

Program progress

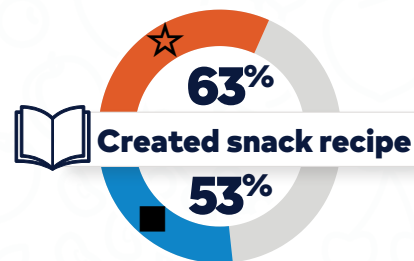
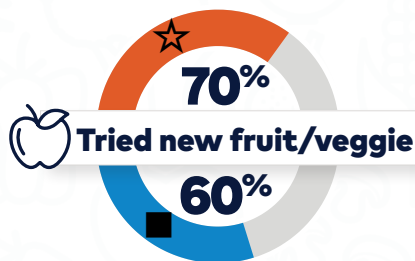
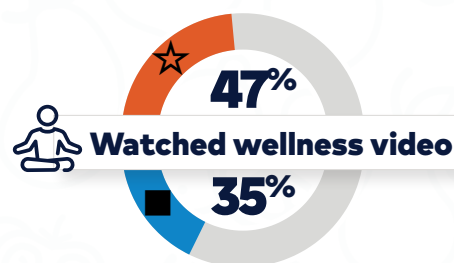
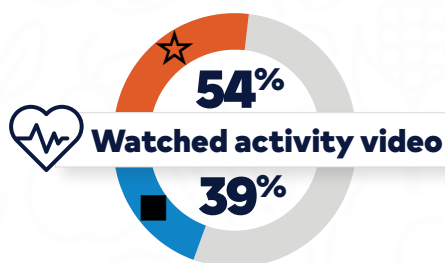
330 Participating schools

★ **Students participating <2 years**

21,490 Students registered

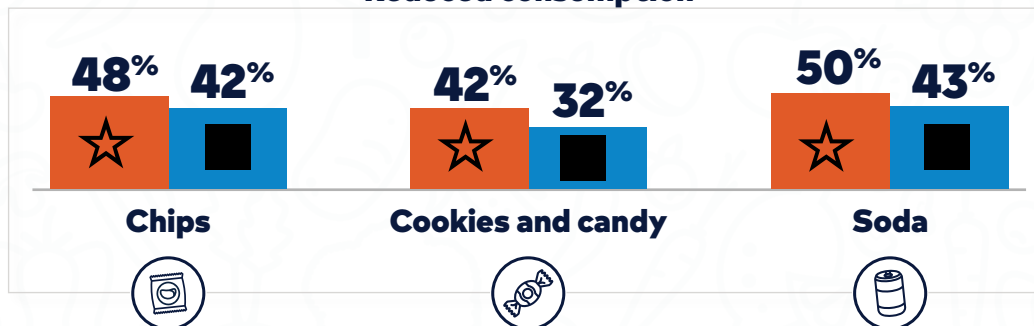
■ **Students participating 2+ years**

4,166 Students registered

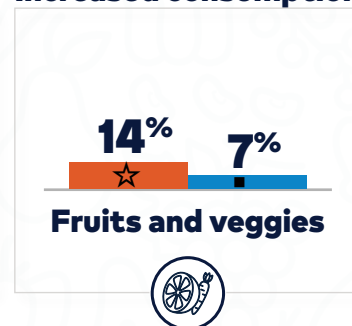


Dietary habit changes

Reduced consumption



Increased consumption



Medical City Healthcare

MedicalCityHealthcare.com

kids teaching kids
HEALTHY LIFESTYLES

kids-teaching-kids.com

What is 21 DAY SNACKING CHALLENGE?



Scan QR code to
watch video

The annual 21-Day Snacking Challenge is a fun way for high school students to teach elementary school students about healthy eating and lifestyles — all under the watchful eye of experts and educators.

- Registered dietitians teach basic nutrition to high school culinary students who use that knowledge to create fun-to-make, fun-to-eat snack recipes for kids.
- Graphic design students vie for the opportunity to design the digital snack recipe book.
- Photography and audiovisual students contribute pictures of snacks and how-to videos.
- Education and training students create educational videos on wellness topics.
- Physical education teachers create fun activity videos that can be shown and performed at school or at home.

Elementary students are then encouraged to use the digital snack recipe book to create healthy snacks and practice wellness for 21 days — the time it takes to create a healthy habit!

What is kids teaching kids? HEALTHY LIFESTYLES



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watch video

Data category legend



Elementary student progress

During registration we ask parents to share their kids' current snacking habits. During the final assessment (two weeks after the challenge ends), we ask the same questions to compare responses before and after the challenge.



Food Insecurity

We ask parents, during the registration period, to tell us if they feel food insecure at home.



Percent of wellness and activity videos viewed

We ask parents if they viewed the videos with their child during the challenge.



Percent of students WHO tried a new fruit or vegetable

We ask if the child if they tried a new fruit or vegetable during the 21-Day Snacking Challenge that they have never had before.



Questions? Contact Ryan Eason,
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