Benefits of a Healthy Coffee Hour

Coffee hours are a great way to connect with parents and educate them about healthy living.

- Eating fruit may reduce risk for stroke and Type II diabetes.
- Yogurt is vitamin rich and contains probiotics.
- Doughnuts contain lots of sugar and transfats but very little nutrients.

It is essential that we model healthy eating at school coffee hours.

**Go**
- Fresh Fruit
- Yogurt
- Granola
- Veggies and dip
- Oatmeal & fruit
- Whole grain bagels

**Slow**
- Breakfast Pizza
- Whole grain muffins
- 100% Juice
- Bagels
- Cold-cut tray

**Whoa**
- Doughnuts
- Muffins
- Soda
- Cookies
- Danish
- Coffee cake

Healthy Parent + Healthy Child = Healthier Communities

To learn more about setting up a coffee hour in your school visit:
www.healthikids.org