

# SCHOOL HEALTHY EATING

## TOOLS FOR CREATING A NUTRITIOUS ENVIRONMENT

### **ACTION FOR HEALTH KIDS**

The NourishEd program is a full approach to nutrition education and improved food access to improve children's health through school meals programming, nutrition education curriculum, culturally and age-appropriate learning initiatives and sessions.



### **AMERICAN SCHOOL HEALTH ASSOCIATION**

Creating inclusive environments where students can learn together about, and develop healthy habits overtime by sharing evidence-based best practices for school administration and health councils.



### **CDC HEALTHY SCHOOLS**

Healthy students, ready to learn by promoting healthy behaviors and improving school health through school meals, lunch timing, smart snacks, food marketing, water access, and healthy eating learning opportunities, and role modeling.



### **NATIONAL SCHOOL LUNCH PROGRAM**

Healthy, low-cost or free meals program for children in schools and child care centers



### **UTAH FARM TO FORK**

Improving children's health by providing fresh, local fruits and vegetables through school programs such as Apple Crunch, Harvest of the Season, Farm to Summer, and School Gardens

