

# Nutrition Information

**\* Helpful links to quick and easy nutrition resources \***

**Support school nutrition! Healthy eating at schools supports healthy food environments.**

## **Energy to start your morning right**

*Wake up to breakfast everyday*

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-wake-up-to-breakfast.pdf>

## **Thirsty? What should you drink?**

*Healthy drinks, healthy kids*

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-drinks-kids.pdf>

## **Snack time!**

*Healthy snacking*

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf>

## **School lunch tips**

*What's for lunch?*

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>

## **For strong bones & teeth: Choose vitamin D!**

*Vitamin D*

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-bones.pdf>

**\* Get your students involved! \***

*Nutrition announcements for students to announce to the school*

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-na.pdf>

