

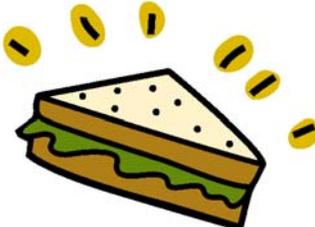


# Concessions

The number of overweight children has reached epidemic proportions both nationally and in North Carolina. Between 1995 and 2000, the number of overweight North Carolina children aged 5 to 11 years old increased 40 percent. More than one in five of 5 to 11 year-olds are overweight and one in four of 12 to 18 year-olds are overweight (NC-NPASS 2003). Schools are places of extraordinary influence on the development of life-long eating patterns. Schools have an opportunity to provide classroom health and nutrition education supplemented by learning laboratories in the many venues where food is offered or served.

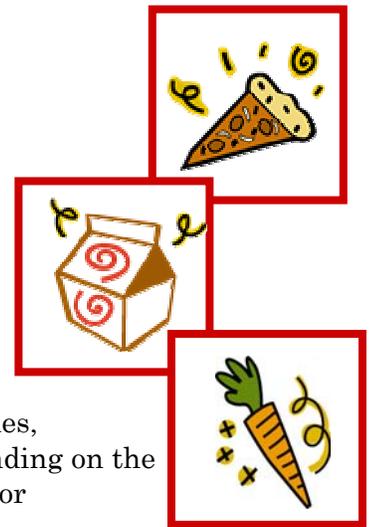
## In support of Eat Smart: North Carolina's Recommended Standards for All Foods Available in School

Concessions are an integral part of most school-sponsored sporting events. They are often used to help student groups and clubs raise needed activity funds. Traditionally, many of the foods and beverages sold at these concession stands are high in sugar and/or fat. However, concession sales can be a great opportunity to provide and promote healthy choices. Research shows that students will buy and consume healthy foods and beverages when the options are tasty, accessible and affordable. Concession sales can be profitable and contribute to the health and well being of students.

Dairy/Protein Items (< 200 calories/servings)	Beverages	Grain-based Items (< 200 calories/servings)
<ul style="list-style-type: none"> <li>▪ String cheese</li> <li>▪ Cottage cheese</li> <li>▪ Lowfat yogurt</li> <li>▪ Pudding cups</li> <li>▪ Beef jerky sticks</li> <li>▪ Nuts</li> <li>▪ Trail mix</li> </ul> 	<ul style="list-style-type: none"> <li>▪ Water</li> <li>▪ Lowfat milk (flavored and unflavored ≤ 360 calories)</li> <li>▪ Nonfat milk (flavored and unflavored ≤ 360 calories)</li> <li>▪ 100% fruit juice (8-12 oz.)</li> <li>▪ 100% vegetable juice</li> <li>▪ Sports drink (≤ 100 calories)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Baked chips</li> <li>▪ Animal crackers</li> <li>▪ Hard Pretzels</li> <li>▪ Dry cereal</li> <li>▪ Lowfat cookies</li> <li>▪ Lowfat sports bars</li> <li>▪ Mini-bagel bread sticks</li> <li>▪ Lowfat muffin</li> <li>▪ Vanilla wafers</li> <li>▪ Goldfish crackers</li> <li>▪ Lowfat/low-sugar breakfast and granola bars</li> </ul>
<ul style="list-style-type: none"> <li>▪ Fresh fruit or vegetables with lowfat dips</li> <li>▪ Dried fruit chips</li> <li>▪ Fresh or canned fruit cups</li> </ul>	<ul style="list-style-type: none"> <li>▪ Frozen lowfat yogurt</li> <li>▪ 100% juice bars</li> </ul> 	<ul style="list-style-type: none"> <li>▪ Soft pretzel</li> <li>▪ Baked potato with toppings</li> <li>▪ Lowfat popcorn</li> <li>▪ Soups and sandwiches</li> <li>▪ Hot apple cider</li> <li>▪ Hot chocolate</li> </ul>

# Healthy Concessions Policy

Schools play a powerful role in influencing students' food choices. There are several ways that schools can ensure that students' eating habits contribute to their learning achievement and lifelong good health. The Eat Smart: North Carolina's Recommended Standards for All Foods Available in School encourage the development of policies to support healthful choices for a la carte, vending, after-school programs and school events such as classroom events, celebrations, class snacks, meetings, parties, concessions, intramural events, fundraisers, extracurricular events. Depending on the topic, it may be appropriate for the policy to be made at the district, school or classroom level.



## What is policy?

Policies are official statements of vision and judgment that address the needs of a school system, school or classroom. Values, convictions and beliefs usually form the basis for a policy statement. Policies can provide the following:

- Leadership
- Commitment
- Support
- Direction
- Guidance
- Institutionalization
- Public Engagement
- Accountability
- Legal Protection

Policies generally address *what* should be done, *why* it should be done and *who* should do it. Procedures outline the details of *how* to accomplish a policy's goal. Policies can be formal or informal and written or unwritten.

---

## How is policy developed?

Common tasks needed to develop a policy:

- Lay the groundwork
- Build awareness and support
- Draft the policy
- Adopt the policy
- Administer the policy

## Getting support for policy

Groups that can support policy change:

- PTA/PTO
- School Improvement Teams
- School Health Advisory Councils
- Public Health Partners
- Cooperative Extension Partners

---

## Sample District Policy for Concessions

- The Evergreen School District will begin to offer fresh fruit and low-fat popcorn at every sporting event.

## Sample School Policy for Concessions

- The Blue Mountain High School will serve only water, 100 % juice, and low-fat dairy products for beverages at sporting events.

## Sample Classroom Policy for Concessions

- The students in Mrs. Gray's 5th grade class have decided to chose foods from concessions that are from either the grain, fruit, vegetable or low-fat dairy groups.