meet with parent organizations for funding help
- Host “grand opening” events and promote the changes on your school’s social media



Build Community

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Find ways to make this Play last

- Invite local chefs, parents, grocery store dietitians to see what you’re doing and speak about their work
- Create a community committee to keep it going