

Anyone can make a difference in a child's learning environment and it is up to all of us to make sure that our kids are given the tools to live a healthful life. Try enacting or advocating for these changes today!

Eat



More Fruits and Veggies!

Increase access to fresh fruits and vegetables through Farm-to-School programs and even start or participate in your own school garden!



Get Kids Involved

Hold monthly taste tests of local, seasonal foods. Have kids try them alone or work together to make a new recipe. You may be surprised what rises to the top as a new favorite!



Farm to Fork

Educate kids about where their food comes from. Incorporate these lessons into reading, activity or field trips at a local farm.

Move

Encourage children to walk or bike to school when possible. Fresh air and exercise before school can help them concentrate better in class!



Provide a variety of physical activity options so that all children can find something that they enjoy!

Connect

Encourage activities and projects that facilitate children from different grade levels working together and learning from each other!



Reach out to local farmers to see if they would teach a lesson on where food comes from and local food!

Join the movement at www.live54218.org