**BEST PRACTICES**

* Encourage students to open packages of food - look at everything as a group and have a discussion about the food items/healthiness
* Limit access to computer time during meal time
* Place an “Out of order” sign on vending machines during afterschool hours
* Utilize older students as volunteers to help with meal time and encourage younger kids to eat
* Implement separate meal times - earlier for younger and later for older to give sufficient time to eat
* Send home or display parent letters to inform parents that FREE and Healthy meals are provided