



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

Did you know?

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

Schools and Families working together: What can families do to help?

Visit your child's school. Talk to the principal, teachers and cafeteria staff and work with your PTA to find out:

- What are kids eating when they're at school?
- How much time is provided for physical activity?
- What can be done to make your school healthier?



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



Visit www.EatSmartMoveMoreNC.com and click on Programs and Tools, then Schools to get tools and to learn more.