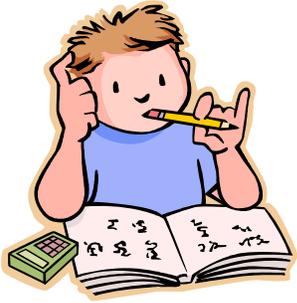


Students Succeed with School Meals

Eating Smart and Moving More Messages for Kids

Use these eating smart and moving more messages in the cafeteria, classroom and community...think about bulletin boards, messages on menus, daily announcements, daily messages in the cafeteria, web site messages...the possibilities are up to you.

- A banana at breakfast, some carrots at lunch, have a few grapes, eat a whole bunch!
- A little sugar goes a long way.
- Add fruit to your cereal in the morning.
- Always use a clean plate to hold cooked foods.
- Be active to keep your body healthy.
- Be smart, keep foods apart!
- Beans are a good source of fiber and protein.
- Blast off with school breakfast.
- Bread, cereal, rice and pasta are part of a healthy eating plan.
- Bread, cereal, rice and pasta give your body nutrients it needs.
- Broccoli, carrots, spinach, peas, try these fine foods and you'll be pleased.
- Build your own pizza and top it with vegetables.
- Cabbage is a good source of fiber.
- Choose 1% or fat-free milk instead of whole milk.
- Choose cereals with less sugar.
- Choose healthy foods like fruits and vegetables to help your body grow.
- Choose school meals.
- Climb on the jungle gym.
- Dance every chance you have.
- Did you know that you can't see, smell or taste germs?
- Do 25 jumping jacks every morning when you get out of bed.
- Do not eat foods that are moldy.
- Do not eat raw eggs, they could make you sick.
- Don't add extra butter to foods after they have been cooked.
- Don't eat raw cookie dough or cake batter.
- Don't miss school breakfast.
- Drink low-fat milk every day to keep your bones strong.
- Drink milk instead of soda or punch.
- Drink more water and less soda and fruit drinks.
- Drink three glasses of low-fat milk every day to keep your body strong!
- Drink water to help your body stay in shape.
- Eat a baked potato instead of French fries.
- Eat a bowl of mixed fruit instead of a sugary bowl of ice cream.
- Eat a granola bar instead of a candy bar.
- Eat a piece of fruit like an apple or banana for a snack every day.
- Eat a small bran muffin instead of a cookie.
- Eat a variety of foods to stay healthy.
- Eat baked foods instead of fried foods.
- Eat breakfast to give you energy in the morning.
- Eat dinner with your family.
- Eat fewer cookies, cake, candy and soda each day to stay healthy.



- Eat foods with less salt.
- Eat fruit instead of cookies, cakes and candy.
- Eat fruits and vegetables instead of cookies and brownies.
- Eat less bacon and sausage.
- Eat less salami and lunchmeats and eat more fish and chicken!
- Eat less sugar and move your body more.
- Eat peanuts and raisins for a healthy snack instead of candy.
- Eat pretzels instead of potato chips to cut down on fat.
- Eat school breakfast to give you energy.
- Eat school breakfast to help you think better.
- Eat school lunch every day.
- Eat school meals.
- Eat two or three servings from the protein group every day. Try meat, chicken, fish, eggs or dried beans.
- Eat vegetable sticks instead of potato chips.
- Eat whole fruits often -- they have more fiber than fruit juices.
- Eat yogurt to give your bones calcium.
- Eating lots of fiber can help you stay healthy.
- Eating too much sugar can cause your teeth to decay.
- Eating well means including healthy foods from all five food groups.
- Enjoy school meals.
- Exercise is good for your body.
- Explore your taste with school meals.
- Extra fat from fast food is not healthy for your heart and body.
- Fiber can be found in whole fruits and vegetables and whole-grain breads and cereals.
- Fiber, which is found in whole-grain foods, keeps you healthy inside.
- Fight bacteria! Wash your hands!
- Fly a kite!
- Food is fun!
- Food is safe to bite when the temperature is right!
- Food is the fuel that helps your body run.
- Foods in the grain group are good for your body.

- Foods that are part of the grain group include bread, cereal, bagels and crackers.
- For a snack, try whole-grain cereal with low-fat milk and fresh fruit.
- French fries from fast food restaurants have more salt on them than your body needs.
- Fresh fruit makes a great dessert or snack.
- Fresh is best!
- Fruits and vegetables are nutritious, super-healthy and delicious.
- Fruits and veggies are a real treat and are some of the best things you can eat!
- Fruits and veggies are good for you.
- Fruits like tangerines and kiwi are sweet and good for your body.
- Give school meals a try.
- Go for a swim.
- Go for the whole grain.
- Go low fat for life!
- Grow a garden of healthy eating.
- Hands may not look dirty, but they still could have germs on them.
- Have a running race at recess.
- Have an apple instead of a cookie.
- Help your parents pick out fruits and vegetables at the grocery store.
- If you have a dog, take him for a long walk.
- Include a fruit or a vegetable and each meal.
- Join a local little league team.
- Keep your heart healthy by using less salt.
- Keep your muscles strong by playing with friends after school!
- Listen to your stomach! Eat only when you are hungry.
- Love your veggies.
- Low-fat milk has the calcium your bones need -- soda and fruit drinks don't.
- Low-fat milk is the smart choice for school lunch.
- Make time for school breakfast.
- Make trail mix with cereal, nuts, dried fruit and pretzels.
- Make up a dance with two friends and perform for your family.
- Make your morning count with school breakfast.

