

**Tiki Hut Student
Leadership Manual
Cardston Elementary School**

Tiki Hut Table of Contents

Getting Started

Project Description and Rationale	3
Collaborative Partnerships	4

Supporting Documents and Templates

Tiki Hut Check List	5
Health Champion Roles and Responsibilities	6
Student Leadership Roles and Responsibilities	7
Parent and Community Volunteer Roles and Responsibilities..	8
Volunteer Schedules.....	9
Cashbox Handling Guidelines	10
Tiki Hut Basic Equipment List	11
Tiki Hut Survey for Students	12
Tiki Hut Survey for Teachers.....	13
Helpful Links	14
Smoothie Announcement.....	15

Smoothie Recipes

Blueberry Grape Smoothie.....	17
Lucky Leprechaun Smoothie.....	18
Fruit Punch Smoothie.....	19
Mango Tango Smoothie.....	20
Orange Creamsicle Smoothie.....	21
Raspberry Pink Lemonade Smoothie.....	22
SLOP Smoothie.....	23
Spinach Smoothie.....	24
Strawberry, Peach, Banana Smoothie.....	25
Sunrise Smoothie.....	26
Tropical Smoothie.....	27
Very Berry Parfait Smoothie.....	28

References	29
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Tiki Hut Project Description

The Tiki Hut is an integral part of Cardston Elementary School's (CES) health initiative entitled, "Healthy Students are Strong Students." The school's health initiative is a three-tiered project based on the three pillars of health: healthy eating, active living, and a positive social environment. The project aligns with Comprehensive School Health (CSH) and follows the Alberta Nutritional Guidelines of Most Often, Sometimes and Least Often.

The vision of the Tiki Hut sprang from a student generated action plan stemming from the 2010 Healthy Active Schools Leadership Symposium (HASS) in Lethbridge, Alberta. The students' goal was to replace unhealthy food items sold at lunch with healthy alternatives. As part of the grade 6 social studies curriculum on government and change, a petition circulated throughout the school rallying for healthier snack options at lunch. As a result, the school principal purchased vita-mix-blenders and the Tiki Hut was born.

The purpose of this manual is to provide schools with information that the Cardston Elementary student leadership committee found useful during the formation of the Tiki Hut. The majority of the recipes have been adapted from various home smoothie recipes. As you proceed to set up your own smoothie shops, please take a look at the various check lists located in this manual. It is the hope of the smoothie focus group that this document will meet the needs of most schools wishing to facilitate student leadership smoothie shops in their schools.

Thank you,

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Collaborative Partnerships

Alberta Commission on Learning (2003) advocates that, “... schools can play an essential role in improving the health of young people and in preparing future generations of healthy Albertans” (p. 56). As this is also the vision of the school, the formation of the Tiki Hut is one step of many that CES has taken to promote healthy attitudes and behaviors in children and youth.

Collaborative partnerships are the driving force behind school health promotion. The Tiki Hut thrives on partnerships between students, parents, teachers, community members, and health promotion coordinators (AHS). As many stakeholders are involved with this project, smoothie teams have been assembled. By purposefully organizing smoothie volunteer teams, schools can ensure sustainability by having parents from multiple grade levels on each team. When student and parent volunteers move to another school, their spots can easily be filled with students from younger grades. The teams also help to prevent volunteer burnout. Each team volunteers at the school once a month. For your convenience, a team schedule template can be found on page 9 of this manual.

Tiki Hut Check-list

Here are a few things to consider before proceeding with your Tiki Hut or Smoothie Shop.

- Have you decided on daily, weekly or monthly smoothie sales?**
- How many students do you have in your school?**
- What percentage of students do you think will purchase a smoothie?**
- Are you planning to make a profit or just break even?**
- Have you decided on sizes and prices for the smoothies?**
- Do you have your student, parent and community volunteers in place?**
- Have you planned for discount packages for staff who want to purchase smoothie coupons as rewards**
- If you are going to sell groups of tickets to be used at a later date (reward coupons), have you copied the coupons on a different color?**
- Are you going to give each volunteer a free smoothie?**
- How will you handle parent volunteers with small children? Do you have somewhere toddlers can go while parents are preparing smoothies or will you have the toddlers stay at home?**
- How will you involve the students?**
- Are you going to have a smoothie poster/logo contest?**
- Are there any students in the school who have food allergies?**
- Are you going to conduct student/teacher surveys?**
- What will you do with the results from the surveys?**
- Have you decided on a smoothie shop name (contest results)?**
- Do the students have any suggestions on how to decorate the smoothie shop?**
- Do you have a kitchen or staff room that has double sinks (see AHS food handling guidelines)?**
- How many Vita Mix or Blendtec blenders will you need? Unless you are a very small school, one is not enough.**
- Do you have access to or have funds for a fridge, freezer and kitchen supplies?**

Health Champion or Focus Group Leader Roles and Responsibilities

When considering opening a smoothie shop, schools will need to find a health champion to facilitate a smoothie focus group. Depending on the size of your school, you will need to fill some or all of the following positions.

