



ARE YOU ON THE TEAM?

Are you interested in:

- Participating with a group of individuals who meet regularly to talk about nutrition and wellness issues within your child's school?
- Introducing students and other school staff to fundraisers that are alternatives to the sale of unhealthy foods?
- Communicating with the school community to help them understand why student and staff wellness is important?

If so, your voice is needed on your child's healthy school team!

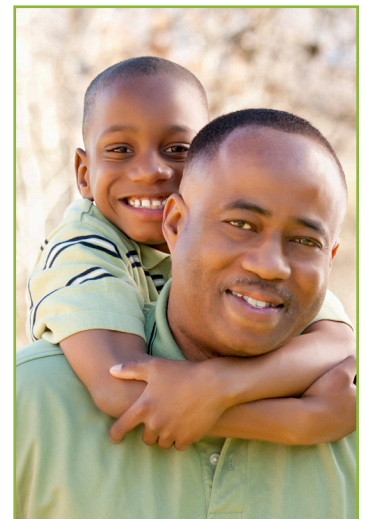
WHAT IS A HEALTHY SCHOOL TEAM?

Healthy school teams are composed of representatives from the community and the school district who come together to strategize and advise their school on how it can create a healthier school environment by meeting the district local school wellness policy and the Smart Snacks in School standards.*

As a member of this team, you can be involved in the decisions that will affect the health and academic success of your child and other students at school. Being on the team will give you the opportunity to:

- Assist with the evaluation of all food and beverages sold on the school campus to ensure they are compliant with the Smart Snacks standards, state fundraiser policies and local requirements.
- Share the success of the school in meeting wellness goals and the Smart Snacks standards with the district.

Now more than ever, students face challenges and risks that affect their health and the quality of their future. They need parent, school, community and health representatives who are interested in making a positive impact to join their healthy school team today!



*The Smart Snacks standards ensure that all snacks sold to students contain whole grains, fruits, vegetables, dairy or protein. All snacks are rich in essential vitamins and minerals and limited in calories, fat and sodium. The standards also call for all beverages sold in school to meet improved requirements.

Contact your school for more information.



Florida Department of
Agriculture and Consumer Services