



## FUN SCHOOL NUTRITION PROGRAMS THAT LEAD TO GOOD HEALTH

Get students excited about eating well!

Adopt long-term skills • Learn healthy eating behaviors • Proven results

### Are You Unsure Of What To Teach Students About Nutrition?

- ✓ Is nutrition advice confusing?
- ✓ Do you wonder what children should eat to be healthy?
- ✓ Are you tired of trying program after program – with little results?
- ✓ Have you seen the children's eyes glaze over from boring presentations in the past?



## Our School Nutrition Programs Work For Real Kids

- ✓ Achieving weight loss
- ✓ Increasing physical activity
- ✓ Improving food choices
- ✓ Combatting obesity epidemic

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*"I enjoyed your lessons and feel that my students learned a lot about eating healthy and how to be a better consumer, portion control, food labels, etc. The students enjoyed the experiments, games and hands-on activities."*

**- Michelle Whaley, Teacher**

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## Our School Nutrition Programs Will Help Your Students:

- ✓ Adopt healthy habits.
- ✓ Know what they should eat more of.
- ✓ Know what they should eat less of.
- ✓ Eat foods that provide nutrients essential to healthy development.
- ✓ Make good, gradual changes that last.

### Healthy Start Nutrition Education Series

- ✓ Our Healthy Start Nutrition Education Series helps children attain good health and their full educational potential by providing them with the skills, social support, and environmental

reinforcement they need to adopt healthy long-term eating behaviors.

- ✓ Our registered dietitians will come to your school once weekly for 10 weeks and give fun, interactive presentations about the role healthy eating plays in their overall development.

