



It's All About Your Choices – Go Nutritious!

Make it Happen Checklist!

WHAT IS IT?

Who doesn't love great food? How do you and your friends make choices? Make your school's meals and snack areas inviting and fun—and find ways to highlight foods that are nutritious and delicious!

Choose an area or two to focus on and work out a plan to update its look and feel. Do kids want to eat there? Figure out why or why not, and make it a number one choice!

WHY?

When nutrient-rich options are convenient and visually appealing, kids choose and eat them more. Also, convenient and comfortable places to eat can encourage nutrient-rich eating habits.



Huddle Up

[Learn more](#)

Get key people to support your plan

- School Nutrition Team
- Principal, School Nurse, and Teachers
- Custodial Staff
- Parent Volunteers



Get Organized

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Create a “wish list” with long- and short-term goals

- Think about quick and easy fix-ups, like paint and curtains
- Plan for new signs, changes in seating, and food line changes
- Look into possible new equipment, kiosks, or vending options



Build Awareness

[Learn more](#)

Let students, parents, and others in the school community know what you are doing, and get their input

- Survey students about likes and dislikes (food and facilities)
- Make signs and posters highlighting nutritious choices
- Use marketing strategies to get students interested (see Play)



Take Action

[Learn more](#)

Set targets based on your awareness building activities

- Put together design ideas and a plan for each one you choose
- Focus on your short- and long-term goals and get started
- Enlist the help of volunteers to carry out each of your plans



Spread the Word

[Learn more](#)

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

[Learn more](#)

Find ways to make this Play last

- Consider opening your school's cafeteria and facilities – 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