

# Good for kids good for life



## Programs of interest...

Below is a range of programs that your preschool or primary school can get involved with that promote the Healthy Kids messages such as **choose water as a drink**.

### LIVE OUTSIDE THE BOX

**Live Outside the Box** is an interactive, fun, two-week challenge for years 5 and 6 primary school students on how to maintain a healthy, active lifestyle.

### Crunch&Sip®

**Crunch&Sip®** is a set break to eat fruit or salad vegetables and drink water in the classroom. Students 're-fuel' with fruit or vegetables during the morning or afternoon – assisting physical and mental performance and concentration in the classroom.

[www.healthy-kids.com.au/page/87/crunch-and-sip](http://www.healthy-kids.com.au/page/87/crunch-and-sip)



**Live Life Well @ School** is being offered to all NSW government primary schools from 2008 to 2011. The professional learning program aims to get more students, more active, more often, as well as providing a renewed focus on healthy eating habits.



**Munch and Move** is a program to promote healthy eating, physical activity and limit small screen recreation through early childhood services across NSW, with an initial focus on preschools.