



Healthy Schools for Pennsylvania

Ban Soda and Junk Food in PA Schools!

Take the No Soda in Our Schools! Pledge

Help our Children Be Healthy

- Say **No** to sodas and sweetened drinks in all schools
- Say **Yes** to water, 100 percent juice, and milk for all children
- Say **No** to snacks high in sugar, salt and fat in all schools
- Say **Yes** to snacks with less than 30 percent total fat, 10 percent saturated fat and sharply limited trans fatty acids for all children

To learn more about developing a healthy food and beverage policy go to www.TheFoodTrust.org. The Healthy Beverage Tool Kit is for schools, parents, health professionals, administrators and school board members interested in developing a healthy food and beverage policy. It includes background on:

- ✓ Obesity and sweetened drinks
- ✓ Building a coalition
- ✓ Developing a draft beverage policy
- ✓ Meeting with school district officials
- ✓ Contacting the media
- ✓ Informing elected officials
- ✓ School board meetings and public hearings
- ✓ Implementing a new policy

Schools can support healthy food and beverages and make a profit