



# MAKE MAY 7<sup>TH</sup> - 13<sup>TH</sup> THE HEALTHIEST WEEK OF THE YEAR AT YOUR SCHOOL!

## STEP 1:

Visit [healthytexasweek.com](http://healthytexasweek.com) and commit to participate on behalf of your school.

## STEP 2:

Spread the word about Healthy Texas Week! Get your school involved by delivering the Healthy Morning Announcements each school day during the week of May 7th.

Each announcement includes age-appropriate health facts and a fun activity from the Teach Healthier app to get your students moving more and talking about nutrition.

## STEP 3: SHOP SWEAT SHARE

Throughout Healthy Texas Week, SHOP for healthy items, SWEAT by getting active, and SHARE photos and videos of your school making healthy choices on social media for a chance to win an awesome, healthy prize pack!

[healthytexasweek.com](http://healthytexasweek.com)

[#HealthyTexasWeek](https://twitter.com/HealthyTexasWeek)

POWERED BY:



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program