



Unit 1
**Hydrate
for Health!**

Unit 2
**Know your
Cafeteria
Options**

Unit 3
**The Power
of
Fruits & Veggies**

Unit 4
**On the
Move**

Unit 5
**Lose the
Tube!**

Welcome to SNaX – Students for Nutrition and eXercise.

SNaX is a school-based program that aims to empower students and families to make healthy decisions about nutrition and exercise. On this website designed for students, parents, and community members, you will find SNaX materials to help you learn fun facts about healthy eating and exercise and informative activities that students and families can do together.

Play the SNaX League
Arcade app on your phone,
on your tablet, or on your
computer!



The app features games and
activities that help make physical
activity and healthy eating fun.

PLAY ONLINE

Meet the SNaX League.

This 30-minute video features a group of fictional