Snack Shack:
A Guide to Implementing a Healthy Snack Canteen in Schools

The Snack Shack Manual was produced by Health Promotion Coordinators with the Healthy Weights Initiative, Alberta Health Services in collaboration with the University of Lethbridge Health Sciences students and faculty.

Alberta Health Services

University of Lethbridge
FIAT LUX

Table of Contents

Introduction

What is a Snack Shack? 5
Why a Snack Shack? 5
Considerations 6
Nutrition Education 7
Basic Equipment List 8
Volunteer Roles and Responsibilities 9
Food Safety 10
Environmentally Friendly 12

Food Recipes

Recipes 13
Other Food Options 17
Converting Recipes to Larger Amounts 18

Costing

Pricing & Financial Considerations 20
Cashbox Handling Guidelines 22

Promotion

Advertising & Marketing Ideas 24
Fun Facts About Fruits & Vegetables 25

Supporting Documents and Templates

Snack Shack Menu 27
Cashier Food Cost List 28
Snack Shack Financial Record 29
Snack Shack Food Wastage Record 30
Newsletter Article Template 31
Poster Templates 32
Snack Shack Survey for School Staff 34
Snack Shack Survey for Students 35
Thank You Letter Template 36
Trouble Shooting 37

References

Literature Review 39

Introduction

What is a Snack Shack?

A Snack Shack is a small canteen/store that sells healthy snack options to students and staff. It can be set up in a temporary location, such as setting up a few tables in the school hallway or in a permanent location, like using an existing canteen or cafeteria. The Snack Shack is different than a regular canteen/cafeteria because only healthy items are for sale. This reinforces the healthy eating messages taught in the classroom.

A successful Snack Shack can be run in different ways. Many schools have students running in charge and are open only a few times each month; some once per week, others once or twice per month. The Snack Shack can be set up at various times during the day - during recess, lunch, before school, during events, anytime!

Why a Snack Shack?

The need to provide children and their parents with information and access to healthy foods and nutrition choices has never been so important. Childhood obesity is increasing in Canada due to factors such as:

- Poor eating habits
- Too many high calorie snacks
- Decrease in physical activity
- Increase in screen time
- Lack of education for parents and children
- Poor social support networks
- Lower socioeconomic status

According to the latest Canadian Community Health Survey (2004), 26% of 2 to 17 year olds were overweight and 8% were considered obese (Roblin, 2007). From 1979 to 2004, the overweight rate of 12 to 17 year olds doubled from 14% to 29%, and obesity rates tripled from 3% to 9% (Roblin, 2007).

The Raising Healthy Eating and Active Living Kids in Alberta study (REAL Kids Alberta), completed in 2008, surveyed grade 5 students and their parents from across the province. The study found that 29% of grade 5 students were either overweight or obese (Simen-Kapeu, Kuhle, Veugelers, 2010). The study also showed that both students and parents support the promotion of healthy eating and active living in schools, opening the door for schools to begin implementing policies and practices that promote healthy lifestyles (Spitters, Schwartz, & Veugelers, 2009).

The mission of the Snack Shack is to provide students with better access to healthy foods at affordable prices, educate children about healthy food choices and, ultimately, improve the health and quality of life for school age children. All recipes are classified according to the *Alberta Nutrition Guidelines for Children and Youth (ANGCY)*, which is available online at www.healthyalberta.com.

This resource is intended to be used by both teachers and students.

Considerations

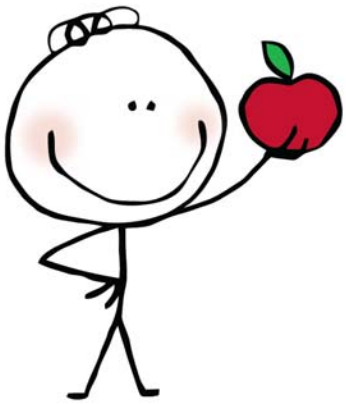
Here are a few things to consider before planning your Snack Shack.

1. How many students are in your school? What grades?
2. What foods are served at your school now? (Cafeteria, canteen, vending machines, hot lunch, etc.)
3. Do you perceive a need to increase student access to healthy food and beverage choices? Why?
4. Have you done a survey of students and staff to determine what types of healthy foods they would like to see sold in the school?
5. Do you have a kitchen or cafeteria with cooking appliances and supplies such as blenders, cutting boards, knives, sink and fridge?
6. Do you have enough room in the fridge to store the food?
7. Do you have a large enough area to prepare the food? A general inspection must be done by a Public Health Inspector and each school should obtain a Food Permit to operate the Snack Shack. Community groups should consult with a Public Health Inspector and should have a Special Event Permit to operate the Snack Shack.
8. Do you have an area large enough to set up a Snack Shack and accommodate students? This could be an existing canteen/cafeteria or a table set up in the hallway. Consider flow of traffic and exposure to a large segment of student population.
9. Are you planning to make a profit or break even?
10. Are you planning on having the Snack Shack at lunch or at an after school event? How long is the lunch hour or event?
11. What date(s) would work best to have the Snack Shack?
12. Do you have enough volunteers to fill the roles for the Snack Shack?
13. What resources do you have to market the Snack Shack? (Newsletter, intercom, posters, etc.)
14. Are there any allergies in your school that you and other volunteers involved need to know about?
15. Are there any religious/cultural food considerations?
16. What processes do you have in place for children that may not have money to purchase from the Snack Shack?
17. Does the school (students, staff, parents) have any ideas or questions?

