



High School Prom Celebrates with Healthy Foods

“The past few years we had nothing like that. It was so nice to eat something that would give us energy instead of things like pizza that would only weigh us down.”

Katie Highness
Student, Prom Attendee



Katie Highness, Prom attendee at Dilworth-Glyndon-Felton High School Prom, shows her yogurt parfait.

Post prom celebration all in good Health

Eating healthy as a teenager may not always be a priority. Especially when you are celebrating one of a teenager’s most memorable times in life- prom. However, the Dilworth-Glyndon-Felton School district teamed up with PartnerSHIP 4 Health (PS4H) to increase healthy eating options for their students at their 2013 post prom celebration.

The school wellness committee has been hoping to add healthier options to concessions during sporting events. This idea led to changing up their Post Prom Party’s menu. They hoped the event could spark change in concessions for 2013/2014 school year. The committee felt it could be a risk, changing the menu of the ever popular chocolate fountain and endless calorie-filled foods and snacks. Nevertheless, the risk was worth taking and it was a great success.

Donna Oberg is a kindergarten teacher, wellness committee member and works the concession stand during school events. She is also the Chairperson of food for the post prom party. Oberg started her wellness initiatives at the concession stand. She wanted to take simple steps, without removing traditional sweets but adding healthier options. She thought by adding more fresh fruits, it would cut back on the consumption of less healthy foods.

Oberg attended the Healthy School Summit co-sponsored by PS4H where she was inspired to bring fruit smoothies to school concessions and post prom party. Oberg worked with Cheryl Stetz, school board member to secure food supplies for smoothies.

“Fresh fruit smoothies were served at post prom at 3am and the kids loved them,” said Oberg.

Not only do healthier food options give the students energy but according to the Journal of School Health, students with healthy diets, including high consumption of fruits and vegetables, performed better on academic tests than children who consumed fewer fruits and vegetables.

The prom committee also held a smoothie naming contest to promote the smoothies for next year in the concession stands. “It was a way to get students involved and excited about the future in healthier options,” said Oberg.

The prom committee had asked the parents to donate strawberries and 12 bags of mini-candy bars. The outcome surprised Oberg. The donation had doubled for strawberries and only half the bags of candy were received. With the extra strawberries, the committee added a yogurt parfait bar. The annual tradition of the chocolate fountain was much less popular than the new parfait bar. The parfait bar contained strawberries, blueberries, yogurt, and granola. Oberg said, “It was such a success. I couldn’t help but notice how often we had filled the yogurt containers while the candy bars were barely touched.”

There was other food such as Buffalo wings, pizza, pop and sub sandwiches. However Oberg noted there were more sub sandwiches ordered than the previous year. Zack Nelson, a junior attendee at the post prom party said, “It was a perfect mix of healthy food. It gave us options we never had in previous years.”

Oberg reported positive feedback from students and parents. “Coaches were very happy to see their athletes putting good food into their bodies as they continue to emphasize healthy eating in the sports seasons,” she added. Last year PS4H helped the school update their wellness policy which held high standards.

“We are well on our way to increasing healthier food options for students. We anticipate even more changes coming in the next year and we are definitely looking forward to it,” said Oberg.

