

Cafeteria Line Messages

Strength, Balance, and Choice for Life, Grade 8

Food Messages:

- Friends don't let friends eat junk.
- We're Serving it up Healthy Style
- An Apple a Day is the HEALTHY way!
- We Got FRUIT!
- The ingredient of the day is fresh fruit..
- Eat Fruit Daily
- No matter what fruit always eat a variety.
- An apple. Anywhere!
- We like all kinds of fruit!
- Fruit Ohhhh so good!
- Fruits and vegetables for a healthy balance.
- Grapes are great!
- Healthy foods for strong bones.
- Berries for breakfast.
- Oranges are great. Any day. Any time.
- Apples or oranges? You pick.
- Cantaloupe, honeydew, watermelon- 3 colorful options.
- Fruit, so many choices.
- Peppers, a healthy way to add flavor.
- Choose your favorite fruit.
- Peppers are my favorite.
- A sour taste is the best.
- Sweet fruits keep me smiling.
- Citrus fruits for vitamin C.
- Healthy goods are low in calories, but full of taste.
- A sour taste is the best.
- Peppers are my favorite.
- Watermelons are sweet and delicious, but don't swallow the seeds!
- Be a happy bunch, eat a healthy lunch
- Breakfast... great for testing and staying active.
- How to test best... eat a healthy breakfast
- Eat your way to health.
- Nutritious and delicious.
- Our best lunch ever.
- An Apple a Day Keeps the Doctor Away
- Apple or Orange? What's Your Favorite?
- Apples Are Fun to Eat and HEALTHY too!
- Look for snacks that have 200 calories or less.
- Choose a small salad with low fat dressing as a side dish instead of French fries.
- Remember the HAND. It will "point" you toward HEALTHY choices!
- fruits and veggies are fun to eat, cooked or raw they make a great treat
- eat smart for your heart
- pick a banana, any banana
- mmmm, mmmmm fruit
- fruits fill me up
- grapes are great and fun to eat
- apples away

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- Berrilicious yogurt
- Did you know beans are fiber foods?
- *** Kick-start your day with fiber
- Choose whole fruits more often than juice
- Keep eating more fruits and vegetables with the skin on
- Switch to whole grains
- Eat plant foods for fiber
- A high fiber food has 5 grams or more of fiber per serving.
- cereal + fiber = a good breakfast

Cumulative Integrated Messages:

- Go and share how to be healthy and aware.
- Healthy make it your goal.
- I like all vegetables.
- You can make choices about the calories you take in from food and the calories you use in physical activity.
- Choose a small salad with low fat dressing as a side dish instead of French fries.
- Remember the HAND. It will "point" you toward HEALTHY choices!
- make friends with fruits and veggies

General Messages:

- Know the facts.
- Laugh together, play together, be healthy together.
- Taste the rainbow
- Be young, have fun, BE healthy
- Pure healthy. Pure power
- healthy - Think different
- I can't believe it's healthy
- healthy - go for it!
- healthy? Yes please*
- Think. Feel. Rock HEALTHY
- HEALTHY Groove*
- Be all that you can be. HEALTHY.
- The HEALTHY generation*
- Absolutely, positively, HEALTHY!
- Spreading the Healthy News.
- We choose different things but being HEALTHY is the same.
- Supersize your HEALTHY habits.
- HEALTHY. Is it in you?
- Think HEALTHY
- Help your friends choose HEALTHY.
- HEALTHY- It's for everybody!
- Choose your favorites.
- An apple a day keeps the doctor away.
- Do what's good for your heart and get a healthy start.
- Have fun and be healthy!
- Have fun and choose to be healthy.
- Laugh, love, and live healthy.

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- Join the healthy team.
- Make healthy your goal.
- Reach for what's right.
- The greatest wealth is health.
- We like them all!
- Being HEALTHY is Easy with String Cheesy!
- Blend Into a HEALTHY Life
- Catch the HEALTHY Wave!
- Eating HEALTHY is Easy with Friends
- Got HEALTHY?
- Keep Reaching for HEALTHY Choices
- What's Your HEALTHY Choice?
- Don't Pass Up a HEALTHY Lifestyle
- Build your own healthy lifestyle.
- HEALTHY is a way of life.
- eat healthy be healthy
- eat healthy be healthy
- eat smart for your heart