

Desserts

These items require more time, resources, and commitment from a school, but can make a significant impact on students' health.

Designate a “Nutrition and Activity” month at your school

For an entire month at your school, be creative about how to highlight and promote healthy eating and living.

Organize a Field Day of different physical activities for all students

Spend a whole day giving students opportunities to have fun while being physically active.

Convene a Health Committee

Organize a committee of school staff, students, parents, and community members to regularly meet and address different health issues at your school.

Encourage staff to model healthy lifestyles

A wellness program for faculty and staff can enhance school effectiveness by strengthening morale, reducing absenteeism, and cutting insurance costs. By exercising regularly and eating healthy foods, staff can set a powerful example for students.

Evaluate school policies and procedures

Can recess and PE time be increased and strengthened? Can healthier options be offered in the cafeteria? Can a sports team be added to extra-curricular activities? How can there be increased alignment with CPS's Wellness Policy?

Healthy Foods, Healthy Moves: InForm Chicago

A partnership of Communities In Schools of Chicago (CISC) and the Consortium to Lower Obesity in Chicago Children (CLOCC)

Helping create healthier environments in schools and communities across Chicago



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Appetizers

These items require minimal time or financial commitment from a school.

Hang 5-4-3-2-1 Go! posters in your cafeteria or other high-traffic area

Make the message more memorable by keeping it visible.

Do morning or afternoon PA announcements about nutrition and physical activity

Let your whole student body hear brief health messages on a regular basis. We can provide scripts.

Reserve a bulletin board for nutrition and physical activity messages

Post information about healthy meals or suggestions for how to increase physical activity, or highlight someone who is a healthy role model (a teacher who completed the Chicago Marathon or a student who rides a bike to school). There are many possibilities!

Send home information about the 5-4-3-2-1 Go! message

Include a flyer with an already scheduled mailing home to families, or provide a table at report card pickup day so nutrition information can be given to parents.

Entrees

These items are at the core of how CISC supports its schools.

Use CISC referrals to bring services into your school

CISC can tell you about different service providers that focus on nutrition and physical activity and would be a good match for your school.

Personal Health Inventory (PHI)

A web-based tool available to CISC schools to assess students' knowledge, attitudes, and behavior in specific health areas. This can help your school understand students' needs and focus interventions in response. This tool is available at no cost to CISC schools.

Beverages

Staying hydrated is so important. Beverages can serve as an important source of nutrients as well.

Water

Our PHI results indicate that students are often thirsty during the school day, and also tell us that students are not drinking enough water. We know that being well hydrated helps children concentrate and perform better in class. How can water be made more available to students throughout the day?

Milk

Milk is an important source of calcium and other vitamins and nutrients. However, sometimes only whole milk is available in school cafeterias. Reduced-fat and low-fat milk should also be options.