- Health Champion**
 - Establish the smoothie committee, hold regular focus group meetings, and assist student leadership with logo contest
- Treasurer**
 - Purchase cash boxes, complete profit/loss statements
- Secretary**
 - Draft volunteer schedules, create volunteer email lists
- Supply Chairperson**
 - Purchase smoothie makers
(Vita-Mix from Costco or Blendtec blenders work best)
 - Stock smoothie ingredients and cups, lids, and straws
- Student Leadership Chairperson**
 - Organize or assist with smoothie logo or poster contest.
 - Monitor student coupon sales, hold regular student leadership meetings
- Smoothie Coupons/Recipes Chairperson**
 - Organize the copying and laminating of smoothie coupons, keep track of how many coupons are sold, print additional coupons as needed, select recipes and give shopping list to supply chairperson, check with school secretary to see if anyone in the school has any serious allergies
- Communication Chairperson**
 - School Health Website, morning show or daily announcements, parent letters, notices, and news articles

Student Leadership Roles and Responsibilities

The most effective way to promote healthy attitudes and behaviors within the school community is to get the students involved. Students should be part of the initial discussions. They should have input into smoothie logo and poster contests. At CES, grade 4 and 5 students work very well in the Tiki Hut. If you wish to include younger students, early morning coupon sales may be a way to do this. Below is a list of suggestions for student leadership students working in the smoothie shop. It is helpful to post this in a visible place or have students sign off once they have completed their duties.

Coupon Sales

- Hang smoothie flavor of the day sign out in front of the smoothie shop
- Open cash box and make sure coupons are in groups of ten
- Keep track of how many coupons sold using a tally system or by grouping coupons by tens.
- Record the amount of coupons sold. Leave the number on the counter for the team that will be preparing the smoothies that day.
- Allow one free coupon for each volunteer
- Assist with counting the money. Be sure that it matches with the number of coupons sold and given away.

Smoothie Preparation

- Wash hands (30 seconds)
- Put on gloves and apron
- Follow the AHS food preparation guidelines
- Set out the number of cups needed
- Once smoothies are poured, help secure lids
- Help measure ingredients into blenders
- Hand a smoothie and a straw to each customer

Parent and Community Volunteer Roles and Responsibilities

CES has found that senior citizens or school grandmas are eager to assist in any way they can. An option is to have senior citizens come in before O Canada to assist students in selling the smoothie coupons. You may also have other community members and service clubs come into the school to assist. When having outside teams come in to help, be sure that they have been cleared by administration and that there is at least one volunteer who knows their way around the smoothie shop. Allow extra time if all volunteers are new to the smoothie shop.

Smoothie Preparation Instructions

- Wash hands
- Put on gloves and apron
- Follow AHS food preparation guidelines
- Supervise student volunteers
- Allow one free coupon for each volunteer
- Be sure that smoothie coupons parallel with money collected. Due to coupons for volunteers, there may be a slight variation
- Set out number of cups needed
- If frozen fruit is used, be sure to break it up a little.
- Do not use ice if using frozen fruit
- Take note of any changes you make to the recipes. Be sure to communicate changes to the recipe chairperson.
- If you have more than 100 smoothies, securely fasten lids and hand out the straws. It is time consuming to puncture the lids and put straws into that many smoothies.
- If you are preparing more than 100 smoothies, store them in the fridge
- If you are preparing close to 200 smoothies, call students down by grade. Start with younger grades first.
- Follow AHS dishwashing guidelines
- Contact supply chairperson and let them know what supplies you used
- Take dishcloths home to wash

Volunteer Schedules

Thank you for volunteering with this year's smoothie sales. Volunteers are divided into smoothie teams. Please familiarize yourself with who is on your team. In the event that you are unable to volunteer one day, please call someone from the sub list to take your place.

