

Eat Right

Food, Nutrition and Health Tips from Kids Eat Right

Healthy Schools. It's a Team Effort.

School wellness helps create an environment where children can thrive and meet their full potential—via physical activity, healthy food choices, social acceptance, mental health and academic success.

Here are some examples of school wellness in action:

- Classroom physical activity breaks
- Breakfast in the classroom

- Family health fairs
- Family activity nights
- Non-food fundraising
- Staff wellness in-service day
- School gardens



School Wellness Resources

USDA School Nutrition Environment and Wellness Resources

www.healthymeals.nal.usda.gov/school-wellness-resources

HealthierUS School Challenge

www.fns.usda.gov/hussc/healthierus-school-challenge

Action for Healthy Kids

www.actionforhealthykids.org

USDA Healthier School Day Toolkit

www.fns.usda.gov/cnd/healthierschoolday/toolkit.htm

Vermont Serving Up a School Culture

www.education.vermont.gov/documents/EDU-School_Nutrition_Serving_Up_School_Culture.pdf

Health eTips Jammin' Minutes

www.healthetips.com/jam-program.php

Take 10

www.take10.net

Fuel Up to Play60

www.fueluptoplay60.com

School Nutrition Services

a dietetic practice group of the
Academy of Nutrition
and Dietetics



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