How-to-Guide

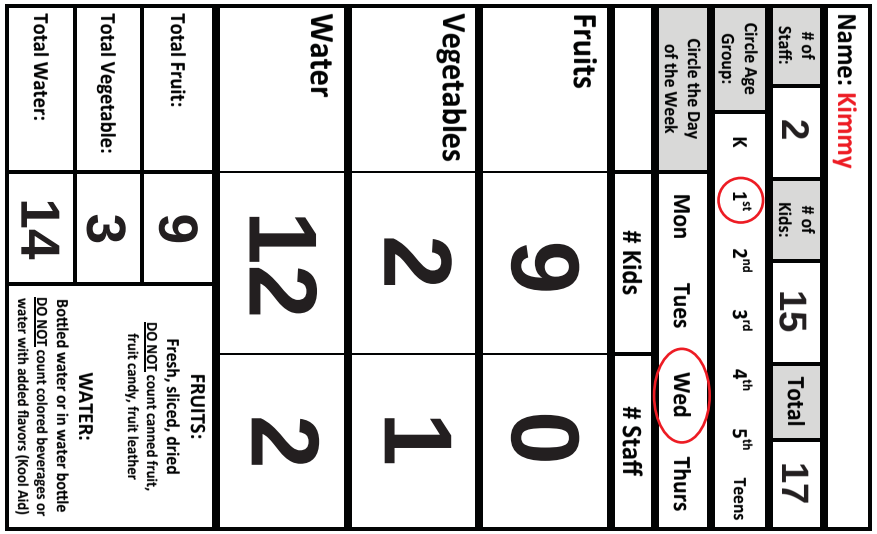
Healthy Snacks & Lunchbox Challenge

Complete the Score sheet during 1st Snack

Ask children and staff to open their lunchboxes and record if a child/staff brought a Fruit, Veggie, or Water

A child or staff can receive a maximum of 3 points total

(max. 1 point in each category)



Name:					
# of Staff:		# of Kids:		Total	
Circle Age Group:	K	1st	2nd	3rd	4th	5th	Teens
Circle the Day of the Week	Mon	Tues	Wed	Thurs		
	# Kids		# Staff			
Fruits						
Vegetables						
Water						
Total Fruit:		FRUITS: Fresh, sliced, dried DO NOT count canned fruit, fruit candy, fruit leather				
Total Vegetable:						
Total Water:		WATER: Bottled water or in water bottle DO NOT count colored beverages or water with added flavors (Kool Aid)				

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Total Water:		

Name: Kimmy					
# of Staff:	2	# of Kids:	15	Total	17
Circle Age Group:	K	1st	2nd	3rd	4th	5th	Teens
Circle the Day of the Week	Mon	Tues	Wed	Thurs		
	# Kids	# Staff
Fruits	9	0
Vegetables	2	1
Water	12	2
Total Fruit:	9	FRUITS: Fresh, sliced, dried DO NOT count canned fruit, fruit candy, fruit leather
Total Vegetable:	3	WATER: Bottled water or in water bottle DO NOT count colored beverages or water with added flavors (Kool Aid)
Total Water:	14	