

Healthier Middle Schools

Every student can help.

You're not a little kid any more.

In middle school, you have more say in deciding things for yourself. You can also help to make your school healthier. There's a lot you can do to get more healthy food choices and more opportunities for physical activity for everyone.

There is power in numbers.

We are reaching out not only to middle school students but also to teachers, principals, parents, and food service managers. Working together is the best way to make your school healthier. When you get involved, you have a say in what decisions are made. That's better than letting others make all the decisions for you, right?

It's your school. Help to make it healthier.

Do you want to:

- Feel your best? Do your best in school?
- Have energy for all that you do?

Did you know that good nutrition and regular physical activity can help with all that and help you look your best? Since you spend so much of your day in school, it's up to you to make healthy food choices while you're there. Make physical activity part of every day, too, so you can be your best.



On the back of this flyer are some ideas other kids are using to make their middle schools healthier. Take them to your favorite teacher or the student council, and get things started.

Middle schools get healthier when **students** get involved.



Sign up. Join in.

Maybe your principal, a teacher, or the food service manager is starting a group to make school food healthier and taste better. Sign up and be part of it.



Everybody likes a little competition.

So, how about a healthy eating or physical activity challenge between grades or schools in your area? Ask teachers and parents to help.



Find out what kids in your school want.

Start a survey or petition to figure out what new after school sports or activities your school could offer that kids will like.



Look around.

What snacks and beverages are offered in your school store or vending machines? Could they be healthier? Take your ideas to the student council.



Find more ideas at TeamNutrition.usda.gov.

Remember, it's your school. So, do what you can to make it healthier.

And thanks for your help.



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