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PREFACE

CHILD HEALTH ADVISORY COMMITTEE RECOMMENDATIONS

Act 1220 of 2003 created the Child Health Advisory Committee and directed the members to develop and make nutrition and physical activity standards and policy recommendations to the Board of Education and Board of Health with consideration of the following:

- Foods sold individually in school cafeterias
- Competitive foods offered at schools through vending machines, student stores, fund raisers, food carts, or food concessions
- Continuing professional development of food service staff
- Expenditure of funds derived from competitive food and beverage contracts
- Physical education and activity
- Systems to ensure the implementation of nutrition and physical activity standards
- Monitoring and evaluating results and reporting of outcomes
- Making recommendations for nutrition and physical activity policy and standards to the Board of Education to be promulgated into rules and regulations.

The issue before the Committee is not only a question of obesity, but of the overall health of our children. According to the 2001 Youth Risk Behavior Surveillance Survey,¹ about 25% of high school students are either overweight or at risk for becoming overweight. Obesity in children 6 to 11 years of age has increased from 4% in the 1960s to 13% in 1999. The dramatic increase in childhood obesity has led to an increased incidence of adult diseases occurring in children and adolescents, such as heart disease, high blood pressure, and diabetes. The financial impact on the health care system has been substantial. Children today are less physically active and have an overwhelming variety of food choices compared to past generations. Influencing factors include technology and entertainment (e.g., computers and TV), junk food and fast food restaurants, concerns about neighborhood safety, latch key children, increased mobility, and reliance on mechanized transportation, fewer sidewalks and bike lanes in communities. Other factors are a reduction in the time committed to Physical Education in the schools, as well as a reduction in participation in Physical Education and physical activity programs offered by schools. It has taken us years to reach this problem state and will similarly take years to address.

The problem is a public health issue. Responsibility for addressing the problem lies not only with the schools and the Department of Education, but with the community and its residents, organizations and agencies. Public Health actions to increase physical activity and healthy eating are beginning to move from exclusively individually oriented activities to more of a community-based focus using mass media and developing environments and policies that make it easier for school aged children to engage in physical activity and make nutritious food choices. We believe that school based interventions are maximally effective when integrated into broader community based programs that focus on family involvement, health education, physical education, health services, nutrition services, counseling, psychological-social services, healthy school environments, and health promotion for staff.

¹ Centers for Disease Control and Prevention. National Youth Risk Behavior Surveillance – United States, 2001.

PREFACE

CHILD HEALTH ADVISORY COMMITTEE RECOMMENDATIONS

The members of the Child Health Advisory Committee fully understand the level of demands being placed on the public schools and educators today. The passage by the General Assembly of over 300 new laws in 2003-2004 and the Federal No Child Left Behind laws will require enormous additional resource commitment to implement. Realizing the current financial needs of education that are not being funded throughout the state in a number of areas, we do not want to compound the problem but also realize the importance of wisely investing in the health and well being of our children. Successful and complete implementation by the schools of Arkansas will rely on partnerships, maximization of current resources, and, in some cases, additional funding.

2004-2005 SCHOOL YEAR

I. School District Nutrition and Physical Activity Advisory Committee

In accordance with Act 1220, each school district shall convene a School Nutrition and Physical Activity Advisory Committee that shall include members from school district governing boards, school administrators, food service personnel, teacher organizations, parents, students and professional groups such as nurses and community members.

A. School District Nutrition and Physical Activity Advisory Committee

The School District Nutrition and Physical Activity Advisory Committee shall be structured in a way as to ensure age-appropriate recommendations that correlate to the current grade configuration of the school district.

1. This shall be done utilizing at least one of the following options:
 - a. Establish a School Nutrition and Physical Activity Advisory Committee at each school in addition to the District Committee.
 - b. Establish subcommittees of the District Committee, representing the appropriate age and grade configuration for that school district.
 - c. Include representatives from each appropriate grade level group (elementary school, middle school, junior high, senior high) on the membership of the District Committee.
2. At a minimum, the District Nutrition and Physical Activity Advisory Committee will:
 - a. Annually, assist schools in the assessment of each school campus beginning in school year 2004-2005. At a minimum, the following modules of the *School Health Index for Physical Activity, Healthy Eating and a Tobacco-Free Lifestyle* must be used:

- Module 1: School Health Policies and Environment
- Module 2: Health Education
- Module 3: Physical Education and other Physical Activity Programs
- Module 4: Nutrition Services
- Module 8: Family and Community Involvement Assessment

These modules can be found at:

<http://www.cdc.gov/nccdphp/dash/SHI/index.htm>

In addition, the Committee will compare the physical activity assessment to the standards defined by the National Association for Sport and Physical Education (NASPE).

