



PTA Newsletter January: School Stores

Selling Health at Your School Store

Your children spend a large amount of their time in school and at school-sponsored activities. School stores can play an important role in making sure students are prepared for the day. Most school stores sell school supplies, but did you know that some also sell food items? These foods are not always healthy.

Having snacks available for students to buy is a great idea. However, if there are too many unhealthy options, it can affect how students eat. They may be tempted to buy several candy bars instead of a nutritious lunch, or spend money on snack foods rather than school supplies.

It is never too early to start teaching your children healthy eating habits. Allowing them to have choices teaches independence, but it is important to ensure that healthy options are available. School stores can be a great place to provide and promote healthy food choices. Fresh fruits, low-fat or fat-free dairy products, and baked chips are all good options. Students will buy and eat these foods if they are affordable and convenient.

If your school store is run by students, or used by student groups to raise funds, get them involved in marketing the new healthier foods. Instead of relying on food items to generate funds, try selling non-food items with the school mascot or logo.

School wellness policies address foods and drinks available at school. These wellness policies can set guidelines for food items sold at student stores. Talk to your administrators to find out more about your school's wellness policies and about how your school can make its school store a healthy place.

For more information:

www.eatsmartmovemorenc.com/programs_tools/school/successful_students.html

www.nutritionnc.com/ResourcesForSchools/index.htm

www.actionforhealthykids.org