Nutrition Education

A comprehensive approach to promoting healthy lifestyles includes teaching health knowledge and skills. Within the classroom, the aim of the Alberta Education Health and Life Skills curriculum is to enable students from Kindergarten to Grade 9 to make well-informed, healthy choices and to develop behaviours that contribute to the well-being of self and others.

Alberta Health Services has developed various resources that support this curriculum. The *Nutrition Resource Kits* provide lesson plans for Kindergarten through Grade 9 on healthy eating and other health topics (active living, body image, hygiene, etc.). Also available, the *School Nutrition Handbook: Creating a Healthy School Environment* assists schools in fostering a healthy school environment through healthy eating. These and other resources are available online at www.albertahealthservices.ca.



Basic Equipment List

The following is a list of basic supplies necessary to run a Snack Shack. This list is not comprehensive and additional equipment may be required based on the type of snacks being prepared and served.

- Knives
- Mixing bowls
- Plastic spoons
- Cutting board
- Disposable or washable serving dishes and utensils
- Serving trays
- Napkins
- Plastic wrap
- Paper towel or dish cloths
- Table(s)
- Fridge or cooler
- Blender (if making smoothies)
- Table cloths (optional)

Volunteer Roles and Responsibilities

The size of your school will determine how many volunteers you will need. The following jobs will need to be filled by volunteers in order to accomplish a successful Snack Shack. The number of people required may change depending on the size of your Snack Shack.

Volunteers can feel free to engage in more than one job, keeping in mind that each job should have someone assigned to make sure it gets safely completed.

Role:	**Responsibilities:**	**# of people required:**
Marketers / Advertisers	• Creation and distribution of posters, pamphlets and other advertising strategies to market the Snack Shack	2-3 people
Product Purchaser	• Purchasing of food and other items needed to prepare, serve, store food and clean-up	1-2 people
Setup and Take Down	• Setup and take down of table (if required) • Setup of food and other materials (cutlery, napkins, etc.) ** Adult supervision is recommended for this role if taken on by students.	2-3 people
Food Preparers	• Preparing the food that will be sold at the Snack Shack (cutting, mixing, packaging, etc.) • Following the rules and regulations of food handling and hand washing • Creation of food items for sale. Recipes can be found in the recipes section but keep in mind it may take one to two days to prepare some of the recipes • Proper clean up and storage of food after preparation ** Adult supervision is recommended for this role if taken on by students.	4-5 people
Food Servers	• Distributing food to buyers and directing buyers where to pay (serving one at a time) • Cleaning up food area after Snack Shack is finished	2-3 people
Cashier	• Handling of money • Ability to correctly and quickly calculate change, as well as determine money balance (profit or loss according to the float money) ** These people must be trustworthy and reliable. Adult supervision is recommended for this role if taken on by students.	2 people

Food Safety

Food Borne Illness:

- Food borne illness often presents as flu-like symptoms such as nausea, vomiting, diarrhea, or fever.
- Pathogens are bacteria that cause disease and when they enter the food supply these bacteria can cause food borne illness.
- Most food borne illnesses are avoidable with proper handling, cooking, cooling and storage of food.
- Bacteria may be present on goods when you purchase them.
- Cross-contamination can transport bacteria from raw products, meat, juices or other contaminated products to safely cooked and ready to eat foods.
- **Hand washing is extremely important!** (Lather hands with soap and wash for 10 to 15 seconds under running water).

Your Snack Shack Event

- Keep in mind when you are planning your event that there may be an invisible enemy ready to strike! It is called bacteria and it can make you and others sick. By following these four simple steps you can reduce the chances of food borne illness ruining your event.

1. Clean:

- Wash your hands, utensils and cooking surfaces with soap and hot water before you handle food, during preparation, and again when you've finished. Wash all vegetables and fruits under cool running water before eating or cooking.
- Sanitize countertops, cutting boards and utensils with a mild bleach and water solution.

2. Separate:

- Keep meats and their juices separated from other food during storage and preparation.
- Keep separate cutting boards for raw meats.
- Always keep foods covered.
- In the refrigerator, store raw foods below cooked foods.