NOTE: The *School Health Index* is a self-assessment and planning tool that will enable schools to identify the strengths and weaknesses of the school's nutrition, physical activity, and health environment policies and programs.

- b. Help ensure that the School Health Index assessment and physical activity standards are included in individual school improvement plans.
- c. Assist the school in implementation of Child Nutrition Standards to provide increased healthier options for all foods and beverages sold or served on the school campus. These include all foods and beverages other than those offered as part of reimbursable meals, including vending machines, snack bars, fund-raisers, school stores, class parties and other venues that compete with healthy school meals.
- d. Maintain and update annually a list of recommended locally available healthier options for food and beverage sales venues.

- e. Review and make recommendations to the local school board regarding all food and beverage contracts (See Appendices A-C).
- f. Maintain a list of non-food and healthy food alternatives for fund-raisers (See Appendix D).

II. Child Nutrition Standards

All school cafeterias and dining areas should reflect healthy nutrition environments. Schools should ensure that all students have access to school meals. Schools should not establish policies, class schedules, bus schedules or other barriers that directly or indirectly restrict meal access.

For purposes of this policy, an elementary school campus in Arkansas is defined as any campus containing a combination of grades K–6. A middle school campus is defined as a campus containing grades 6, 7 and 8. A junior high school campus may contain either grades 7 and 8, or grades 7, 8 and 9. A high school campus is defined as any campus containing a combination of grades 9, 10, 11 and 12.

A. Foods of Minimal Nutritional Value (FMNV) – See Appendix A “Definitions”

1. Elementary Schools

As required by Act 1220, elementary students will not have access to vending machines offering food and beverages anytime, anywhere on school premises during the declared school day. In addition, elementary students will not have access to FMNV, anytime, anywhere on school premises during the declared school day. For a listing of foods and beverages restricted by the FMNV policy, see Appendix B.

During the declared school day, such foods and beverages may not be sold, given away to students, or used as rewards, by school administrators, or staff (principals, coaches, teachers, etc.) students or student groups, parents or parent groups, or any other person, company or organization. Exceptions to this requirement are noted in Appendix B, Section B.

2. Middle/Junior High and High Schools

During the declared school day, middle school, junior high and high school students will not have access to FMNV and other competitive items anytime, anywhere on school premises until 30 minutes after the end of the last lunch period. For a listing of foods and beverages restricted by the FMNV policy, see Appendix B. Exceptions to this requirement are noted in Appendix B, Section B.

New or renewed contracts for carbonated and sweetened non-carbonated beverages will be restricted to no more than 12 ounces per vended container. This excludes any contracts already in place as of the 2003-2004 school year.

III. Physical Education and Physical Activity

The Department of Education will employ a Physical Education Specialist to coordinate with the Arkansas Department of Health to provide resources, technical assistance, and consultation for school districts and the School Nutrition and Physical Activity Advisory Committee.¹

¹ Act 64 of the 2nd Extraordinary Session 2003 called for an audit of the DoE to review staffing needs for the DoE

2005-2006 SCHOOL YEAR

- I. School District Nutrition and Physical Activity Advisory Committee
 - A. By the year 2005-2006, each School District will work with its School Nutrition and Physical Activity Advisory Committee to:
 1. Devise and implement strategies for meeting the proposed requirement of student-to-adult ratios of 30:1 in physical education classes in grades K-6;
 2. Provide community access to school physical activity facilities outside of school hours;
 3. Implement and encourage participation in extracurricular programs that support physical activity, e.g., walk-to-school programs, after-school walking and biking clubs, etc.,
 4. Incorporate developmentally-appropriate physical activity into after-school child care programs for participating children;
 5. Promote the reduction of time youth spend engaged in sedentary activities such as watching television and playing video games;
 6. Encourage the development of and participation in family-oriented, community-based physical activity programs.
- II. Grade Appropriate Nutrition Education

The Arkansas Department of Education (ADE) shall develop grade-appropriate academic content standards and learning expectations for nutrition education. The Arkansas Child Health Advisory Committee and the Child Nutrition Unit, Arkansas Department of Education will review standards prior to implementation. ADE will make recommendations for appropriate nutrition education curricula and materials.

