

3 WAYS

TO SUPPORT HEALTHY EATING AT SCHOOL

Students who are well nourished:

- 🍏 perform better academically
- 🍏 have better concentration
- 🍏 show improved behavior
- 🍏 have improved attendance & punctuality at school

Promote Whole Foods

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

1

Be a Positive Role Model

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

3

2

Support Healthy Fundraising

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