3. Cook:

- Cook all foods to proper temperatures.
- Make sure that meat and poultry are cooked to the following temperatures:
  - Beef, veal, lamb to 77°C (170°F)
  - Pork, ground meat to 71°C (160°F)
  - Poultry (pieces) to 74°C (165°F)
  - Poultry (whole) to 85°C (185 °F)
- Serve food immediately.
- If foods need to be reheated, reheat foods to 74°C (165°F).

4. **Chill:**
   - Refrigerate all foods within two hours to 4°C (32°F) or colder.
   - Refrigerate or freeze leftovers in shallow, covered containers or zippered plastic bags for quick cooling.
   - Keep the freezer set at -18°C (0°F) or colder.

The Danger Zone!

- Bacteria can multiply very quickly between 4°C (32°F) and 60°C (140°F). This is considered the danger zone.
- It is important to keep cold foods cold and hot foods hot.
- Keep any cold food in the refrigerator, in coolers or on the service line on ice.
- Thaw frozen foods in the fridge or under running cold water.
- Keeps hot foods in the oven, in heated chafing dishes, or on warming trays and/or in slow cookers.
- Food should never be left in the danger zone for more than two hours!!!

Before you Begin

- Select a responsible person to be in charge. This individual is responsible for researching and sharing all proper information related to food handling. This person should keep a list of volunteers for future reference.
- Make sure you have all the correct equipment such as cutting boards, utensils, food thermometers, cookware and sufficient containers to prepare food safety.
- There must be a source of potable (safe drinking) water.
- When manual dishwashing equipment is used it is important that there be a way to wash, rinse and sanitize the dishes. Before washing remember to sort, scrape, and pre-rinse utensils.

  1. The first sink should be filled with warm water at temperature no lower than 45°C (113°F) and a good dish detergent.
  2. The second sink is for rinsing because film and soil must be removed before sanitation. Water temperature should be at 45°C (113°F) or higher.
  3. The third sink is for sanitization and this can be done by immersing dishes in a solution containing at least 100 milligrams of chlorine per litre of water, at a temperature no lower than 45°C (113°F) for two minutes.

For information on food safety and how to obtain a Food Permit or Special Event Permit, please contact your local Alberta Health Services Environmental Public Health office or visit www.albertahealthservices.ca.

For more information go to www.canfightbac.org and/or www.qp.gov.ab.ca.

Environmentally Friendly

The need to be environmentally friendly is important in today's society. Every person can help make an impact in the prevention of global warming. Consider these simple actions for an environmentally-friendly Snack Shack event:

- Use fresh, local ingredients.
- Buy in bulk to save on excess packaging.
- Use electric kettles to boil water. They use ½ the energy of boiling water in a pot on the stove.
- Recycle. Put recyclable materials in recycle bins (beverage containers, paper, newspapers, etc).
- Do not let water run excessively when washing fruit/veggies. Save waste water for watering indoor or outdoor plants.
- Use environmentally friendly cleaners to clean up.
- Compost food waste.
- Select foods with less packaging.
- Serve foods in biodegradable or recyclable bags or containers.

For other ideas on how to reduce greenhouse gases and to prevent energy waste go to the following websites:

- http://www.ec.gc.ca/climate/action-e.html
- http://epa.gov/climatechange/kids/difference.html

Recipes

All recipes meet the *Alberta Nutrition Guidelines for Children and Youth*:

= Choose Most Often

= Choose Sometimes

Note: Serving sizes are listed for most recipes, but they will need to be increased based on the number of servings you require.

Fruit Kabobs

Assortment of colourful fruit
Lemon, orange or pineapple juice
Wooden skewers
Straws

- Start with a variety of fresh, colourful fruit. (e.g. pineapple, seedless grapes, watermelon, cantaloupe, strawberries, blueberries, star fruit, apples, pears, bananas, oranges, kiwi, peaches)
- Wash fruit well. Peel if necessary and cut fruit into similar size pieces. Drizzle with lemon, orange or pineapple juice to prevent browning.
- Insert the wooden skewer into the straw (so that the straw completely covers the skewer). Thread fruit onto skewers covered with straws. Place four to five pieces of fruit onto skewers, alternating colors and shapes. Leave space at each end of skewer for easy handling. Remove skewer from straw, leaving straw in the fruit.
- Serve fresh, stacked on a platter or in a plastic bag or even as a fruit kabob bouquet. Cover with plastic wrap and refrigerate until ready to serve.

Source – www.healthyalberta.com

Purple Moo Cow Drink

½ cup	Frozen 100% grape juice concentrate (or any 100% juice concentrate)	125 mL
1 ¼ cup	Plain low-fat yogurt	310 mL
1 cup	Milk	250 mL
1 ¼ tsp	Lemon juice	6 mL

Blend all ingredients until smooth. Makes two 250 mL (1 cup) servings.

