RIHSC Choose Smarter Snacks!

Healthy Eating = Healthy Kids

Better Learning + Better Behavior + More Energy + More Focus

Children need HEALTHY SNACKS to provide them with energy and nutrients during the school day. WHAT and HOW MUCH kids snack on is key.

Snacks with protein and fiber are filling – smaller portions satisfy hunger and reduce food waste.

SUPPORT ONGOING EFFORTS TO MAKE SCHOOLS HEALTHIER. TEACH KIDS TO EAT HEALTHY NOW SO THEY MAKE GOOD FOOD CHOICES IN THE FUTURE!

