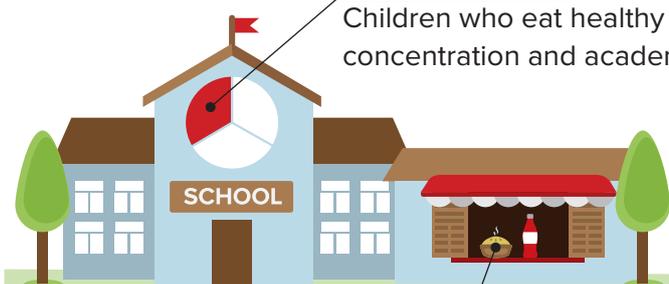


We want healthy food, drink & activity in schools



1 in 3 children in NZ are **overweight or obese**

1/3 of calories are eaten at school.
Children who eat healthy food have better concentration and academic outcomes



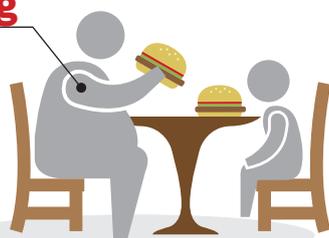
3x as many **fast food and convenience stores** are located near schools in high needs communities

50% of children regularly buy food from the **school canteen**



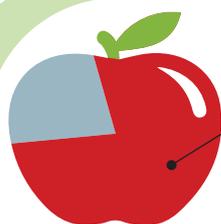
Adult role modelling

has a strong influence on children's healthy eating and exercise habits



The World Health Organization recommends no more than

5 teaspoons of added sugar per day for children. A 600ml bottle of soft drink has **16 teaspoons**



78% of New Zealanders are in favour of schools implementing a healthy **food policy**

Junior sport is **15x** more likely to be **sponsored by unhealthy food companies** than other companies



1 in 3 young people **don't meet the guideline for daily physical activity.**

Being active at school improves attention, learning and mental wellbeing

Are you with us? Turn the page to get involved

How can we work together?

The Heart Foundation has a dedicated team of staff working with schools throughout NZ. They can offer help and resources to improve healthy eating and physical activity in your school. Here are some ways they can help:



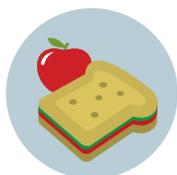
Nutrition Policy

- Support to develop your school nutrition policy and incorporate nutrition planning into your school charter



Connecting with your community

- Resources and workshops for parent groups
- Support to plan a healthy school event e.g. health expo



Canteen

- **Fuelled4life** healthy recipes and resources
- Sample canteen menus
- Tips for promoting your canteen menu



Spread the healthy word

- Healthy eating snippets for your school newsletter or Facebook page
- Ideas for school fundraising and celebration events
- Tips for a nutritious lunchbox
- Help with starting or supporting your student health team



Professional Development

- Free professional development workshops for staff



Nutrition Education

- **Foodstuffs Food for Thought** in-class nutrition sessions for years 5 & 6
- Free curriculum level 1-5 nutrition unit plans



Fuel up for learning

- Tools to help schools identify a clear process to support hungry students



Physical Activity

- **Jump Rope 4 Heart**
- Activity resources and ideas



Healthy changes at your local shop

- A toolkit for working with your local takeaway or convenience stores

HEART START[™]
TOITOI MANAWA

HEART START
EXCELLENCE



To start your journey, visit www.learnbyheart.org.nz

Or contact your local Health Promotion Coordinator:

Name

Contact