

Serve Up a Healthier You

Child Nutrition employees play a vital role in school wellness and have an opportunity to set a healthy example for students, other school staff and families.

For tools to help you *Serve Up a Healthier You*, visit Resources for Schools at www.nutritionnc.com.

Serve Up a Healthier You	
Serving Size	You
Amount per Serving	
Take Care of You	Daily
Check Up on Health	100%
Manage Your Medications	100%
Find Your Weigh to Wellness	100%
Make Tobacco a Part of Your Past	100%
Be a Stress Survivor	100%
Practice Good Sleep Habits	100%
Eat Smart	100%
Right-size Portions	100%
Read Labels	100%
Rethink Your Drink	100%
Move More	100%
Fit Fitness into Your Lifestyle	100%
Limit Screen Time	100%



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