



## For Students

- **The School Day Just Got Healthier because school meals are better this year.** Healthy food will help you do your best in school, in sports, and to grow and stay strong. Power up with fruits, low-fat or non-fat milk, and whole grains.
- **Give it a try! Fruits and veggies give you what your body needs** to help you be a champion when you run and play. Eat them at school and at home every day as a meal, snack or dessert.
- **Since you spend so much of your day at school, it's up to you to make healthy food choices while you're there.** Eat fruits and vegetables at meals and snacks. Enjoy the taste of healthy eating.
- **Make fat-free or low-fat milk your rocket fuel.** You need milk to help build muscles and provide fuel for your fun.
- **Fuel up with fruits and veggies:** Soar through your day like a rocket ship!
- **Eating fruits and veggies of every color in the rainbow** can help give you the different vitamins and minerals you need to soar through your day.
- **Go to the grocery store with your family.** Make your own list of healthy foods – like fruits and low-fat yogurts – that keep you healthy and strong.

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