



Power Up Your School!

Eat Healthy. Be Active. Have Fun!

“This is the best kid-friendly nutrition program! Perfect! We became more aware of our snacks and school lunches.”

5TH GRADE TEACHER
LAFAYETTE ELEMENTARY

“I have used your program 2 years and have seen students really take an interest in their nutritional choices... I feel the program is well written and easily taught.”

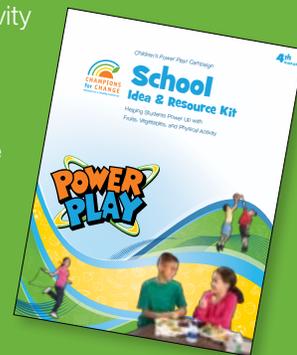
4TH GRADE TEACHER
CADMAN ELEMENTARY



Be a Champion for Change! As an educator, you can play an important role in improving the nutrition and physical activity habits of your students and their families. Healthy students miss fewer school days, are more alert, and are ready to learn.

Help kids from low-income families make healthy food and activity choices with free resources from the California Department of Public Health’s *Network for a Healthy California*, including:

- **Fun, engaging, and interactive** fourth- and fifth-grade lessons that are linked to California Content Standards
- **Student workbooks** with all the handouts you need
- **Monthly educator newsletters** with great tips and ideas for teaching your students about California fruits and vegetables
- **Parent education materials**, such as brochures and newsletters
- **Training and support** for teachers and other school staff
- **Connections** with community groups that are committed to kids
- **Referrals** to additional resources



Start making a difference now.

Contact your *Regional Network Children’s Power Play! Campaign* coordinator to determine if your school qualifies for free resources and learn how you can get involved.



More about Our Materials

School Idea & Resource Kits

The fourth- and fifth-grade *Kits* each feature 10 fruit, vegetable, and physical activity lessons. The *Kits* build from introductory activities to advanced activities that involve goal-setting, spreading the word about healthy eating and physical activity, and advocating for healthier communities. English-language handouts are provided in student workbooks, so no photocopying is needed! Activities link to the California Content Standards in Mathematics, English/Language Arts, and Health Education.

Power Up for Learning

This supplement to the *School Idea & Resource Kits* includes physical activity through 6 large-space activities and 10 classroom-based energizers, which are linked to the California Department of Education Physical Activity Model Content Standards.

Harvest of the Month

The *Network for a Healthy California's Harvest of the Month* tool kit, which was originally created by local educators, provides detailed information and activity ideas for a variety of seasonal fruits and vegetables. It includes educator newsletters, family newsletters, and menu templates to use each month.

Support Materials

The *Children's Power Play! Campaign's* posters, children's cookbooks, parent brochures, and kid-friendly items reinforce the educational lessons you conduct.

Why We Focus on Fruits, Vegetables, and Physical Activity

The *Network* promotes simple and achievable behaviors that have the greatest potential to prevent chronic diseases. For children, eating fruits and vegetables and being physically active have both short- and long-term health benefits, including maintaining a healthy weight, improving self-esteem, and reducing the future risk of serious health problems like type 2 diabetes, heart disease, hypertension, and certain types of cancer.

More about the Network for a Healthy California

The *Network for a Healthy California* works to increase fruit and vegetable consumption, increase physical activity levels, and assure food security in order to decrease the risk of chronic disease, including overweight and obesity, among Californians. The *Network* funds over 160 organizations and partners with many more to help implement a combination of education, promotion, advertising, and community change efforts. The *Network's* five campaigns and programs focus on children, Latino adults, African American adults, food retailers, and worksites. To learn more about the variety of *Network* activities in your area, contact your *Regional Network for a Healthy California*. Contact information is available at www.networkforahealthycalifornia.net/rn.

This material was produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.