Source – www.healthyalberta.com

Frozen Fruit Frenzy

1 cup	Plain low-fat yogurt	250 mL
1	Banana, sliced	1
1 tsp	vanilla	5 mL
1 cup	100% fruit juice	250 mL

Blend all ingredients until smooth and pour into small paper cups (will fill 7 – 8 small paper cups. Place cups into freezer and, when half frozen, place a plastic spoon or wooden stick into each cup. Let freeze until firm (takes approximately four to five hours to freeze).

Source – www.healthyalberta.com

Smoothies

1 cup	Fresh, frozen or canned fruit	250 mL
2 tbsp	100% juice	30 mL
½ cup	plain low-fat yogurt	125 mL
½ cup	low-fat milk	125 mL
	ice	

Blend until smooth. Makes two servings.

Note: Be sure to use a large enough straw. The really skinny ones do not work.

Source – www.healthyalberta.com

Ants on a Log

Fresh celery
Almond butter or peanut butter
Raisins

Wash celery and cut into finger-length pieces. Spread almond butter* in center and place raisins on top of almond butter.

Source – www.healthyalberta.com

* If allergies are a concern, low fat cream cheese or pea butter (if available) can be substituted.

Fruit Sushi

Granola bar
Fresh fruit, sliced
Light Cream Cheese

Cut granola bar into squares and spread with a thin layer of cream cheese. Place sliced fruit on top.

Adapted from – www.healthyalberta.com

Banana Wraps

Banana slices
Almond butter or Peanut Butter
Granola
Plain low-fat yogurt
100% whole wheat tortillas wraps

Spread almond butter onto tortilla. Then spread the yogurt on top of the almond butter*. Sprinkle with granola and place banana slices on top. Roll up the wrap and enjoy.

Source – www.healthyalberta.com

* If allergies are a concern, low fat cream cheese or pea butter (if available) can be substituted.

Fruit and Yogurt Parfait

½ cup	Fruit, chopped	125 mL
½ cup	Plain, low-fat yogurt	125 mL
⅓ cup	Granola	80 mL

Layer in a clear cup and enjoy. Makes 1 serving.

(If you would like to use a flavoured yogurt, mix ½ flavoured and ½ plain yogurt to reduce the sugar content but still keep a sweeter flavour.)

Adapted from www.healthyalberta.com

Chocolate Monkey

1 cup	Chocolate milk	250 mL
1	Banana	1
	Ice cubes	

Blend all ingredients in a blender to make a delicious smoothie. Makes two servings.

Adapted from www.healthyalberta.com

Other Food Options

Here are a few others ideas for foods that can be served at your Snack Shack. Feel free to come up with your own ideas as well. Visit www.healthyalberta.com for additional recipes and ideas.

Fun Ways to Display Fruit

Kiwi Scoop

- 1 kiwi cut in half (on a plate)
- 1 spoon

Orange on a Stick

- Peel an orange and then stick in a popsicle stick
- Hold by the stick and eat it "peel free"

Mango Flip

- Cut off thick slices of mango and score with a sharp knife in a criss-cross pattern, making sure to not cut through the skin
- "Flip" the mango so the flesh sticks out

Banana Popsicles

- Peel bananas and cut in half crossways.
- Put in a popsicle stick, dip the banana in orange juice, wrap in plastic wrap and freeze

Pineapple Spears

- Cut fresh pineapple into long wedges

Single Serving Packaged Food List

The *Single Serving Packaged Food List* has been created to assist schools in implementing the *Alberta Nutrition Guidelines for Children and Youth*. The foods included in this list are packaged products available in the marketplace that meet the Choose Most Often and Choose Sometimes criteria as listed in the guidelines.

For example, this list can be used to determine which granola bar to purchase for the Fruit Sushi recipe to ensure that it fits into the Choose Most Often category.

Please download the most up to date version at www.achsc.org.

Converting Recipes to Larger Amounts

Converting recipes to allow for additional servings is easy! Sometimes you can use the amount listed on the product packaging, but you will often have to measure the contents to determine how many servings you could make out of it.

Example:

Fruit and Yogurt Parfait (makes 1 serving)

½ cup	Fruit, chopped	125 mL
½ cup	Plain, low-fat yogurt	125 mL
¼ cup	Granola	60 mL

If you anticipate needing 30 servings:

- 2 kg bag of frozen blueberries = 14 cups (3.5 L). Using ½ cup (125 mL) of fruit per parfait, you will be able to make 28 servings
- You will need 15 cups (3750 mL) yogurt (30 servings x 125 mL per serving). If you are buying 750 mL containers of yogurt, you will need 5 containers of yogurt (3750 mL ÷ 750 mL).
- You will need 7 cups (1.75 L) of granola (30 servings x ¼ cup per serving). A 1 kg bag of granola has 8 cups in it, so one bag will give you plenty.

