



Make the Healthy Choice the Easy Choice



Your child's school is part of the **SO Active SO Healthy** divisional project promoting healthy eating and active living. Schools in this project promote healthy eating by educating children to consume foods and snack items by grouping them into categories of choose most often, choose sometimes or choose least often. Healthy snacks prepared with the help of students under the direct supervision of school staff are then distributed to the various classrooms where students then have the opportunity to sample or not sample the snack. Snack items take into account food sensitivities and are prepared with ingredients that are safe for all. Once the snacks are delivered to the classrooms students read out nutritional facts about the healthy snack.

SO Active SO Healthy schools are attempting to make the healthy choice the easy choice.

This means that your child's school is making an effort to provide healthy options whenever food is served at the school. It also means that your child will be provided with more opportunities to be active as well as have chances to try new physical activities.

Developing a healthy school community starts with the school, parents, and the community being dedicated to helping improve the healthy eating and active living behaviors of your children.

Here are easy ways that you can help your child develop healthy habits:

- Pack a fruit and vegetable in your child's lunch
- Encourage your child to eat 6 servings of vegetables and fruits a day
- Encourage the use of a water bottle instead of juice or pop
- Walk your child to and from school as part of a goal of 60 minutes of physical activity needed each day
- Try to have a quiet place for your children to sleep for a minimum of 10 hours a night
- Turn off any TV or electronics so your child is watching no more than 2 hours of screen time a day and replace the screen time with family games and activities.
- Dress your child in appropriate clothing to be active at recess time (during the winter time have winter boots, hat, mittens, and a jacket)