

# Marketing Nutrition Programs

## Monthly Suggestions

### September

**Back to School:** Decorate the cafeteria with a large Welcome Back sign. Hang streamers and balloons for decoration.



**In honor of September 11<sup>th</sup>:** Have a "What America Means to Me" poster contest. Display the winners in the cafeteria.



**Celebrate National 5-a-Day Week:** Have staff dress in fruit and vegetable costumes. Have each class make a poster illustrating their favorite fruits and vegetables. Hang the posters in the cafeteria.



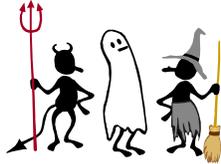
### October

**Fall Athletics:** Promote the need for healthy nutrition when playing sports! Hang large posters of famous sports players throughout the cafeteria. Display pictures of healthy food around each sports player signifying the role nutrition has in playing sports.



**National School Lunch Week:** Many posters and ideas are available through your National and State Associations of School Food Service. Feature the proposed menus, get local media coverage, announce the theme in the school morning announcements, and invite parents to come celebrate with you. Most of all, have fun! Remember, this is your week to make the cafeteria shine!

**Halloween:** Have fun! Staff could dress up in fun Halloween costumes. Decorate the cafeteria with pumpkins, witches on brooms, and spider webs. Serve spider web mashed potatoes, frog-eye salad, and pumpkin cookies for lunch.



**World Food Day:** Create posters for different foreign countries illustrating types of foods that children in each different country enjoy eating. Hang posters in cafeteria.



## November

**Thanksgiving:** Decorate the cafeteria with cornucopias. Ask the children to draw pictures of healthy foods to fill up each cornucopia.



**Election Day:** Hold an election and have kids vote on their favorite vegetables and fruits. Put signs up in the cafeteria with phrases such as “Vote for Vegetables!” and “I’m for Fruit!”



**Sadie Hawkins Day:** Have a tape recorder or phonograph available to provide music for the cafeteria. Design a banner naming the cafeteria “Dog Patch City.” Use your imagination! This can be a fun activity for the entire school!



## December

**Hanukkah:** Enjoy the season! Ask children and staff to help decorate the cafeteria with Menorahs. Hang lights throughout the cafeteria. The children will enjoy eating in a beautifully decorated cafeteria!



**Christmas:** Make a large Christmas tree out of green paper and hang it on the cafeteria wall. Have the children decorate the tree with pictures of fruits and vegetables and other healthy foods.



**New Years:** Celebrate the New Year with a “new year, new choices” theme. Hang posters in the cafeteria of new and exotic fruits and vegetables with which kids can experiment. Decorate with balloons and streamers.



## January

**The Super Bowl:** Display team flags and colors throughout the cafeteria. Serve a “kick-off” lunch with football themed food. Have fun!



**Martin Luther King Day:** Have each grade make a poster depicting Martin Luther King. Get your history class to organize activities, signs, e.g. for display.



## February

**American Heart Month:** In February, cooperate with the health teacher and nurse and ask them to speak to the children about the importance of healthy nutrition and a healthy heart. Contact the American Heart Association Chapter and ask for handouts and posters. Plan and offer Heart Healthy menu items.



**Valentine’s Day:** Hang posters showing which foods your body “loves” and which foods your body doesn’t. Decorate with red and pink streamers.



### **National School Breakfast Week:**

An excellent time to promote your breakfast program to the community. If you do not yet have a breakfast program, use this week to introduce your students to a school breakfast program.



Make an oversized calendar to hang on the cafeteria wall. On each day, write and illustrate a healthy idea to take part in, such as “try a new vegetable” or “make a fruit smoothie” then give a recipe. Have the students help illustrate the calendar.

### **First American Man in Space:**

Contact the school librarian or science teacher for ideas. Posters and pictures should be available as well as mobiles and models of spacecrafts and astronauts. Have students assist.



### **April**

**Spring:** Flowers could be “bunched” together in a colorful design for the bulletin board. On each paper flower, a nutrition message could be featured. Colorful pastel streamers could be hung.



### **March**

#### **National Nutrition Month:**

Celebrate with the whole school. Let students assist in writing nutrition messages for the school paper and public address system.



**Academy Awards:** Hang large yellow stars around cafeteria. On each star, write awards phrases such as “For best supporting role in a salad, the award goes to...Cucumbers!” or “For the best performance in building strong bones, the award goes to...milk!”



Get students involved in a nutrition poster activity. Special themes could be announced or allow the students to express their own ideas. Decorate the cafeteria with the posters during the month.

**World Health Day:** Feature students that volunteer their time in health service activities. Contact your school nurse and physical education instructors on ideas featuring healthy activities for all.



### May

**May Day:** Flowers and May Poles can decorate the cafeteria along with food served in May baskets. Have classes help with special May baskets.

**The Indianapolis 500:** Use the theme “Speeding into nutrition”; decorate with black and white checkered flags, and black and white streamers.



**National Physical Fitness and Sports Month:** Hang different posters of sporting events, sports teams, and kid friendly exercises around the cafeteria. Explain the importance of exercise in the classroom. Create a handout of exercises kids can do at home and have them available in the cafeteria.





