



Alberta Project Promoting
active Living & healthy Eating

Through our partnership with APPLE Schools, we strive to help our parents/guardians and children make healthy food choices and live active lives.

At school, students are given breakfast (cereal with milk) at 8:30 a.m.; a small snack (granola bar, oatmeal cookies, fruit, etc.); and a healthy lunch provided by E4C School Lunch Program.

Students who wish to bring their own lunches and snacks to school are welcome to do so provided that these foods are healthy nutritional snacks. Foods such as pop, chips, chocolate bars, candy and other non-healthy foods are not to be eaten at school. These foods will be returned home at the end of the day.

Please help your children make healthy choices!



APPLE Schools Vision

Healthy active people thriving in healthy school communities.

APPLE Schools Mission

APPLE Schools will empower school communities to make the healthy choice the easy choice. Students' active living and healthy eating habits will be supported through sustainable changes to school, home and community environments.

Our Purpose:

1. To improve healthy living habits of students.
2. To increase knowledge about healthy living for parents, students, teachers and the school community.
3. To apply and sustain Comprehensive School Health in school communities.
4. To sustain capacity for healthy environments in school communities.