



Healthy Schools NY  
Youth Development | Instructional Support

The Healthy Schools NY program can help your school:

- ☐ Assess current school health and wellness environment

*Identify strengths, weaknesses, and strategies for improvement in:*

- Breakfast and lunch programs
- Snack and fundraising policies
- Nutrition education activities
- Physical education and activity programming
- Staff wellness

- ☐ Develop (or revise) an effective comprehensive school wellness policy that involves nutrition and fitness.
- ☐ Establish a Wellness Council consisting of staff, students, administrators, parents, and well invested community members.
- ☐ Receive information about funding opportunities, training events, and other resources
- ☐ Develop an implementation plan which includes strategies for communication and enforcement of the comprehensive school wellness policy to students, staff, visitors, and community members.
- ☐ Share successes and challenges with schools throughout the borough and city, with opportunities for recognition at the local, state, and national levels

**HEA+LTHY  
Schools NY**



**Remember...Healthier Students are Better Learners!**

*Contact Us!*

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