



Good Food. Great Choices.

Every Kid Healthy Week



Held every April, this special event is a great time to get students thinking about healthy lifestyles. Plant a community garden together or offer nutritious taste tests to keep kids excited about choosing healthy foods like milk, cheese and yogurt.

Every Kid Healthy Week is sponsored by [Action for Healthy Kids](#), in partnership with USDA, National Dairy Council, FRAC (Food Research and Action Center) and many others nationwide. It's designed to mobilize schools, families and communities to encourage healthy eating habits, physical activity and healthier schools where kids thrive.

Fuel Up To Play 60

Use healthy eating strategies from programs like [Fuel Up to Play 60](#) to help kids form healthy habits for life. Implement options like Grab n'



Go for breakfast and lunch. These options make it easier for busy students to stay on track with nutritious meals in the cafeteria and other locations where food is available, such as vending areas, the school store and more.

Here are some healthy recipes to try for the month of April and highlight during **“Every Kid Healthy Week”**

Grab n' Go Options



[Grab n' Go](#)



[Bananas Foster Parfait](#)



[Easy to Please Yogurt Parfait](#)

Lunch Options

Be ready for

NATIONAL GRILLED CHEESE DAY!



[Mexican Corn with White Cheese Sauce](#)



[Grilled Herb and Cheese Sandwich](#)