Always allow a little extra for variations in measuring. However, emphasize to your volunteers the importance of accurate measuring as it will affect your profits.

Note: It is better to sell out of items that need to be prepared than to have leftovers. If you are using pre-packaged items that do not need refrigeration, this is not as much of a concern.

Costing

Pricing and Financial Considerations

A key financial decision is whether the Snack Shack will operate on a cost-recovery basis or to make a profit. Often a school's intent is to offer students a convenient and fun way to choose healthier foods. Even if you choose not to make a profit, you will need a mark-up above the price of food to cover costs like disposable cutlery, plates and any waste of food that might occur. You may decide that each item will be marked up a certain percentage above your cost or you may decide to mark up some items to a higher percentage than others.

Whether you are operating to make a profit or not, keep records of money received and money spent on supplies. Encourage students to be involved, under the supervision of an adult, giving them a chance to improve math and money management skills. See the Templates section for examples of menu price lists and daily accounting forms.

Pricing Examples

(Note: These are approximate amounts and prices may vary in your local area.)

Food items for individual sale:

Item:	Price per package/item:	Suggested retail price:
Granola bars	$10.99 for 32 = 34¢ each	50¢
Cheese sticks	$9.99 for 36 = 28¢ each	25¢
Strawberries	$4.39 for 50 (approx) = 9¢ each	50¢ for 125 mL (½ cup)
Kiwi fruit	$2.98 for 11 = 27¢ each	50¢
Pineapple	$3.97 for 56 pieces = 7¢ per chunk	50¢ for 125 mL (½ cup)
Granola	$7.28 for 16 cups = 11¢ per ¼ cup	25¢ for 60 mL (1/4 cup)
Yogurt	$3.18 for 1 kg = 40¢ per ½ cup (125 mL)	50¢ for 125 mL (½ cup)
Mandarin oranges	$5.99 for 23 (5 lbs) = 26¢ each	25¢
Bananas	$1.52 for 5 = 33¢ each	50¢

Additional foods and supplies for recipes:

Almond butter	$12.49 for 500 g = 37¢ per Tbsp
Tortillas	$3.49 for 10 = 35¢ each
Ziploc bags	$2.78 for 100 = 3¢ each
Straws for kebobs	79¢ for 100 = 0.8¢each

*Suggested prices are for selling items individually

Cost Per Recipe

To calculate the cost of a recipe you will need to add up the costs of the different ingredients.

For example:

Fruit and Yogurt Parfait (makes 1 serving)

½ cup	Fruit, chopped	125 mL	**= 45¢ (5 strawberries)**
½ cup	Plain, low-fat yogurt	125 mL	**= 40¢**
¼ cup	Granola	60 mL	**= 11¢**
		Total Cost	**= 96¢**

If you mark up the price to $1.25 per parfait, you will recover your costs.

Sometimes you may choose to take a loss on a food item to promote its consumption. You may decide to promote a particular item for a variety of reasons: close to the expiration date, it is a healthier choice, you have a lot of it available, etc. For example, you could offer the cheese sticks and mandarin oranges for 25¢ each, which is slightly below their actual cost, but will encourage your customers to purchase the item.

It is important to offer foods at a variety of price points, giving the buyer a selection of foods that can be purchased with varying amounts of money. Not all students will be able to afford to buy food from the Snack Shack. It is important to recognize this and to make every attempt to provide food to the entire school population, regardless of how much money is available to them.

For example, students can gain vouchers for the Snack Shack if they work or volunteer in the school. If they help work in the office, organize an event, help with the track meet, volunteer as school patrol, work in Snack Shack, etc. they can be ‘paid’ in vouchers for the Snack Shack. These vouchers could be distributed to school staff for distribution.

Cashbox Handling Guidelines

The purpose of cashbox handling guidelines is to safeguard cash, protect those who handle cash, discourage theft and teach participants responsibility and accountability for the money they are handling

Suggested Guidelines

1. **It takes two.**

Make it a rule that two people tend the cash box at all times, even if it's only a one-person job. Likewise, always have a least two people on hand when cash is counted. If each person gets a different total, have a recount. After the cash is counted, have the counters each initial a form certifying how much money is being turned over to the school.

2. **Keep all cash in a secure place at all times.**

Never leave the cashbox or any money unattended, or out in the open, even for a few minutes. All cash should be held in a secure, locked cash box at all times. When not in use, the cashbox should be kept out of sight in a locked cabinet or drawer.

