



HIGH SCHOOL SAMPLE GRAB-AND-GO MENU

- For many high school clubs timing is the biggest challenge.
- Due to late arrival and for convenience many high schools opt for the grab-and-go menu. See sample menu below:

Day	Sample Grab-and-Go
1	<ul style="list-style-type: none"> • 250 ml milk • Orange • Shreddies
2	<ul style="list-style-type: none"> • Yogurt • Apple • Soft and chewy granola bars <i>(not dipped in chocolate or yogurt)</i>
3	<ul style="list-style-type: none"> • 250 ml milk • Banana • Whole Wheat toast
4	<ul style="list-style-type: none"> • Milk • Grapes • Cheerios
5	<ul style="list-style-type: none"> • Cheese • Clementine • Whole Wheat English muffin

VOLUNTEER IDEAS

Volunteers are a challenge for most of our Kids Eat Smart Clubs, but especially for High Schools. Sometimes approaching students in the school is the best option. Here are some ways to get volunteers in your clubs:

- Approach Career Education Teachers to discuss volunteer opportunities with students for required volunteer hours
- Have volunteer requests for your KES Club put out on the daily announcements
- Have Principal speak about the need for KES volunteers during school assemblies
- Have KES Club Coordinator approach individual students they feel would be a good fit for the Club
- Promote Food Safety Training as a great addition to students' resumes
- Post call for volunteers on website, Facebook and Twitter

FUNDRAISING IDEAS

Making fundraising initiatives fun for the kids may encourage more participation. Try these different fundraising ideas to generate a buzz in your school:

- Jersey Day
- Hat Day
- Wakeathons
- Ball Hockey Tournament
- Movie Night
- Silent/Live Auctions

