



d.c. **healthyschools** act

# Take The Act Home HELPING STUDENTS AND FAMILIES, AT SCHOOL AND AT HOME



## 1. Eat Healthy

At school, meals are healthier with more fruits, veggies, whole grains, and local foods  
At home, drink water instead of soda or juice drinks



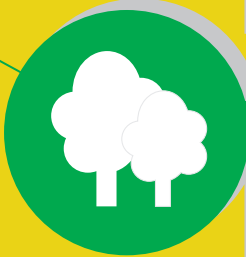
## 2. Stay Active

At school, students are participating in more physical activity and physical education  
At home, walk 30 minutes a day as a family



## 3. Learn Healthy Habits

At school, tobacco is prohibited on school property and at off-campus school sponsored events  
At home, keep your home smoke-free



## 4. Care for the Environment

At school, more paper products are being recycled  
At home, turn off the lights when you leave the room



## 5. Create Healthy School Communities

At school, healthy vending and fundraising provides better options for the community  
At home, help create a healthy school environment by volunteering with your school wellness committee

Together we can put the Healthy Schools Act into action!

For more information, visit  
<http://osse.dc.gov/service/healthy-schools-act-0>