3. **Set up one cash point.**

Centralize the collection of cash at the Snack Shack and take cash at one place only. Have the students walk up to the cashier to pay; don't have them pay the helpers.

4. **Use proper money handling techniques.**

- Tell the customer their total cost and accept their money.
- If they give you the exact amount, just say thank-you.
- If they need change, count out their change starting from the amount of their purchase until it equals the amount they gave you.
    - For example, if the food costs 75 cents and the customer gives $2, count the change back from 75 cents, giving them a quarter and a loonie.

5. **Never take IOUs.**

Do not allow anyone to take food without paying for it. This will affect your food cost or profit.

6. **Documentation/recording of activity.**

Before beginning the Snack Shack, a money float needs to be in the cashbox (suggested amount - $40 in toonies, loonies and quarters). Be sure to record this amount before sales begin. At the end of the Snack Shack event, have two people count the money that is in the cashbox, making sure to subtract the float money from that amount. Have each person counting sign the tally sheet. The float money should be returned to who ever provided it at the beginning.

Adapted from www.healthy-kids.com.au.

Promotion

Advertising and Marketing Ideas

- Ensure advertising will be at students' eye level and in places students congregate most often.

- When selling the food at the Snack Shack ensure that the food is appealing to students and that the food is at eye level or lower.

- Take advantage of what's happening in your school; host the Snack Shack at a sports event, a theme day or at a special lunch event.

- Have a survey to see what kinds of vegetables and fruits students like the most and use this to your advantage. When buying food, you will be able to focus on the favourite foods. Post the survey results at the Snack Shack and students will be able to see what is liked most in the school.

- Have information available for students/teachers at the Snack Shack about what they are eating.
    - E.g. Make fun facts to attach to food (on packaging) such as "Avocados are in the Guinness World Record for the most nutritious fruit." A list of fun facts is continued in this section.

- Advertise the Snack Shack in your school newsletters, posters, emails, morning announcements, and assemblies. Use what your school has available!
    - E.g. "Good morning everyone! Today at lunch there will be a Snack Shack available for one and all. Bring your change and come down to see what healthy foods you can pick from!"

- Educate the students on the importance of healthy eating. Develop posters to be displayed around the school promoting the healthy options available at the Snack Shack.

- Price foods lower then other available options. E.g. if a convenience store is close by, price snack shack items lower.

- Have a weekly or daily special. This can also be used to test new items or recipes.

- Run the snack shake on regular days (example every Tuesday), so students and staff can plan to visit.

Fun Facts about Vegetables and Fruits

Use these fun facts to promote the foods sold in the Snack Shack. They can be placed next to the item that is being sold (point of purchase), used in PA announcements, on menu boards or advertized in the school newsletter. Get students excited about the healthy foods they are eating.

- **Avocados** are in the Guinness World Record for the most nutritious fruit
- **Bananas** come in red and green and have been around for thousands of years
- **Grapes** were first cultivated over 8000 years ago
- In Italy, they use **oranges** to help make perfume
- **Pineapples** were given their name by an explorer who thought they looked like pine cones
- The tops of **cauliflower** (the part that looks like a cloud) are actually called 'curds'
- **Cucumbers** are 96% water!
- **Broccoli** was once known as Italian Asparagus
- **Peas** have more protein than most vegetables
- **Carrots** can improve vision because of the Vitamin A
- Bell **peppers** are really fruits, but are prepared like vegetables
- Without people cultivating **corn**, corn as we know it would not exist
- **Peaches** are related to almonds
- **Blueberries** were once known as star berries because of the star shape on their head
- Diets high in **fibre** have a decreased risk of coronary artery disease or heart disease. Good sources: fruits, vegetables, whole grains
- Diets rich in **folate** help to make normal red blood cells and prevent anemia. Good sources: spinach, asparagus
- **Potassium** helps maintain a healthy blood pressure. Good sources: sweet potatoes, bananas, cooked greens
- **Vitamin A** helps maintain healthy skin and eyes and helps combat infections. Good sources: spinach, cantaloupe, carrots
- Diets high in **vitamin C** help heal cuts and wounds as well as keeping teeth and gums healthy. Good sources: Peppers, broccoli, strawberries, oranges

Adapted from www.freshforkids.com.au

Supporting Documents and Templates

Alberta Health Services

SAMPLE: Snack Shack Menu

Fruit Kabobs: $0.50
- A delicious variety of fresh fruits served on a stick for fun eating

Banana Wrap: $1.50
- A soft rolled tortilla shell smothered with almond butter, sprinkled with granola and topped off with fresh slices of banana for your enjoyment.

Fruit Sushi: $0.75
- A chewy granola bar coated with tasty cream cheese and fresh slices of fruit.

Veggie Bag: $0.75
- A variety of crunchy and colourful veggies ready for dipping!

