BUDGE SUPPORT HEALTHY EATING AT SCHOOL

Students who are well nourished:

- 🤨 perform better academically
- bave better concentration
- 🤣 show improved behavior
- have improved attendance & punctuality at school

Be a Positive Role Model

Promote whole foods at special functions, class parties, classroom & extracurricular activities. Offer non-food items for rewards.

Promote Whole Foods

Encourage breakfast, lunch & snack programs to serve whole foods, vegetables, fruit & less processed foods.

Support Healthy Fundraising

Do not use foods high in sugar, salt & fat for fundraising.

The creation of this resource was a collaborative effort between Halifax Regional School Board, Nova Scotia Health Authority Public Health & Nourish Nova Scotia.