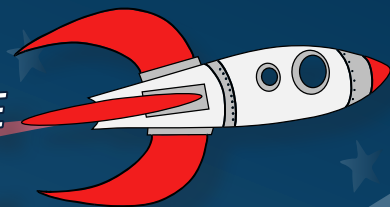


kids teaching kids®
HEALTHY LIFESTYLES



BLAST OFF WITH THE 21-DAY SNACKING CHALLENGE!

WHAT IS *KIDS TEACHING KIDS*®?

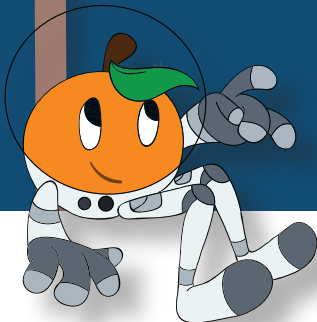
The *kids teaching kids*® Healthy Lifestyles program was created by **Medical City Children's Hospital** to address childhood obesity and help children and their parents build a lifetime of healthy habits through nutrition education and wellness activities.

DURING THE 21-DAY SNACKING CHALLENGE, STUDENTS WILL:

- Prepare and eat a snack that contains a fruit or veggie
- Have online access to recipes, how-to videos and our Healthy Snack Finder that uses ingredients already in the household
- Access to Mindful Minute and Wellness videos
- Earn rewards for completing the Snacking Challenge



Medical City
Children's Hospital



TO SIGN UP, SCAN THE QR CODE OR VISIT
WWW.KIDS-TEACHING-KIDS.COM



FOUNDATION
A Heart for Kids