

# 30

percent of  
Virginia's  
children and  
teenagers are  
overweight  
or at risk.

How  
can you  
**help?**



Children who  
eat healthy foods:

- **do better  
in school**
- **behave  
better**

Physical activity  
lessons promote:

- **emotional  
health**
- **physical  
health**

# Virginia Cooperative Extension's nutrition education program can help!

**Our program can help  
children learn to:**

**Choose** better foods

**Move** more

**Create** good lifestyle habits

**We are:**

**FUN**

Centered on **learning by doing**

**Based** on Virginia's SOLs

Compliant with **school wellness**



Contact our family nutrition program assistant listed below to find out how we can provide these lessons for your students.

or call, toll free, 1-888-814-7627



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## Virginia Cooperative Extension



VIRGINIA STATE UNIVERSITY

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