



Families  
know that  
kids who  
**EAT SMART**  
and **MOVE**  
**MORE**  
do better  
in school.



Your school district has a Local Wellness Policy to make healthier food and physical activity more of a priority for YOUR child.

Ask if your school has a wellness committee, and ask to join.

Visit [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com) and click on Programs and Tools, then Schools to get tools and to learn more.