

Family and Community Health Sciences

Eat Smart, Play Smart, Be Smart

A Healthier Future for New Jersey's School Children

Children who eat a healthy breakfast or a morning snack are more prepared to learn and have better school attendance, are calmer, and participate more in class. And, well-fed and well-nourished children do better in school and on achievement tests.

To better support nutrition and physical fitness in our schools, the federal government now requires that school districts develop school wellness initiatives to promote student health and reduce childhood obesity.

Does your school need guidance and support with implementing a school wellness initiative? We can help with a variety of wellness initiative needs:

- School wellness advisory council support and leadership
- Teacher and staff in-services
- Train-the-trainer workshops
- School foodservice initiatives and training
- Classroom lessons
- Library-based learning boxes
- After-school programming
- PTA/PTO workshops
- Special programming for schools in limited-resource communities
- Original curricula, including:
 - *From Our Farms*, A curriculum for 3- to 8-year olds that features hundreds of activities to help kids and families learn about food, nutrition, and the farm.
 - *Jump Start Your Bones*, A school-based osteoporosis prevention curriculum designed for middle-school students.
 - *Smart Foods Rock*, An interactive nutrition/food safety curriculum for grades 2 & 3, based on the USDA MyPyramid for Kids.
- Parent and family activities



RUTGERS

New Jersey Agricultural
Experiment Station

For more information or to contact your local FCHS
educator visit www.njaes.rutgers.edu/fchs

With FCHS, Health and Wellness Are Just a Click or Call Away

Contact us to partner and promote health and wellness to the people you serve.

- Click on the FCHS website – www.njaes.rutgers.edu/fchs. Then, select the county of your choice.
- Find the nearest county FCHS representative from the Cooperative Extension Directory – 732-932-5000, ext. 1.
- Contact your local county FCHS office:



If $\geq 50\%$ of your students qualify for free and reduced lunch, your school qualifies for free nutrition education classes via our Expanded Food & Nutrition Education Program (EFNEP) or Food Stamp Nutrition Education Program (FSNEP) grant. We teach all lessons and EFNEP and FSNEP provide all supplies.

For more information, visit us at www.njaes.rutgers.edu/fchs.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

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