



## Check Up For A Healthy School Environment

Take a look at your school environment.

- Are milk, water and juice available in the vending machine?
- Is the vending machine filled with healthy food choices?
- Are non-food awards used in the classroom?
- Does the school store offer nutritious snacks?
- Does the concession stand sell healthy foods?
- Does the a la carte food service offer flavored milk, fresh fruits and vegetables and whole grain choices?
- Is daily physical education a part of the school curriculum?
- Is breakfast available to your students every day?
- Is nutrition taught as a part of the school curriculum?
- Does your school have a wellness committee?
- Does your school have a nutrition policy?
- Do the students have adequate time to eat?
- Do the elementary students have recess before lunch?

Every check is a step in the right direction.

Unchecked boxes open an opportunity for discussion to make improvements for a healthy school environment.

**Healthy Students Make Great Learners!**