

# School Wellness Starts with a Conversation

Schools and childcare settings can have a significant impact on our choices and opportunities to live healthy lives. But we have the power to be part of the solution. Creating a school environment that is supportive of healthy habits starts with asking questions. **Here are some conversation starters to use with teachers, principals or childcare providers:**



## **Rethink Your Drink Choices:**

*"Sugary drinks contribute to tooth decay and other health issues. Could you share the school's wellness policy on healthy food and drink standards?"*



## **Ask for Healthier Snacks:**

*"Is there someone on site that's a wellness coordinator? Do we have any guidelines for healthy celebrations or rewards that limit sugar?"*



## **Keep it Moving:**

*"When students are sitting for long periods, it can affect their energy and focus. Is it possible to incorporate classroom activity breaks to keep them moving during the school day?"*



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