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. 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.