

Back-to-School Nutrition and Exercise Tips

Dear Parents and Guardians,

As we prepare for another school year, it's important to focus on maintaining a balanced approach to nutrition and physical activity for our children. Here are some helpful tips to ensure your children stay healthy and energized:

Nutrition Tips

- Include a variety of fruits and vegetables in their lunches.
- Opt for whole grains instead of refined grains.
- Incorporate lean proteins such as chicken, fish, and legumes.
- Limit sugary snacks and beverages.
- Encourage healthy breakfast options for better concentration.

Exercise Tips

- Encourage at least 60 minutes of physical activity each day.
- Explore different sports or activities to find what they enjoy.
- Make family activities active, like biking or hiking together.
- Limit screen time to promote more physical engagement.
- Set a good example by staying active yourself!

Thank you for your continued support in promoting a healthy lifestyle for our children. Together, we can help them thrive both in and out of the classroom!

Sincerely,
Your School Nutrition Team