

Creating Healthier School Environments



Since kids spend so much of their time at school, it is important to ensure that there are opportunities to instill healthy habits through improved access to healthy foods and safe drinking water in addition to being physically active throughout the day. By using evidence-based strategies, schools can identify and support sustainable and cost-effective policies and practices to create healthier school environments.

Scan the QR codes to explore resources to promote healthier school environments →



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



Eat Well & Keep Moving
Training Workshop for
Teachers
Training

hsph.me/hprc-ewkm-teachers



Planet Health
Sample Lesson: Passing
the Sugar (Lesson 19)
Curriculum

hsph.me/hprc-ph-19



Eat Well & Keep Moving
Training Workshop for
Food Service Staff
Training

hsph.me/hprc-ewkm-foodserv



Keep It Flowing:
A Practical Guide to School
Drinking Water Planning,
Maintenance, & Repair
Guide

hsph.me/hprc-school-water



SCHOOL OF PUBLIC HEALTH
Prevention Research Center
on Nutrition and Physical Activity

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