



## Sample Morning Announcements

Use the following examples to highlight the different foods and beverages that have changed this year as a result of the Smart Snacks nutrition standards. Use real examples of products from those available at your school!

1. Did you notice a change in the foods and beverages in the vending machine this year? The healthy foods and beverages you see in the machines now will help you get the nutrients you need to learn, play and grow! Check them out and let us know what healthy foods and beverages YOU would like to see in the machines in the future!
2. Did you know that drinking one CAN of soda every day for a month is the same as eating 300 teaspoons of sugar? Did you know that the weight of 300 teaspoons of sugar is equal to about 8 baseballs? If you're thirsty, drink water! Water helps give our muscles energy! Remember to check out the new healthier foods and beverages for sale around the school building!
3. If you're looking for something extra in the cafeteria line, reach for an extra helping of fruits or veggies! Eat a rainbow every day to make sure you are getting a variety of fruits and veggies and soaking up their many benefits, like helping us have healthy eyes and skin!
4. Looking for a quick snack from the school store? Try the whole grain pretzels! Choose whole grains more often – they're full of lots of vitamins and minerals, as well as fiber, and they may help reduce our risk of heart disease!
5. Check out the different flavors of non-fat yogurt on the snack cart! Yogurt is full of calcium, which helps build strong bones. We build our bone mass while we are young. Make sure you are getting your calcium now and building the strongest skeleton possible – it's the framework of our bodies for the rest of our lives, and we only get one!
6. Did you notice the pumpkin seeds in the vending machine? Did you know that pumpkin seeds are a protein food? Protein is the building block for everything in our bodies - bones, muscles, cartilage, skin, blood, enzymes, hormones and vitamins. Obviously, they are really important! Snack on lean protein foods, like nuts and seeds, to stay strong and healthy!