- A. Nutrition education shall be integrated into the overall academic curricula areas.
- B. Nutrition lessons shall be behaviorally focused for application of critical thinking in making healthier food choices.

- C. Implementation of grade-appropriate nutrition education will be included in individual school improvement plans

III. Nutrition Standards for Competitive Foods

Note: Nothing will preclude schools from enacting these standards prior to 2005-2006.

A. Allowable Foods and Portion Sizes:

At the start of the 2005-2006 school year, specific nutrition standards will pertain to all foods and beverages served or made available to students on elementary, middle, junior high and high school campuses (except school meals, which are governed by USDA regulations). These standards will also cover a la carte and all snack points of service including competitive foods.

Maximum portion size restrictions pertain to all foods and beverages served, sold or made available to students on school campuses with the exception of school meals, which are governed by USDA regulations. See Table 1, Elementary/Middle/Junior/Senior High School Allowable Competitive Foods-Maximum Portion Size List.

Compliance will be monitored by the Arkansas Department of Education, in addition to self-monitoring by the District Nutrition and Physical Activity Advisory Committee.

Table 1. Elementary/Middle/Junior/Senior High School Allowable Competitive Foods - Maximum Portion Size List

Competitive Food or Beverage	Prepared, Ready-to-Serve Maximum Portion Size
Chips (regular)	1.25 ounces
Chips (baked or no more than 7.5 grams of fat per ounce), crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, pretzels	1.5 ounces
Cookies	1.5 ounces
Cereal bars	2.5 ounces
Bakery items (e.g., pastries, muffins, doughnuts) excluding items that count as two-bread components served/sold only at breakfast.	3 ounces
Frozen desserts, ice cream(no more than 10 grams of fat)	4 ounces
Yogurt	8 ounces
Whole milk, flavored or unflavored	8 ounces
Low-fat milk (2% or less), flavored or unflavored	16 ounces
Fruit Juices or blends of juices with 100% juice	12 ounces
Sweetened non-carbonated beverages(≤ 15 g sugar/serving)	12 ounces
Carbonated beverages (≤ 15 g sugar/serving)	12 ounces
Fruit snacks fortified with vitamin C	2.5 ounces
Water–non-carbonated, unflavored	Unlimited

B. Access to Competitive Foods

A choice of two (2) fruits and/or 100% fruit juices must be offered for sale at the same time and place whenever competitive foods are sold. Fruits should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup.

At least 50% of beverages in vending machines, school stores and other sales venues will be 100% fruit juice, low-fat or fat-free milk, and water.

See Appendix C for guidance in reviewing new and existing/renewal vending contracts.

1. Elementary Schools

During the declared school day, beginning with the the 2005-2006 school year, an elementary school campus may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises. This does not apply to extra milk, meal component or fresh fruits and vegetables made available by the school food service department. School food service departments shall not sell or give extra servings of desserts, french fries and/or ice cream.

2. Middle/Junior/Senior High Schools

During the declared school day, beginning with the 2005-2006 school year, middle, junior high and high school campuses may not serve or provide access to competitive foods through direct or indirect sales to students anywhere on school premises until 30 minutes after the last lunch period has ended, with the exception of the food service department during meal periods. All foods sold must be items that are: 1) already offered as a component of a reimbursable meal in the cafeteria; and/or 2) items that meet standards of portion sizes in Table 1.

C. Fat and Fried Foods

During the declared school day, the following standards apply to all food served to students, regardless of venue. Food items will include any combination of foods sold as a single item.

1. All food items sold or offered to students can contain no more than 23 grams of fat per serving.
2. French fries will be offered to elementary students no more than once per week. French fry (deep fat fried) serving size can be no more than $\frac{3}{4}$ cup by volume per serving.

For middle/junior high schools, french fry (deep fat fried) serving sizes can be no larger than 1 cup by volume.

For high schools, french fry (deep fat fried) serving size can be no larger than $1\frac{1}{2}$ cup by volume.

