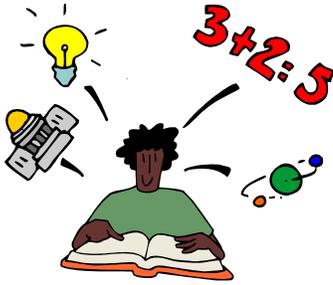# Healthy Foods for my School

School and home environments that support healthy food choices can help students do better in school and be healthier over all. The food students eat has a direct effect on how well they do in school and on their health. Students who eat the right amount of healthy food do better in school and are healthier. Create a healthy food environment at school and home with these ideas.

Teach and practice healthy eating

- Teaching about healthy eating at school and at home is important. Part of learning about healthy eating is practicing. Offer healthy foods in school nutrition programs and canteens, involve your student in planning and preparing healthy meals at home. Talk to your school administration about incorporating healthy foods in cooking classes or afterschool programs. If your student's school does not offer these classes, ask how you can help to support offering food preparation classes. This way, children can practice what they learn about healthy eating.

Make the healthy choice the easy choice

- Convenience foods, like frozen meals, tend to be short of vegetables, fruit, and milk products and so should be very occasional choices rather than every day lunch items.
- Snack foods like chips, candy, and pop fill children up, but don't supply any of the nutrition they need to grow and learn.
- Provide healthier choices, such as trail mix, yogurt, milk, or fruit cups, in school canteens or vending machines.
- Healthy drink choices include milk, 100% juice and water.

Rewards not "treats"

- Use non-food items for rewards in the classroom and at home. Be creative.

Make it last

- Talk to your school community council and school administration about creating a school food policy to promote healthy foods in your school.