

# Quick Tips for School Staff to Eat Smarter and Drink Water

Fueling your body with smart foods and drinks will keep your brain focused, body energized and immune system strong. Follow these quick tips to make smart choices simple.

## Bring a water bottle

Fill up your favorite water bottle (or treat yourself to a new one!) as a reminder to hydrate throughout the day—especially if drinking fountains are off limits.



**Plan ahead.** Spend a little extra time each weekend to plan your meals and snacks. This will save you time during the week and lead to healthier choices.

## Pack a snack

It's normal to get hungry between meals, and a balanced snack (one that includes protein, carbohydrates and fats) will give you an energy boost. Here are a few ideas:

- ✓ Fruit with cheese or a boiled egg
- ✓ Veggies, pita bread or pretzels with hummus
- ✓ Yogurt or cottage cheese with fruit
- ✓ Small sandwich or wrap
- ✓ Crunchy granola bar
- ✓ Pumpkin or sunflower seeds and fruit
- ✓ Nuts, trail mix or nut bars (if allowed and there aren't allergies in the classroom)



**Here's an idea!** Create a "healthy snack station" in your classroom or office so you don't have to rely on the vending machine. Stock it once a week instead of having to remember something every day.

## Try school meals

We could all use a break from planning, packing and cleaning out lunch containers from time to time.

If you haven't eaten in the cafeteria in a while, you may be pleasantly surprised. School meals meet nutrition criteria from national health guidelines and are often less expensive than eating out or packing a lunch.

## Be a healthy role model

When it comes to kids' eating habits, watching a role model make smart food and drink choices goes a lot further than lecturing about nutrition. Support their physical and emotional wellness by using non-food incentives. Rewarding with candy isn't a good long-term motivator and can lead to emotional eating.