



The School Food Tour:

Nourish/REALMS ACTION PLANS (From May 2012 classroom visit)

Goal: Share your knowledge about a food issue from the Nourish unit with people outside of your classroom.

Creating an action plan:

1. Choose a topic
 - What inspires you?
 - What food issue do you think is important?
2. Identify your audience
 - REALMS (students, teachers, staff, families)
 - Families (at the grocery store?)
 - Sports teams/school clubs
 - Other schools or students
 - The community
 - Other – lots more!
3. Create a clear, specific message
 - ex: “Wash your veggies”
 - “Read food labels” (and look for what?)
 - “Eat organic”
 - “Grow your own food”
 - “Cook a healthy meal with your family once a week”
 - “Quick guide to healthy shopping”

Tip: Your message should pass on key information and inspire action in others. Keep it simple.

4. Decide how you will communicate your message
 - Video
 - Song
 - Rally
 - Posters
 - Flyers
 - Flash mob
 - Other – lots more!

Think about: Can you involve other members of your class to help spread your message?
5. Plan your timeline
 - What’s the plan, Stan?

Final thoughts: Make your action plan memorable – informative -- engaging