Smoothies will be sold at lunch every _____. Smoothie helpers are to be at the school at 11:00. It takes approximately 1.5 hours from start to finish. The number of smoothies you'll prepare varies from week to week. The number of smoothies ordered will be on the counter. Please follow the food preparation guidelines posted in the kitchen. The kitchen must be clean when you leave and the towels are to be taken home and washed. Thank you.

Team 1

Parent, parent, parent, student(s)

Team 2

parent, parent, parent, student(s)

Team 3

parent, parent, parent, student(s)

Team 4

1st Choice Savings, 1st Choice Savings, parent, student(s)

October:

17 - Team 3
24 - Team 4
31 - Team 1

November:

7 - Team 1
14 - Team 2
21 - Team 3
28 - Team 4

December:

5 - Team 1
12 - Team 2
19 - Team 3

January:

9 - Team 2
16 - Team 3
23 - Team 4

February:

6 - Team 1
13 - Team 2
27 - Team 4

March:

5 - Team 1
12 - Team 2
19 - Team 3
26 - Team 4

April:

2 - Team 1
16 - Team 2
23 - Team 3
30 - Team 4

May:

7 - Team 1
14 - Team 2
28 - Team 4

June:

4 - Team 1
11 - Team 2
18 - Team 3

Cashbox Handling Check-list

- Ensure that two people are handling the cash box at all times. Each person must count the cash. If different totals occur, each person must re-count the funds.**
- The smoothie cash box should be locked in a secured place. The school office is the logical place.**
- Be sure that the amount of cups used and coupons collected are in alignment with the funds collected.**
- Document all financial activity. Profit and loss statements should be completed monthly by the smoothie accountant/bookkeeper.**
- Leave a float of about thirty dollars in the cash box.**

Tiki Hut Basic Equipment List

Before purchasing kitchen supplies, consider the location of the smoothie shop. If you are running the smoothie shop out of your staff room, you may be able to share some of the items. If not, be sure to have bins and labels to keep track of the smoothie supplies. Items should be clearly labeled and easy to reach.

- Gloves**
- Baggies**
- Aprons**
- Dish cloths**
- Dish towels**
- Cups, lids, straws**
- Cleaning supplies (dish soap, bleach)**
- Industrial Blenders (Vita Mix, Blend Tech)**
- Measuring spoons**
- Measuring cups**
- Long handled mixing spoons**
- Cutting boards**
- Knives**
- Serving trays**
- Smoothie coupons**
- Tally cards – pen**
- Volunteer schedule**
- AHS hand washing guide**
- AHS food preparation guide**
- AHS dishwashing guide**

Smoothie Shop Survey for Students

Please circle the appropriate answer.

1. You are in grade:

- a. K-2
- b. 3
- c. 4
- d. 5

2. Do you feel that your school environment supports healthy living habits?

- a. Always
- b. Most of the time
- c. Sometimes
- d. Never

3. Do you feel that the smoothies sold at the smoothie shop are healthy?

- a. Always
- b. Most of the time
- c. Sometimes
- d. Never

4. Do you feel that the smoothie shop offers a variety of smoothie flavors?

- a. Always
- b. Most of the time
- c. Sometimes
- b. Never

5. Please circle the documents you are most familiar with?

- a. Choose Most Often, Choose Least Often, Choose Sometimes
- b. Canada's Food Guide
- c. None of the above

6. Please list additional comments/suggestions you would like to share with the smoothie committee?

Smoothie Shop Survey for Teachers and Administration

Please circle the appropriate answer.

1. You teach:

- a. Elementary School Div. 1
- b. Elementary School Div. 2
- c. Middle School
- d. Secondary School

2. Do you feel that your school environment supports healthy living habits?

- a. Always
- b. Most of the time
- c. Sometimes
- d. Never

3. Do you feel that the smoothies sold at the smoothie shop are healthy?

- a. Always
- b. Most of the time
- c. Sometimes
- d. Never

4. Do you feel that the Tiki Hut offers a variety of smoothie flavors?

- a. Always
- b. Most of the time
- c. Sometimes
- d. Never

5. Please circle the documents you are most familiar with?

- a. Choose Most Often, Choose Least Often, Choose Sometimes
- b. Canada's Food Guide
- c. None of the above

6. Please list additional comments/suggestions you would like to share with the smoothie committee?

Tiki Hut Food Safety Websites

- **AHS School Meal and Snack Program**
- **Alberta Health Services
Two Sink Dishwashing Method**

