



## Eat Smart Play Hard

### Concession Upgrades

The Hallsville School District Activities Department has committed to improving the health of our students through the concessions offered at our school. As part of our participation with the University of Missouri Extension's **Eat Smart Play Hard** project, we have agreed to add five healthy items to our menu for the 2017-2018 school year.

MU Extension has assisted in choosing items that meet nutritional guidelines developed by the **Eat Smart Play Hard** project. Healthy items will be offered at a price lower than similar less healthy items on the menu. For example, cheese, fruits, vegetables and nuts will be available for less than our other foods. Fruit juice will be available for the same cost as bottled water.

A survey was taken at a couple of outdoor events last spring, and the answers given were used as guidelines for the choices added to the fall menus. As interest and sales indicate, more may be added to the menu choices as the year progresses. Number and types of offerings are dictated by storage, refrigeration and display space in our facilities.

**Eat Smart Play Hard** is a 2015 initiative of the University of Missouri Extension service, aimed at steering students and athletes towards healthier choices in their snacks.

We look forward to you trying the new healthy choices, and welcome your feedback.