3. For middle, junior high and high schools, to limit the number of fried foods at each meal, only one food item out of every six (6) food items offered can be deep fat fried.
4. Schools must offer 1% or fat-free milk within the variety of milk offered at all points of service. Flavored milks may contain no more than 30 grams total sugar per 8 oz. serving.

2006 – 2007 SCHOOL YEAR

I. Professional Development for Child Nutrition Professionals in Arkansas Public Schools.

Continuing professional development for child nutrition professionals in Arkansas Public Schools shall be established as a part of the school district's responsibility for operating a food service program.

A. Director Level Staff Development

1. District Child Nutrition Director must meet Director Level Certification requirements through one of the following options beginning school year 2006-2007:
 - a. Completion of the Arkansas Department of Education Child Nutrition Unit Director Certification requirements. Directors with at least 10 years of experience as Directors will be “grand-fathered” into this program.
 - b. Completion of the requirements for Director Level Certification (Level 3) OR Credentialing (School Food Service Nutrition Specialist—SFNS) through the American School Food Service Association.
2. Annual continuing education will be required to maintain certification.
3. The ADE/CNU Director Certification training competencies will be research based as established by the National Food Service Management Institute.
4. Child nutrition professionals entering a director level position in a food service program will meet certification requirements on a timeline as outlined by the CNU ADE based on individual experience and education level.

B. Manager Level Staff Development

Child Nutrition professionals entering a manager/supervisor level position in a food service program will meet state certification requirements within four (4) years of employment in a school management position.

1. The School Child Nutrition Manager must complete the Manager Level Certification requirements as established by the Child Nutrition Unit, Arkansas Department of Education.
2. Re-certification requirements must be met every six (6) years to maintain Manager Certification status.
3. The CNU ADE Manager Certification training competencies will be research based as established by the National Food Service Management Institute.

C. Worker Level Staff Development

1. The school district Child Nutrition Director will be responsible for providing a minimum of twelve hours of training and maintaining a record documenting the required in-service training and staff development of workers each year. This requirement applies to all child nutrition workers.

As a minimum, child nutrition worker professional development should include:

- a. Basic sanitation
- b. Food safety
- c. Basic nutrition
- d. Food preparation
- e. Nutrition and physical activity concepts for maintaining a healthy lifestyle

SCHOOL YEARS BEYOND 2006-2007

I. PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

NOTE: Nothing will preclude schools from enacting these standards prior to 2005-2006.

- A. Beginning in the school year 2008-2009, physical education classes in K-6, will have a maximum student-to-adult² ratio of 30:1. It is recommended that physical education student-to-adult ratios be comparable to those of academic classes.
- B. Beginning school year 2009-2010, each school will employ at least one certified physical education teacher. The certified physical education teacher will directly supervise instruction that may be completed by classified physical education instructors. The Physical Education Specialist will work within the Department of Education to develop procedures regarding the implementation of this standard.
- C. By the school year 2010-2011, the Department of Education will devise and implement standards regarding the amount of instructional time to be devoted to various curriculum components, adjusting existing standards for all instructional areas as necessary, to ensure that:
 - 1. Elementary students are provided a minimum of 150 minutes of physical education per week.
 - 2. Middle and high school students receive a minimum of 225 minutes of physical education per week.
- D. Beginning in the school year 2012-2013, all personnel teaching physical education in grades K-8, will hold physical education certification appropriate for the grade level being taught.

² At least one of the adults referenced in this statement will be the teacher with the responsibility for instruction. It is the intention of the Committee that additional adults present during instruction and counted toward fulfilling this requirement could be paid (classified teachers or teacher aides) or unpaid (community volunteers) adults as may be available and appropriate to provide additional adult supervision during physical education classes.

GENERAL RECOMMENDATIONS

- I. Child Nutrition Programs should adopt the Healthy Practices outlined in Chapter 4 of the USDA School Meals Initiative Recommendations. These practices should be utilized in menu planning, food procurement, food production and service of school meals and a la carte items.
 - A. Fruit and/or vegetables should be offered daily at all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup.
 - B. Schools serving chips should use reduced-fat (no more than 7.5 grams of fat per ounce) or baked varieties.
 - C. Foods should not be used as rewards for academic, classroom or sports performances and/or activities.
 - D. School food service should procure flash fried foods that can be oven baked whenever possible.

