Healthy Bodies. Healthy Minds. Healthy Futures.

Why Healthy Choices Matter

- Nutrition Fuels Learning: Students who eat nutritious meals are better able to concentrate, solve problems, and perform academically.
- Healthy Habits Begin Early: By modeling positive eating behaviors, we help students develop lifelong habits that prevent illness and support well-being.
- Smart Snacks = Smart Students: Following the USDA Smart Snacks in School guidelines ensures every food and beverage supports your child's health and success.

PTES Encourages

- Eating school-provided lunches that meet USDA nutrition standards.
- Bringing home-prepared meals with fruits, vegetables, whole grains, and water.
- Choosing milk, 100% juice, or water instead of sugary drinks.
- Participating in classroom celebrations that feature healthy snacks or non-food rewards.

Building wellness, one bite at a time.

Visit www.fns.usda.gov/tn/wellness-policy to learn more about USDA's Local School Wellness Policies.