

Concessions

Federal law requires every school district to have a local wellness policy. These policies address nutrition education, physical activity, school meals and all other foods and drinks available at school. Since foods and drinks are a part of every school day, local wellness policies can build healthy school environments that support successful students eating smart and moving more. Research shows that children and teens who eat smart and move more focus better and have fewer behavior problems. They also have better math, reading and writing test scores. As families, educators and administrators, you have the chance to put the policy into practice. You can make a difference by encouraging healthy options for fundraising, concessions, school stores, vending, classroom rewards and school celebrations.

Concession sales should provide and promote healthy food and drink choices. Your local wellness policy can define the school concessions sold and continue to help student groups and clubs raise needed activity funds. Too often, the foods and drinks sold at concession stands are high in sugar, fat and calories. However, students will buy and eat healthy foods and drinks when they are tasty, convenient and affordable. Consider having the foods and drinks sold at your concession stand meet the NC Nutrition Standards for à la carte foods and drinks. Some smart choices include bottled water, low-calorie snacks and fresh fruit. Work with local restaurants, grocery stores, and delis to offer healthier choices. And don't forget non-food items like school gear, toys, games, and arts and crafts as fundraisers.

Take Action Now

School Board Members

- Are concession sales covered in your district's local wellness policy? If not, include in your policy a nutrition guide for foods and drinks sold in concessions.
- Show your support for the local wellness policy.

School Health Advisory Council/School Wellness Committee Members

- Use this handout to help your schools identify healthy food and drink choices that can be sold.
- Support healthy school concession sales.

Principals

- Enforce the district wellness policy for school concessions that promote healthy food and drink choices, along with the sale of non-food items.
- Consider adopting a stricter policy on concession sales for your school.

PTA Members and Families

- Identify community partners who can help.
- Spread the word and support your school's healthy concession choices.

Concession Foods and Drinks

Dairy Foods (< 200 calories/package)

- Low-fat string cheese
- Low-fat cottage cheese
- Low-fat yogurt
- Pudding cups

Nuts/Seeds

- Nuts (\leq 1 oz. portions)
- Trail mix

Fruits/Vegetables (< 200 calories/package)

- Fresh fruits/vegetables with low-fat dip
- Dried fruit/fruit chips
- Fresh or canned fruit cups
- Salsa for baked chips or baked potato
- Fresh salads
- Applesauce

Drinks

- Water
- 1% low-fat milk - flavored and unflavored < 200 calories
- Nonfat milk - flavored and unflavored < 200 calories
- 100% fruit juice (8 oz.) with no added sweeteners
- 100% vegetable juice

Grains (< 200 calories/package)

- Baked chips
- Animal crackers
- Hard pretzels
- Whole-grain cereal
- Low-fat cookies
- Low-fat sports bars
- Mini-bagels

- Whole-grain bread sticks or crackers
- Low-fat muffins
- Vanilla wafers
- Low-fat/low-sugar breakfast, granola or chewy bars
- Graham crackers/cookies

Frozen Foods (< 200 calories/package)

- Frozen low-fat yogurt
- 100% juice bars
- 100% frozen fruit products with no added sweeteners

Hot Foods (< 200 calories/serving)

- Soft pretzel
- Baked potato with toppings (salsa, low-fat cheese, low-fat sour cream)
- Low-fat popcorn
- Soups and sandwiches
- Hot apple cider
- Hot chocolate
- Oatmeal

Non-food items*

- Arts and crafts
- Holiday decorations
- Calendars
- CD's/DVD's
- Pens, pencils, erasers
- Mugs, koozies/souvenir cups
- Key chains
- Hats/T-shirts
- Picture frames
- Greeting cards

* See the Fundraising action tool-sheet for more ideas!

Example Concessions Policy in North Carolina

Duplin County Schools

All concession stands and other events where food is sold at after-school activities will make available at least one Winner Circle* or healthy snack alternative and at least one beverage that is a healthy choice. Suggested items meeting these criteria will be made available to the schools.

*Winner's Circle is a voluntary program developed by NC Prevention Partners in collaboration with local, state and national agencies and institutions.

For more information on local wellness policy...

www.nchealthyschools.org
www.nutritionnc.com
www.eatsmartmovemorenc.com

