

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"CAN IT"

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!



BELL PEPPERS


We don't tend to think of veggies as sweet, but some are fairly high in natural sugar, including sweet potatoes, pumpkin, peas, and sweet corn. As a snack, perhaps no veggie is as delightfully sweet and crunchy as bell pepper strips. Plus they're nutritionally powerful, full of vitamins A and C, beta-carotene, fiber, and more!

LIVE HEALTHIER

OK, so what are some of these healthier options for satisfying your sweet tooth? The list begins and ends with fresh fruit, which is loaded with naturally-occurring (as opposed to added) sugar, the way nature intended it. A serving of fresh berries, perhaps with a little Greek yogurt or a splash of fresh cream, has it all over soda!

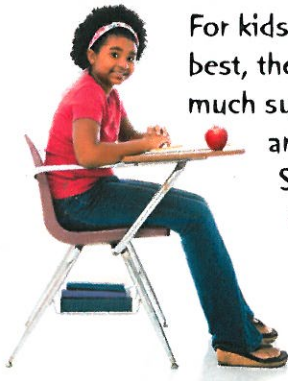


PLAY HARDER



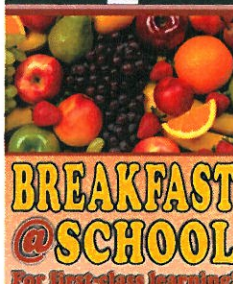
To get to where you want to go, don't slow yourself down with sugary drinks. The caffeine and sugar soon wear off, leaving you feeling sluggish and drained of good energy.

LEARN EASIER



For kids to be able to learn at their best, they need to eat well. And too much sugar interferes with memory and other key learning functions. So even if that apple is for the teacher, maybe the student should skip the drinks and snacks with added sugar – and eat the apple instead! Teacher won't mind!

First things First



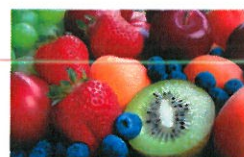
BREAKFAST @SCHOOL
For first-class learning!



Featuring Healthy Fruits & Grains!

School Meals
We serve education every day

Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For instance, we've established calorie maximums for our meals, which helps us cut added sugar from our offerings!



DON'T GET!
Take at least **ONE FRUIT** OR **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!



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