



BENEFITS OF A HEALTHY COFFEE HOUR

Coffee hours are a great way to connect with parents and educate them about healthy living



Eating fruit may reduce risk for stroke and Type II diabetes



Yogurt is vitamin rich and contains probiotics



Doughnuts contain lots of sugar and trans fats but very little nutrients

It is Essential that we model healthy eating at school coffee hours

Go

Fresh Fruit
Yogurt
Granola
Veggies and dip
Oatmeal & fruit
Whole grain bagels

Slow

Breakfast Pizza
Whole grain muffins
100% Juice
Bagels
Cold-cut tray

Whoa

Doughnuts
Muffins
Soda
Cookies
Danish
Coffee cake

Healthy Parent + Healthy Child = Healthier Communities



To learn more about setting up a coffee hour in your school visit:

www.healthikids.org