



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 place.

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 Ideas (low or no cost, curriculum-related)

- Smoothie or fruit tasting party (organized with food service)
- “Fruit & Veggie Superhero” art day (create posters or mascots)
- Garden day (plant seeds in cups or in a school garden bed)
- Outdoor lunch or picnic day
- Classroom story time with a food-themed book (like *Tops and Bottoms* by Janet Stevens)
- Composting demo or hands-on activity using school food scraps
 - Mini Compost Jar: Use a clear jar or container to layer food scraps (apple cores, banana peels, veggie peels) with soil, leaves, and shredded paper. Students can observe as the scraps break down.
- Extra recess or outdoor game with a food or health theme
- Recognition awards (printable Planet Protector certificates for each student)
- Principal’s shout-out (announce the winning class on morning announcements)

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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URI SNAP-Ed Program

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