Fruit and Yogurt Parfait: $1.25
- Layers of fresh fruit, yogurt, and granola all in a cup to go!

Smoothies: $1.25
- Fresh fruit blended with tasty yogurt, cold milk, a hint of fruit juice, and a handful of ice.

100% Dried Fruit Bar: $0.50

Cheese Strings: $0.25

Munchems: $0.50

Oranges: $0.25

Squishems: $0.75

Granola Bars: $0.50

Fruit to go Fun Bites: $0.50

Fruit & Veggie Juice Boxes: $0.25

Kiwi Scoop: $0.50

Alberta Health Services

SAMPLE: Snack Shack Cashier Food Cost List

100% Dried Fruit Bars:	$0.50
Apples:	$0.50
Banana Wrap:	$1.50
Cheese Strings:	$0.25
Fruit & Veggie Juice Boxes:	$0.50
Fruit and Yogurt Parfait:	$1.25
Fruit Kabobs:	$0.50
Fruit Sushi:	$0.75
Granola Bars:	$0.50
Kiwi Scoop:	$0.50
Munchems:	$0.50
Oranges:	$0.25
Smoothies:	$1.25
Squishems:	$0.75
Veggie Bag:	$0.75

SAMPLE: Snack Shack Financial Record

Date	Float	Total Cash (including float)	Comments	Signature 1	Signature 2

Alberta Health Services

SAMPLE: Snack Shack Food Wastage Record

Date	Description	Quantity	Reason	Cost Price

SAMPLE: Snack Shack Newsletter Article

On _____, we will be hosting a Snack Shack that will be available to all students and staff during the noon hour. The Snack Shack will be offering a variety of healthy, delicious food choices. Prices will range from 25¢ - $2.00. Please bring a smaller lunch if you would like to buy something from the Snack Shack. Come and enjoy a banana tortilla, a fruit and yogurt parfait or a fruit smoothie! We will meet you at the Snack Shack!

SAMPLE: Snack Shack Posters

Snack Shack

Thursday, November 13

Come hang out at the foyer at 12:14

Fruit Kabobs, Fruit Sushi, Smoothies and More!!

Everything under $1.50

Alberta Health Services

Snack Shack

Fruit Kabobs, Smoothies, Banana Wraps & more!

$1.50 and under!
Thursday November 30th at lunch!

Alberta Health Services

SAMPLE: Snack Shack Survey for School Staff

1. Are you: ☐ Male ☐ Female

2. How do you rate the Snack Shack overall?

   ☐ Excellent ☐ Okay ☐ Poor

   Why?

   _____

3. Are you happy with the variety of food choices available?

   ☐ Yes ☐ No

   If "No", what improvements can be made?

   _____

   _____

4. Which foods do you buy most often from the Snack Shack?

   _____

5. How would you rate the prices of snacks offered?

   ☐ Excellent ☐ Okay ☐ Poor

6. Was the Snack Shack manual helpful/easy to use and understand with running the Snack Shack?

   ☐ Yes ☐ No

   If "No", what improvements can be made?

   _____

7. Would you enjoy having the Snack Shack at your school again?

   ☐ Yes ☐ No

   Why?

   _____

   _____

8. Additional Comments:

SAMPLE: Snack Shack Survey for Students

1. I am in grade: _____

2. Are you: ☐ Male ☐ Female

3. Did you use the Snack Shack? ☐ Yes ☐ No

If "No", why? _____

4. How do you rate the Snack Shack overall? ☐ Excellent ☐ Okay ☐ Poor

Why? _____

5. Are you happy with the variety of healthy food choices available? ☐ Yes ☐ No

If "No", what improvements can be made? _____

6. Which foods did you buy from the Snack Shack?

_____

7. How would you rate the prices of snacks offered? ☐ Excellent ☐ Okay ☐ Poor

8. Do you like the look of the Snack Shack? ☐ Yes ☐ No

If "No", what improvements can be made? _____

9. Did you know that the Snack Shack was going to be at your school before the day it was there?

☐ Yes ☐ No

10. Would you enjoy having the Snack Shack at your school again? ☐ Yes ☐ No

Why? _____

11. Further Comments:

SAMPLE: Snack Shack Thank You Letter

[Current Date]

[Your School]
[Address]

Dear _____,

We would like to thank you for volunteering your time and energy helping with the Snack Shack on **[current date]**. Your dedication and hard work helped make the Snack Shack a success.

You have succeeded in improving access to healthy foods at a reasonable cost. Improved nutrition increases children's health which will add to their quality of life and help reduce risk of chronic illness and disease in later years.

Sincerely,

Snack Shack Team

Trouble Shooting

Use this chart to record any problems or concerns. This will help you in planning future Snack Shack events.

