

Power of Choice Nutrition Challenge

A combined **5,150+ students and staff from 35 LPS locations** focused on making the best food choices they could within school, home and eating out opportunities. Keeping in mind that many of our students deal with food scarcity away from school, the message remains positive about making the best choices within options you have at the time. Examples include encouragement to choose healthier side options and drinks with meals. This challenge neatly partners with PE and Health curriculum for third quarter nutrition units for many grades, allowing the challenge activities to be an opportunity to integrate and activate lessons with this enhancement.

86,500+ Power of Choice Successes Reported!

Evaluation Questions Responses:

I thought more about my food choices:

92% Students and Staff

This challenge helped me improve my food choices:

89% Students and Staff

I tried some different food choices than usual during the challenge:

78% Students and Staff

My friends or family joined me in making better food choices :

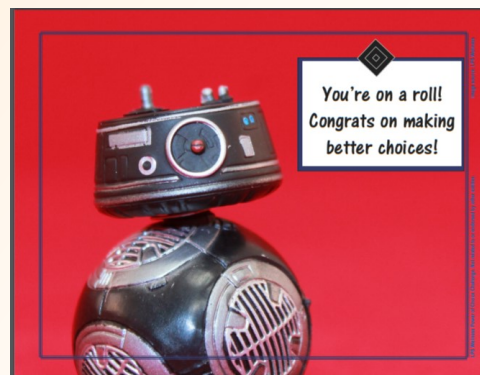
76% Students and Staff



35 Participating LPS Locations: Adams, Belmont, Brownell, Calvert, Campbell, Cavett, Don Sherrill, Eastridge, Fredstrom, Hartley, Holmes, Humann, Irving, Kahoa, Kooser, Lakeview, Lefler, Lux, Maxey, McPhee, Meadow Lane, Morley, Norwood Park, Park, Pathfinder, Pershing, Prescott, Pyrtle, Randolph, Roper, Saratoga, Sheridan, West Lincoln, Wysong and Zeman.

Student Comments Included:

- ◆ It helped me think positive about eating and I eat more healthy stuff like carrots, apples, oranges and, cauliflower. It also helped me workout a little and, not just lay around all day. I feel more fit, I learned a lot about my health.
- ◆ Picking the right food choice for me is fun this challenge was so fun that my family even did it with me and they loved it and now we eat healthier at my house.
- ◆ I tried really hard to get every box checked, I learned that there is healthy food that tastes good too, I enjoyed eating fruits and vegetables and tasted better than I thought.
- ◆ This challenge helped me to see that it is always important to eat fruits and vegetables not only with a meal but also when I am having an after-school snack.
- ◆ This challenge made me think more about the food/snacks I chose during the week, for instance, if I saw a pudding and an apple, I chose the apple because I saw that those small things help improve my health.
- ◆ I am proud of my choices because they are healthy and yummy. I liked picking new better foods. They made me feel good.
- ◆ I chose fruits over sweet snacks this week, I learned that I'm not drinking enough milk so I worked on that, this was fun!
- ◆ During this challenge I thought more about the options for sides I could bring for lunch. Now I often times bring 100% juice fruit cups or fresh broccoli with low-fat dip. After eating these foods I felt more refreshed. I will try to keep bringing and trying foods. I can't wait for the next wellness challenge!
- ◆ I felt better making healthy choices. I will work on eating more vegetables.
- ◆ Drinking no soda for a week was hard, but I felt better!
- ◆ It helped with being healthier at home and not just at school.
- ◆ My Mom got excited about it too! Thank you!
- ◆ I tried a tomato and it was disgusting!
- ◆ Was the most tasty challenge ever!



- ◆ When I didn't have very much of a variety of snacks I tried to pick the best option. I also tried to work on drinking more water in between meals.
- ◆ I ate more fruit. I drank more water. I made better choices. My family joined in. Fun!
- ◆ Me and my family including my grandma did the challenge.
- ◆ I think my success about this challenge made me eat more healthy and get healthy sides when I can. I thought that this is a cool challenge and I loved doing it.
- ◆ I felt better after I ate healthier. I also realized I NEED to eat healthier more often:)
- ◆ This helped me enjoy having a good meal & helped me think about my choices.
- ◆ I was proud of myself because I drank more water and milk than juice!
- ◆ At first I ate unhealthy things but now I think before I eat.
- ◆ We loved having a spirit week! We tried some vegetables we have never tried before!
- ◆ I just want to say that this program helped me think more carefully about foods.
- ◆ I was more thoughtful about my snack choices.
- ◆ I ate more carrots than usual and chose water when I ate out.
- ◆ I told my brother to go with water instead of pop & he did.
- ◆ At first I grabbed a bag of chips, but then I ate a kiwi.
- ◆ I found I have new love for oranges!
- ◆ I felt good. My mom and Grandma helped me.
- ◆ I try to eat as much fruit as possible so I can stay healthy.
- ◆ My parents decide what we have for dinner, but we talked about it at home some. I tried a few new things at school lunch.
- ◆ Thank you for doing this challenge! I got my mom to buy me some more healthy foods, and I decided to drink more milk at meals. I even drank a lot of water in between my meals. this challenge really helped me think about my healthful food choices. My heart rate got better after I quit drinking pop and I started eating broccoli.
- ◆ I liked that it really helped me think about drinking water more often. I usually get home and all of the food I eat is junk food, but now I eat apples, bananas, and Gogurt. It has really affected my life and I am going to always eat healthy (Except at parties).
- ◆ My whole family is making healthy choices. I chose fruit instead of chocolate. We didn't eat out as much and we chose healthy sides when we did. It helped me be the best I can be.
- ◆ I tried black olives. I tried goat meat. I tried potato soup. I tried a green olive. I tried siracha. I tried grits.
- ◆ I have gotten better with eating junk food and started eating more healthy. I am now picking grapes over chips or watermelon over cookies. An amazing and huge change!
- ◆ Doing this challenge Brody had a lot of water and milk as his choice of beverages. He tried some new fruits and had fruits as a snack.

Staff Comments Included:

- ◆ They thought more about what they were eating. They felt like they chose different and more positive food choices.
- ◆ I have been on a journey to become healthier since March of 2017. Sometimes the journey can get boring and routine, so these challenges help give a renewed focus and encourage me to keep going strong.
- ◆ My students were excited to share their experiences the next day with making healthy choices. Some of them shared snacks they had or what they chose to eat at dinner, etc. This fit perfectly with our nutrition unit in health.
- ◆ I had a fun time sharing what I was eating with my students! They actually tried some things that I tried, when I told them what I bought at the store. It encouraged them to make better food choices. They even look at the labels on food items now. How cool!
- ◆ Some students said they were surprised that the food they thought they didn't like was okay or even good.
- ◆ Our Fuel Up to Play 60 ambassadors created, recorded, and showed a video to promote the challenge to all PE classes.
- ◆ Teachers incorporated healthy food choices in to their health units. They also modeled healthy eating!
- ◆ We discussed and tied this challenge in with our previously taught health unit.
- ◆ We had a breakfast challenge during the week of the challenge to encourage students to also eat breakfast.
- ◆ We had a spirit week which included motivational Monday, Try it out Tuesday, Wacky Wellness Wednesday, Thirsty Thursday (water hydration) and Fitness Friday and we had a personal trainer come out and teach us some exercises to get our heart rate up!

