



BUILD A HEALTHY CONCESSION STAND

Provide families healthy options to choose from when eating at concession stands.



Reasons For A Change

Less than 1 in 3 children get enough fruits and vegetables every day.

Over 30% of Michigan children are overweight or obese.

Today's kids are predicted to have shorter lifespans than their parents.

Follow These Easy Steps!

1

Make a list of all foods and beverages you offer now.

2

Aim for a 50/50 balance between healthy choices and other options.

3

Do you have:

- Fruits,
- Vegetables,
- Whole Grains,
- Low Fat Dairy?

4

Price the healthy choices lower than the other options.

5

Market the new "madeover" concessions stand. Brag a little!



TIPS FOR BUILDING A HEALTHY CONCESSION STAND

BEVERAGES TO OFFER

- Water
- Flavored water
- 1% or skim milk (white & chocolate)
- 100% juice (less than 12 ounces)
- Carbonated 100% juice (less than 12 ounces)
- Diet soda pop

ADD IN HEALTHY CHOICES

- Add fruits (fresh, pre packaged sliced, dried)
- Add vegetables (pre packaged carrots, broccoli, salads, salsa)
- Add yogurt or low fat cheese (yogurt parfaits or low fat cheese and whole grain crackers)
- Change to whole grains or whole wheat breads, rolls, bagels or crusts
- One ounce portion of nuts or seeds (check for your local allergy guidelines)

CAN SOME FOODS BE DISCONTINUED?

- Offer less variety of high sugar, high fat foods
 - Try two types of crunchy snacks instead of five

TRY SMALLER PORTION SIZES

- 'Fun' size candy instead of 'king' size
- Cut the pizza into eight slices instead of six slices

TRADE FOR A HEALTHIER CHOICE

- Work with local pizza vendors to find one that will use lower fat cheese and a whole grain crust
- More vegetables instead of meat as a pizza topping
- Lightly flavored air-popped popcorn
- Baked whole grain crunchy snacks instead of regular crunchy snacks

MARKET THE HEALTHIER CHOICES

- Make a **Go! meal deal** with an entrée, fruit or vegetable and a milk or water
- Highlight the healthiest choices on the menu—use a Go! shelf tag or cling
- Have the healthiest choices very visible for customers
- Offer taste testing cups or samples of new products

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