Date	Problem/Concern	Solution	Comments

References

References

Alberta Coalition for Healthy School Communities and Dieticians of Canada. (2006). *Foundations for school nutrition initiatives in Alberta.* Alberta, CA: Alberta Coalition for Healthy School Communities and Dieticians of Canada, 1-62.

Alberta Health & Wellness. (2010). *Alberta Nutrition Guidelines for Children and Youth: A Childcare, School and Recreational/Community Centre Resource Manual*. Alberta, CA: Alberta Health & Wellness.

Alberta Health & Wellness. (2007). *Healhy Eating and Active Living: For ages 1 to 5 Year Old.* Alberta, CA: Alberta Health & Wellness.

Alberta Health & Wellness. (2007). *Healthy Eating and Active Living: For ages 13 to 18 years*. Alberta, CA: Alberta Health & Wellness.

Alberta Health & Wellness. (n.d.). *Good practices for food handling.* (Brochure). N.A

Canada Global Warming. (2007). *Attributed and expected effects of global warming.* http://canadaglobalwarming.com/effects.html

Canadian Partnership for Consumer Food Safety Education. (2006). *Fight back* Retrieved October 30, 2008, from www.canfightbac.org

Coxall, K., Dawes, E., Forsyth, E., & Lloyd, H. (2008). Applying the key principles of nutrition to nursing practice. *Nursing Standard, 22*(36), 44-48.

Dietitians of Canada. (2005*). Individual and Household Food Insecurity in Canada: Position of Dietitians of Canada.* Canada: Dietitians of Canada.

Fawcette, N., & D'Abramo, M. (2007). *Alberta Healthy Weights Baseline Results: Quantitative Research*. Toronto, ON: Youthography Inc.

Food Smart. (2008). *Food fit: 10 smart bites to a Healthier U*. Edmonton, AB: Alberta Health and Wellness. www.healthyalberta.ca

Health Canada. (2007). *Eating Well with Canada's Food Guide.* Ottawa, ON: Publications Health Canada. Retrieved September 20, 2008, from www.healthcanada.gc.ca/foodguide

Lau, D.C.W., Douketis, J.D., Morrison, K.M., Hramiak, I.M., Sharma, A.M., & Ur, E. (2007). 2006 Canadian clinical practice guidelines on the management and prevention of obesity in adults and children. *CMAJ, 176*(8), 1-117.

Mello, M.M., Pomeranz, J., & Moran, P. (2008). The interplay of public health law and industry self-regulation: The case of sugar-sweetened beverage sales in schools. *American Journal of Public Health, 98*(4), 595-604.

Newby, P.K. (2007). Are dietary intakes and eating behaviors related to childhood obesity? A comprehensive review of the evidence. Journal of Law, Medicine, & Ethics, 35-60.

New South Wales Governement. (n.d.). *NSW Schools Selling Healthy Foods to Our Kids.* Retrieved October, 10, 2008 from http://www.health.nsw.gov.au/news/2006/20060205_00.html

Paoletti, J. (2007). Tipping the scales: What nurses need to know about the childhood obesity epidemic. *RN*, 35-41.

Queen's Printer. (n.d.). Food Regulation & Food Retail & Food Services Code. Alberta Government. Retrieved October 30, 2008 from www.qp.gov.ab.ca

Rao, G. (2008).Childhood obesity: Highlights of AMA expert committee recommendations. *American Family Physician, 78*(1), 56-63.

Roblin, L. (2007). Childhood obesity: Food, nutrient, and eating-habit trends and influences. *Applied Physiology Nutrition Metabolism, 32* ,635-645.

School Canteen Association. (n.d.). *Healthy Kids School Canteen Association Website*. Retrieved October 10, 2008 from http://www.healthy-kids.com.au

Shaya, F.T., Flores, D., Gbarayor, C.M., & Wang, J. (2008). School-based obesity interventions: A literature review. *Journal of School Health, 78*(4), 189-196.

Simen-Kapeu A, Kuhle S. Veugelers PJ. Geographic Differences in Childhood Overweight, Physical Activity, Nutrition and Neighbourhood Facilities: Implications for Prevention. *Canadian Journal of Public Health*, 2010; 101 (2): 128-32.

Shields, M. (2006). Overweight and obesity among children and youth. *Health Reports, 17*(3),27-42.

Skoropad, E. (2008). *New Nutrition Guidelines Help Daycares, Schools and Recreation Facility Operators Plan Nutritious Foods*. Alberta, CA: Alberta Health & Wellness

Spitters H, Schwartz M, & Veugelers P. Parent and student support for school policies that promote healthy eating and active living. *Physical and Health Education Journal* 2009, 52(2), 30-34.

Sydney Markets Limited. (2007). *Fresh For Kids Website.* Retrieved October 10, 2008 from http://www.freshforkids.com.au/index.html