

PLANET PROTECTORS CHALLENGE



Hi Teachers,

Thank you for participating in the new Planet Protectors Challenge, part of our URI SNAP-Ed curriculum.

This optional classroom activity is designed to introduce students to PSE strategies (Policy, Systems, and Environmental change). The goal of PSE strategies is to create lasting improvements in school environments. While nutrition education often focuses on individual choices, PSE strategies help shift the overall school culture to make the healthy choice the easy choice.

Through the Planet Protectors Challenge, students will learn how reducing food waste, practicing healthy eating habits, and caring for the environment can all work together to make their school a healthier, happier school community.

You may choose to run the challenge within your own classroom (with students earning points individually or in small teams) or between classrooms to spark school-wide participation and excitement.

Challenge Overview & Directions

- Each week, students or your class can complete fun “eco-actions” from the list on the Planet Protectors tracking sheet.
- For every activity completed, individuals or the class earn 1 point.
- Track progress using the checklist provided.
- Set a due date for final points to be submitted.

Prize & Celebration Ideas (low- or no-cost, curriculum-related):

- Smoothie or fruit tasting party – organized with food service. *Note: Consider food costs and equipment availability (i.e. blender, cups).
- Garden snack time – taste herbs or veggies grown at school.
- “Fruit & Veggie Superhero” art day – students create posters or mascots.
- Food art afternoon – students draw, paint, or collage their favorite fruits and veggies.
- Chef hat craft – students decorate paper chef hats to wear for the day.
- Garden day – plant seeds in cups or in a school garden bed.
- Game time – fruit- and veggie-themed relays or scavenger hunts
 - URI Community Nutrition Education [printable/PDF activities and games](#).
- Nature walk – explore school grounds and spot colors of fruits and veggies in nature.
- Outdoor lunch or picnic day.
- Extra recess! Enjoy an additional 15–20 minutes of outdoor play.
- Music and movement break – mini dance party.
- Food-themed storytime with a teacher, principal, or special guest (example: [Tops and Bottoms](#) by Janet Stevens).
- Composting demo or hands-on activity using school food scraps. For example:
 - Mini Compost Jar: Bring in a clear jar or plastic container and layer food scraps (apple cores, banana peels, veggie peels) with soil, leaves, and shredded paper. Students can watch over time as the scraps break down.
- Recognition awards – printable Planet Protector certificates for each student.
- Principal’s shout-out – winning class recognized on morning announcements.
- Buddy lunch with another class.
- Thank-you cards for cafeteria or custodial staff who help reduce food waste.

We can’t wait to see your students take the lead as Planet Protectors by building healthy habits and helping the planet along the way.

Thank You,

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