



Snack & Sip



As part of the HEAL Campaign
(promoting Healthy Eating & Active Lifestyles for children),
ARC is advocating schools to become a 'Snack & Sip' School and
create a healthy environment for children to learn and grow up in

What your school needs to do: Have a 'Snack & Sip' day at least once a week where children are only allowed to bring fruits and vegetables as a snack and a bottle of water as their drink for interval.

If your school continues 'Snack & Sip' for three months, ARC will present the school with a certificate and they will be recognized on the HEAL website as a health promoting school.



The Rainbow Challenge

**If your School is taking on the 'Snack & Sip' day each week,
why not have a go at the Rainbow Challenge?**

What you need to do: On the 'Snack & Sip' day, get all the children together and see if they can make a rainbow while holding all the different coloured fruits and vegetables.

Send your photo to info@arc.org.mv
and it will be published on the ARC website
www.arc.org.mv

