



# Healthy Snack Challenge

***“It has changed my thinking about what I eat for breakfast and the way I eat at school so I eat healthier than I did a couple weeks ago.” - Tanner***



## Fuel Up to Play 60 Healthy Snack Challenge

Kennedy Secondary School in Fergus Falls, MN allows students to bring in a snack to their second period class. And, their recently updated wellness policy asks staff to foster and encourage healthy eating.

Linda Bowhall, Middle School Family and Consumer Science (FACS) teacher, *Fuel Up to Play 60* (FUTP 60) Program Advisor, and school wellness committee member, noticed that her students often bought unhealthy snacks. Recalling the school wellness policy, the lessons learned from partnership with PartnerSHIP 4 Health, and the fact that healthy kids make better learners, Bowhall decided to encourage students to consider bringing and eating healthy snacks.

So Bowhall began giving fun stickers to students who brought healthy snacks. The stickers worked their magic and soon students were bringing bananas, apples, grapes, yogurt and bags of mini carrots to class! (See photo).

Bowhall decided to up the challenge by introducing her students to *Fooducate* (<http://www.fooducate.com/>), a website that grades foods and beverages on a scale from A to D. *Fooducate's* algorithm is based on information that is publicly available on a product's package: the nutrition facts panel and the ingredient list. The product is simply scanned in order to receive instant feedback on the nutritional content.

When asked by Bowhall how *Fooducate* and the discussions in FACS class had impacted their snacking behavior, it was clear that these students are now on the road to healthier food choices:

*“It shows how we think granola bars are healthy, but they really aren't. They get like a D. It shows us that some foods are highly processed like packaged fruit snacks.” - Rachel*

*“It showed me what food was and wasn't healthy and some food that I thought was healthy actually isn't.” - Tyler*

*“That we really need to think of our bodies and what we need instead of only what we want.” - Emma*

*“It helps me know which foods are healthy and which foods are not.” - Hailey*

*“It helped me realize how unhealthy some snack foods that I thought were healthy really are. It also helped me make better food choices and taught me how much better it is to have a healthy diet.” -Isabella*

*“It has made us think about if our snack is a "C" grade. We would want to get a better grade in our body. The snacks we might think are healthy probably aren't the best. Don't trust the label. It's not always true.” - Hailey*

*“It has educated me on how many ingredients are in the food along with what they are. Some are as simple as carrots and some so complex.” - Rachel*

*“It has changed how I eat, like less processed foods.” - Olivia*

*“Now I think a bit better about foods and I am more careful on what I eat.” - Rylan*

*“It helps me choose the right food to eat.” - Brenna*

And that is not the end of the story. Bowhall and her students have decided to take this healthy snack challenge school-wide, and are encouraging students and teachers to submit photos of students with healthy snacks to the “Healthy Snacks Hall of Fame” on the school website...because healthy snacks lead to healthy students, and healthy students make better learners!

