

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

<u>hsph.me/choices-water-prof</u>



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



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