F.A.M.E.
FIT ACTIVE MOTIVATED EMPOWERED

Hollywood High School
Healthy School Partnership
July 23, 2013
RECRUITMENT
PEER TO PEER RECRUITMENT (PAST MEMBERS)
PEER TO PEER RECRUITMENT (NEW MEMBERS)
PEER EDUCATION 101

HEAL Zones Initiative Framework

Intervention

Expected Outcomes

Goals

Vision

A mix of evidence-informed strategies that reach targeted populations in community settings where people live, work, play, eat, and learn

Environments

Improved policies related to healthy eating, active living

Healthy Behaviors

Sustained by: Policies

Increase healthy food & beverage consumption

Decrease calorie consumption

Enhanced by: Education/Promotion

Increased awareness, knowledge, skills, motivation, and utilization

People eat better and move more as part of daily life

Increase physical activity
### Campaign Goals:
- Remove unhealthy options from the vending machines and student store and replace with healthy options.
- Continuous advertisement (brochures, posters, newspaper articles, internet, PA announcement)
- Create a healthy snack guide to post on vending machines and in front of student store
- Create policy than bans unhealthy junk food on campus

### Campaign Objectives:

<table>
<thead>
<tr>
<th>Objective</th>
<th>Activity</th>
<th>Timeframe</th>
<th>Accountable</th>
<th>Status</th>
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</thead>
</table>
| 1. Continuous advertisement | 1. Develop materials  
- Brochures  
- Club page  
- Posters  
2. Meet with Ms. Cusolito to request permission to submit HEAL articles in the newspaper  
3. submit 3 announcements to school PA  
4. Hold 2 general meetings per month | Sept. 7th  
August 20th  
Sept. 7  
Ongoing | FAME | Incomplete  
Incomplete  
Incomplete  
Incomplete |
| 2. Create a healthy snack guide to post on vending machines and in front of student store | 1. Get list of all items sold on campus  
2. Record nutritional data of food items  
3. Table at lunch to educate students and faculty  
4. Display healthy snack guides | August 30th  
September 30th  
Mid October  
October 31st | FAME | Incomplete  
Incomplete  
Incomplete  
Incomplete |
| 3. Create school food policy that bans unhealthy junk food on campus | 1. Study current school food policy  
2. Hold a meeting with Ms. Sanchez & Faculty to present data & argument  
3. Broden coalition (host 2 planning meetings)  
4. Create policy with input from coalition | November  
November 30th  
Jan 30th  
June 1st | FAME | Incomplete  
Incomplete  
Incomplete  
Incomplete |
FOOD = FUEL CAMPAIGN
(MEETINGS)
Food = Fuel Campaign

1. Food = fuel
   - Unleaded
   - Premium
   - [ ]
   - [ ]
   - [ ]

2. Use our snack guides
   - [ ]
   - [ ]

3. By the vending machines
   - [ ]
   - [ ]

4. What type of fuel will you choose to keep your body going?
   - [ ]
   - [ ]
   - [ ]
   - [ ]
   - [ ]
FOOD = FUEL CAMPAIGN (SNACK AUDIT)
FOOD = FUEL CAMPAIGN (IMPUTING DATA)

Step 1

Snacks in middle/high school must be 250 calories or less per container. If the number of calories per container is higher than 250, the food cannot be sold in the container and the food must be repackaged in a smaller serving size.

Exemptions

All snacks must be less than 250 calories; the following are foods exempt from some of the fat and/or sugar restrictions:

- Nuts, nut butters, seeds, fruit, non-fried vegetables, and legumes are exempt from the Total Fat restriction
- Individually packaged cheese and eggs do not have to meet the Total Fat or Saturated Fat limits
- Fruit and non-fried vegetables are exempt from the Sugar restriction

Step 2

If you have a snack food item that is 250 calories per container or less, enter the nutrition information from the Nutrition Facts label in the fields to determine if the item meets the standards. California School Food and Beverage Standards for detailed information about the food and beverage standards.
FOOD = FUEL CAMPAIGN (SPREDING THE WORD)

The FAME Health Club present the Food-Fuel Healthy Snack Campaign

Graphic created by Ke Dayon

STOP
EATING "JUNK" FOOD

SLOW
DOWN ON CONSUMPTION

GO
LIVE HEALTHY

Ask Me About

In Frame 7th, 2023

[Image of a woman holding a button]
FOOD = FUEL CAMPAIGN (LAUNCHING)
FOOD = FUEL CAMPAIGN

The F.A.M.E. Health Club Presents: The FOOD=FUEL Healthy Snack Campaign

1) Summarize data into Presentation
   - Result: Make data more presentable to show to the admin
   - Resources: Ryan Woodson
   - Time Frame: April 2, 2013
   - Data: All survey monkey results

2) Setup meeting with Mrs. Sanchez & Ms. Hallow
   - Result: Figure out how many items we can get for the tasting
   - Resources: Mrs. Sanchez & Ms. Hallow
   - Time Frame: By April 12, 2013
   - Data: 66% that would go to the student store if better options were available

3) Tasting of snacks
   - Result: Pick top 3 replacement snacks
   - Resources: Frank & leadership & admin
   - Time Frame: April 30, 2013
   - Data: Ticket System
FOOD = FUEL CAMPAIGN (SNACK SURVEYS)
FOOD = FUEL CAMPAIGN
(BARRIERS & OVERCOMING CHALLENGES)
FOOD = FUEL CAMPAIGN (VICTORY)
HEALTHY EATING

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