

GOOD FOOD + EXERCISE = GOOD GRADES

HEALTHY BODIES PRODUCE SHARP MINDS

Studies show that kids do better in school when they eat healthy food and get regular exercise. Better grades lead to more chances for success.

THE FITTER THE BETTER

A recent study showed that students with the highest fitness scores also had the highest test scores. Being fit is a smart choice.

SCHOOL CAFETERIAS FUEL LEARNING

Children who eat breakfast and lunch at school get up to 60 percent of the daily nutrition they need. School meals meet healthy rules that keep kids going strong.



BREAKFAST IS A BRAIN BOOSTER

Studies show eating a good breakfast improves test scores, attendance and class work. School breakfasts are fast, easy and nutritious. They are also open to everyone.



START EARLY FOR LIFELONG SUCCESS

Eating right at an early age helps develop a healthy brain and success in school. Impacts can last a lifetime.

EVERYONE PLAYS A PART

Adults can help children develop healthy eating and exercise habits by setting an example. Be a role model by making simple changes.



square meals

Nourishing children's bodies and minds.

Texas Department of Agriculture
Susan Combs, Commissioner



Three Steps to Take Today!

1 Make the Switch! Trade TV and computer time with a walk around the block or an active game and a healthy family meal. Simply flip the switch off for a while every day to make big changes.

2 Get Colorful! Brighten up your day by choosing from a rainbow of fruits and vegetables. Try red, blue, green, purple, orange and yellow. Studies show these choices, as well as white fruits and vegetables, help fight disease.

3 Take the Challenge! Who eats healthier or exercises more—kids or adults? Find out by getting your Square Meals scorecard from www.squaremeals.org. Keep track of the fruits and vegetables you eat for a week and the minutes you exercise. Learn what it takes to earn an A+.

Boost your family's grade even higher. Visit www.squaremeals.org for healthy recipes, school meal program details, healthy snack ideas and more. You can also call (888) TEX-KIDS.

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