



The Healthy Schools Act is HELPING SCHOOLS, STUDENTS AND FAMILIES....

Together we can put the Act into action!
For more information, visit
<http://osse.dc.gov/service/healthy-schools-act>



1. Eat Healthy

All schools are serving free, nutritious breakfasts
Meals are tastier with more fruits, veggies, whole grains, and local foods



2. Stay Active

Schools are increasing amounts of time for physical activity and physical education each year
Schools are promoting ways for students to be active throughout the week



3. Learn Healthy Habits

Students are learning the skills and knowledge to live safe and healthy lives
Schools are tobacco-free on school property and at off-campus school-sponsored events



4. Care for the Environment

Gardens are blossoming across the District schools
Recycling programs are helping conserve our natural resources



5. Create Healthy School Communities

School wellness teams are key to promoting the Healthy Schools Act
Schools are adopting healthy vending and fundraising