



Promoting Nutrition in Schools & Out-of- School Time

Healthy eating is simpler than most people think: eating a diet rich in fruits and vegetables and whole grains, avoiding foods with trans fats, drinking more water, and limiting intake of sugary drinks are all important aspects. Teaching kids about healthy eating, sharing tips for healthy snacks and meals, and improving nutrition across different environments through policy are critical ways to make sure kids are eating healthier.

Scan the QR codes to explore resources to promote nutrition in schools & out-of-school time →



Strategy Profile:
Promoting Water
Consumption in Schools
Tool

hsph.me/choices-water-prof



Strategy Profile:
Creating Healthier
Afterschool Environments
Tool

hsph.me/choices-osnap-prof



OSNAP:
Out-of-School Nutrition
and Physical Activity
Initiative
Tool

hsph.me/hprc-osnap



Food & Fun After School
A Nutrition and Physical
Activity Curriculum for
Developing Healthy Habits
During Out-of-School Time

hsph.me/hprc-food-fun



Eat Well & Keep Moving
An Interdisciplinary
Elementary Curriculum
for Nutrition & Physical
Activity

hsph.me/hprc-ewkm



Planet Health
An Interdisciplinary
Curriculum for Teaching
Middle School Nutrition &
Physical Activity

hsph.me/hprc-ph