RECOMMENDATIONS FOR FUTURE CONSIDERATION

I. Healthy Nutrition Environment

Adequate time should be allowed for students to receive and consume meals in a pleasant environment. Lunch and breakfast schedules will allow 20 minutes of seated time for lunch and 10 minutes seated time for breakfast beginning school year 2006-2007. In case of a delay beyond the control of the school or student, meals could be served and consumed in less than the allotted time

By school year 2006-2007, school organizations shall use only non-food or healthy food items in raising funds (Appendix D).

Advertisement of soft drinks within the school should be eliminated.

II. Physical Education and Physical Activity

Schools are encouraged to schedule physical activity or recess before lunch.

III. Development of an Evaluation Plan

The Committee will develop recommendations to help assure that schools document and report improvement in weaknesses noted in the Annual School Improvement Plan.

APPENDIX A: DEFINITIONS³

The following definitions apply to the Arkansas School Nutrition Policy:

- A. La Carte: Refers to individually priced food items provided by the school food service department. These items may or may not be part of the reimbursable meal.
- B. Competitive Foods: Foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program, School Breakfast Program and/or After School Snack Program. This definition includes, but is not limited to, food and beverages sold or provided in vending machines, in school stores or as part of school fundraisers to students on school premises during the declared school day. School fundraisers include food sold by school administrators or staff (principals, coaches, teachers, etc.), students or student groups, parents or parent groups, or any other person, company or organization.

The federal definition of competitive food is found in 7CFR 210.12(a)(1). "Competitive foods means any foods sold in competition with the Program to children in food service areas during the lunch periods."

- C. FMNV: Foods of Minimal Nutritional Value. Refers to the four categories of foods and beverages (soda water, water ices, chewing gum, and certain candies) that are restricted by the U. S. Department of Agriculture under the Child Nutrition Programs. (See Appendix B).

The federal definition of Foods of Minimal Nutritional Value is found in 7CFR 210.12(a)(2). "Foods of minimal nutritional value means: (i) In the case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving; and (ii) in the case of all other foods, a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving. The eight nutrients to be assessed for this purpose are protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium, and iron."

³ Based on Texas Public School Nutrition Policy

- D. Fried Foods: Foods that are cooked by total immersion into hot oil or other fat, commonly referred to as “deep fat frying.” This definition does not include foods that are stir-fried or sautéed.
- E. Refined or Added Sugar: Includes, but is not limited to, sucrose, dextrose, fructose, corn syrup, high fructose corn syrup and other sweeteners that are added to food products.
- F. School Meals: Meals provided under the National School Lunch Program, School Breakfast Program and After School Snack Program for which schools receive reimbursement in accordance with all applicable federal regulations, policies, instructions and guidelines.
- G. Snacks: Defined as either competitive foods or a la carte (see definitions above), depending on whether or not they are provided by the school food service department.

APPENDIX B: FOODS OF MINIMAL NUTRITIONAL VALUE (FMNV)⁴

Federal regulations prohibit the sale of certain foods, determined to be of minimal nutritional value, in the foodservice area during meal periods.

A. Restricted Foods

Foods and beverages that are restricted from sale to students are classified in the following four categories:

1. Soda Water: Any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.
2. Water Ices: Any frozen, sweetened water such as “...sicles” and flavored ice with the exception of products that contain fruit or fruit juice.
3. Chewing Gum: Any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
4. Certain Candies: Any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:
 - a. Hard Candy: A product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, is characterized by a hard, brittle texture and includes such items as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints and cough drops.
 - b. Jellies and Gums: A mixture of carbohydrates that are combined to form a stable gelatinous system of jellylike character and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.
 - c. Marshmallow Candies: An aerated confection composed of sugar, corn syrup, invert sugar, 20 percent water, and gelatin or

⁴ Based on Texas Public School Nutrition Policy

egg white to which flavors and colors may be added.

- d. Fondant: A product consisting of microscopic-sized sugar crystals that are separated by a thin film of sugar and/or invert sugar in solution such as candy corn or soft mints.
- e. Licorice: A product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.
- f. Spun Candy: A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
- g. Candy Coated Popcorn: Popcorn that is coated with a mixture made predominantly from sugar and corn syrup.

