

Grab a Bite of Health



Ten tips for making healthy food choices at school.

- 1 Start everyday with a healthy breakfast, including whole grains, fruit & dairy
- 2 Pack healthy snacks, such as fruits & vegetables
- 3 Pick fat free milk in the lunch line
- 4 Take a water bottle to fill at the water fountain
- 5 Plant a garden on campus
- 6 Make classroom celebrations healthier by planning a theme (such as yogurt parfaits or healthy trail mix)
- 7 Talk to administration about making healthy changes to the vending machines
- 8 Ask the school to post nutrition information of foods served in the cafeteria
- 9 Plan a field trip to the local farmers market
- 10 Post MyPlate in the cafeteria and classrooms

At School