Supports for School Health Initiatives

- **Joint Consortium for School Health**
- **Comprehensive School Health**
- **ATA Action Plan**
- **http://www.achsc.org/wellness_fund.htm**

Healthy Websites

- **Active Healthy Kids Canada**
- **Alberta Coalition for Healthy School Communities**
- **Apple Schools**
- **Canadian Association for School Health**
- **Canadian Fitness and Lifestyle Research Institute**
- **CHEO: Healthy Active Living and Obesity Research**
- **Communities and Schools Promoting Health**
- **Ever Active Schools**
- **Fit for Life Network**
- **Healthy Alberta (Healthy U)**
- **Healthy Eating and Active Living Brochure for Children and Youth**
 - » **Ages 6-12**
 - » **Ages 13-18**
- **Power to Play/Power 4 Bones Alberta Milk**
- **School Nutrition Education Resource List**



Fruit Smoothies are Here!

Cost:

When:

Where:

Tiki Hut Recipes



Blueberry Grape Smoothie



In a Vita-Mix container add:

1 c blueberries (frozen)

1 banana (semi frozen)

1 c blueberry yogurt

1 c green grapes (fresh)

2 Tbsp. lemon juice

(1+ cup ice, or water if all the fruit is frozen)

Blend until well mixed. Enjoy!

Lucky Leprechaun Smoothie

In a Vita-Mix container add:

1 cup orange juice

1 cup mango

1 fresh (or frozen) banana

2 handfuls of spinach

Blend until well mixed. Enjoy!

For a richer flavor add extra mango.



Fruit Punch Smoothie



In a Vita-Mix container add:

3 cups milk

1 ½ cups yogurt

1/3 cup frozen Minute Maid Fruit Punch

3 ½ heaping cups 5 fruit mix (pineapple, strawberry, grape, peach honeydew)

Add extra juice if needed.

Blend until well mixed. Enjoy!



Mango Tango Smoothie

In a Vita-Mix container add:

4 1/2 cups of milk

5 cups frozen mango

1/3 cup crushed pineapple

1/2 can frozen orange juice

1 tsp. coconut flavoring

Blend until well mixed. Enjoy!

Makes 7-8 cups

Orange Creamsicle Smoothie



In a Vita-Mix container add:

1 ½ c milk

1 ½ c. vanilla yogurt

2 ½ c. orange juice

1 frozen banana (cut in half)

2 tbsp. honey

3 tsp. vanilla

Use ice to thicken if needed.

Blend until well mixed. Enjoy!

Raspberry Pink Lemonade Smoothie



In a Vita-Mix container add:

4 c. Milk

2 c. Frozen raspberries

1 c. Vanilla yogurt

½ can frozen pink lemonade (283ml can)

Blend until well mixed. Enjoy!

Slopi Smoothie



In a Vita-Mix container add:

S – Spinach and Kale mix

L - Lime

O – Orange juice

P – Pineapple

I - Ice

Blend until well mixed. Enjoy!

Spinach Smoothie



In a Vita-Mix container add:

Water

Orange Juice

Spinach

Zucchini

Kale

Banana

Assorted fruits

Blend until well mixed. Enjoy!

Strawberry, Peach, Banana Smoothie



In a Vita-Mix container add:

3 cups strawberries

1 banana

3 peaches

2 cups of milk

2 cups of juice

Sweeten with honey as needed.

Blend until well mixed. Enjoy!

Sunrise Smoothie



In a Vita-Mix container add:

2 cups of orange juice

1 banana

1 container of yogurt

1 cup of frozen strawberries

Blend until well mixed. Enjoy!



Tropical Smoothie Colada

In a Vita-Mix container add:

½ cup canned crushed pineapple

¾ cup “Yoplait” exotic fruit yogurt

1 cup milk

4-5 ice cubes (¾ cup ice cubes)

Blend until well mixed. Enjoy!

Very Berry Parfait



In a Vita-Mix container add:

3 c. frozen mixed berries

3/4 c. vanilla yogurt

1 ½ c. milk

1 ½ mixed berry juice

1 ½ tsp. vanilla extract

Honey to taste if too tart

Blend until well mixed. Enjoy!

References

Alberta Commission on Learning. (2003). *Every child learns, every child succeeds: Report and recommendations.*

Alberta Learning Cataloguing in Publication Data.

Edmonton, Alberta, Canada: Author.

Government of Alberta. (2011). *Alberta nutrition guidelines for children and youth.* Edmonton, Alberta, Canada.