B. FMNV, Competitive Foods and Candy Exemptions

- 1. School Nurses: This policy does not apply to school nurses using FMNVs or candy during the course of providing health care to individual students.
- 2. Accommodating Students with Special Needs: Special Needs Students whose Individualized Education Program (IEP) plan indicates the use of an FMNV or candy for behavior modification (or other suitable need) may be given FMNV or candy items.
- 3. School Events: Students may be given FMNV, competitive foods or candy items during the school day for up to six different events each school year to be determined by school officials, as part of school policy and included on the school calendar. These items may not be given during meal times in the areas where school meals are being served or consumed.
- 4. Parent Rights: This policy does not restrict what parents may provide for their own child's lunch or snacks. Parents may provide FMNV or candy items for their own child's consumption, but they may not provide restricted items to other children at school. A school may adopt a more restrictive rule, however, as local policy.

APPENDIX C: QUESTIONS FOR VENDING CONTRACT REVIEW

Consider the following questions when reviewing existing/new vendor contracts:

- Does the contract give district/school the discretion on where vending machines will be placed?
- Does the contract give district/school the discretion on how many vending machines will be placed?
- What educational incentives are included in the contract?
- Are there any limits placed on specific foods/beverages?
- Does the district/school set timing of availability of sales?
- Is the vendor required to provide nutrition content information upon request?
- Is the contract in compliance with federal regulations, procurement guidelines as stated in the annual agreement and policy statement for district child nutrition programs?
- Does the request for proposal meet state standards for open and free competition?
- Does the contract include a non-disclosure clause that would prevent compliance with reporting requirements?
- Does the contract include a product mix requirement?
- Does the contract include any penalty clauses that would impact the school/district?
- Does the contract describe types of marketing signage at the point of sale?
- What are the conditions for termination of contract? Does the out clause allow for changes in the contract in the event federal or state regulations change?
- Does the contract give school/district the option to eliminate the advertisement of sweetened soft drinks within the school?

APPENDIX D: CREATIVE FINANCING AND FUNDRAISING

Alternatives to Selling Candy/Examples

- Candles
- Gift wrap, boxes, and bags
- Holiday wreaths
- Flowers, bulbs, poinsettias
- Cookbooks
- T-shirts, sweatshirts
- Books, calendars
- Football seats
- Plants
- Christmas ornaments
- School spirit gear
- First aid kits
- Emergency kits for cars
- Brick, stone, tile memorials
- Pocket calendars
- Raffle donations
- Coffee cups/mugs
- Rent a special parking space
- Foot warmers
- Spirit/seasonal flags
- Bumper stickers
- License plates or holders w/school logo
- Yearbook covers
- Music, videos, CD's
- Christmas trees
- Giant coloring books
- Hats/Caps
- Jewelry
- Monograms
- School art drawings
- Newspaper space, ads
- Stationery
- Stadium pillows
- School Frisbees
- Garage sale

Healthy Food Items

- Fruit smoothies
- Frozen bananas
- Trail mix
- Fruit and nut baskets
- Lunch box auctions
- Fruit and yogurt parfait

Things that Support Academics

- Read-a-thon
- Science fair
- Spelling bee

Things that Promote the School

- Cookbook made by school (parents, teachers, kids)
- T-shirt/sweatshirt sales
- Bumper stickers and decals
- School logo air fresheners
- Calendars

Things to Do

- Gift wrapping
- Fun runs
- Walk-a-thons
- Bike-a-thons
- Jump-rope-a-thons
- Rent-a-teen helper (rake leaves, mow lawns, walk dogs)
- Car wash (pre-sell tickets as gifts)
- Read-a-thons
- Carnivals (Halloween, Easter)
- Dances (kids, father, daughter, family, Sadie Hawkins)
- Skate night/skate-a-thon
- Auction (teacher does something for kids)
- Magic shows
- Family glamour portraits
- Treasure hunt/scavenger hunt
- Tennis/horseshoe competition
- Raffle (movie passes, theme bags)
- Workshops/classes
- Festivals
- Recycling cans/bottles/paper
- Golf Tournament
- Bowling night/bowl-a-thon

For more information see:

<http://www.agr.state.tx.us/foodnutrition/newsletter/NonFoodRewards.pdf>