

Peer Led Activity in Nutrition (PLAN)

What is it?

- PLAN is a nutrition series that includes a **student led wellness project**.

Who is it For?

- Middle and high school students interested in inspiring and leading their peers towards making healthy choices the easy choice.

What Students Learn

- Goal Setting
- Leadership skills
- Advocacy skills
- Project Management
- Food Resources
- Mindfulness

The possibilities are endless for the students!

Examples of Projects

- An after-school program revamped their nature trail and coordinated a food drive to help their backpack program at the ribbon cutting event.
- A Health class contributed to the development of healthy breakfast and lunch recipe that could be added to the school menu.
- A science class organized a walk to school day paired with a school wide field day.
- An after-school program petitioned the school board to have use of the fitness center outside of school hours.

For more information on how PLAN can raise up leaders in your school

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