

M A R C H 2 0 1 7

Modeling Healthy Eating

Supporting the School Wellness Policy



How Does this Help Support the School Wellness Policy?

Parents, guardians and school staff are important mentors to our students. We have the opportunity to encourage and promote consistent health messages between the home and school environments. By modeling healthy eating and active lifestyles, students have the support and influences they need to make healthy decisions in their own lives.

Healthy eating and being active helps to improve academic performance and student success!

Staff members are encouraged to practice healthy lifestyles that include modeling healthy eating and being active. This helps students have healthy role models at school as well as at home. Tahoe Truckee Unified School District is dedicated to helping its students succeed academically and promote behaviors that support long-term health and well-being!

Let us all join the movement to teaching our children and students to live healthy lives by leading through example.

Ways to Model Healthy Eating

- Keep healthy foods where they are easy to see and grab.
- Serve fruits and vegetables at mealtime. The more your child is exposed to fruits and vegetables, the more likely they are to try them!
- Drink water and milk over soda and juice.
- Involve children in meal planning.
- Set mealtimes and eat together as a family.
- Take time to enjoy your meals—positive attitudes are contagious!
- Avoid distractions while eating like watching TV or cell phone use.
- Never skip a meal- Breakfast is the most important meal of the day!
- Manage stress without food—take a walk or talk it out.

