



# Tips For A Healthy School Year

1

Eat a variety of fruits & veggies (fresh, frozen and canned ALL count!)

2

Test out a new recipe in the kitchen

3

Aim for 2 servings of fruit & 3 servings of veggies a day

4

Enjoy fruits & veggies as an after school snack

5


Add fruit to water for a sugar-free sweet drink (a soda has 12 tsp of sugar!)







# Take the Nutrition Challenge!


✓ **Check off your healthy habits!**


Tried a new fruit 

Ate breakfast 

Active for 30 min a  
day 

Drank water instead  
of soda 

Tried a new  
vegetable 

Had a fruit or veggie  
as a snack 

Ate all 5 food groups

