



Enjoying Cherry/
Pineapple
Smoothie.

Taylor ISD After School Programs Balance Food and Fun

Project Goals

- Increase awareness of how what we eat affects our bodies and why eating healthy can prolong our lives.
- Teach students how to prepare snacks and meals that are beneficial for improved health and proper growth.
- Increase student knowledge of the various foods and their nutritional values.
- Change student attitudes about the way healthy foods taste.

Lessons Learned

- Changing eating habits and physical fitness behaviors can be challenging for students and adults.
- It's important to have someone in your life who can support your healthy lifestyle choices.
- Students tend to judge food based on its appearance.
- It's important to convince student leaders, who can be very vocal about what they don't like, to try different healthy foods so they can positively influence other students.

How To Replicate/Sustain

- Continue to apply for grant funding.
- Increase student enrollment in program to increase program revenue.
- Continue receiving support from Taylor ISD for in kind funding.
- Solicit donations from local community organizations and members.

Contact Information

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MICHAEL & SUSAN DELL
COMMUNITY COLLABORATIVE
for CHILD HEALTH



"Ants on a log taste great!"



Learning about the benefits of fruits & vegetables!



Be aware of what you drink!



Enhancing Plain low fat yogurt.



Checkout our Dream Snack Machine.