- Make your own frozen fruit juice pops with 100% fruit juice and an ice cube tray.
- Milk is power-packed with nutrients.
- Most kids eat twice as much sugar than they need in one day.
- Move – dance, stretch – during TV commercials.
- Move to change the TV channel.
- Move your body every day!
- Move your muscles and stay fit-play soccer or go swimming!
- Moving makes your body healthy and fit.
- Not afraid of flavor – school milk
- Nothing is easier than school lunch.
- Orange you glad you ate school breakfast?
- Our bodies need some salt, but a little bit will go a long way!
- Peaches are a good source of vitamin A.
- Plant a vegetable garden with your family.
- Play a game of tag at recess.
- Play every day to keep your body healthy!
- Play hard and your heart will thank you!
- Play hide and seek.
- Play jump rope.
- Play soccer with some friends.
- Playing games like tag and soccer helps keep your body in shape.
- Pretend you are your favorite animal and move like that animal.
- Pretzels and low-fat crackers are part of the grain group.
- Remind grown-ups to keep raw foods away from other foods.
- Ride your bike to the park and have a picnic.
- Run around the block five times for every TV show you watch.
- School breakfast – fuel your imagination.
- School breakfast and lunch – it just adds up.
- School breakfast is brain fuel.
- School lunch has foods from all five food groups.
- School lunch is quick, easy and tasty.
- School meals – a strong choice
- School meals – eat to excel.
- School meals – fuel your body – fuel your mind.
- School meals – serving up good health

- School meals are for kids.
- School meals are the smart option.
- School meals fuel the future.
- School meals get good grades.
- School meals make sense.
- School meals make the difference.
- School meals make you look and feel good.
- School meals serve up nutrition.
- School milk – a tasty, nutritious treat
- Set up a mini-Olympics in your neighborhood with events such as running, skipping, rollerblading, jumping rope...be creative!
- Set up hopscotch in your driveway and play by yourself or with friends.
- Shoot some baskets with friends.
- Sit down and enjoy a meal with your family each day.
- Sports drinks, punches and soda have more sugar than your body needs.
- Start the day with school breakfast.
- Stick to low-fat, natural foods like fruits and vegetables.
- Stick to water and 100% fruit juice for a drink with your snack.
- Students succeed with school meals.
- Support your school – eat school meals.
- Swing at the park.
- Switch to low-fat or fat-free cheese.
- Take a bite out of school breakfast.
- Take a bite out of school lunch.
- Take a family bike ride after school or dinner.
- Take a family walk before or after dinner.
- Take away the salt shaker and your heart will thank you!
- Taste test school meals.
- Tell your parents to use less salt when they cook.
- Test out school meals.
- The fresher the food is, the healthier it is for your body.
- The less sugar you eat the better your body will feel.
- Think of a rainbow when you eat fruits and vegetables -- try one from every color group!
- This isn't your parents' school lunch.
- Three vegetables and two fruits a day -- that's the trick!

- Throw a Frisbee® with a friend or family member.
 - To keep your bones strong play every day.
 - Too much fat in your diet is bad for your heart!
 - Too much fat is not good for your body.
 - Too much salt will make your heart work harder.
 - Try a handful of baby carrots for a healthy snack.
 - Try low-fat yogurt with fresh fruit for a snack.
 - Try a new vegetable when you eat school lunch.
 - Try an orange instead of a doughnut.
 - Try carrot sticks instead of brownies.
 - Try cereal or oatmeal with fruit to start up your brain each morning.
 - Try chicken on pizza instead of pepperoni.
 - Try dried beans and peas instead of high-fat meats.
 - Try fruit or whole-grain crackers instead of cookies, doughnuts and cake.
 - Try oatmeal for breakfast with a banana and low-fat milk.
 - Try strawberries for a sweet and healthy dessert.
 - Try to eat less lunchmeat.
 - Try turkey instead of bologna on a sandwich.
 - Try unsalted peanuts or cashews for a snack.
 - Try whole-wheat pizza crust.
 - Use a frozen juice box to keep things cold in your lunch box.
 - Use an insulated lunch box or bag to keep food cold at school.
 - Use whole-wheat pita pockets to make a healthy sandwich instead of bread.
 - Use your nose: if it smells rotten, throw it out!
 - Using less salt at the table will keep your heart healthy.
 - Vitamin C helps us feel well. We can get it from all kinds of fruits and vegetables.
 - Vote for school lunch.
 - Wake up to school breakfast.
 - Walk or bike to school.
 - Walk to the park and then play ball.
- Wash fruits and vegetables before you eat them.
 - Wash your hands after cleaning or doing chores.
 - Wash your hands after you play with pets.
 - Wash your hands after you use the bathroom and after you sneeze, cough or blow your nose.
 - Wash your hands with warm, soapy water for 20 seconds (Sing Happy Birthday twice) before you eat!
 - Watch less TV and play more!
 - Watch out for added sugars in foods like cookies, cakes and candy.
 - Watch out for snacks with lots of fat like cookies, ice cream and cake.
 - When your stomach is full, stop eating!
 - Whole-grain foods help you feel full without a lot of extra fat.
 - Whole-grain foods like oatmeal and brown rice give you brainpower.
 - Whole-grain foods like wheat bread give you energy.
 - Whole-wheat bread is a healthy choice.

